

PROXIMITY

B. SEBASTIAN REICHE

Rapid advances in technology and digitalization have dramatically closed the boundaries that once separated us. We can join a conference or collaborate across time zones without leaving our homes; conversing with colleagues on the opposite side of the world has never been so easy – so why do we feel so disconnected?

Psychological boundaries stubbornly persist. In fact, we have become more divided and disconnected over the past years. Many leaders and professionals feel ill-equipped to meet the challenges of the new world of work, as they struggle to motivate and engage an ever more diverse and distributed workforce.

Sebastian Reiche addresses these increasingly common concerns in *Proximity*, including:

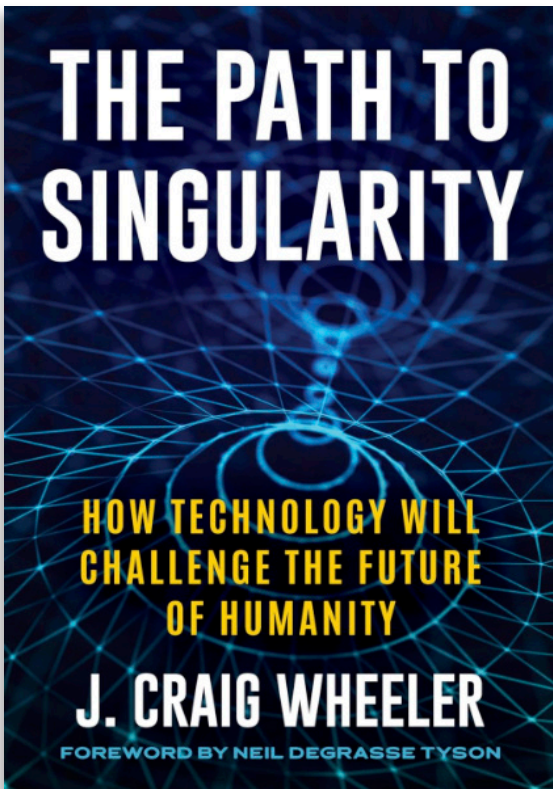
- How do we connect with relevant colleagues over distance?
- How do we deal with disruptions to our ways of working?
- How should we design work to make it more collaborative, meaningful, and attractive to talent?
- How do we develop and roll out new work policies across a dispersed organization?

Sebastian Reiche explores how leaders and professionals can achieve proximity – that empowering sense of connection with their job and others – in an increasingly fragmented workforce. *Proximity* also guides leaders and professionals to more effectively bridge divides in distributed and remote teams, and it gives organizations the impetus to empower and align their workforce, redesign work, and connect people across radical change initiatives.



AUTHOR BIO:

B. Sebastian Reiche is a tenured professor of People Management at IESE Business School in Barcelona, Spain, and he has been recognized as one of the world's leading 2% of scientists by Stanford University and Elsevier. His work has been widely covered by media and practitioner outlets around the globe, including *The Economist*, *The Financial Times*, *The Wall Street Journal*, *Forbes* and the BBC. He has served as Head of the People Management department, Associate Director of Faculty, and Academic Director of the Program for Management Development. He teaches extensively in open-enrolment executive programs, and has designed, directed, and delivered customized Executive Education programs for numerous global organizations, including ACS Group, Allianz, Allied Irish Bank, Boehringer Ingelheim, Deloitte, Salesforce, and SAP.



THE PATH TO SINGULARITY

J. CRAIG WHEELER

In a rapidly changing world, are we on the brink of creating technology that outpaces our ability to control it?

Astrophysicist J. Craig Wheeler, former president of the American Astronomical Society, takes a critical look at the technological advances shaping our future. From artificial intelligence to genetic engineering, Wheeler explores how these innovations are interconnected and the potential they hold for humanity's evolution. He warns of a future where autonomous machines outsmart us and genetic modifications challenge our very essence. With thought-provoking insights into the ethical dilemmas we face, Wheeler stresses the importance of staying informed and proactive.

Key Questions Raised by Wheeler:

Will there be jobs for those willing to work in a future dominated by automation?

How might social media companies manipulate our decisions, potentially stripping us of free will?

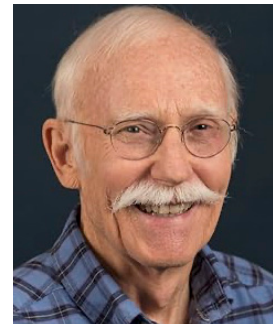
Could AI influence or even dictate our voting behaviors?

If widespread mental connectivity becomes a reality, could we see the emergence of a collective consciousness that erases individuality?

Have we exhausted Earth's resources, and is population control necessary?

What implications arise if we solve aging? How will society adapt to the challenges of perpetual youth?

What are the realistic prospects of migrating to space as Earth becomes increasingly inhospitable?



AUTHOR BIO:

J. Craig Wheeler is an American astronomer. He is the Samuel T. and Fern Yanagisawa Regents Professor of Astronomy Emeritus at the University of Texas at Austin. He is known for his research on supernovae. He is a past president of the American Astronomical Society, a Fellow of that society, and a Fellow of the American Physical Society. He has written books in a variety of genres, non-fiction technical science and popular science and fiction.

THE PSYCHOLOGY OF
AI Adoption
at Work

FROM RESISTANCE TO RESULTS



Gleb Tsipursky, PhD

FOREWORD BY NICK BLOOM

THE PSYCHOLOGY OF
AI Adoption
at Work
FROM RESISTANCE TO RESULTS

GLEB TSIPURSKY, PHD

“A clear roadmap for making generative AI innovations catch on and spread throughout organizations—overcoming the human, structural, and leadership hurdles that trip up so many AI initiatives. This book combines rigorous research with practical frameworks to help you design AI programs that diffuse within your firm.”

—Jonah Berger, Wharton Professor and bestselling author of **Contagious** and **The Catalyst**

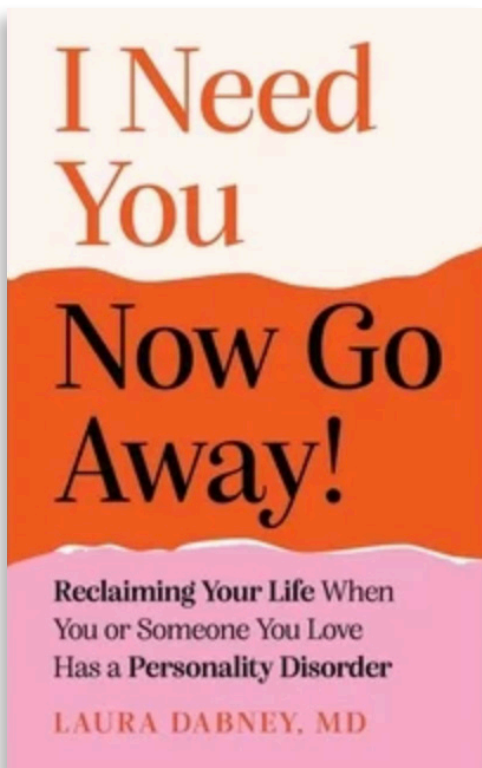
THE GENERATIVE A.I. REVOLUTION speaks to anyone leading or experiencing digital transformation: C-suite executives learn to align AI with company-wide goals, handle regulatory demands, and build a culture that welcomes innovation, Mid-level managers handling efficiency drives or technology rollouts can reduce pushback and translate high-level AI directives into daily workflows. Tech professionals—be they AI experts, data scientists, or IT leads— see how to align AI solutions with business targets and communicate in a way that persuades executives. Consultants and advisors can support client engagements. Entrepreneurs stand to glean strategic tips for scaling AI solutions and remaking markets. Finally, academics and students gain a blend of rigorous studies and practical insights, revealing how Gen AI reconfigures entire industries while respecting organizational realities.

This book supplies a suite of suite of transformative tools that reimagines how people collaborate. Of course, AI can generate text, images, code, and sophisticated models. But its deeper strength lies in acting as a creative ally, multiplying human capacity—provided employees trust its presence. Leaders who champion empathy, let teams experiment safely, and anchor transparency at every level stand the best chance of shaping workplaces where AI evolves into a powerful ally rather than an unsettling intruder.



AUTHOR BIO:

Dr. Tsipursky authored seven books in total, and his forthcoming book with Georgetown University Press is *The Psychology of Generative AI Adoption* (2026). His most recent best-seller is *ChatGPT for Leaders and Content Creators: Unlocking the Potential of Generative AI* (Intentional Insights, 2023), which helps guide leaders in adapting generative AI to achieve their business goals. His previous book was *Returning to the Office and Leading Hybrid and Remote Teams: A Manual on Benchmarking to Best Practices for Competitive Advantage* (Intentional Insights, 2021). Earlier, he wrote two global bestsellers. *Never Go With Your Gut: How Pioneering Leaders Make the Best Decisions and Avoid Business Disasters* (Career Press, 2019) is the first book to focus on cognitive biases in business leadership and reveal how leaders can overcome these dangerous judgment errors effectively. His other global bestseller, *The Blindspots Between Us: How to Overcome Unconscious Cognitive Bias and Build Better Relationships* (New Harbinger, 2020), is the first book to focus on cognitive biases in professional and personal relationships and illustrate how we can defeat these dangerous judgment errors. His writing was translated into Chinese, Spanish, Russian, Polish, Korean, French, Vietnamese, German, and other languages.



I Need You Now Go Away!

DR. LAURA DABNEY



AUTHOR BIO:

Dr. Laura Dabney is a go-to expert on personality disorders who has been featured on NBC News and in USA Today, Martha Stewart Weddings, Bustle HuffPost, Travel and Leisure, and US News & World Report.

What exactly is a personality disorder (PDO), and what do we do if someone we love has one? While terms like Narcissist, Borderline, and Sociopath are now common buzzwords and have gained representation in our pop culture (thank you Succession's Logan Roy, Crazy Ex-Girlfriend's Rebecca Bunch, and Dexter's Dexter!), these PDOs are often characterized in a stereotypical, reductive way. Approximately 10 percent of the population suffers from a PDO—and their loved ones often bear the brunt of their confusing and unpredictable behaviors. In *Read the Red Flags: Reclaiming Your Life When Someone You Love Has a Personality Disorder*, psychotherapist Laura Dabney spotlights seven PDOs—Schizoid, Hypomanic, Antisocial, Borderline, Narcissist, Paranoid, and Dependent. Speaking directly to partners and loved ones, she provides clear, actionable guidance establishing boundaries and stopping toxic patterns.

Dr. Dabney offers in-depth analysis into the symptoms and causes of each PDO and shows how these insights can help us heal broken or challenging relationships—or, in some cases, provide us the clarity and courage to leave an untenable situation. Her book goes beyond Bestsellers such as *STOP WALKING ON EGGSHELLS AND CODEPENDENT NO MORE*. Many of the books in this relationship category focus specifically on Narcissists and Borderlines only, or dwell on the issue of codependence. Dr. Laura Dabney expands the conversation by showcasing the other common (but perhaps less well-known) PDOs—and gives targeted guidance for identifying and redirecting patterns of behavior. Her clients' stories offer examples of how relationships can transform through awareness, diligence, and support.

WHEN BUYERS WAIT YOU LOSE

CREATING URGENCY

How to Flip the Script—
and Win

STEVEN MARK KAHAN

Wall Street Journal Bestselling Author,
High-Velocity Digital Marketing

CREATING URGENCY

STEVEN MARK KAHAN

In today's economy, companies don't miss their number because they have a bad product. They miss it because they're solving a problem that doesn't feel urgent.

And the stakes are rising. CMOs and CROs are being held accountable for pipeline like never before. Budgets are shrinking. Buying committees are growing. And yet, most teams still rely on playbooks built for a different era — one where buyer intent was visible, and momentum was easier to build. But in today's world, attention is fragmented, competition is invisible, and silence is the default. Urgency isn't optional — it's the only path to movement. The reality? In B2B, people don't spend money on "should-haves." They only fund the must-haves — the urgent risks, painful inefficiencies, and strategic opportunities that can't be ignored.

If your product doesn't feel urgent, it gets deprioritized. If your message doesn't make the cost of inaction clear, you get ghosted. And if your GTM team can't make the buyer move now, you lose to inertia — not competition. This book will show you how to change that. Drawing from lessons across seven high-growth companies and my Wall Street Journal bestseller High-Velocity Digital Marketing, I built this guide to help you make buyers act — fast.

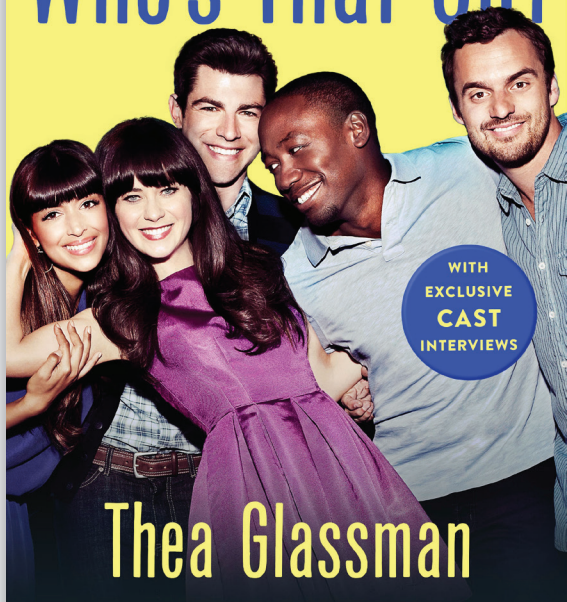
AUTHOR BIO:



Steven Mark Kahan is a Wall Street Journal best-selling author and a seasoned marketing executive who has successfully guided seven start-up companies from early-stage development to public offerings or acquisitions, resulting in over \$5 billion in shareholder value. His strategic insights and leadership have made him a sought-after speaker, advisor, and thought leader in the business community.

THE UNTOLD, DEFINITIVE
HISTORY OF NEW GIRL

Who's That Girl



Who's That Girl

The Untold, Definitive History of
New Girl

THEA GLASSMAN

In 2013, Netflix caught on that the series could find an impressive audience on streaming, “New Girl has proven to be the biggest breakout sitcom hit of the season and we are thrilled to be able to offer it so quickly to our U.S. subscribers,” Netflix’s Chief Content Officer Ted Sarandos said in a statement. “We are delighted that Netflix viewers will now have the opportunity to enjoy this remarkable comedy.” Enjoy it they did.

When the pandemic hit in 2020 and the world entered into a state of chaos, fans, both old and new, flocked to Netflix to find a cozy escape in Apartment 4D. Amid tragedy, loneliness and uncertainty, New Girl provided the ultimate antidote — optimism, humor, romance, friendship and plenty of heart. Media outlets took notice of the sudden uptick in popularity, with E! News noting that “fans [were] rediscovering just how good it was” and, suddenly, “Schmidt impressions and cool New Girl-related word art videos have been all the rage on TikTok.” (For the record, as of right now, Schmidt alone has more than 40,000 posts on TikTok.) And still, years later, the show’s popularity continues to march on. When asked why New Girl has been getting a tidal wave of new love, Greenfield concluded. “You can binge the hell out of it. It is so ridiculously funny and almost 99% of the time about meaningless ridiculous things that you can’t help but enjoy and laugh and escape from everything in the world.”

New Girl was back and, more than that, it had joined the ranks of classic comfort shows like The Office, Friends and Gilmore Girls. People want to spend time with this fictional group of pals. They wanted to snuggle up on the couch after a bad day and sink into the ease of Winston’s hijinks, Nick’s rants and Jess’s enduring message of hope. They wanted to relive the romance, the heartbreaks and the jokes they know by heart. Years after its cancellation, the show had earned its place in the cozy, exclusive hall of rewatch fame. It was here to stay.



AUTHOR BIO:

Thea Glassman is an online entertainment writer for US WEEKLY. Her byline has also appeared in The New York Times, Vanity Fair, Glamour, Architectural Digest and The Hollywood Reporter. Her book, Freaks, Gleeks and Dawson’s Creek (Running Press, 2023), Amazon’s pick for Best Nonfiction, went behind the scenes of seven groundbreaking teen television shows, from Freaks and Geeks to Glee.

Freaks, Gleeks and Dawson’s Creek was featured in outlets including Entertainment Weekly, PEOPLE, Business Insider, TVLine, IndieWire, Rolling Stone and Yahoo.

A sampling of the reception below:

“Glassman offers enough tantalizing, behind-the-scenes scoop to keep readers hooked, peeling back the curtain on writers’ processes, casting decisions, and on-set gossip. This look at teen TV classics will delight anyone who loves to ‘did you know?’ their friends while rewatching a favorite.”

- Publishers Weekly

“In a wealth of new interviews with creators, writers, actors, crew and more insiders, Freaks, Gleeks, and Dawson’s Creek shares behind-the-scenes details that will delight devoted fans and excited newbies alike.” - BookPage

Narratives:

BREAKING FREE FROM THE HURTFUL AND HARMFUL STORIES WE TELL OURSELVES

NANCY COLIER

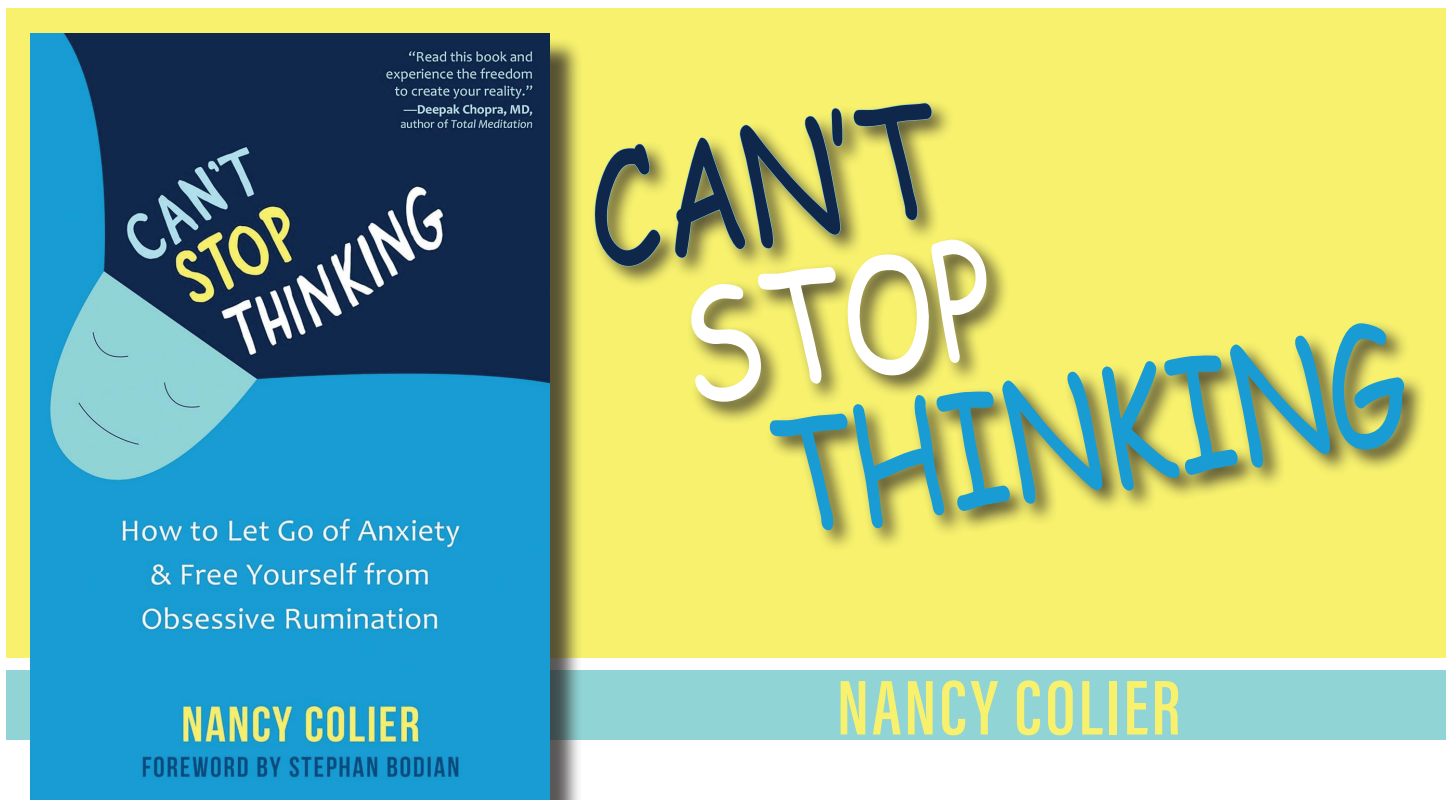
Our world is fractured and polarized. We all believe that our self-story is reality - and yet our different stories and different versions of reality are increasingly discordant and incompatible. At a time when anxiety is rampant and loneliness is our biggest mental health concern, we're using our self-stories to create more fear and separation. Ultimately, we're using our inner storytelling to harm and arm ourselves, which is creating a culture that's unhappy and unwell. Our stories don't just begin and end with a narrative about what is happening in reality, they bleed out to include why it's happening, which usually involves bringing other characters into the story. Just as we imagine our version of what's happening is real, we also imagine that our version of why other people behave the way they do is fact. In other words, we don't just decide what's happening in the external world; we also decide what's happening in everyone else's internal world. We write the script for what other people want, need, desire, think, fear; what's wrong with them, what they think and feel about us. We write their character into our movie, and construct a reality in which everything they say, do and feel is tethered to and about us—because of something to do with us. Essentially, we write their script with ourselves as the central character, and then behave, react, and carry on as if the story we've constructed for them is real and absolute.

NARRATIVES offers a way to navigate life and relationships from a new paradigm—releasing us from the toxicity of our self-stories so we can use our inner narrator's creativity and brilliance, not to defeat ourselves but to cultivate awareness, self-compassion, empathy and greater insight - for a life of freedom, play and possibility.



AUTHOR BIO:

Nancy Colier is a psychotherapist, interfaith minister, mindfulness teacher, and the author of *The Emotionally Exhausted Woman: Why You're Feeling Depleted and How to Get What You Need*, and *Can't Stop Thinking: How to Let Go of Anxiety and Free Yourself from Obsessive Rumination*. She also writes a highly popular blog on Psychology Today and Substack. Nancy is a popular speaker and thought leader on mindfulness, women's empowerment, wellbeing, and conscious technology. She's been featured on Good Morning America, The New York Times, NBC, Fox, Oprah Daily, Woman's World, Irish Times, Coast to Coast, Self magazine, Spirituality and Health, and many others.



"Read this book and experience the freedom to create your reality." -Deepak Chopra, MD, author of *Total Meditation*

"Solid relief and a way forward from obsessional thinking." -Library Journal

Don't believe everything your mind tells you.

Are you a chronic overthinker? Do you obsess to the point of feeling anxious, hopeless, angry, or stressed out? Have you ever tried to "think your way out" of one of these negative thought spirals, only to fall in deeper? Let's face it: trying to escape your thoughts—or control them—just doesn't work, and can actually make you more miserable in the long run. So, how can you overcome your addiction to thinking?

In ***Can't Stop Thinking***, psychotherapist and spiritual counselor Nancy Colier offers the keys to breaking free from the obsessive rumination that drives stress, worry, and anxiety. Using powerful tools grounded in the ancient wisdom of mindfulness and evidence-based acceptance and commitment therapy (ACT), you'll learn how to observe and gain distance from troubling thoughts, put an end to harsh self-criticism, and manage difficult feelings like resentment and shame.

If you're ready to discover a life beyond your thoughts—one of self-compassion, presence, and peace—it's time to stop thinking and start living.

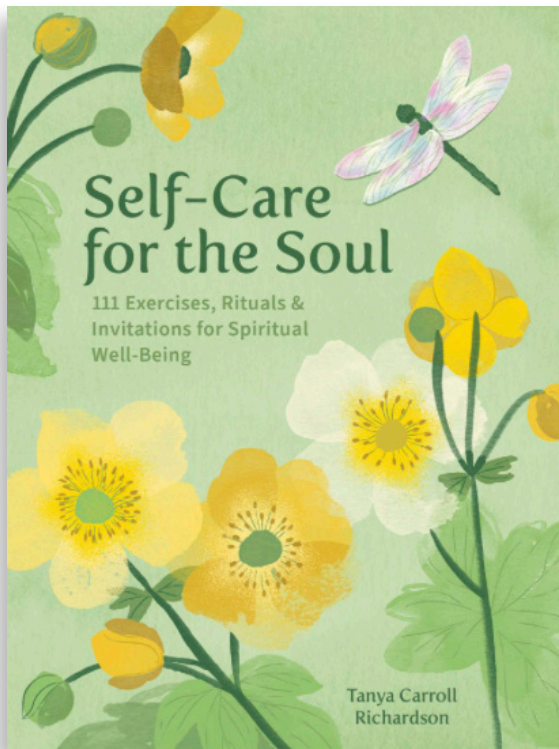
Nancy Colier is a psychotherapist, interfaith minister, author, and public speaker. A longtime student of Eastern spirituality, she is a thought leader on mindfulness, well-being, and digital life. Featured on Good Morning America, Fox & Friends, RT America, in The New York Times, and other media, Colier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

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Self-Care for the Soul

TANYA CARROLL RICHARDSON

Blending elements of diverse spiritual traditions and grounded in mindfulness, this beautifully designed guide helps readers reconnect with their inner calm, strength, and wisdom through adaptable daily rituals and practices.

In these chaotic times, many of us yearn to feel at one with something eternal and benevolent. Fortunately, that eternal, benevolent force lives inside each of us—we need only remember how to access it. This carefully organized guide helps readers connect with the wealth of spiritual resources they already possess, handing them the tools they'll need to maintain a sense of calm centeredness when life is anything but.

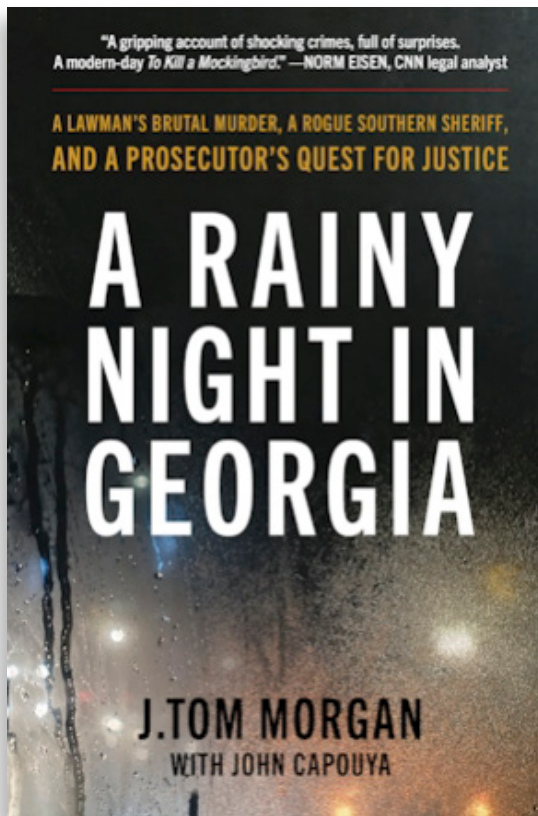
Instead of focusing on a specific higher power, like God, the Goddess, Buddha, etc., *Self-Care for the Soul* encourages readers to feel empowered by their own spiritual nature, and to express it in whatever way resonates for them individually. Less a book of spiritual formulas, lessons, or incantations, this is a collection of practices that can be modified to suit each reader's unique background or preferences.

With short, digestible entries and 111 exercises that range from the playful ("Make Friends with a Tree!") to the profound ("Discern Your Soul's Motivation"), *Self-Care for the Soul* is a grounding, lifelong resource for anyone looking to nourish their spiritual side—no matter their background or beliefs.



AUTHOR BIO:

Tanya Carroll Richardson is an author, a professional intuitive, and a regular contributor to MindBodyGreen.com. Her nine nonfiction books include *Empath Heart*, *Love Notes to My Self*, *Self-Care for Empaths*, *Are You an Earth Angel?*, and *Angel Intuition*. Tanya's best-selling page-a-day annual calendar is called *A Year of Self-Love*. Her oracle decks *Awakening Intuition* and *Grief, Grace, and Healing* are also available from Insight Editions. Sign up for Tanya's free newsletter or follow her on social media by visiting tanyarichardson.com.



A RAINY NIGHT IN GEORGIA

J. TOM MORGAN AND JOHN CAPOUYA

AUTHOR BIO:



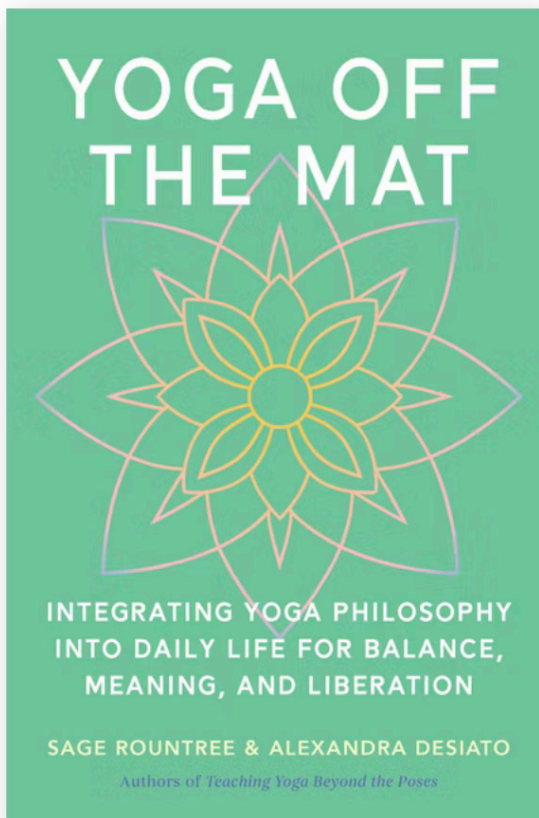
J. Tom Morgan served as the elected District Attorney of DeKalb County, GA, from 1992-2004: first recipient from the United States to be awarded the Special Achievement Award from the International Association of Prosecutors in 2003. He was the first prosecutor in Georgia—and one of the first in the nation—to specialize in the prosecution of crimes against children. He has appeared on The Oprah Winfrey Show, The Today Show, CNN's Talk Back Live, Court TV, and 48 Hours, and has been featured in People and Parenting magazines. Morgan has lectured to prosecutors and law enforcement officials in more than 30 states, Puerto Rico, and Europe, and served on the faculty of the National College of District Attorneys.



John Capouya has written and edited for publications including the New York Times, Newsweek, SmartMoney, and Sport, among others, over his 25-year career in journalism. He taught journalism and nonfiction writing at the University of Tampa, and his developmental editing clients include New York Times bestselling authors. He is the author of *Gorgeous George: The Outrageous Bad-Boy Wrestler Who Created American Pop Culture*, among other books on yoga and music.

A Rainy Night in Georgia is the story of two lawmen and public servants: Derwin Brown was elected Sheriff, and author J. Tom Morgan District Attorney, of DeKalb County, Georgia in 2000. But when Brown began to deliver on campaign promises to investigate the previous Sheriff Sidney Dorsey's administration – filled with accusations of corruption – Brown was found brutally murdered in his own driveway. Had his crusade for justice led to his killing?

After nearly a year of intense work, though, the killing remained an unsolved – and high-profile – mystery, until finally a break in the case led investigators to uncover a conspiracy unique in the history of American crime: the mastermind behind Derwin's murder was that former sheriff, Sidney Dorsey. Dorsey had the deluded notion that if Derwin Brown were eliminated, the county would have no choice but to appoint him interim sheriff. The ambush was a political assassination. As the District Attorney charged with prosecuting Brown's killer, author J. Tom Morgan reveals in-depth information about the case, which would go on to be a national media sensation combining political intrigue with revelations of government corruption, murder-for-hire plots, and a 'first' in the Georgia criminal justice system. A tireless and devoted attorney, Morgan was all business until a stunning revelation made the case personal: his own name was next on Dorsey's hitlist.



YOGA OFF THE MAT

SAGE ROUNTREE

We want students of yoga to know that the shapes they are making with their bodies aren't the entire story, and their path to liberation doesn't have to include sun salutations—unless they want it to!

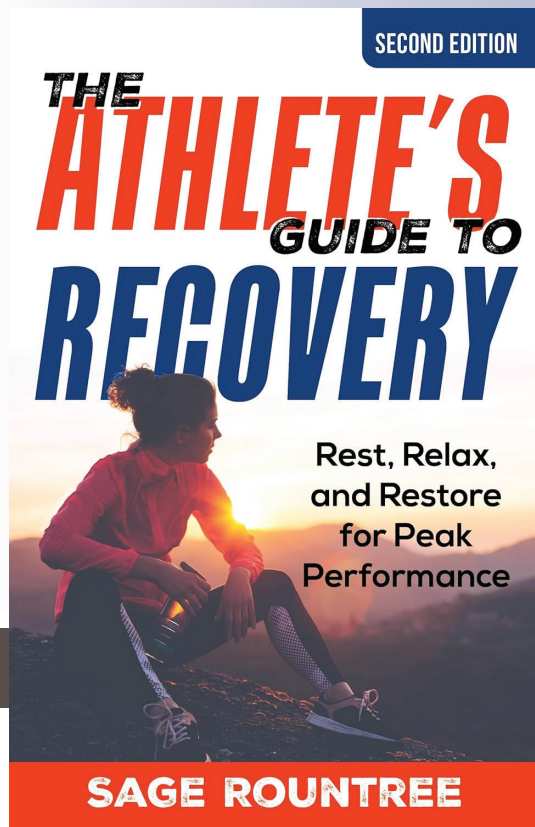
Yoga off the Mat offers accessible yoga philosophy that's immediately applicable to the daily, modern life of a yoga practitioner. Readers will finish this book with a practical understanding of yoga's core philosophies and how to integrate them seamlessly into their lives—whether it's using mindfulness techniques for stress, reframing challenges with yogic wisdom, or deepening their personal practice beyond movement. The advice in the book will quickly help readers in the workplace, family life, spiritual life, and every element of their existence. The short, pithy chapters offer thoughtful, elegant historical wisdom packaged in a way that is readable, relevant, and absorbable for anyone who has hungered to understand more deeply why yoga is so moving, freeing, and enlightening.

Yoga off the Mat, speaks directly to yoga practitioners—a much bigger market—bridging the gap between philosophy and personal practice. Yoga off the Mat makes key yoga concepts accessible by explaining them in a user-friendly way in very short chapters that each end with suggested actions. Each chapter includes a short, doable action step—a reflection, a small habit shift, or a journaling prompt—to help readers bridge the gap between philosophy and practice.



AUTHOR BIO:

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



THE ATHLETE'S GUIDE TO RECOVERY

SAGE ROUNTREE

"Perfect for athletes in need of a reminder that being quick with their recovery efforts isn't a quick fix. This impressive book shows how slowing down speeds up results in the gym, on the road, and beyond." - Library Journal, Starred Review

Recovery—physical and mental—is a red-hot topic, and the worlds of sports, technology, and commerce have all taken note. But which practices and devices really make a difference in recovery, and which should be avoided? What will truly maximize performance?

In this second edition of *The Athlete's Guide to Recovery*, endurance and recovery coach Sage Rountree, PhD, explains exactly how to get the most out of training by optimizing recovery time. She provides easy-to-follow and practical recovery tips that include:

- How athletes can measure their own state of recovery
- What can go wrong when recovery is insufficient
- Proven techniques to enhance recovery and improve performance
- Evaluations of current tech devices
- Sample recovery plans for all types of training and competition

Then you can put these tools and techniques to practice using two comprehensive recovery plans for both short- and long-distance training. This invaluable resource will enable you to maintain that hard-to-find balance between rigorous training and rest so that you can feel great and compete at your highest level.

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

Rowman & Littlefield

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WHAT LOVE LOOKS LIKE

DEBBIE MIRZA

What Love Looks Like is the third and final book of The Narcissism Series.

There are many reasons we end up in relationships with narcissists, but underneath all the contributing factors, there is one thing that lies at the root of all the reasons: we do not have a clear picture of what love actually looks like.

This book is here to help us remember the truth about love.

You will read about forty-four traits of love. Each chapter is an invitation to be with love—to feel what it feels like, to allow these different characteristics of love to soak into your psyche, fill your heart, and reawaken the truth of love within.

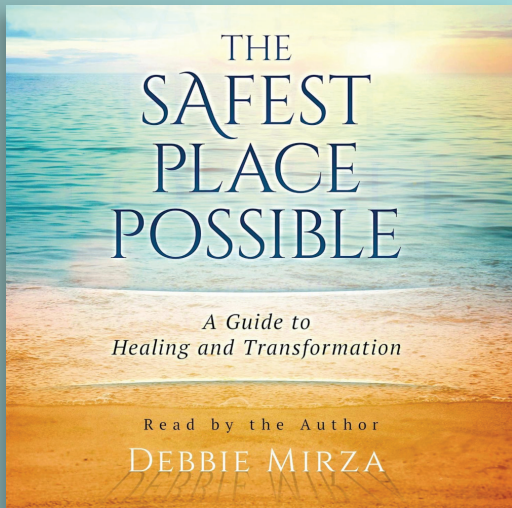
When we have a clear picture of what love looks like, and we build a relationship with ourselves where love is our foundation, it changes everything. Over time we become so familiar with the feeling of love in our body, we can recognize when we are being treated with real love or an inversion of it. We trust ourselves more. We have a tenderness and respect for ourselves. We feel how life is meant to be experienced, and one day we have a profound realization: We have transformed the relationship with ourselves so much that we are no longer a target. We look in the mirror and see someone who has come back to themselves, someone who has come back to the truth of their own authority, their own self-sovereignty.

After not receiving love, or experiencing counterfeit versions of it, the words in this book will bring survivors of narcissistic abuse, as well as other toxic relationships, back home to the truth of love, and the infallibility of their importance and worthiness of it.



AUTHOR BIO:

Debbie Mirza is the author of the bestselling book **THE COVERT PASSIVE AGGRESSIVE NARCISSIST, WORTHY OF LOVE, and THE SAFEST PLACE POSSIBLE.** With her life experience she has a tender heart for survivors and loves creating resources to help men and women heal after narcissistic abuse. To find out more about her online support group, guided meditations, online courses, books and healing music go to www.debbiemirza.com



THE SAFEST PLACE POSSIBLE

DEBBIE MIRZA

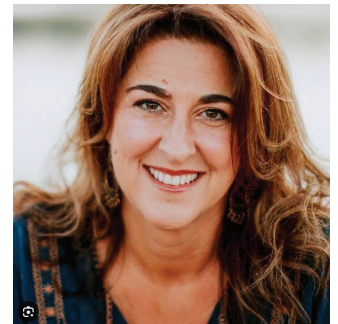
The Safest Place Possible is a journey to self-love and healing. If you have lost yourself in an unhealthy or traumatic relationship and want to find your way back to who you really are, if you have had the rug pulled out from under you, if you are experiencing anxiety and fear, if you are unsure of your future, this is the book for you.

This book is both a memoir as well as an incredibly helpful guide to healing through transforming the relationship you have with yourself. Debbie takes you through her own vulnerable journey of healing and restoration.

We hear a lot about self-love, but what does it actually look like in real life? The author gives 21 practical exercises to use that will radically change your life. The relationship we have with ourselves influences everything. It affects who we choose as partners, how we parent, how we are in our work, and how much we enjoy life.

This book will gently guide you to a new way of being with yourself that will transform areas in your life in ways you may not be able imagine or dream of right now.

You will feel loved and held as you make your way back to who you were meant to be in this world.

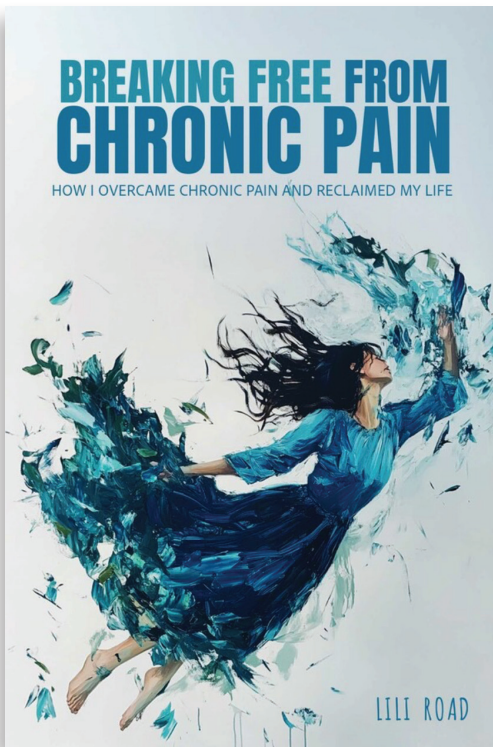


AUTHOR BIO:

Debbie Mirza is a bestselling author, speaker, restorative coach, trained by Dr. Martha Beck, and a singer/songwriter. She has a tender heart for people who have experienced narcissistic abuse.

She has experienced the covert type of narcissistic abuse throughout her life, in many types of relationships. After waking up to this realization she spent many years researching this relatively unknown type of emotional and psychological abuse and working on her own healing. This eventually led her to write her second book, *The Covert Passive Aggressive Narcissist: Recognizing the Traits and Finding Healing After Hidden Emotional and Psychological Abuse*.

After hearing from so many people how much this book helped them, coaching others, and reading posts from survivors in her support group, she saw the need to create more resources for understanding and healing and now dedicates her time to doing just that.



BREAKING FREE FROM CHRONIC PAIN

LILI ROAD

A powerful and inspiring memoir detailing how Lili Road triumphed over chronic pain using self-discovery, therapeutic techniques, and a determination to reclaim her life.

Lili Road has faced many battles—bullying, anorexia, and the relentless pursuit of a dream that led her onto the stage. She built a life of passion and resilience, balancing family and a thriving musical career. But just when everything seemed to be going well, a sharp pain in her back changed everything.

What began as discomfort spiraled into a relentless ordeal of chronic pain, surgeries, and despair. With her foot paralyzed and her body betraying her, Lili found herself at rock bottom, believing her once-active life was over. But what if healing wasn't just about the body?

Through tireless research, self-exploration, and a refusal to accept defeat, Lili discovered that the key to overcoming pain lay within. *Breaking Free from Chronic Pain* is both a deeply personal testimony and a revolutionary approach to healing—one that challenges conventional medicine and offers a new way forward. The author's method combines neuroscience, emotional healing, and holistic therapies to reprogram the brain and break free from suffering.

This book is not just about pain—it's about transformation. It is for anyone who has felt trapped by their body, their past, or the weight of suffering. It offers hope, resilience, and a powerful reminder that suffering is not inevitable. Healing is possible. And the best part of your story is yet to be written.

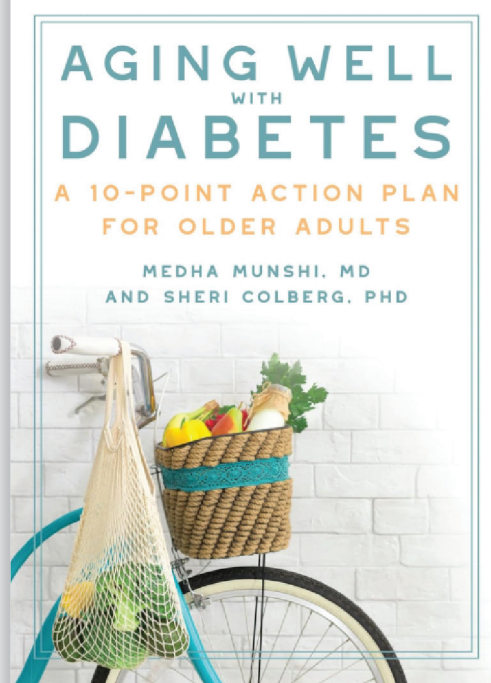


AUTHOR BIO:

Lili Road hails from the French Lille region, though her journey has taken her far and wide. After a formative detour to Canada, she earned a Master's in International Management from SKEMA Business School and a Diplom-Kauffrau from Fachhochschule Osnabrück in Germany. Her career began in the textile industry of Hauts-de-France, a path that opened doors to global opportunities.

Beyond her professional endeavors, Lili's passion for music shines brightly. With over 70 compositions shared online, her creative talent continues to resonate with audiences. Among her accomplishments, a standout project includes an exceptional duet written and recorded with Michaël Jones—singer and former guitarist of Jean-Jacques Goldman—soon to be unveiled.

A multi-talented entrepreneur, Lili Road has also made a significant impact in the field of art therapy. Graduating with honors from the Faculté Libre de Médecine de Lille, she has further enriched her expertise with certifications in PRT, yoga, meditation, NLP, and hypnotherapy. Her innovative therapeutic approaches have earned her multiple accolades.



AGING WELL with DIABETES

A 10-POINT ACTION PLAN
FOR OLDER ADULT

SHERI COLBERG

An essential guide to navigating diabetes for older adults and their caregivers.

In *Aging Well with Diabetes*, Dr. Medha Munshi and Dr. Sheri Colberg provide practical advice to redefine living with diabetes in later life. As experts in geriatric care and diabetes management, they introduce a clear and accessible 10-step action plan to help you manage diabetes effectively while enhancing your overall vitality and independence.

Each step in the action plan is detailed with achievable goals, making it a crucial toolkit for anyone living with diabetes or caring for someone who does. The authors discuss:

- Comprehensive health management, including dietary adjustments, physical activity, medication management, and more
- How aging and diabetes interact, detailing the physiological changes and challenges that come with managing diabetes at an older age
- The diversity of experiences among older adults with diabetes and the importance of personalized treatment plans
- Practical tips and strategies, such as modifying exercises to prevent falls and dietary tips that accommodate older digestive systems
- Guidance for caregivers and health care providers on how to support older adults with diabetes

Whether you're newly diagnosed or a long-time diabetic, this guide will empower you to take control of your health and manage your diabetes with confidence and grace as you age.



AUTHOR BIO:

Sheri R. Colberg, PhD, is an author, consultant, professor emerita (Old Dominion University), exercise physiologist, clinical researcher, and international lecturer on healthy lifestyles, diabetes prevention and management, exercise and physical activity, and much more (see www.shericolberg.com for a full biography of her many books and articles). In addition to writing columns for *DiabetesInControl.com* and others, she is frequently interviewed by the media. In 2016, she received a national honor, the American Diabetes Association Outstanding Educator in Diabetes award.

Her favorite pastime (besides being physically active) is sharing information to help people live not just longer but healthier lives, and she practices what she preaches. She has been exercising and living well with type 1 diabetes for over 50 years. Find more useful advice about being active and staying well with any type of diabetes (or preventing it) on her website, *Diabetes Motion* (www.diabetesmotion.com), and other resources at *Diabetes Motion Academy* (www.dmacademy.com).

THE WISDOM IN HYPERTENSION

A 9-Step Program to Lower Blood Pressure, and Optimize Your Heart and Mental Health

ERIC B, LOUCKS

We are at a time in history when cardiovascular disease is the primary cause of death, and HBP, also referred to as hypertension, is a major driver. What's most striking about this fact is that, we have known about the effects of hypertension on the human body.

Yet the percentage of people living with HBP in this country has increased in recent years. Evidence suggests that, worldwide, HBP is responsible for about 11 million deaths per year and is the number one cause of preventable early death.

This book is for people with or at-risk for hypertension who are looking for a fresh, evidence-based approach to lower their blood pressure and build a happier, healthier life. As demonstrated in Brown University's MB-BP clinical trials, mindfulness techniques can be surprisingly effective in lowering blood pressure by helping people use their natural and learned wisdom to improve diet, physical activity, and mental well-being. Yes, we can learn from our hypertension, and one of our key teachers is within. The nine steps outlined in *The Wisdom in Hypertension* go beyond blood pressure, supporting heart health and mental well-being during an era that worsens them.

By the end of this book, you will have learned nine steps grounded in evidence-based mindfulness training that have the potential to lower your blood pressure and create a happier, healthier life.



AUTHOR BIO:

Eric B. Loucks, PhD, is a researcher, professor, speaker, and innovator in the study of mindfulness and cardiovascular health. As director of the Mindfulness Center at Brown University, one of the premier research-and education-focused mindfulness centers in the world, Dr. Loucks teaches mindfulness-based interventions and leads methodologically rigorous research to investigate the science behind mindfulness and its impact on health and well-being. As a mindfulness, his expertise and work have been featured in the *New York Times Magazine*, *TIME Magazine*, *U.S. News & World Report*, *CNBC*, *The Washington Post*, and more. In 2014, *Psych Central* named his research on mindfulness and cardiovascular health one of "The Four Greatest Psychological Discoveries of 2014."

For the past decade, Dr. Loucks and the instructors he trained developed and provided the Mindfulness-Based Blood Pressure Reduction (MB-BP) program at Brown University, funded by the National Institutes of Health. The program was found to reduce systolic blood pressure by 6mmHg (which evidence suggests would translate into about a 10 percent drop in heart attacks and strokes), alongside significant improvements in diet, sedentary behavior, and depression symptoms. The promising results have been published in the *Journal of the American Heart Association*, *JAMA Network Open*, *PLOS ONE*, *American Journal of Cardiology*, and more. Having written 125 peer-reviewed journal articles, Dr. Loucks' research is presented at conferences worldwide.

THE BROTHERHOOD EFFECT:

REAL MEN NEED REAL FRIENDS?

CHARLES BLAIN

Male relationships have changed throughout the years. With less involvement in social clubs, men marrying later, church participation at historic lows, abundant work from home opportunities or opportunities in other locations, and an overall view of building and maintaining friendships as less important than other aspects of life, we find ourselves in a male-friendship recession.

Men, however, tend to have relationships that are built on transactional or activity-based behaviors like playing golf, building something together, or helping a friend fix their car. This leads to infrequent communication and requires more intentionality when it comes to making and maintaining friends. If we want to show up for our family, work, and ourselves, we need to have our innate human needs met. Meaningful relationships among men are an integral part of that.

In Search of Community is a book about self-realization and understanding that the course we are on as men is unsustainable and has immediate, negative individual impacts and long-term societal impacts. We put a premium on professional advancement, which keeps us working longer. Church participation is below a majority. Familial relationships are delayed, at best, or abandoned entirely, at worst. We need to build new institutions that foster friendship. It's not hard to make and maintain friends, but it comes down to prioritizing them. Men need to become intentional about building new institutions, daring to approach or being approachable, joining groups and social clubs, and investing in friendships, all efforts that are attainable across the socioeconomic spectrum. No matter how many programs are created, or how much funding is allotted, if we don't change our mindset to appreciate the importance of friendships, both individually and societally, no matter what else we do the situation will continue to worsen. The programs being created cannot scale but changing our perspective on it can.

This isn't a guide for friendships. But it is a book to make men realize how much we need to relearn the art of friendship and begin to value the importance of it again. We acknowledge the importance of faith, family, professional advancement and personal achievements, but we look at spending time in community with friends as a luxury or extracurricular that's taking up valuable time that could be used for something more productive, but in reality, it's just as important for our ability to be fully functioning men as anything else.

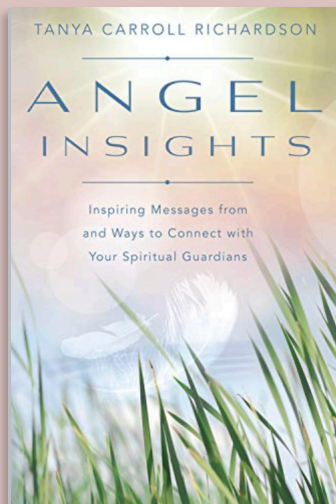
We need the accountability check that comes from guys who know us and won't mince words, the pressure valve release of blowing off steam just shooting the shit, the modeled behavior of marriage and fatherhood from a peer instead of an authority figure, the feedback loop from guys who have faced or are facing similar struggles. We need friends like we need water.



AUTHOR BIO:

Charles Blain is a public policy consultant, columnist, philanthropist, and entrepreneur focused on urban development and community building. In his early twenties, like so many others, he left his hometown for a job opportunity, taking him from New Jersey to Texas. Working from home, knowing no one, and far removed from the communities where he spent a lifetime, he began to experience the physical, emotional, and mental consequences of loneliness.

This experience, coupled with his involvement with the Houston-based Prison Entrepreneurship Program (PEP), where he has volunteered for a decade and serves on the Board of Directors, sparked a deep interest in the subject of community -- more specifically, community building for men and the consequences of allowing loneliness to persist. Through PEP, Blain mentors male inmates nearing release and works with them on character development and community building.



ANGEL INSIGHTS

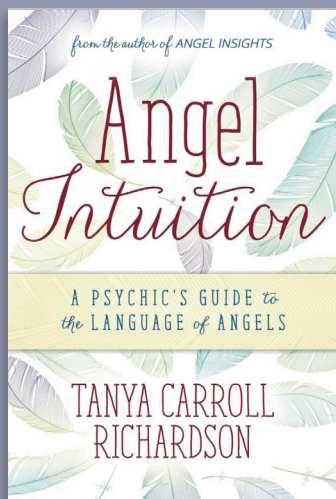
TANYA RICHARDSON

Angels are always with you—but who are they, what motivates them, and how are angels both like us and different from us? In what ways can angels help us and what are their limitations? Can we invite angels to play an even larger role in our lives? *Angel Insights* gives readers the fascinating, life-changing answers with an in-depth look into the divine world of angels.

Some angels, like guardian angels, are assigned to you at birth, and are devoted to protecting you and advocating for you throughout your life. Still more angels, like archangels and helper angels, are available to you anytime. In this book you'll learn about different types of angels and what each can offer you.

Angel Insights shows you how to create a closer relationship to the angels, teaches you how to recognize angelic guidance, and provides practical exercises so you can hone your intuition to receive more angelic guidance about love, relationships, healing, protection, trauma, challenges, celebrations, joy, life purpose, self-care, being of service, grief, forgiveness, boundaries, energy clearing, change, personal growth, support for a heavy heart, your sixth sense, your connection to Spirit.

Join author Tanya Carroll Richardson as she shares messages given to her straight from the angel realm on spiritual topics like fate, free will, soul contracts, divine timing, third-eye eating, the environment, and living as a human angel in the world.



ANGEL INTUITION

TANYA RICHARDSON

Learn how to improve your intuition from a professional intuitive!

In *Angel Intuition*, psychic and angel expert Tanya Carroll Richardson teaches you about your sixth sense so you can receive more divine guidance to improve every area of your life.

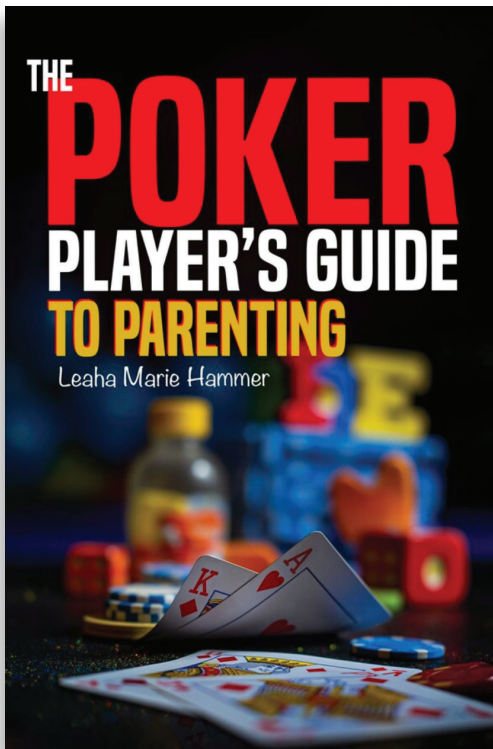
Tanya picks up where she left off in her first bestselling angel book, *Angel Insights*, offering even more information about angels and other members of your spiritual guidance squad—spirit animals, ascended masters like Buddha and Mother Mary, loved ones who've passed on, and your soul's own higher self. Tanya shares how she discovered and honed her intuitive gifts and gives you the knowledge and practical exercises to understand and develop your abilities as well.

Find out how we receive information via the four clairs (clairaudience, clairvoyance, claircognizance, and clairsentience). Take a quiz to help you get more in touch with your sensitivity and to learn where you fall on the intuition spectrum. Discover the eleven most common ways that angels send you guidance, learn Tanya's twenty-five golden rules of intuition, and receive clues about your own past lives, soul archetypes, and current destiny. Take your intuition to the next level with this fun, informative, encouraging book.



Author bio:

Tanya Carroll Richardson is a bestselling spiritual author, a professional intuitive who has worked with thousands of clients all over the world, and a regular contributor to *MindBodyGreen*. Her nine nonfiction books include *Empath Heart*, *Self-Care for Empaths*, *Are You an Earth Angel?*, and *Angel Intuition*. Her two oracle decks—*Awakening Intuition* and *Grief, Grace, and Healing*—are published by Insight Editions/Simon & Schuster. *A Year of Self-Love* is her popular annual calendar with Workman/Hachette. Bimonthly *Soul Care Workshops*—a heartwarming, enlightening online space for spiritual seekers to gather—are Tanya's teaching portal. Passionate about encouraging other writers, Tanya also offers author mentoring.



THE POKER PLAYER'S GUIDE TO PARENTING

LEAHA HAMMER

A funny, entertaining, and insightful guide that empowers parents with practical strategies, drawing playful yet effective parallels between poker and parenting to manage stress, communication, and discipline.

The Poker Player's Guide to Parenting is a humorous and insightful guide that draws practical parallels between the strategies of poker and the challenges of raising children. Written by mental health therapist and mother Leaha Hammer, this entertaining book provides parents with actionable tools to navigate their children's behavior, all while adding a lighthearted twist to common parenting struggles.

With a unique poker-inspired reward system using poker chips, and clever metaphors to guide communication and discipline, parents will learn when to "buy in," how to have effective "table talk," and when to "fold" during tough moments. Through Hammer's candid storytelling and relatable advice, parents will feel both validated and equipped to handle the ups and downs of parenthood, all while getting a few laughs along the way. No topic is off-limits, from anger and entitlement to the ever-debated question of whether parents should be their child's friend. This book helps parents feel heard, understood, and more in control of their parenting journey—without bluffing!



AUTHOR BIO:

Leaha Hammer is a mental health therapist and first-time author. A self-proclaimed jack of all trades but master of none, she is an advocate, volunteer coach, and small business owner who has her "hands" in many areas. Leaha is a native of rural Nebraska and draws parenting influences from her experience growing up in a farming community, instilling core values of contribution, humility, and work ethic. She was trained and practiced in the greater Seattle area, where she learned the values of creativity, open-mindedness, and the application of therapeutic concepts. As a wife and mother of three, Leaha finds herself reading and utilizing parenting content not only in her work but also in her personal life, as she and her husband are in the throes of raising their own children. Competitive by nature but soft at heart, Leaha's parenting journey and stories of both wins and losses will validate the experiences of many.

DUCT TAPE AND WHITE LIES:

The No-Nonsense Playbook for Women
Who are Leaders (or Want to Be)

EMILY LAMPKIN

Duct Tape and White Lies is a step-by-step guide for women around the globe, using your existing network to expand your influence and make a bigger impact—without changing who you are or how you operate.

1. **Get comfortable selling yourself (“Selling You”)**
2. **Build and leverage your connections (“Widening the Circle”)**
3. **Start taking action today (“Going Now”)**

Through guidance that’s fun and easy, Emily shows women from all walks of life how to master each vital area of leadership, empowering them to create immediate change in their lives, businesses, and communities. From navigating cultural nuances to universal truths about leadership, Duct Tape and White Lies delivers strategies any woman can apply, whether leading in a corporate boardroom or a community group.

The book is sprinkled with “Accessories”—mini-chapters offering quick, simple tips like how to host an easy cocktail party or select an impressive yet inexpensive business gift. It’s about the small touches that build confidence and connections.

While career success might look seamless, the truth is it’s about doing what you need to do to keep moving forward, no matter the obstacles. This book won’t rest until you become the force for good you were born to be.



AUTHOR BIO:

Lampkin presented to WeLead2025. She is a highly sought-after speaker and advisor, known for empowering women leaders in corporate, non-profit, education, and political sectors to hone their skills and maximize opportunities. With a pragmatic style and actionable advice, she has trained thousands of women globally through her dynamic, one-of-a-kind “Women Leaders Series” workshop.

The
Relationship-Driven Leader



Dr. Karen Bridbord

The
Relationship-Driven Leader

DR. KAREN BRIDBORD

Discover the power of relationship-building to enhance your leadership, boost your team's well-being, and drive organizational success.

In today's dynamic business environment, the success of any organization is deeply rooted in the quality of its internal relationships. In *The Relationship-Driven Leader*, psychologist and organizational behavior expert Dr. Karen Bridbord offers a revolutionary guide to career success and advancement, regardless of your industry, your company's size, or your role. This groundbreaking book sheds light on how nurturing strong work relationships can lead to unmatched productivity and greater overall wellness throughout the organization and among its staff. Through compelling research and insightful case studies, Bridbord reveals the detrimental impact dysfunctional relationships can have on both personal and business achievements, and how to come back from "relationship system failure." By rethinking workplace relationships, you can foster deeper connections within your team, resulting in enhanced cohesion and well-being for all members.

The Relationship-Driven Leader explores the profound influence of everyday interactions on team experience and team performance. Bridbord emphasizes the importance of "micro-moments" in leadership to spark significant improvements. This book empowers you to take the first step toward becoming the leader everyone aspires to work with by enhancing your leadership skills, boosting workplace productivity, and mastering innovative conflict-management techniques. By focusing on well-being through relationship-building, you can create a healthier, more engaged, and more productive team.



Author bio:

Karen Bridbord, Ph.D. is a licensed psychologist and consultant who uniquely combines the expertise of clinical psychology, organizational behavior and counseling. She works on a personal level with couples and individuals as a therapist and on an organizational level to help corporations with her firm Karen Bridbord & Associates.

Love **AND** MEDICINE:

A Geriatrician's Program for Managing Early Alzheimer's

NATHANIEL CHIN, MD

Love and Medicine: A Geriatrician's Program for Managing Early Alzheimer's gives Alzheimer's patients and their loved ones the compassionate, expert advice they need during what is often the most traumatic period of the disease: the weeks and months before and after diagnosis. This is when crucial medical, legal, and family decisions are made. No other book or media source focuses on this decisive time period when families require help the most.

Dr. Chin spells out how family members can be truly honest with each other and come together to benefit their family and loved one. Chapters cover diverse subjects that must be addressed during this key period in the patient's life. They include preparing for and holding the family meeting; understanding normal vs. abnormal thinking changes; navigating the medical-evaluation process; building a new life post-diagnosis; making essential legal decisions; creating lifestyle changes that help Alzheimer's patients and loved ones; grasping the rapidly dawning revolution in Alzheimer's diagnosis and treatment; establishing valuable community connections; learning how taking part in clinical trials benefits everyone; and understanding how to prepare for long-term care and the dying process.

In the absence of a miraculous treatment, Dr. Chin's love-and-medicine prescription is a near miracle—it works. This uplifting, realistic book delivers its message in down-to-earth layman's language. No other book or program lays out Dr. Chin's prescription for the physical, mental, legal, and social health of families and patients.

There is no shortage of late-stage Alzheimer's care books. But there is a gaping void between the books that exist and what is truly needed. The pivotal time to help, to empathize, to treat patients and loved ones is when memory changes are first noticed. The best time is early on, when potential positive action and interaction can benefit the patient and the family. Love and Medicine not only answers their questions, it gives them methods that work as well as true peace of mind.

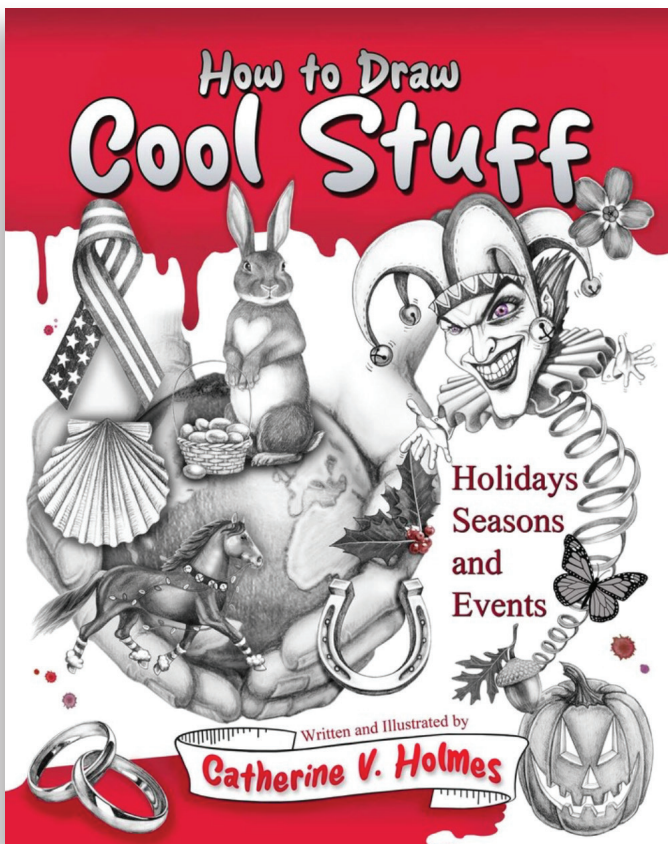
This book addresses the needs of readers not covered by other Alzheimer's care



AUTHOR BIO:

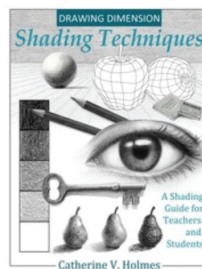
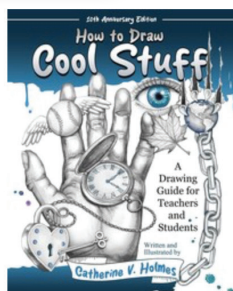
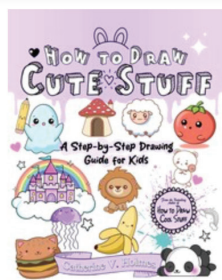
Dr. Chin is a national authority on Alzheimer's disease, bringing a remarkable combination of strengths to this subject and book. He has broad command of the latest research in his field as well as the communications skills and bedside manner of a practicing physician. He has hosted more than 180 episodes of the biweekly podcast Dementia Matters, where he interviews international experts on clinical topics and caregiving with the goal of translating complicated science into understandable information. His show has listeners in nearly 130 nations. This 20-minute program ranks in the top 10 percent of all podcasts with over 450,000 downloads and over 20% increase in listenership each year for the past two years. The Wisconsin Alzheimer's Disease Research Center had over 61,000 users and over 151,000 pageviews in 2023, an increase in 27 percent and 14 percent respectively from 2022. The podcast was the number one driver to the website.

Besides seeing patients in his clinic, Dr. Chin teaches medical students as an associate professor in the University of Wisconsin-Madison's Department of Medicine. He serves as the medical director of UW's widely respected Alzheimer's Disease Research Center (ADRC). In 2023, he became the medical director of the Clarity in Alzheimer's Disease and Related Dementias Research Through Imaging (CLARITI) study, one of the largest NIH-funded studies. It shares state-of-the-art imaging and blood-based biomarkers with researchers in the U.S. and abroad to advance research into Alzheimer's and related dementias. He has been interviewed on NBC News NOW and state news stations over 15 times since 2021. He has been a guest on National Public Radio and given quotes for the New York Times, and published an Op-Ed in Newsday.



HOW TO DRAW COOL STUFF SERIES

CATHERINE V. HOLMES



AUTHOR BIO:

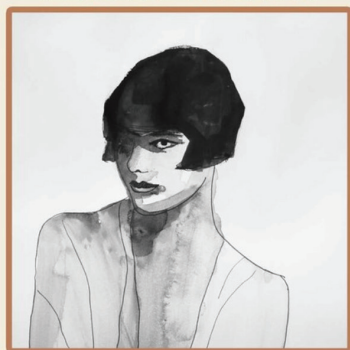
Catherine V. Holmes is an art/ELA teacher and visual artist from historical Plymouth, Massachusetts. She studied at Boston University and Bridgewater State College, where she earned her BFA and MA in Education. Catherine Holmes specializes in portraits, architecture, and illustrations. Catherine is also heavily influenced by the interests and suggestions of her students. "To see success through their eyes inspires me to be a better teacher and creator of art."

The Bestselling series by Catherine Holmes

How to Draw Cool Stuff: Holidays, Seasons and Events is a step-by-step drawing guide that illustrates over 100 fun days, holidays, seasons and events, and offers simple lessons that will teach you how to draw like a pro and get you in the spirit of whichever season it may be!

The third book in the "How To Draw Cool Stuff" series, this will teach you how to create simple illustrations using basic shapes and a drawing technique that simplifies the process of drawing, all while helping you construct height, width and depth in your work. It will guide you through the creative thought process and provide plenty of ideas to get you started. The lessons in this book will also teach you how to think like an artist and remind you that you are only limited by your imagination

SANDRINE PELISSIER



A CREATIVE EXPLORATION of DRAWING

YOUR DRAWING STYLE IS AS UNIQUE AS
YOUR HANDWRITING—LET'S FIND IT!

Get inspired to draw with step-by-step tutorials and endless ideas.
Drawing should not be intimidating—it should be fun!

A CREATIVE EXPLORATION of DRAWING

SANDRINE PELISSIER

Discover the joy of drawing with 16 imaginative and accessible activities designed to inspire creativity, build confidence, and unlock your artistic potential

Discover the joy of drawing with 16 imaginative and accessible activities designed to spark creativity, boost confidence, and unleash your artistic potential—no experience required!

Forget rigid rules, unreachable skill levels, and intimidating techniques. A Creative Exploration of Drawing invites teens and adults alike to draw freely, experiment boldly, and express themselves without limits.

This book offers a hands-on, playful approach to art for those ready to dive deeper into their creative journey. You'll explore techniques such as non-dominant and blind contour drawing, mandalas and patterns, figure drawing, stamping, monoprints, shading, and even doodling over magazine pages.

With clear, easy-to-follow instructions, these activities make drawing approachable and fun—whether you're a complete beginner or a seasoned artist seeking fresh inspiration. Step beyond traditional methods and discover new, personal ways to create art that excites and inspires you!

This book is for you if:

- You want to explore different drawing styles and techniques.
- You believe learning happens best by doing—and you're ready to dive into hands-on activities.
- You're looking for inspiration to jump-start your creativity.
- You want drawing to feel like a fun adventure, not a daunting task.
- You believe art doesn't have to look classical or realistic to be beautiful.

A Creative Exploration of Drawing will inspire you to pick up your pencil, embrace your unique style, and see the world in a whole new way. Let's draw—and have fun doing it!



AUTHOR BIO:

Originally from France, Sandrine Pelissier has been living in North Vancouver, Canada, for the past 23 years. Her work has been collected and exhibited extensively throughout Canada and internationally. She is also part of the Vancouver Art Gallery's Art Rentals and Sales program.

Many of Sandrine's paintings have been published in art books and magazines, including Artist Magazine, Watercolor Artist Magazine, Acrylic Magazine, and International Artist Magazine. She is the author of two art instruction books: Fearless Watercolor for Beginners: Adventurous Painting Techniques to Get You Started and Painting Imaginary Flowers: Beautiful Blooms and Abstract Patterns in Mixed Media.

For the past seven years, Sandrine has been writing for her blog, PaintingDemos.com, which boasts a mailing list of about 10,000 subscribers and approximately 20,000 monthly visitors. An active member of her community, Sandrine co-founded the North Shore Art Crawl and a weekly life drawing group. She also served as a board member of the North Vancouver Arts Council for seven years and has been invited as a juror for public art, art grants, and juried exhibitions.

HIGH-VELOCITY DIGITAL MARKETING

Silicon Valley Secrets to Create
Breakthrough Revenue
in Record Time

STEVEN MARK KAHAN

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

HIGH-VELOCITY DIGITAL MARKETING

STEVEN MARK KAHAN

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

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

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

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

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

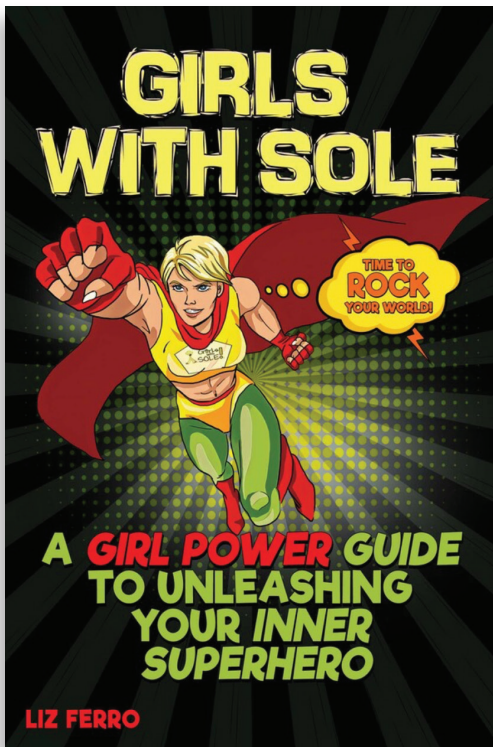
Marketing online is no longer one of the ways to market—it is the way to do marketing. High-Velocity Digital Marketing is your essential, easy-to-implement guide to getting found online, providing the most critical information, and getting your buyers to purchase—fast.

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

Matt Holt / December 2022

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GIRLS WITH SOLE

LIZ FERRO

A powerful guide for young women to reclaim their inner strength and unlock their superhero potential through fitness, self-awareness, and resilience—now in the updated 2025 edition, featuring new text, lessons, and a wealth of fresh material from the author.

What makes a superhero “super”? Is it the power to endure? The will to stand up for what is right? Or is it the courage to conquer fear and the ability to overcome adversity? In the real world, superheroes exist, and they are all around us. Much like the comic-book heroes we grew up with, real-world superheroes were once average people who faced adversity and conquered it. They discovered their power and became something more; they stood strong in their truth and became a “super” version of themselves. We all want to have that “superpower,” the power to control our own destiny, to be independent, strong, and to excel at accomplishing our goals and achieving our dreams. But many of us feel as if we could never attain it, as if we had lost our power, our inner strength, and our ability to control our own destiny. We feel as if a tragedy, an event, or another person has robbed us of our abilities and left us hopeless, struggling to regain control and become the person we used to be. We watch other people grow into their super-selves and quietly whisper the words, “I wish...” Well, it’s time to change that.

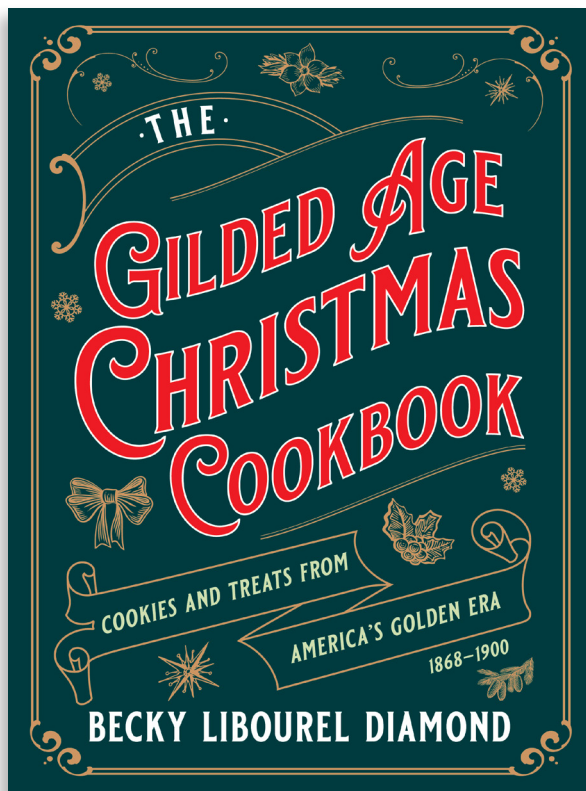
In this newly updated 2025 edition of *Girls with Sole*, Liz Ferro combines the powers of fitness and self-awareness activities to guide you through the process of reinventing yourself and unleashing your inner superhero. Packed with new lessons, updated stories, and fresh insights, this edition provides even more tools to help you become the badass, rock star, super version of yourself. *Girls with Sole* shows you how to further develop and unleash your gifts into the world and take real-world steps towards becoming the fit and fierce person you want to be. We don’t need anyone to save us; we save ourselves! Capes optional.



AUTHOR BIO:

Liz Ferro is an author, mom, wife, speaker, and the founder and CEO of *Girls with Sole*. Growing up in foster care, Ferro experienced sexual abuse but found solace in fitness, particularly swimming, biking, and running. The empowerment she gained from sports led her to create the non-profit organization *Girls with Sole*, which has received extensive national attention. She has run competitive marathons in 50 states.

Ferro has been featured on the NBC TODAY Show, in *SELF*, *Runner’s World*, and *Family Circle Magazine*. She is the recipient of the 2018 Smartwomen Award for Progressive Organization; the 2017 Community Changemaker Award from the Ohio Alliance to End Sexual Violence; the 2016 Medical Mutual NEO Pillar Award; the 2015 Perspectives Women Who Excel Award; and the 2015 Symbol of H.O.P.E. Award.



THE GOLDEN AGE CHRISTMAS COOKBOOK

BECKY LIBOUREL DIAMOND



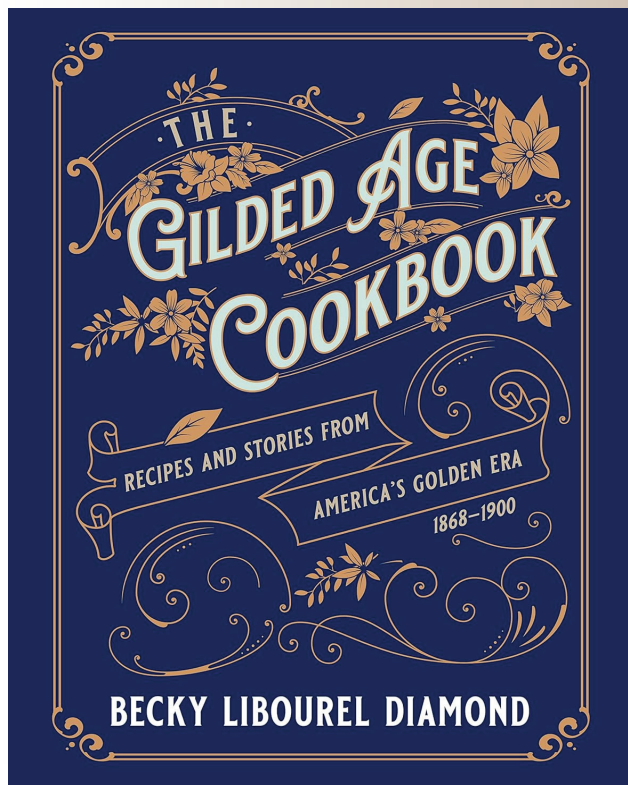
AUTHOR BIO:

Becky Libourel Diamond has had a varied career combining writing and research. Her latest book is *The Gilded Age Cookbook*, published by Globe Pequot in August 2023. Her second book, *The Thousand Dollar Dinner*, tells the unique story of a nineteenth century “Top Chef”-style competition between Philadelphia restaurateur James Parkinson and the Delmonico family of New York. The result was a luxurious seventeen course feast that helped launch fine restaurant dining in America as we know it today. She is also the author of *Mrs. Goodfellow: The Story of America’s Cooking School*, a successful nineteenth century pastry chef who also ran an innovative cooking school for young woman - a Philadelphia first.

Although most Americans have heard of sugar plums thanks to the famous holiday poem *A Visit from St. Nicholas* by Clement Clarke Moore, many have likely never had the pleasure of tasting one of these luxuries, or even know what they really are (hint: they are not sugar-dusted plums). This is because sugar plums are one of the Gilded Age era holiday sweets that got eclipsed as America moved into the twentieth century. But *The Gilded Age Christmas Cookbook* will bridge the past and present, bringing back sugar plums and other confections not typically found in modern cookbooks, while revisiting some beloved favorites.

With origins that date back to the nineteenth century and even earlier, the recipes in *The Gilded Age Christmas Cookbook* have been adapted for today’s ingredients and appliances, allowing cooks to recreate them in their own modern kitchens. Each recipe will provide a colorful glimpse into the era, featuring the fascinating history behind each cookie, its ingredients and baking methods. There will also be sidebars throughout, offering tidbits of Christmas lore of the era.

A perfect gift to bring sparkle to the holiday season for anyone who enjoys food, history, culture and Christmas traditions, *The Gilded Age Christmas Cookbook* is a unique way to revitalize any baker’s holiday repertoire while looking to past foodways for inspiration. With all the opulence and enchanting allure of the Gilded Age era, this nostalgic book is chock-full of delicious holiday treats.



THE GILDED AGE COOKBOOK

BECKY LIBOUREL DIAMOND

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

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

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

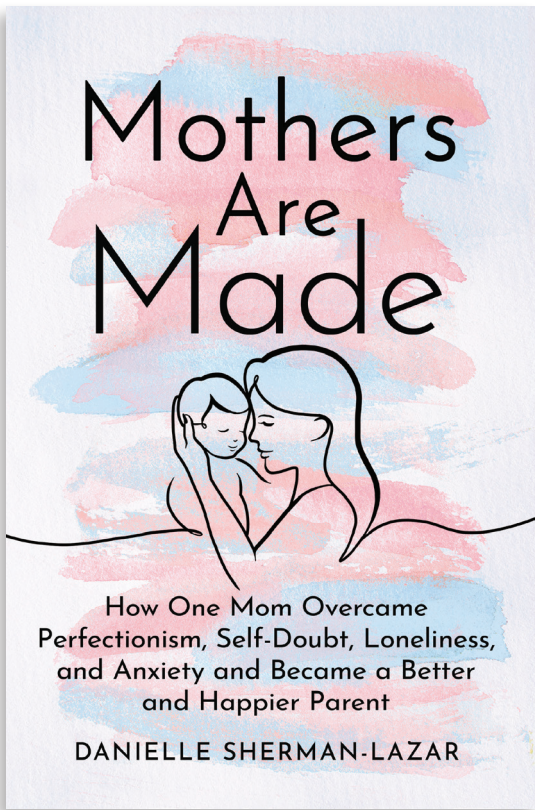
The splendid yet accessible and easy-to-follow recipes in *The Gilded Age Cookbook* will take readers on a delicious journey from a bygone era to the present day..

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

Rowman & Littlefield / April 2023

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MOTHERS ARE MADE

DANIELLE SHERMAN-LAZAR

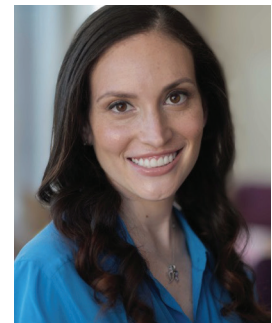
A deeply personal motherhood memoir about how the challenges moms face daily sharpen them into stronger, braver, and better parents for their children

Motherhood is hard. It's full of plenty of moments where a mom might think, "I don't know if I can do this."

Danielle Sherman-Lazar has had this thought many times as she's raised her four daughters under 10, from her struggles with breastfeeding to two of her daughters' stays at the NICU. Through personal and honest stories on motherhood and her struggles with eating disorders, *Mothers are Made* shows how moms aren't instantly born along with their babies—mothers are made through time and experience. It's when mothers go through the fire, Danielle argues, that we are forged into resilient, brave, and courageous parents.

Danielle's writing is raw and relatable, and she shows how overcoming challenges with eating disorders, then facing the challenges of perfectionism, self-doubt, anxiety, and loneliness has given her tremendous inner strength, resilience, and confidence. Through real stories full of honesty, love, tenderness, and humor, she reminds her readers that they, too, have the knowledge and tenacity to persevere through any obstacle.

Mothers are Made will help moms realize that they can handle crises as they arise—large or small. And they will recognize that they are not alone in their struggles. Danielle's vulnerability will help readers find the courage to keep going through the uncomfortable parts of motherhood, knowing they'll get to the other side—a better, happier, and stronger mom.



Author bio:

Danielle Sherman-Lazar is a social media entrepreneur, mental health advocate and author of Amazon number-one bestselling picture book *It's Okay to Not be Okay*. Her writing has appeared on *Scary Mommy*, *Love What Matters*, *Her View from Home*, *Motherly* and many others. Danielle lives with her husband Jonathan and four girls in Northern New Jersey. You can follow her on Facebook at Living FULL by Danielle Sherman-Lazar or Instagram @livingfullaftered. New Jersey. You can follow her on Facebook at Living FULL by Danielle Sherman-Lazar or Instagram @livingfullaftered.

THE NO BULLSHIT GUIDE TO GETTING SOBER

Foreword by
Lotta Dann
Author of



MAREE MACLEAN

THE NO BULLSHIT GUIDE TO GETTING SOBER

MAREE MACLEAN

*If your life appears to be right royally
fucked from your drinking, **it probably is.***

But the good news is Maree MacLean's book is a call to action not a death sentence. The No Bullshit Guide to Getting Sober challenges us to get more honest than we've ever been before about how and why we are fucking up our own lives.



AUTHOR BIO:

I've always written for pleasure but I wrote for a living too, at TVNZ. I've been published in the Herald, TNT Travel, LA based Elephant Journal & NZ Dirt Bike Rider Magazine. I've been featured on the Nutter's Club, Mornings With Kerre Woodham, been interviewed by the brilliant Kathryn Ryan at Radio New Zealand on Reality Check Radio, Flea FM and featured twice on the AM Show before it went off air.



LAND ON BOTH FEET

BRETT SØREM

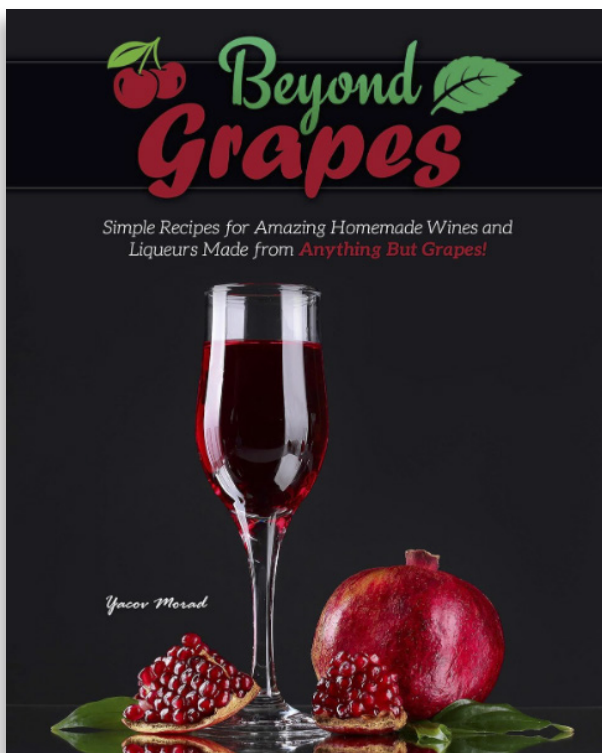
A witty and nostalgic memoir that explores the hard lessons Brett Sorem learned from skateboarding and how they shaped his approach to life.

Land On Both Feet is a humorous and reflective memoir by Brett Sorem, blending skateboarding culture with practical life wisdom. Set against the backdrop of the mid '90s renegade skate scene, the book follows Brett's journey from aspiring professional skateboarder to a grounded adult, exploring the invaluable insight learned along the way. Brett's eleven lessons—ranging from the importance of embracing failure to the art of persistence—demonstrate how the challenges and triumphs of skateboarding mirror the complexities of life. Whether it's learning when to stop and appreciate the moment or how to keep pushing forward after setbacks, this book is a testament to the power of resilience and self-discovery. Crafted for core skateboarders, enthusiasts and anyone looking for a fresh perspective on personal growth, Land On Both Feet is a nostalgic, witty, and inspiring read.



AUTHOR BIO:

Brett's journey has taken him from carving the streets of San Diego to skitching cabs in New York City, making nearly every major metropolitan area his home at one point or another. Through it all, one thing remained constant: his skateboard was always by his side. By the age of 20, he was sponsored by big names like Billabong, Oakley, and Savier Shoes, but he faced a life-defining choice—continue his education or pursue his skateboarding dream full-time.



Beyond Grapes

How To Make Wine Out Of *Anything But Grapes*

(2ND EDITION) BY YACOV MORAD

Have you always wanted to make your own wine out of sweet potatoes, parsley and sage? Or create a lovely lychee liqueur in your spare time?

BEYOND GRAPES is the book for you. Full of insight, inspiration and good sense, it will make you want to start your passion project right away.

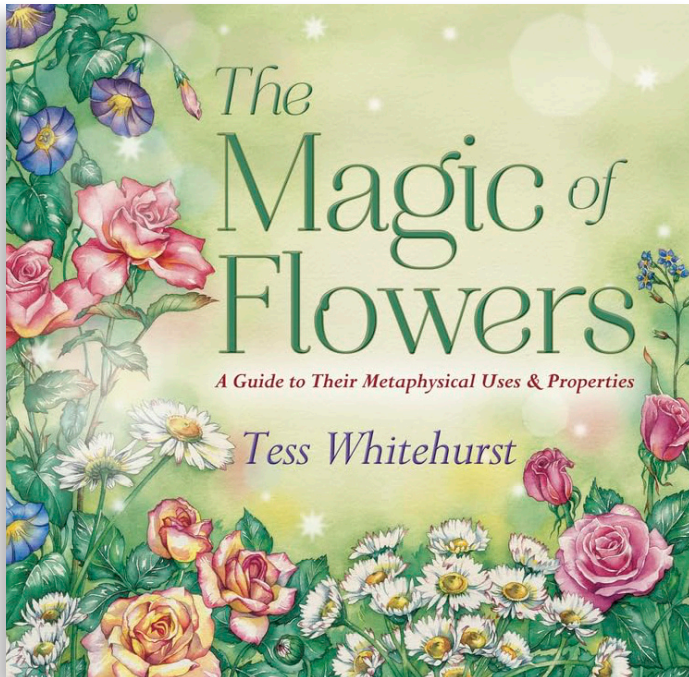
Each recipe follows a similar formula, which, once mastered, will give you the blueprint you need to design your own wine or liqueur, regardless of what fruit, vegetable, or plant you want to use as its base. Learn how to make wine from raspberries, pears, coconut, dates, onions, papaya, apricots, pomegranates, carrots, potatoes, mint, onion, dill, and even parsley (among other things), as well as how to make liqueurs from pineapple, honey, I mango chocolate, and chamomile.

Beyond Grapes: How to Make Wine Out of Anything but Grapes is the must-have book for any enthusiastic oenophile who dares to explore a new world of wine, to expose themselves to new and exciting flavors, and who wants to master the skills needed to produce experimental beverages out of an array of fruits, vegetables, and medicinal herbs. It is the perfect gift for any wine lover.



AUTHOR BIO:

Yacov Morad is a winemaker, author, and founder of Morad Winery in Israel. After 30 years of experience, he decided (along with the love of his life-his wife Ester) to convert his lifelong hobby into a full-time profession, so in 1999, Morad Winery opened its doors to rave reviews and the international press. The winery became a household name; Yacov appeared on a great many popular TV shows and news broadcasts and hosted hundreds of thousands of visitors from all around the world in his boutique winery's visitors' center. Morad Winery was the first commercial winery in Israel to make wine out of almost anything BUT grapes. Now, more than 20 years later, Mr. Morad and his wife are retired. Yacov Morad now spends most of his time teaching students the secrets to making mouth-watering wines and liqueurs out of anything but grapes, in the comfort of their own homes.



The Magic of Flowers

TESS WHITEHURST

The Essential Compendium of Flower Magic

Explore the subtle and whimsical realm of flower magic with 80 magical species, conveniently presented in this comprehensive, one-of-a-kind guide! From African daisy to ylang ylang and many others in between, *The Magic of Flowers* introduces you to the holistic and therapeutic benefits of essential oils, flower essences, and the blossoms themselves.

As manifestations of divine beauty and wisdom, flowers offer you countless magical and spiritual ways to connect with them. Because they dwell on the border between seen and unseen, closer to the etheric realm of pure energy, flowers allow you to see into the heart of truth. Tune in to their unique vibrations and improve your health, vitality, beauty, success, personal power, and more. Use flowers for aromatherapy, charms and rituals, herbal potions, divine alignment, and to help manifest the life conditions you desire. Spark your own transcendent experiences with these mystical beings, who can serve as therapists, healers, and emissaries of the Divine.

2014 COVR Award Winner

Praise:

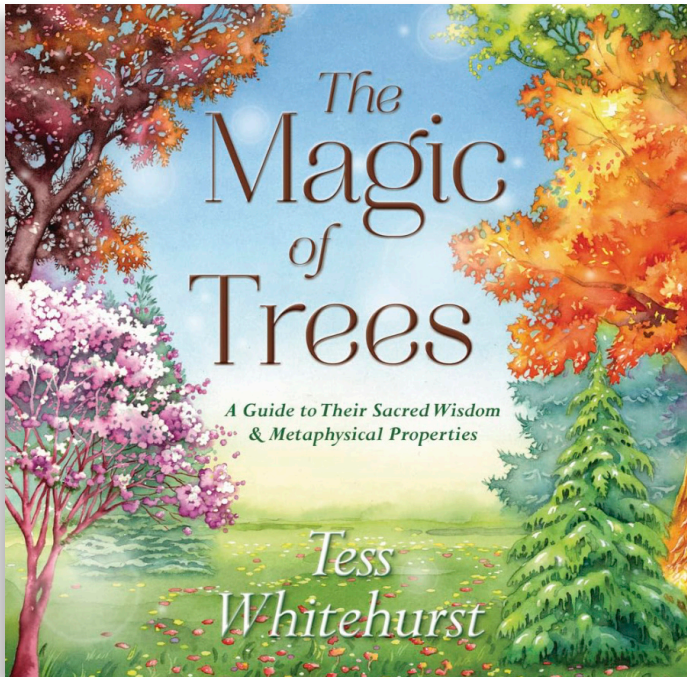
“With her gentle wisdom, author Tess Whitehurst has crafted a lovely guide to the world of flowers and their energies and essences. This enchanting book is both a comfort and a joy!”

—Ellen Dugan, author of *Seasons of Witchery* and *Garden Witch’s Herbal*



AUTHOR BIO:

Tess Whitehurst (Central California) is a spiritual teacher who focuses on magical practices, mindfulness, and self-love. She has appeared on the Bravo TV show *Flipping Out* and her writing has been featured such places as *Writer’s Digest*, *Llewellyn’s* annuals, and *Spirit and Destiny* magazine. In addition to authoring many books and oracle decks, she is the founder and facilitator of *Wisdom Circle*, an online magical community and learning hub.



The Magic of Trees

TESS WHITEHURST

Bring positive change and nourishment to your body, mind, and spirit by connecting with the deep wisdom and power of trees. Featuring detailed descriptions of the magical and energetic properties of more than one hundred trees, this comprehensive guide shows you how to work with them—physically and spiritually—through rituals, spells, aromatherapy, visualization, and more.

Trees are symbols of the interconnectedness of life and represent the interwoven web of everything magical. The Magic of Trees helps you tap into that web and enrich your life. From Acacia to Yew and many others in between, each tree has an encyclopedic entry that features its history, magical uses, medicinal uses, and correspondences. With this book's guidance, you'll find that the trees around you can be beloved friends, teachers, and magical partners.



AUTHOR BIO:

Tess Whitehurst (Central California) is a spiritual teacher who focuses on magical practices, mindfulness, and self-love. She has appeared on the Bravo TV show *Flipping Out* and her writing has been featured such places as *Writer's Digest*, *Llewellyn's* annuals, and *Spirit and Destiny* magazine. In addition to authoring many books and oracle decks, she is the founder and facilitator of *Wisdom Circle*, an online magical community and learning hub.

ANDY J. MEROLLA AND
JEFFREY A. HALL

The Social Biome

How Everyday
Communication Connects
and Shapes Us

The Social Biome

BY ANDY J. MEROLLA & JEFFREY A. HALL

A deep dive into the importance of daily communication and how we can harness its power to create a better life.

We spend much of our waking lives communicating with others. How does each moment of interaction shape not only our relationships but also our worldviews? And how can we create moments of connection that improve our health and well-being, particularly in a world in which people are feeling increasingly isolated?

Drawing from their extensive research, Andy J. Merolla and Jeffrey A. Hall establish a new way to think about our relational life: as existing within “social biomes”—complex ecosystems of moments of interaction with others. Each interaction we have, no matter how unimportant or mundane it might seem, is a building block of our identities and beliefs. Consequently, the choices we make about how we interact and who we interact with—and whether we interact at all—matter more than we might know. Merolla and Hall offer a sympathetic, practical guide to our vital yet complicated social lives and propose realistic ways to embrace and enhance connection and hope.



Author bio:

Andy J. Merolla is a professor in the Department of Communication at the University of California, Santa Barbara. He lives in Santa Barbara, CA.

Jeffrey A. Hall is a professor in the Department of Communication Studies and the director of the Relationships and Technology Lab at the University of Kansas. He lives in Lawrence, KS.

AGING WELL WITH CANNABIS

Feel Better, Sleep Better,
and Live Better with Marijuana and CBD

PETER GRINSPOON, M.D.

As the familiar saying goes, “aging isn’t for sissies.” As patients age, they accumulate diagnoses, specialists, and prescriptions. “Polypharmacy”, the simultaneous use of five or more medications, is expensive, confusing, and dangerous. I have more than a few primary-care patients that are on over twenty medications. Older patients are rediscovering what humans have known for thousands of years – that medical marijuana can help with multiple symptoms at once, with a relatively low toxicity if used properly. They are finding that they can reduce their reliance on traditional pharmaceuticals and can find improved symptom relief.

Chronic pain, anxiety, and insomnia, among other symptoms, are at epidemic proportions in the fifty and older crowd. Doctors tend to throw medication after medication at these symptoms and ailments. The cost, and side effects, can be additive. Rarely do physicians remember to stop, strip off, or pare down on the medications prescribed – to “deprescribe”. Our medical system is organized for us doctors to do more for patients, even though you can often help them more by doing less. In all scenarios, symptoms need to be treated or else the patient suffers. Medical cannabis can help patients with chronic pain, anxiety, and insomnia at the same time. Studies show that the “health-related quality of life” consistently rises. It is no wonder that elders are so readily adopting this ancient, effective treatment modality.

The conventional treatments for anxiety, insomnia and chronic pain are particularly toxic to older patients. For example, let’s look at the case of chronic pain, which afflicts tens of millions. No doctor wishes to prescribe opioids no matter how bad the pain is. Even if you can get a prescription, opioids often cause falls, confusion, constipation, and delirium. NSAIDs, such as ibuprofen (Advil), naproxen (Alleve) or diclofenac (Voltaren), can harm or even kill you in a variety of ways including bleeding, ulcers, heart attacks and kidney failure. Indeed, we lose ten thousand patients a year just from NSAID-related heart attacks. Tylenol doesn’t do much in the way of chronic pain (except maybe hurt your liver). The drug gabapentin (Neurontin) does more for making you feel utterly brain-dead than for alleviating chronic pain. All of these medications are more dangerous for older patients. Again, it is no wonder that these patients are rediscovering the medicinal magic of marijuana, which can often accomplish pain relief without these nefarious side effects and toxicities.

Older patients often find cannabis to have a pleasant and helpful effect on their mood and sensorium as well, especially if the cannabis is dosed properly (start low and go slow!). One ninety-three-year-old patient was having chronic back pain, which was keeping her up at night. I started her on half of the smallest dose of a gummy – a mere 2.5 milligrams (one puff is 5-10 milligrams for context). Not only was her back pain alleviated but she said, “I haven’t slept this well since I was a teenager, and I wake up in such a good mood.” She no longer needs the Tylenol with codeine or the gabapentin that her doctor gave her or anything to help facilitate sleep (and which were making her groggy and constipated).

There are many unfortunate obstacles to older patients initiating the use of medical cannabis, including lingering stigma, inconsistent legality, and a profound lack of practical knowledge on the part of doctors and nurses to whom patients look for guidance. Our elders are starving for accurate, high-quality, authoritative and accessible information about how to use cannabis in a safe and effective manner. Grandma Is Smiling Again will provide this.

Much information about cannabis is presented with a very one-sided “pro” or “anti” agenda, when what is needed is a balanced consideration. Educating people about the harms of cannabis is just as important as teaching them about the potential benefits. Soaring enthusiasm for treatments can transcend the actual clinical gains, and the research base. Irrational exuberance can hamper a safe adoption of this (or any) treatment modality. Cannabis has known harms, and should, for all patients, be avoided by teenagers, pregnant or breastfeeding women, as well as patients with a history or family history of psychotic diseases. In older populations, who have largely aged out of these concerns, there are different things to watch out for when starting medicinal cannabis. One must pay particular attention to the acute impairment that can afflict the cannabis novice, until they get used to the feeling. Also of concern are falls, memory loss and confusion. Patients with cardiac conditions, such as arrhythmias or coronary disease, need to proceed with caution as well, and to keep the dosages low. As with all human endeavors, knowledge is power and, in this case, safety and efficacy. Grandma Is Smiling Again will help doctors and patients alike navigate the landscape of medical cannabis in older patients.

Recent studies show a dramatic increase in symptoms relief in older populations, with relatively infrequent and mild side effects. In one 2018 study, ‘Epidemiological characteristics, safety and efficacy of medical cannabis in the elderly’, Israeli researchers studied 2736 medical cannabis patients who were 65 years of age or older, and found that,

After six months of treatment, 93.7% of the respondents reported improvement in their condition and the reported pain level was reduced from a median of 8 on a scale of 0-10 to a median of 4. Most common adverse events were: dizziness (9.7%) and dry mouth (7.1%). After six months, 18.1% stopped using opioid analgesics or reduced their dose.

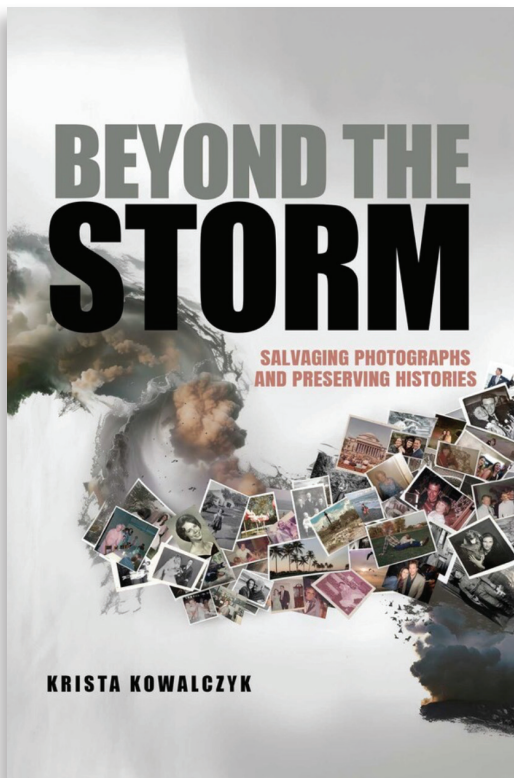
It is important to note how congruent these findings are with the clinical experiences which I and many other physicians have of treating older adults with cannabis.

If you, or a loved one, is an older patient, how can you safely get started on cannabis? What do you do? What is there to watch out for? Read on! Grandma Is Smiling Again will educate, demystify, and provide those gold nuggets of practical information that will make the entire endeavor safer and more effective. (Not to mention, often fun, enlightening and socially bonding.)



AUTHOR BIO:

Peter Grinspoon, M.D. is a primary care physician and cannabis specialist at Massachusetts General Hospital and an instructor in medicine at Harvard Medical School. He is a certified health and wellness coach. He is a board member of the advocacy group Doctors for Drug Policy Reform and an advisor to the Parabola Group, which advocates for social justice in the cannabis space. He spent two years as an Associate Director of the Massachusetts Physician Health Service, treating and monitoring hundreds of physicians with addiction. He is the author of the memoir *Free Refills: A Doctor Confronts His Addiction* (Hachette, 2016), which was optioned for television by MarVista Entertainment. He was the expert witness in the successful citizens’ 2019 lawsuit against the Massachusetts “Vape Ban” and a special consultant on addiction issues to the theatrical production “Jagged Little Pill”’s pre-Broadway run when it was at the American Repertory Theater. In 2018 he was named by Boston Resilient, a Harvard Medical School-based tribute to addiction-recovery leaders, a Hero in Recovery. He has been named by The Bluntness as a top-100 person in cannabis and psychedelics, and by Benzinga as a top-30 influencer in the world of psychedelic medicines.



BEYOND THE STORM

KRISTA KOWALCZYK

AUTHOR BIO:

For over 25 years, Krista Kowalczyk has captured life's most cherished moments throughout Southwest Florida, from Sanibel Island to Naples. As the owner of Impressions Photography, she is renowned for her exceptional wedding, portrait, and fine art photography, as well as her outstanding customer service.

Krista's work and expertise have been featured on The Kelly Clarkson Show, Good Morning America, ABC World News Tonight with David Muir, Fox Weather, The Weather Channel, and NBCLX. Her photography has also been highlighted in publications such as Rangefinder, Brides, The Knot, and Destination Weddings & Honeymoons.

After witnessing the destruction of family photos during Hurricane Ian, Krista began teaching others how to safeguard their memories through easy-to-follow photo organizing techniques. Her approachable guidance helps people of all tech levels protect their personal collections.

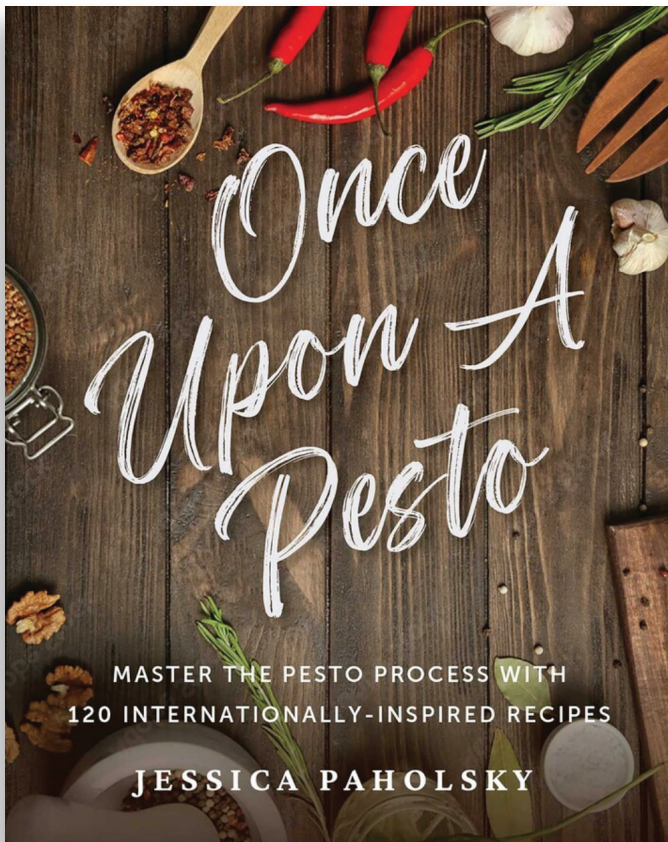
Throughout her career, Krista has photographed NFL games, been published in national magazines, and managed millions of photos. She was named 2023 Mentor of the Year by the Foundation for Lee County Public Schools and is a proud inductee of The Knot Hall of Fame.

A heartwarming and inspiring guide to safeguarding precious memories, using personal stories of loss, resilience, and the power of photographs in the aftermath of Hurricane Ian.

Part memoir, part practical guide, *Beyond the Storm* delivers emotional, real-life stories while providing invaluable tips for digitizing, organizing, and protecting your own precious memories before disaster strikes.

After Hurricane Ian devastated her community, photographer Krista Kowalczyk turned personal tragedy into a mission to save the irreplaceable—memories captured in photographs. With vivid storytelling, Krista shares the heartbreak of witnessing unimaginable loss, the joy of restoring treasured memories, and the resilience of a community united in recovery. Both a personal reflection and a guide, this book inspires readers to safeguard their cherished moments and shows the profound power of compassion in the face of disaster.

Perfect for anyone who values the power of a photograph, this book will resonate with readers who believe in the enduring bonds of family, community, and memory.



An enchanting culinary journey through 40 countries, Once Upon a Pesto unlocks the creative potential of pesto with 120 internationally inspired recipes that explore food history and culture.

Once Upon a Pesto is a new and whimsical way of thinking about how flavors and textures pair with creativity and flexibility on a global scale. Pesto is not a specific recipe—it's a process. Through this approach, you will master the homemade pesto process, discover innovative applications for many pesto recipes, and explore the foods and world around you. The first edition features 40 different countries and cultures to inspire you to think of the kitchen as a fun, hands-on space.



AUTHOR BIO:

Jessica Paholsky is a dynamic and experienced marketing and communications professional. Her career in digital storytelling began at Penn State University, where she earned two bachelor's degrees in visual communications and fine art photography. Once Upon a Pesto showcases Jessica's expertise in storytelling, travel, culture, and food, blending her academic and professional experiences into an insightful global food journey.

Everyday Parenting

SECOND EDITION

A Professional's Guide to Building Family Management Skills



Elizabeth A. Stormshak
Anne Marie Mauricio
Anne M. Gill

Everyday Parenting

DR. ELIZABETH STORMSHAK |
DR. ANNE MARIE MAURICIO | DR. ANNE M. GILL

The new second edition includes “common sense” parenting practices that will help parents from all backgrounds relate to their children and build strong, supportive family relationships that can last a lifetime.

New in Everyday Parenting, the authors have integrated multiple theoretical approaches and models consistent with the issues children and families are facing today, along with new, emerging research.

Although many of the skills parents will learn in this book are focused on intervening with children when there is a problem (such as oppositional behavior), we also focus on the everyday skills that help parents interact with children in positive ways and build strong relationships, regardless of the child’s behavior or emotional state. This book is intended for both parents and therapists, and the skills and exercises presented here can be used for working directly with children or adolescents regardless of their age, problems, culture, mental health, or ability.

This valuable resource helps parents develop the skills they need to support positive child behavior, as well as reduce behavior problems, such as escalation of negative emotions, disruptive behavior, or emotional lability. The content can be used as an intervention for children who are already experiencing difficulties, or it can be used as a prevention program to support all parents in healthy ways to interact with children.

AUTHOR BIOS:

Elizabeth Stormshak, Ph.D.

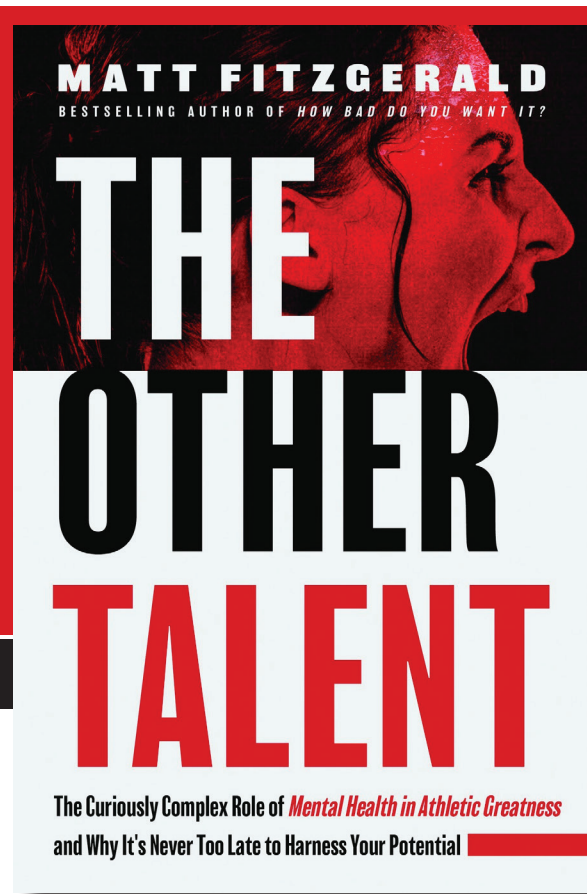
is a Knight Chair and professor at the University of Oregon. Her research interests span the fields of both education and prevention science, including family-centered prevention of problem behavior, mental health distress, and substance use in children and youths.

Anne Marie Mauricio, Ph.D.

is a child and family psychologist who has spent over 20 years developing, implementing, and evaluating empirically supported, culturally responsive, family-centered interventions.

Anne M. Gill, Ph.D.

is a Research Associate and Co-Director of the Center for Parents and Children at the University of Pittsburgh. She is a family therapist with 30 years of experience working with families and children utilizing collaborative and evidence-based practices.



THE OTHER TALENT

MATT FITZGERALD

The world's best youth athletes and the world's best adult athletes are not the same people. But why?

The Other Talent answers this question with a provocative new theory of athletic greatness. In it, world-renowned sportswriter Matt Fitzgerald (whose previous books include the 75,000-copy selling *80/20 Running* and the 85,000-copy selling *Racing Weight*)

argues that there are two forms of talent: early talent, which is primarily physical in nature, and later talent, which is primarily psychological in nature, and it is the second of these that separates the truly great athletes from the might-have-been's, enabling those who have it to get the most out of their physical gifts in the long run.

Which begs the question: what exactly is "later talent"? Matt spent two years devouring the memoirs of legendary athletes in search of the answer, and what he discovered was that, without exception, these athletes possess two key mental traits that are rarely combined in the same person. The first is an unmet psychological need, different in each athlete, that is satisfied (at least partially) by success in sport, motivating the athlete to take bigger risks, make deeper sacrifices, and endure greater suffering than most people would consider reasonable. A "screw loose," if you will. The second trait is a high capacity to self-regulate (or control their actions, emotions, and thoughts) in pursuit of winning. In other words, they have their shit together. Combined, these two key mental traits enable certain athletes to work both harder and smarter than everyone else, thereby achieving higher levels of performance than athletes with superior early talent but less later talent.

In the tradition of *How Bad Do You Want It?*, Matt's much-loved prior book on the psychology of athletic greatness (90,000 copies sold since 2015), **The Other Talent** weaves together powerful storytelling and fascinating science to create a reading experience that is entertaining, persuasive, and galvanizing, leaving readers both equipped and fired up to implement and benefit from the book's paradigm-altering ideas. For although it is focused on what makes our sports heroes different from the rest of us, Matt's revolutionary theory of athletic greatness is ultimately about the potential that lies within each of us, empowering all athletes, and not only athletes, to discover their own greatness.

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

Ben Bella Publishing / August 2024

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Why Our Mental Health System Is Failing Us
and What Should Be Done to Cure It

Has Medicine Lost Its Mind?

ROBERT C. SMITH, MD



Has Medicine Lost Its Mind?

ROBERT C. SMITH

One in four Americans suffer from mental illness, yet 75% receive no treatment at all - discover why our healthcare system is failing millions and learn how we can fix it.

In this groundbreaking examination of America's mental health crisis, internationally recognized physician Dr. Robert C. Smith exposes the devastating gap between physical and mental health treatment. Drawing on decades of clinical experience and evidence-based research, he reveals how the historical mind-body split in medicine has created a two-tier system of care with catastrophic consequences.

Key revelations include:

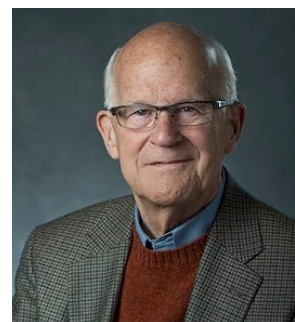
Why medical schools fail to properly train physicians in mental health care

How untreated mental illness costs society hundreds of billions in preventable healthcare expenses

The hidden toll on families and communities when depression, anxiety, and substance abuse go untreated

A practical roadmap for reform that puts mental health care on equal footing with physical medicine

Written with both scientific rigor and compassionate insight, this urgent call to action provides policymakers, healthcare leaders, and concerned citizens with a clear path forward. Dr. Smith, recipient of the George Engel Award and Career Teaching Achievement Award, brings unparalleled expertise to this critical examination of how we can transform mental healthcare in America.



AUTHOR BIO:

Robert C. Smith, MD, MACP is a University Distinguished Professor of Medicine and Psychiatry Emeritus from Michigan State University. With many publications, awards, and strong grant support, he has been involved in teaching and research in patient-centered communication and in primary care mental health since 1985.

He and his colleagues behaviorally defined the patient-centered interview as a replicable model that can be systematically taught and studied. Later, they showed it was evidence-based in two controlled trials. Dr. Smith and his colleagues have written a popular interviewing textbook, *Smith's Patient-Centered Interviewing: An Evidence-Based Method* (4th edition, McGraw Hill, 2018). Endorsed by the American Academy on Communication in Healthcare, the text is widely used in medical and nursing schools in the USA and abroad for teaching interviewing and the doctor-patient relationship.

SLEEP ON THE SPECTRUM

Peaceful Nights for You and Your Neurodivergent Child

MELISA MOORE, PHD

Former Psychosocial Director, The Sleep Center at The Children's Hospital of Philadelphia. Founder, Through the Night Psychology

Foreword by Jodi Mindell, PhD, best-selling author and co-founder, The Sleep Center at the Children's Hospital of Philadelphia

The subject of neurodivergence has exploded in recent years as rates of developmental disabilities such as autism spectrum disorder (ASD) and attention deficit hyperactivity disorder (ADHD) continue to skyrocket. Up to 7 million children ages 2 to 18 in the US are identified as neurodivergent, and trouble sleeping is reported in up to 96% of them. That shockingly high number shows us that almost every neurodiverse child and family needs help with sleep. Poor sleep increases the very challenges that make kids' lives so hard--attention issues, behavior problems, communication difficulties, and mood disorders such as anxiety and depression.

SLEEP ON THE SPECTRUM

- Includes unique recommendations specific to neurodivergent sleep; it does not recycle the same sleep advice we've heard for years.
- Reflects the newest research that shows that the use of distraction and electronics may counterintuitively help neurodivergent kids to calm down and fall asleep.
- Expands the definition of healthy sleep and advocates for flexibility. Traditional ideas about sleep and sleep training go out the window and concrete, alternative options are presented.
- Is based on science and decades of expertise in pediatric sleep as well as my perspective as a parent.
- Considers the needs of the whole family. Most parenting sleep books are focused only on the child.

Parents don't have time for fluff and need help now. Each chapter concludes with "Bedside Table," a bulleted summary and tips that an exhausted brain can handle.



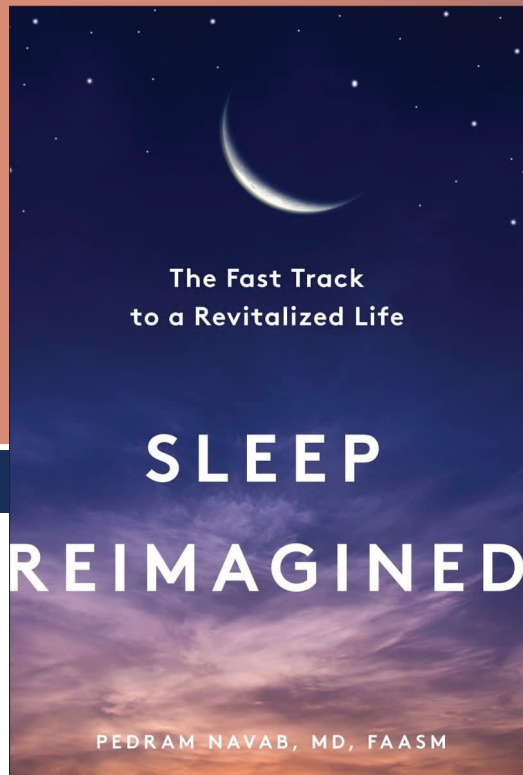
AUTHOR BIO:

Melisa Moore Ph.D. loves sleep. She is a clinical psychologist in practice in the Los Angeles area, and is board certified in behavioral sleep medicine. She has served on the faculty of the University of Pennsylvania and was the Psychosocial Director of the Sleep Center at The Children's Hospital of Philadelphia (CHOP). Along with her remarkable colleagues, Dr. Moore worked to develop the nationally renowned Sleep Center at CHOP for the 15 years prior to starting her practice. Dr. Moore currently works with children, teens, and young adults virtually and in-person across the country for a variety of sleep issues. Her special interest is sleep in neurodiverse children and teens.

SLEEP

REIMAGINED

PEDRAM NAVAB, MD, FAASM



Dr. Pedram Navab has been a practicing neurologist and sleep-medicine specialist for 15 years, treating tens of thousands of patients. A passionate and creative physician, Dr. Navab developed a humanistic-centered sleep lab, The Los Angeles Sleep Institute, focusing on creative ways to treat sleep disorders, including insomnia and others. You already know how widespread insomnia is (one in four suffers from it), especially during these difficult times. And you also know how many books there are out there that aim to relieve it. But Dr. Navab, in his new book ***SLEEP REIMAGINED***, encourages read-

ers, just as he does his patients, to think about sleep in a new way – as a continuum of one’s waking life, not merely a discrete part separate from it. He also encourages his patients to tell stories about their wakeful hours, so that they can put them into context with the rest of their life and help resolve the issues and behaviors that are standing in the way of restful, restorative sleep.

SLEEP REIMAGINED is a different book about treating insomnia. It contains narrative and philosophy but it’s also a sophisticated guide on insomnia, utilizing both conventional and unconventional techniques for solving the problem. It presents the reader not just with solutions – the reason for buying the book, after all – but also a philosophy of re-thinking sleep, developed from the author’s 15 years of dealing with his patients’ sleep disorders. Best of all, his approach works. These compelling stories will resonate with anyone struggling for a solution to insomnia, offering them hope and answers. Ultimately, Dr. Navab’s patients triumph in their quest for better sleep, and so will the reader! ***SLEEP REIMAGINED*** will:

- Open each chapter with a unique patient story, delving into their underlying problems with sleeplessness and offering the practical approach that helped each of them sleep better;
- Discuss how pandemics such as Covid-19, as well as other personal and more widespread catastrophes, contribute to insomnia;
- Present the author’s “fuck-it-all approach” to sleep, a mixture of mindfulness and cognitive restructuring;
- Entertain readers with the fascinating case studies presented;
- And much, much more.

Dr. Navab speaks frequently on the topic of sleep at various large venues in the US and abroad. His work has been featured on CBS and NBC, and he contributes influential blogs to Sermo and DocCafe, social media sites designed exclusively for doctors. As an alumnus of the Stanford Sleep Disorders Clinic, Dr. Navab and his book will benefit from the PR and marketing engine provided by Stanford University, which has already committed to promoting ***SLEEP REIMAGINED***.

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

Countryman Press / December 2022

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INFINITE LIFE, INFINITE LESSONS

Wisdom from the Spirit World on Living, Dying and In Between

SUSAN GRAU

Despite being the single most terrifying moment of my life, my near-death experience as a child was also the brightest. The truths I learned in the afterlife have helped me better understand the truths about life—and in *Infinite Life, Infinite Lessons* I intend to share this wisdom with the masses. Paramount among them: Earth is a school, and life is a journey of lessons. We are here to grow our souls, first and foremost, and when seen through that lens, our lessons become our blessings.

Though basically a self-help book, with reflective journal prompts included at the end of each chapter to help readers integrate the discussed spiritual lessons into their lives, *INFINITE LIFE INFINITE LESSONS* includes personal stories from my life, in which I recount the profound wisdom I experienced on the other side during both my childhood near-death experience and the constant encounters I began to have afterward with spirit. I pull back the curtain on what it's like to be a professional medium, including the parts that are disconcerting and even frightening. I had to learn how to develop my skills, turn them off when I wanted, and discover how to have a life with this gift. The enormous weight of responsibility I feel at age 63 to be as accurate as possible when "reading" others never goes away and, in some respects, no one is more of a skeptic than I am. One of the most important things I was taught on the other side -- a place I refer to as "the Yellow Brick Road" -- is the reason we experience so much challenge and pain in life. Not only is this a theme braiding the entire book together, but I devote a chapter to this topic to help readers come to terms with the difficulties and traumas they go through in their lives.

In other chapters, I share some of the most dramatic stories of my readings with clients, including the times I have helped law enforcement in forensic investigations. I dedicate a chapter to teaching readers how to connect with their loved ones who have passed, such as how to recognize and ask for signs of their presence, and I provide advice about dealing with grief—something I've had to learn myself, as being a medium doesn't make me immune to the pain of loss. Since my family has a long history of suicide, I spend a chapter on this important subject and what happens after death to those who kill themselves, which differentiates this book from others in the field.

The final chapters help readers access their own empathic and psychic abilities, as well as begin to see life through the eyes of Spirit as a loving, beautiful experience that provides our souls with important opportunities to grow. When we can see life through that lens, we can trust that whatever happens to us is for our greater good. When I was in the afterlife, Spirit told my child self, "You will do something very important with the knowledge you've learned here." My hope is that this book will be a big part of that mission..

Hay House / Summer 2024

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NEW YORK TIMES BESTSELLING AUTHOR OF *THE TRIDENT*

JASON & ERICA REDMAN

MISSION: INVINCIBLE MARRIAGE



A Navy SEAL Couple's
Guide to an
INDESTRUCTIBLE
RELATIONSHIP

FOREWORD BY GARY SINISE

MISSION INVINCIBLE

JASON & ERICA REDMAN

*From Jason Redman, the former Navy SEAL and New York Times bestselling author of *The Trident*, writing with his wife, Erica, a battle-tested guide to marital bliss, drawing on the lessons of elite warriors to build a winning relationship, no matter the challenges and traumas that life sends your way. Featuring a foreword by Gary Sinise.*

The divorce rate among Navy SEALs is over 90 percent, and the rate among severely wounded warriors is even higher. Erica and Jason Redman knew their marriage faced an uphill climb, because Jason is both.

In 2007, Jason's patrol was ambushed by a machine gunners' nest in Iraq. Thirty-seven surgeries, 1,200 stitches, and a grueling years-long rehab would follow. Despite all that—plus the daily demands of raising three children and running a successful business together—Jason and Erica's marriage has remained invincible.

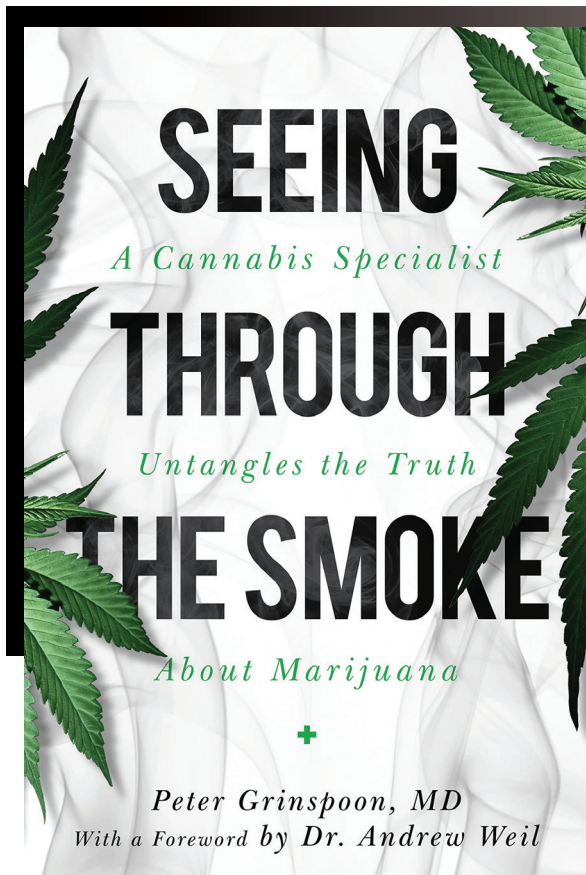
Every day, you make choices that either build up your relationship or leave it exposed and vulnerable to attack. The highest-performing warrior teams pay attention to developing muscle-memory habits, and your marriage can benefit from the same focus.

In *The Invincible Marriage*, Jason and Erica share the tools they use to lay the foundational beliefs and communication skills a marriage needs to last for life. Each chapter helps readers develop a key tenet of successful relationship-building.



AUTHOR BIO:

On September 13, 2007, while acting as Assault Force Commander on an operation to capture an Al Qaeda high-value individual, Lt. Redman's assault team came under heavy machine gun and small arms fire, and he along with two other teammates were wounded in the ensuing firefight. Despite being shot twice in the arm and once in the face, as well as enduring multiple rounds to his helmet, night-vision goggles, body armor and weapon, Jason fought valiantly with his team. They won the fight while ensuring that the entire team returned home alive.



SEEING THROUGH THE SMOKE

Depending on which doctor you speak with, or which websites you read, cannabis could be an appealing, low-risk medicine – even an aid to wellness – or an insidiously addictive drug rotting the brains of our youth. This dissonance confuses young people, distressed patients, and paralyzes politicians, all while inviting dubious sources of information and resulting in uninformed choices, enhanced polarization, and a fragmented national policy.

Seeing Through the Smoke is an unflinching examination at the grossly misunderstood drug that uses data-driven medical science and a critical historical perspective to reveal the truth behind cannabis. In this balanced and measured investigation, Cannabis specialist and Instructor in Medicine at Harvard Medical School Dr. Peter Grinspoon untangles the reality behind cannabis, revealing how we ended up with radically divergent understandings of the drug and pointing a way toward a middle ground that we can all share.

Moving through an illuminating tour of the social history and the medical science behind cannabis, Grinspoon unpacks the layers of disinformation left by a sordid history of government propaganda, racial suppression, and indifference from the medical community to answer questions like:

- Is cannabis addictive?
- What are its best-established medical uses?
- Can cannabis help cure cancer?
- How does cannabis affect memory?
- How dangerous is cannabis for teens?
- Is cannabis a safer treatment for ADHD and PTSD?
- What exactly is CBD & how is it different from marijuana?
- What are the most concerning side effects?

By focusing on the most critical purported harms—driving, pregnancy, addictiveness, memory—and by focusing on the most commonly cited medical benefits—relieving chronic pain, sleep, anxiety, PTSD, autism, and cancer—Seeing Through the Smoke will help patients, parents, doctors, health experts, regulators, and politicians move beyond biased perceptions and arrive at a shared reality towards cannabis.

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

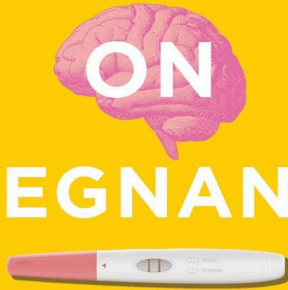
Prometheus / Spring 2023

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A GUIDE TO UNDERSTANDING
AND PROTECTING YOUR MENTAL HEALTH
DURING PREGNANCY AND BEYOND

YOUR BRAIN ON PREGNANCY



Dr. Dawn Kingston, PhD

Award-winning Researcher in Perinatal Mental Health

YOUR BRAIN ON PREGNANCY

DR. DAWN KINGSTON, PhD

An enlightening and practical guidebook for mothers to help them navigate mental health challenges during and after pregnancy—based on cutting-edge science by one of the world’s foremost researchers of maternal mental health.

For women who are expecting, pregnancy can be a time of excitement, but it also comes with the expectation that they are supposed to feel happy and joyous—that they must be “glowing.” The truth is that many women who are pregnant experience troubling anxiety, depression, and stress, accompanied by feelings of guilt, shame, and inadequacy. They are often ashamed to seek help, chalking up their feelings to changing hormones, lack of sleep, or a phase that will eventually go away.

In this groundbreaking book, Dr. Dawn Kingston, world-renowned expert on mental health and pregnancy, reveals that more women are affected by mental health issues during pregnancy rather than after it. While postpartum depression is a real and serious issue, depression during pregnancy is lesser known but just as pernicious, if not more so. Over the course of her twenty-five years working with women and babies as a registered nurse and mental health clinician, Dr. Kingston has discovered that as many as one in four pregnant women struggle with their mental health, and without treatment, symptoms can continue after the child is born, impacting a mother’s long-term health as well as her baby’s development. But it doesn’t have to be that way.

Kingston takes readers through the three most common mental health struggles—anxiety, depression, and toxic stress—and shows how common life challenges such as relationship issues, financial problems, job transitions, and lack of support are often the trigger. She also debunks the popular belief that hormonal changes are to blame. Then, using proven science-based strategies, she shares easy and effective ways expecting parents can manage the stress and other feelings caused by these challenges, and actually reverse negative effects to make a lasting difference to both them and their babies.

With real-life stories, easy-to-use self-assessments, and advice on how to talk to your doctor, this definitive and practical book breaks down stigma and gives women the tools they need to safeguard their health and their baby’s health for all the milestones to come.



AUTHOR BIO:

Dr. Dawn Kingston is an award-winning researcher and mental health clinician who has worked in medicine for more than twenty-five years, thirteen of those as a registered nurse in a neonatal ICU. She holds a master’s in nursing and a master’s in counselling. She also holds a PhD in mental health from McMaster University and a postdoctoral fellowship in mental health from the University of Manitoba. She is a professor in the Faculty of Nursing at the University of Calgary, the inaugural holder of the Lois Hole Hospital for Women Cross-Provincial Research Chair in women’s mental health, and the first Canadian chair in women’s mental health at the Lois Hole Hospital. She has been awarded the national New Investigator Award from the Canadian Institutes of Health Research for her work in maternal mental health. Dr. Kingston and her team are the developers of the HOPE 3.0 digital mental health platform for women, the first women’s-only mental health resource offering online screening and assessment tools, information, and courses related to a variety of life situations to support women. Kingston lives in Alberta with her family. Visit her website DrDawnMentalHealth4Women.com or connect with her on Facebook [@DrDawnKingston](https://www.facebook.com/DrDawnKingston).

Simon and Schuster Sept. 2024

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PLUNDER AND SURVIVAL

PLUNDER AND SURVIVAL tells the stories of the artists who created distinctive images and new forms of art; the dealers who sold it, the collectors who bought it, the museum directors who exhibited it, and the villains who burnt, destroyed, moved, sold, or appropriated it. Loebel briefly examines the looting and “cleansing” of art institutions and targeted collections throughout Europe during WW2, with the goal of outlawing and destroying what Nazi philosophy termed “degenerate” art—works that featured unnatural colors, appeared “unfinished,” and exhibited other elements of modernism—which we now know as German Expressionism and its related styles.

Accounts of Hitler’s “sales force” are related for the first time. Comprised of four leading art dealers appointed by Hitler himself: Karl Buchholz, Hildebrand Gurlitt, Ferdinand Möller, and Bernard Böhmer. **PLUNDER AND SURVIVAL** is the first to discuss the involvement of the entire group and sheds new light on the scope of their activities and differing motives.

Upon the surrender of the German army, a second wave of migrant art arrived in America, thanks in large part to the Monument Men and their assiduous search for looted art. Many of these individual stories are so dramatic and suspenseful—so full of persecution, survival, and recovery—that they could stand on their own. But taken together, they underscore the enormity of the Nazi crime against art and its champions. Out of these multitude of stories, several points emerge:

- the enormous scale and significance of European art’s migration that made the United States the new center of the art world, which Loebel maintains it still is.
- the importance of European Jews as the major dealers and collectors of art in the mid-twentieth century—and also the major victims of the Nazis in this regard.

Piecing the story together results in a marvelous voyage through almost 90 years of art history. Details emerge about figures and events in widely dispersed sources—both American and European—from newspaper and magazine articles to auction catalogues and obituaries. Strands of this turbulent story of art intertwined in unexpected ways. For example: the very ironic fact that Ferdinand Möller, one of Hitler’s dealers appointed to get rid of the “degenerate” art like Expressionism had, in fact, organized an Expressionist exhibition in New York in 1923, hoping to popularize it in America.

Despite the overwhelming chaos left in the wake of the art world’s mass departure from Europe, several significant figures stood out amid the maelstrom. In stories throughout the book Loebel highlights some of these, from villains like Klaus Graf von Baudissin, the Nazi-appointed director of the Folkwang Museum who purged the institution of Modern art and took part in assembling the Degenerate Art Exhibition; to remarkable artists, such as Kirchner and Klimt, whose distinctive images would move generations to come; to dedicated dealers, like Valentin and Rosenberg, who nurtured artists’ careers and shielded their works from danger; to important collectors, like the Hesses and the Fischers, whose descendants would fight for restitution and donate invaluable works to America’s museums.

Ultimately, **PLUNDER AND SURVIVAL** offers many complex and riveting stories of uprooted art propelled by a recurring cast of memorable characters: sinister villains with vicious intent, and colorful, courageous adventurers deeply committed to the safety and celebration of art.

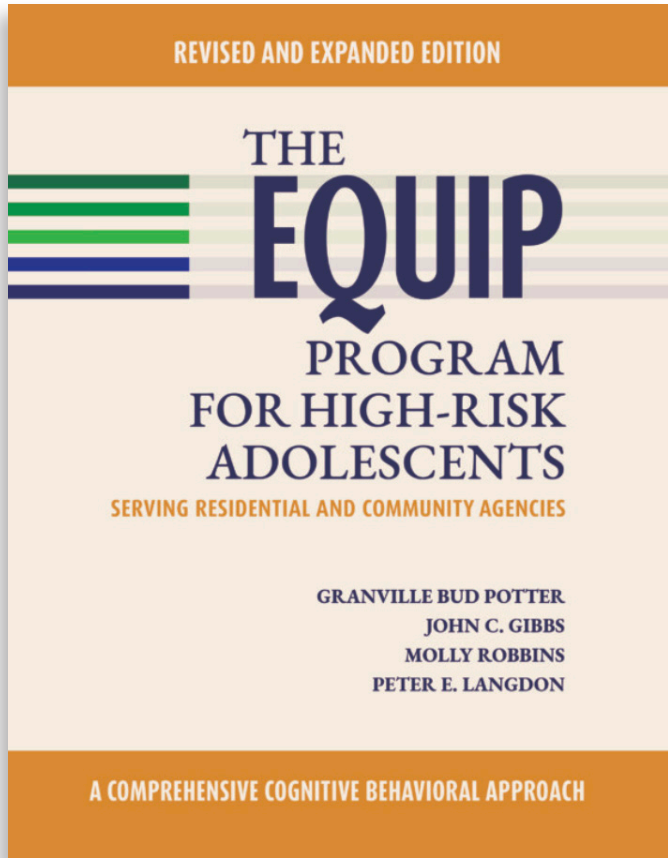
Suzanne Loebel is a writer living in New York and Maine. She is the author of fourteen books, most recently **AMERICA’S ART MUSEUMS**.

Prometheus / 2026

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REVISED AND EXPANDED EDITION



THE
EQUIP
PROGRAM
FOR HIGH-RISK
ADOLESCENTS

SERVING RESIDENTIAL AND COMMUNITY AGENCIES

GRANVILLE BUD POTTER
JOHN C. GIBBS
MOLLY ROBBINS
PETER E. LANGDON

A COMPREHENSIVE COGNITIVE BEHAVIORAL APPROACH

THE **EQUIP** PROGRAM FOR HIGH-RISK ADOLESCENTS

GRANVILLE BUD POTTER | DR. JOHN C. GIBBS
MOLLY ROBBINS | DR. PETER E. LANGDON

The Revised and Expanded EQUIP Program and the EQUIP Implementation Guide Now Combined into One Book!

Scroll down to listen to the Prosocially Yours Podcast in this fascinating discussion including all the authors.

This newly revised and expanded edition of the EQUIP program features a comprehensive cognitive behavioral approach for helping aggressive, high-risk youth.

The EQUIP program, with its motivating—equipping rationale, has a historical background spanning decades. This newly expanded and revised edition of the EQUIP program—The EQUIP Program for High-Risk Adolescents: Serving Residential and Community Agencies—features a comprehensive cognitive behavioral approach for helping aggressive, high-risk youth. EQUIP starts, in residential and even community agencies, by turning around negative peer influences—the high-risk youth’s negative (e.g., irresponsible, destructive) immediate culture.

EQUIP is a comprehensive program: It utilizes both motivating (peer-helping) and equipping (cognitive behavioral) approaches. This book now contains the complete EQUIP Implementation Guide.

Since its introduction in the early 1990s, the EQUIP Program has been adapted and implemented at various facilities and institutions in North America, Europe, and Australia. The institutions include juvenile correctional facilities, community-based adult correctional facilities, halfway houses, re-entry programs, and middle grades through high schools. Individuals served have ranged in age from preadolescence through adulthood.

AUTHOR BIOS:

Granville Bud Potter, M.Ed.

(Bowling Green State University, 1975) is currently the executive director of the Franklin County (Ohio) Community-Based Correction Facility.

John C. Gibbs, PhD

(Harvard University, 1972), is a professor of developmental psychology at The Ohio State University.

Molly Robbins, MCJ:

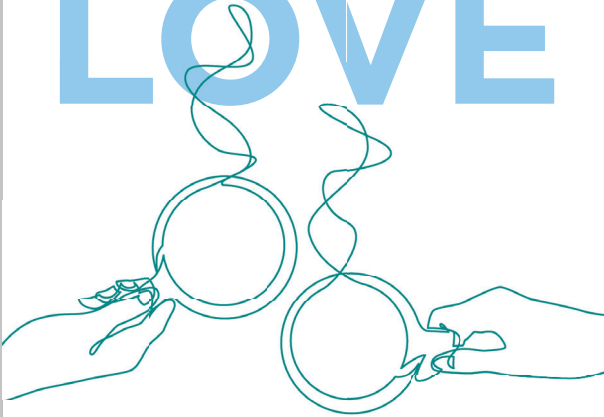
directs the Group Violence Intervention initiative in Columbus, Ohio. She previously served About the Authors 314 as regional director of operations at an addiction treatment center, where she oversaw several medication-assisted treatment centers in Ohio.

Peter E. Langdon

(DClinPsy) is a professor at the University of Warwick, working within a research center focused upon people with dual diagnosis and youth mental health.

A JOHNS HOPKINS PRESS HEALTH BOOK

SOBER LOVE



How to Quit Drinking as a Couple

JOSEPH NOWINSKI, PHD

Foreword by Marvin D. Seppala, MD

SOBER LOVE

JOSEPH NOWINSKI

This engaging guide offers strategies to help couples who drink together get sober together.

Are you and your partner curious about sobriety or better managing your drinking? In *Sober Love*, Dr. Joseph Nowinski offers practical advice and proven strategies to help couples end their relationship with alcohol—and redefine their relationship with each other.

Alcohol misuse can become an insidious problem for many couples. As a psychologist with extensive experience in designing effective treatment programs, Dr. Nowinski describes how and why people, and couples, develop problems with alcohol. He lays out a step-by-step approach to help readers assess their level of drinking and develop an action plan for getting and staying sober. This plan can be tailored to an individual's and a couple's journey. Crucially, Dr. Nowinski discusses common challenges to maintaining sobriety and outlines strategies for overcoming these obstacles. *Sober Love* is an engaging and nonjudgmental resource that can help you and your partner begin your journeys to better habits and a happier, healthier relationship.



AUTHOR BIO:

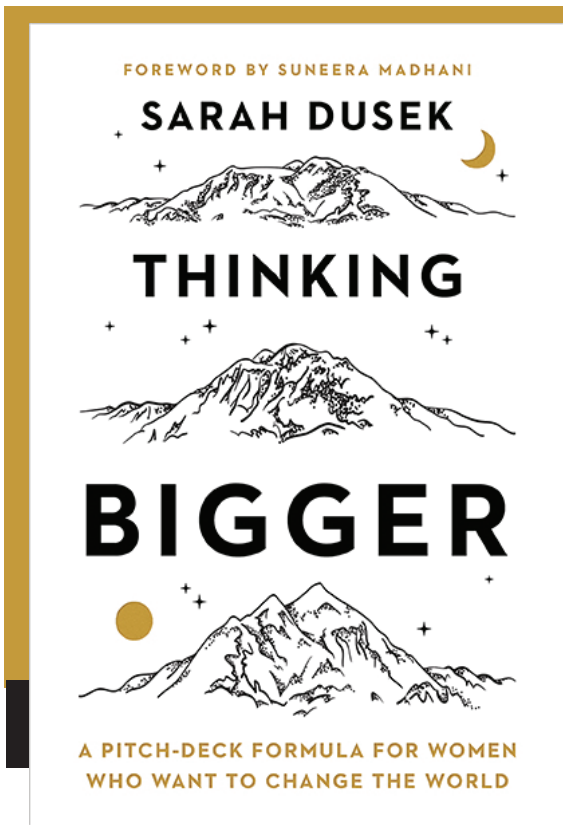
Joseph Nowinski, PhD, is a Clinical Psychologist who is currently Supervising Psychologist at the University of Connecticut Health Center. He has held positions as Assistant Professor of Psychiatry at the University of California San Francisco and Associate Adjunct Professor of Psychology at the University of Connecticut.

Dr. Nowinski is internationally recognized for his work in substance abuse treatment. He has a private practice in Tolland, Connecticut.

Johns Hopkins University Press

September 2024

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THINKING BIGGER

SARAH DUSEK

"Sarah's journey, from Under Canvas to her invaluable insights, deeply inspires. She proves that success, particularly for female entrepreneurs like us, is within reach. Her book is a personal roadmap for achieving greatness. I wholeheartedly recommend it."—Kara Goldin, founder & former CEO, Hint

A guide for women entrepreneurs to help them get the financing they need to build big businesses and change our world.

The lack of female representation among top-earning business founders is surprising when compared with the number of women who start businesses. Fewer than thirty women in history have taken companies they founded public on leading stock exchanges. Although consistent references to "women and small business" dominate global development strategies and influence public policy, women are granted less than 2 percent of all venture capital investments annually.

Thinking Bigger is designed to provide women with the keys to unlocking capital and thinking bigger. Its author, Sarah Dusek, an entrepreneur and a venture capitalist, shares personal anecdotes highlighting obstacles that women face in business and how to overcome them. She reveals the metrics that really matter to venture capitalists and how to pitch them successfully. Her book delves into the art and science of creating a winning "pitch deck"—the standard formula for pitching to investors, from crafting a compelling story to using data and design to make a lasting impact.

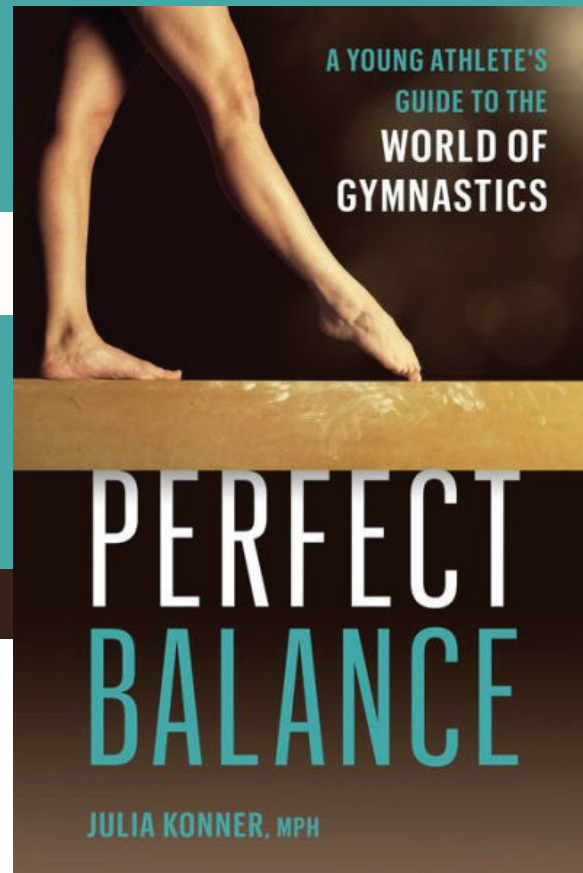
Thinking Bigger positions women to get the financing they need—to build big businesses, to scale their endeavors, and to make a positive impact on our world.

Sarah Dusek is the cofounder of Few & Far, an eco-travel company, and the cofounder of Enygma Ventures, a venture capital fund that she launched after scaling up her first travel business, Under Canvas, to \$100 million. She invests in women-led businesses in Southern Africa, creates solutions for wealth disparities, and champions access to capital for women.

Georgetown University Press / September 2024

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PERFECT BALANCE

JULIA KONNER, MPH

Become a stronger, more informed gymnast with this practical guide for young athletes, filled with unique insights, advice, tips, strategies and more intended for young gymnasts who want to feel heard and understood in one of the toughest, most competitive sports.

Gymnastics is one of the fastest growing sports, particularly for young girls. Yet despite its popularity, many young athletes quit before they reach high school age due to the physical and mental demands.

In *Perfect Balance*, multiple award-winning former gymnast and mentor to young gymnasts Julia Konner helps young athletes navigate their relationship with gymnastics. With a mix of objective advice, personal stories from the author's years as a gymnast, anecdotes of other gymnasts, and additional insights from a coach's perspective, *Perfect Balance* will be an invaluable, real-life guide for these young athletes participating in one of the most intense sports out there. Inside this book, young athletes will find:

- Practical tips for strength building
- Strategies for developing mental toughness
- Advice on dealing with body dysmorphia
- Information on how to choose the best coach and gym for you
- And so much more!

Whether you're just starting your gymnastics journey or are a seasoned gymnast with Olympic-sized goals, *Perfect Balance* will guide you in becoming the best young athlete you can be.

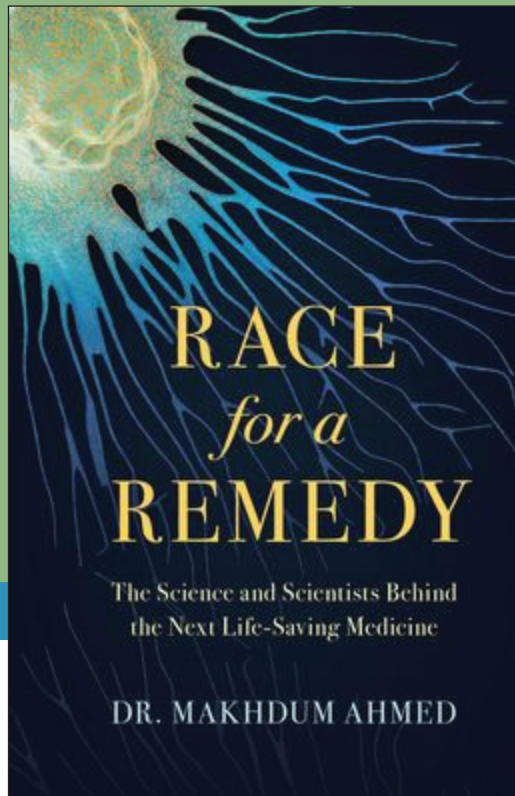
Julia Konner, MPH is a 28-year-old former collegiate Division 1 student-athlete and coach with over 16 years of competing as a gymnast. Through her many years as an athlete, she has faced her own adversities through injuries, body image issues, and ways that the time requirements of training impacted her social life. She has helped countless young athletes navigate the arduous, and time-consuming sport of gymnastics. Through her personal experience, Konner provides evidence-based advice for young gymnasts at every level and mentors young gymnasts and collegiate student-athletes through the ups and downs of the sport.

Konner holds a Master's in Public Health from the University of California, Davis. During and after finishing her graduate work, she worked in research and program management related to prevention and mitigation of chronic diseases through healthier lifestyle habits. She remains active as a competitive CrossFit athlete, focused on both the physical side of strength as well as the mental. She currently lives in Washington, D.C., and works in global public health.

VeloPress / August 2024

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RACE *for a* REMEDY

DR. MAKHDUM AHMED

How does a mere molecule—a chemical structure—become a drug? And, how do we know that it works safely? In a one-trillion-dollar pharmaceutical industry with high-stakes profits and perils, battles are raging every day to successfully bring a molecule to its birth: an FDA-approved medicine.

In ***Race for a Remedy***, Dr. Makhdum Ahmed, an internationally renowned expert in cancer treatment and drug development, takes readers behind the scenes of the fascinating and sometimes cutthroat world of drug development. Today, the average person takes multiple drugs or supplements daily, and for those living with chronic conditions, even 10 drugs per day are not uncommon. Yet most of us are oblivious to what drugs do to our body, or what our body does to the drugs we take. ***Race for a Remedy*** reveals how drugs work, the chemistry of diseases, how decisions are made by pharmaceutical companies, how new drugs are created and introduced to patients, and the long and challenging road to FDA approval. Along the way, readers meet the ingenious minds behind recent ultra-successful drugs designed to combat aggressive cancers like leukemia, lymphoma, and more. They will also find answers to common questions on drugs, such as: ·How long does it usually take for a drug to come to market? ·How are drug prices determined and why do they vary so drastically? ·When can we expect a cure for cancers like leukemia and lymphoma? ·Are experimental medicines unsafe? ·Can drugs slow aging and will humans ever be immortal? ·Given my illness (or that of my loved one), should I join a clinical trial and what are the odds it will help?

A top medical expert who has long been on the frontlines of drug creation, Dr. Ahmed also offers legitimate criticisms of the darker side of the drug industry as the rate of chronic disease increases, health insurance becomes even more convoluted, and our population continues to age. Exploring basic pharmacological insights, cutting-edge science, and the arc of new-drug development, *Race for a Remedy* will change the way readers think about medicine.

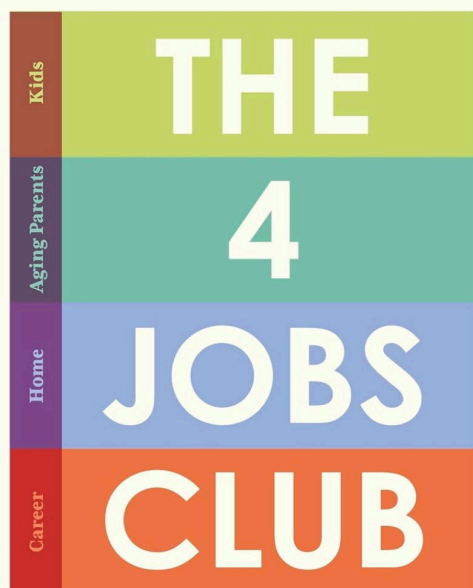
Makhdum Ahmed, MD, PhD is an award-winning physician-scientist and a drug-development leader in the global biopharmaceutical company AstraZeneca. He was director of the Cancer Moonshots Program at the University of Texas MD Anderson Cancer Center, a cutting-edge program with a comprehensive action plan to dramatically reduce suffering and death from major cancers. Dr. Ahmed is published widely in the scientific literature and focuses on identifying new treatments for aggressive cancers. His research has led to multiple patents and has been published in prestigious journals, including *Science*, *Blood*, and the *British Journal of Hematology*, among others. Winner of the Australian Leadership Award and the Global Health Corps Fellowship for outstanding leadership and commitment to equitable change in health care, he was also honored by former president George W. Bush at the 17th anniversary event of President's Emergency Plan for AIDS Relief (PEPFAR) in Dallas, Texas. Dr. Ahmed lives in Boston.

Prometheus Books / June 2024

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KATHRYN SOLLMANN



How Smart Women Care for It All:
Kids, Aging Parents, Home and Career

OVER 200 TIPS FROM 50 C-SUITE WOMEN



KATHRYN SOLLMANN

JOIN THE CLUB!

Whether you're managing a multi-million-dollar division or contributing to a small team, blending work and life over the course of a career takes creativity, organization, cutting yourself slack, exploring strategies and asking for help.

Plan Work and Life from Your Heart

Let fifty of the world's most successful professional women show you how they too care simultaneously for kids, aging parents, households and careers. They each share simple strategies developed through every life stage and career level, whilst managing these 4 big jobs - all with sanity, good humor and grace.

Be True to Your Professional DNA

Career coach Kathryn Sollmann helps smart women integrate work and life, in her mission to keep women working towards long-term financial security. Through conducting this series of interviews she has compiled over 200 simple tips that will help you persevere and keeping moving forwards in your professional life.

These relatively easy, yet powerful tips are from women who have found non-life-shattering trade-offs, practiced anti-perfection, used short-cuts, got help, and set up systems for household equity.

THE 4 JOBS CLUB is the place where you will find the help and wisdom you need to pursue work that fits your life and be the professional, mother, daughter, and life partner you want to be.



Author bio:

For 15 years Kathryn Sollmann has been a recognized leader in helping women navigate the many stages of work and life while juggling two major caregiving roles for children and aging parents. Through Kathryn's entrepreneurial venture, 9 Lives for Women, a blog and coaching practice, she has moved the conversation away from merely the pros and cons of work vs. motherhood to a more significant one: firmly establishing the link between work and a woman's ability to achieve long-term financial security. Her emphasis on women's financial independence has generated event-sponsorship funding from corporate wealth-management giants, including AXA Advisors, Fidelity, Raymond James, Cigna and Wells Fargo. With good humor, no-nonsense delivery, and a unique ability to educate and motivate, Kathryn is a frequent speaker, seminar leader, and inspirational voice for women in all work and life stages.

the movement therapy deck

52 Mindful Movement
Exercises to Regulate
Your Nervous System
and Process Trauma

Erica Hornthal, LCPC, BC-DMT
author of *Body Aware*

the movement therapy deck

Erica Hornthal, LCPC, BC-DMT

An easy-to-use mindful movement deck with accompanying 64-page booklet—52 embodied practices to relieve stress, heal from trauma, and find emotional balance

For fans of Mindfulness Cards, the Trauma-Informed Yoga Affirmation Card Deck and The Body Positivity Card Deck

Each trauma-informed mindful movement card features a simple exercise to help you reconnect with your body, release tension, and find grounding amid a destabilizing world—at your own pace, and in your own time.

Designed to be used in whatever way feels right to you, the 52 Movement Therapy cards can be incorporated into a daily somatic ritual or pulled as needed in times of stress, worry, or dissociation.

The deck is split into four themes, and each beautifully designed card is color-coded for easy use. Breath; Dance and Movement; Floor Work; and Sensory exercises work together to support your nervous system, cultivate joy, and connect you to your body in simple, powerful ways. You'll learn to:

- Be present in the moment by focusing on your senses
- Encourage rest and recuperation with gentle floor poses
- Calm and energize your body with regulation breath
- Discharge built-up tension by moving your body in small ways through dance and movement
- Nourish your nervous system by spending time outside or in nature

A companion guide explains each prompt, shares gentle instructions, and invites you to bypass the demands and negative chatter of your cognitive mind—to move, to pause, to dance, or to drop into grounded, embodied presence. The booklet also explains what movement therapy is, why it works, and how it can work for you.

Erica Hornthal is a licensed clinical professional counselor and board-certified dance/movement therapist and the CEO of Chicago Dance Therapy, the premiere dance/movement therapy practice in the Midwest. She has been recognized by Maria Shriver's Women's Alzheimer's Movement as a woman making a difference in the fight against Alzheimer's. Erica won a Global Excellence Award from Global Health & Pharma and was the 2020 Social Care Award recipient for Best Movement Therapy Center in Chicagoland.

North Atlantic Books / March 2024

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PAIN + PERFORMANCE

Ryan Whited +
Matt Fitzgerald

THE REVOLUTIONARY NEW WAY
TO USE TRAINING AS TREATMENT
FOR PAIN AND INJURY

PAIN + PERFORMANCE

RYAN WHITED +
MATT FITZGERALD

- First title to address topic of pain science for athletes
- This book turns the physical therapy (PT) world on its head
- Ryan's revolutionary Training as Treatment program is rooted in the latest pain science and credited with bringing athletes back from broken
- Expect as grassroots movement as athletes rethink their relationship with pain and athletic injury and adopt a self-managed routine of prehab
- The biopsychosocial approach to training is gaining traction and Ryan's method supports social-emotional health of the athlete as key to performance and longevity in sport

"Ryan empowers everyone to be the expert in their own pain journey. By helping athletes face fear and reframe pain he facilitates a shift in mindset that fosters a healthy and lifelong relationship to sport and performance." -Rob Krar, coach and ultrarunning champion.

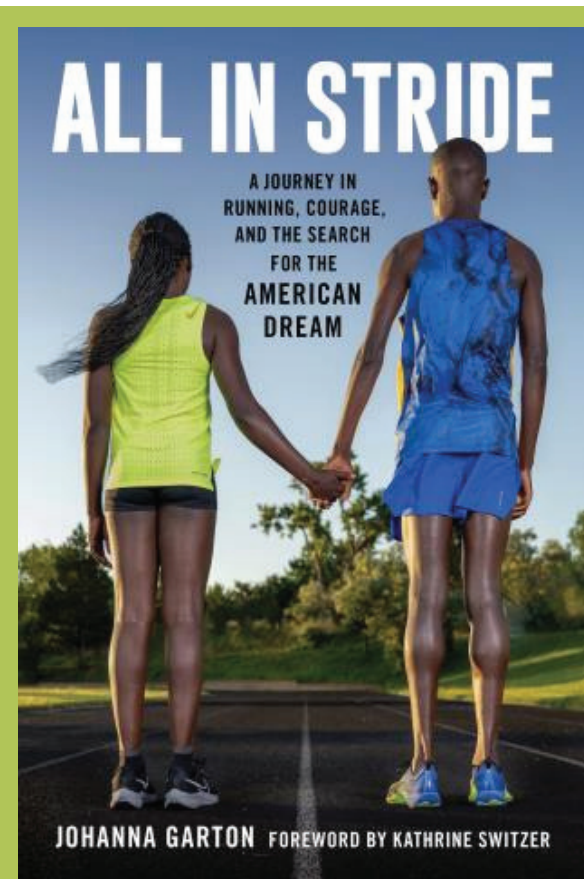
Ryan Whited is an elite climber, coach, and co-founder of Paragon Athletics

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

80/20 Running / December 2023

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ALL IN STRIDE

A JOURNEY IN RUNNING, COURAGE
& THE SEARCH FOR THE AMERICAN DREAM

JOHANNA GARTON

The inspiring stories of distance runners Elvin Kibet and Shadrack Kipchirchir and their determination to build meaningful lives as new American citizens.

Professional distance runners Elvin Kibet and Shadrack Kipchirchir grew up in rural Kenyan villages. Though their lives began in poverty, both were driven to reach their full potential, to gain an education and make a difference. And they would find their way to do just that through the high-pressure world of distance running.

In *All in Stride*, Johanna Garton tells the gripping and inspiring stories of Elvin and Shadrack. Beginning with their upbringing in Kenya, Garton follows the runners through their journeys to the United States, running for Division 1 universities, their meeting during a collegiate cross country meet and blossoming romance, and ultimately their service as U.S. soldiers and professional runners.

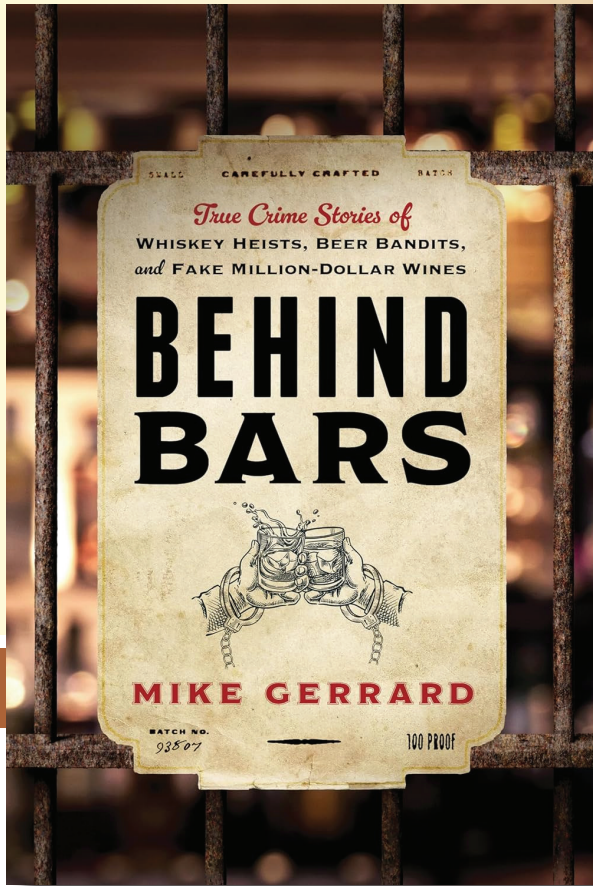
More than just a running story, *All in Stride* takes readers behind the scenes to explore the difficulties Elvin and Shadrack faced, including adjusting to an entirely new culture in the U.S., bigotry and intolerance, the stresses and joys of global competitions like the Olympics, joining the U.S. Army's World Class Athlete Program, and discovering the ever-changing landscape of what it means to be an American.

Johanna Garton is a sportswriter and cross-country coach in Denver. She is the author of *Edge of the Map*, which chronicles the life of mountaineer Christine Boskoff, was a finalist for the Colorado Book Award, and is currently being developed into a feature film. Garton competed for Syracuse University and has run more than twenty marathons, including five finishes at the Boston Marathon.

Rowman & Littlefield / April 2024

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BEHIND BARS

MIKE GERRARD

Behind Bars is filled with stories both ancient and urgent of what happens when alcohol meets crime, from illicit stills in the Scottish Highlands to moonshine in the USA, rum smuggled by Caribbean pirates to the roaring times of Prohibition, current-day gangs selling millions of dollars' worth of fake Bordeaux, and the often-unsolved cases of people walking into a liquor store, stealing whiskey bottles worth tens of thousands of dollars, and walking out, never to be seen again.

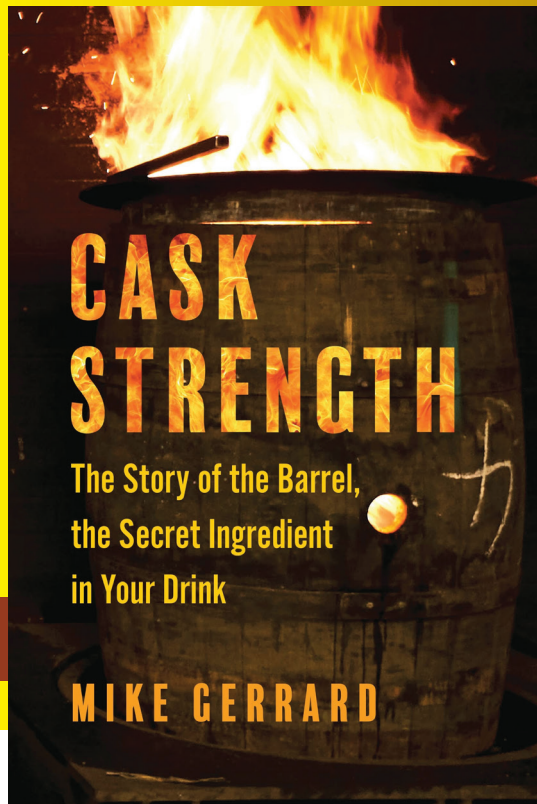
Award-winning travel and drinks writer Mike Gerrard takes readers on a centuries-long journey highlighting the most bizarre – and expensive – alcohol-related crimes all while revealing the inside world of spirits, how they have been distilled, legislated, imbibed, and infused into our culture for hundreds of years. Featuring colorful tangents and detailed appendices, *Behind Bars* will whet the whistle of any curious reader. Spanning the stories of ancient wine swindlers in Pompeii to the modern radiocarbon-dating techniques used by today's cutting-edge scientists to investigate suspect bottles of expensive alcohol, from million-dollar robberies of wine cellars buried deep underground to whiskey rings surrounding the highest reaches of the Presidency, Gerrard smartly and swiftly reveals that the link between alcohol and crime is a never-ending story.

Mike Gerrard is an award-winning travel and drinks writer whose work has appeared in the Washington Post, The Times of London, The Huffington Post, and BBC Travel, among others. His life as a travel and drinks writer has led to him drinking vodka for breakfast in Siberia, cognac in Cognac, sherry in Jerez, port in Oporto, champagne in Champagne, rum in Jamaica, jenever in Amsterdam, gin in Iceland, beer at the Great American Beer Festival, bourbon in Kentucky, whisk(e)y in Tennessee and Scotland, and visiting distilleries all over the world. He is the author of Cask Strength and over 40 travel guidebooks.

Prometheus / October 2024

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CASK STRENGTH

MIKE GERRARD

Cask Strength tells the story of the unsung hero of the world of spirits, wine, and beer and an invention as ancient and important as the wheel—the humble barrel. Discover the barrel’s rich history, as well as the incredible skill and innovation that goes into producing your favorite drinks.

From its first use by the Ancient Egyptians, the barrel has left an unmistakable imprint on human history. The Romans used the barrel in all corners of their vast empire, and explorers could not have charted the globe or opened up trade routes without barrels to store their food and water. And in all its thousands of years of use, the barrel’s basic design has barely changed at all—a testament to its sheer and simple perfection.

Cask Strength is more than a history book. In it, Mike Gerrard, an award-winning travel and drinks writer, investigates the making, buying, and selling of barrels and details how drinks like wine, tequila, rum, cognac, and others are enhanced by specific kinds of barrel production.

Today, modern distillers, brewers, and wine-makers continue to use barrels in new, creative ways—with the barrel providing up to 60-70% of their flavors. Without the barrel, we would have no bourbon, no oak-aged chardonnay, no barrel-aged stouts . . . and no tabasco sauce, either.

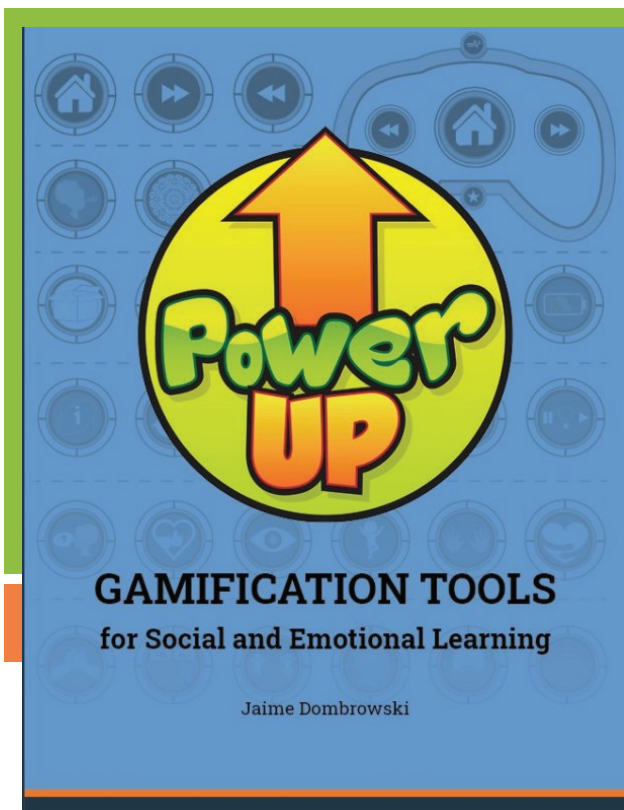
Gerrard’s expertise and palpable passion for good beverages interestingly made will ignite the curiosities of booze fans and history buffs alike as *Cask Strength* traces the simple splendor of the barrel.

Mike Gerrard is an award-winning travel and drinks writer who publishes the Travel Distilled website and who has visited distilleries around the world. He divides his time between Cambridgeshire in his native England and Arizona in the USA, where he is proud to be described as a ‘resident alien.’ See and Scotland, and various other drinks at distilleries all over the world.

Matt Holt / July 2023

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POWER UP

Jaime Dombrowski, PhD

The Power Up program brings 30 gamification and fun classroom activities to the teaching of social and emotional learning skills.

Students will enjoy the challenge of earning skill icons and navigating the Power Up game board, all while practicing valuable self-awareness and relationship skills. Power Up lessons cover each of the core areas of SEL: self-awareness, self-management, social awareness, relationship skills, and responsible decision-making. The fun, easy-to-use program offers step-by-step guidance on each lesson and the flexibility to tailor the program to your own students' needs. You'll find curricula for daily lessons, small groups, and virtual classrooms as well as all handouts and game materials. Power Up provides everything you need to introduce SEL skills:

The program includes a complete curriculum for teaching the five core SEL skills in brief daily sessions across 30 lessons. As an alternate format, the included small group curriculum enables instructors to use the program to teach one skill domain in a concentrated six-to-eight-week period.

The program offers scripts and adapted exercises for teaching the lessons virtually.

Power Up sets up instructors for success, providing step-by-step guidance and classroom materials for all program curricula. Each lesson includes objectives and success criteria, handy lists of required materials, student handouts and game materials, and session outlines that provide instructors with suggested scripts, sequencing of activities, and teaching tips.

You'll find all game boards, icons, and classroom-display skill cutouts — all beautifully designed and ready to use.

Teacher supports include checklists, displayable lesson objectives, and sample permission forms and letters to parents and guardians — many available as downloadable files.

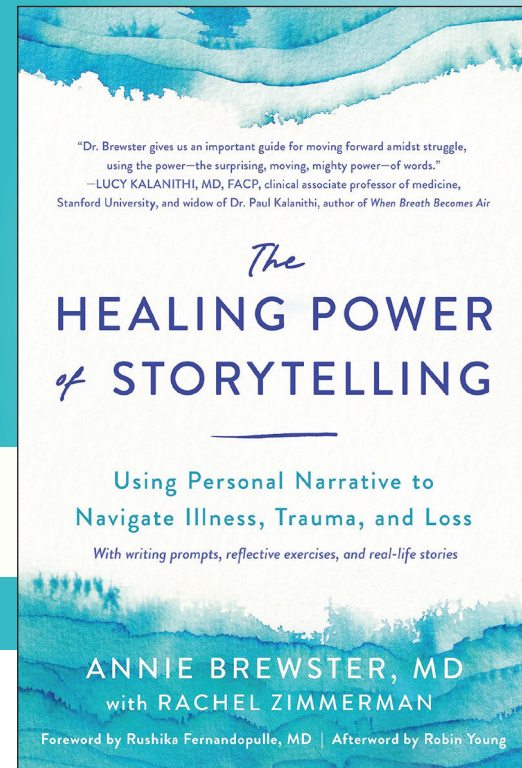
The Introduction and Program Overview provides insight into the research informing Power Up as well as practical tips on implementation, further strengthening instructor confidence and program success.

Author Jaime Dombrowski, PhD, holds degrees in educational psychology and counseling. She is also a licensed mental health counselor, registered play therapist, and a certified school counselor. In addition to serving as a school counselor, she has worked with children and adolescents in community mental health. Dr. Dombrowski currently serves as an SEL Specialist for Florida Virtual School and enjoys researching the most effective strategies to support students in their social-emotional learning journey, as well as grant writing to fund and support SEL efforts.

Research Press

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The HEALING POWER of STORYTELLING

ANNIE BREWSTER, MD
with RACHEL ZIMMERMAN

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

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

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

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

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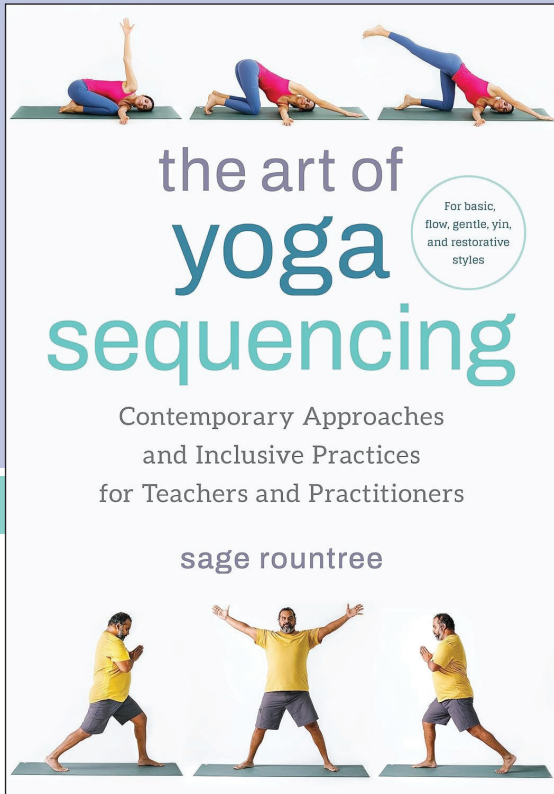
ANNIE BREWSTER, MD, is an Assistant Professor of medicine at Harvard Medical School and a practicing physician at Massachusetts General Hospital. She was diagnosed with Multiple Sclerosis in 2001. She started recording patient narratives in 2010 and founded Health Story Collaborative (HSC) in 2013. Brewster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

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

North Atlantic Books / February 2022

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the art of yoga sequencing

sage rountree

Yoga instruction innovator Sage Rountree's approach to teaching grows from a simple truth: bodies feel better when they move in many different ways and directions.

But in a social-media fueled yoga scene that over-celebrates acrobatic, unrealistic poses, it's easy for even the most experienced instructor to lose touch with their students. The fix is clear: Real students need simple lessons taught clearly.

Yoga teacher, trainer, and bestselling author Sage Rountree draws on years of expert experience to offer a fresh, contemporary approach to yoga sequencing and mindful movement that reflects the diversity and meets the needs of the modern yogi.

The Art of Yoga Sequencing celebrates students of all kinds, styles, and levels. Grounded in exercise physiology while honoring yoga traditions, Rountree's new offering includes:

- Adaptable examples, templates, and preset lesson plans
- 475 inclusive photos demonstrating over 35 full sequences
- Actionable tips for increasing student accessibility
- Creative ideas for props, lighting, music, and more

Whether you're a current or aspiring teacher or advanced practitioner, you'll find here every tool you need to create inspired yoga classes and home practices. Even if you teach in a set format—like at a franchise or strongly branded studio—this yoga tool kit will help you lead students along any path with a clarity that honors all bodies.

Sage Rountree holds a PhD in English literature from the University of North Carolina, is a specialist in yoga for athletes, an endurance sports coach, a yoga teacher trainer at the highest level (E-RYT 500), and co-owner of the Carolina Yoga Company. Rountree is a faculty member at the Kripalu Center for Yoga and Health. In her 20 years of working with yoga students, she's learned to translate the sometimes-esoteric parts of yoga into a deeply practical approach that speaks to modern yoga practitioners at every age and every level of fitness. Her students include yoga and movement teachers, yoga newbies, full-timers, studio owners, as well as athletes and coaches. Her numerous other books include *Everyday Yoga*, *The Athlete's Guide to Recovery*, *Teaching Yoga Beyond the Poses*, cowritten with Alexandra DeSiato, and, most recently, *The Professional Yoga Teacher's Handbook*. She lives with her husband, Wes, in Carrboro, North Carolina.

North Atlantic Books / February 2024

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More Than Just a Game:

How the Youth Sports Industry
Is Changing the Way We Parent and What to Do about It

Christopher Bjork and William Hoynes

How parents can learn to navigate the billion-dollar industry and profit-driven system of youth sports that frequently ignores the needs of kids.

In ***More Than Just a Game***, the authors provide—in many compelling first-person stories—original research about parental attitudes and struggles and much-needed perspective regarding what has become a billion-dollar youth-sports industry. They examine the most pressing issues in the world of youth sports, including:

- How taxing athletics can be developmentally for children.
- The financial impact the ever-popular travel teams have on families.
- Excessive time commitments and expectations.
- The conundrums and challenging decisions the families of young athletes' face.
- Inherent disadvantages of being an underprivileged young athlete or one who identifies as transgender.

In exploring these topics, the authors connect the patterns in the behavior of the adults they observed to broader trends in our society. They also provide parents with the information they need to understand the contemporary youth-sports industry—to see the bigger picture—and help them make conscious and more informed decisions for their children that are consistent with their core values. Concrete suggestions are highlighted about things like how to identify the appropriate team for a child, how to select activities that will help young athletes develop emotional and physical resilience, and ways that parents can create balance in their children's lives.

Ultimately, the authors' eye-opening research gives youth-sports parents a grounded perspective that will help their kids find success on and off the field.

Christopher B. Bjork, PhD, is professor of education and coordinator of teacher education at Vassar College and former director of the Asian Studies Program. His research interests include international comparative education, educational reform, teacher education, and youth sports. As a Faculty Athletics Representative at Vassar, Dr. Bjork attends Athletics Department meetings and workshops, interviews candidates for coaching positions, and weighs in on decisions about awards for athletes. In the world of youth sports, he has served as a travel team soccer and Little League baseball coach.

William Hoynes, PhD, is dean of the faculty and professor of sociology and former director of both the American Studies Program and the Media Studies Program at Vassar College. He has been a board member of the Rhinebeck Little League for more than fifteen years and is a former board member of the Rhinebeck Soccer League. Dr. Hoynes has served as a travel team baseball and soccer coach and volunteer assistant high school basketball coach.

Central Recovery Press / Spring 2024

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MANLESS

DEBBIE DANOWSKI, PH.D.

You don't HAVE to be married – or even be in a relationship with a man – to have an exciting, stimulating and fun life. Not that there's anything wrong with marriage or dating, as Jerry Seinfeld might say. But to get hung up on being a single woman and permanently put one's life on hold is no way to live or be happy. So says Debbie Danowski, PhD, a nationally known and respected mental-health expert, author and associate professor of media studies at Sacred Heart University. While women are as much in love as ever with the idea of weddings, romance and happily ever after today's relationship realities are quite different. Not only does the US divorce rate remain high but according to recent stats, nearly one-half of the US adult population (97 million Americans 18 and older) is single – and not necessarily looking for a change.

- Women no longer depend on men for money – they make their own;
- Women don't depend on men for children – there are plenty of happy single moms;
- Women don't need men for entertainment – there are girlfriends, the Internet and movies for that;
- Women don't need a relationship with a man to enhance their self-esteem – not if they know (or learn) how to do it as a strong, self-sufficient woman..

Dr. Danowski is a wise and reassuring presence on TV, radio and in print, offering firsthand experience and sage advice to women everywhere. She vigorously promoted her first book *Why Can't I Stop Eating?* (2000), which became Hazelden Publishing's best-selling trade book the summer it was released. The book is currently in its third printing, with nearly 30,000 sales. Publication of her second book, *Locked Up for Eating Too Much* (Hazelden, 2002) – the story of her six-week stay in a food-addiction treatment center – led to her appearance on Fox-TV's *The O'Reilly Factor*. Dr. Danowski's most recent book, *The Emotional Eater's Book of Inspiration* (Perseus, 2007), was the basis for a six-page cover story on food addiction in *The National Enquirer*. Her newest book, *Why Can't My Child Stop Eating?*, will be published in 2013 by Central Recovery Press. Dr. Danowski has spoken on national TV, radio and in workshops across the country about relationships, self-esteem and personal fulfillment. Her comments are found regularly on such popular websites as *HealthPlace.com* and *The Fit Shack*, and her previous books have been cited as useful resources by many university wellness centers. What's more, Dr. Danowski is a journalism professor and member of the American Society of Journalists & Authors (ASJA), and will exploit those opportunities to write and promote articles based on *MANLESS*.

Urano Publishing / 2024

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

—SANDRA JOSEPH, author of *Unmasking What Matters*

Goodbye, Perfect

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

Live For Yourself

HOMAIRA KABIR

Goodbye, Perfect

HOMAIRA KABIR

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

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

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

What if our approach to confidence building is wrong?

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

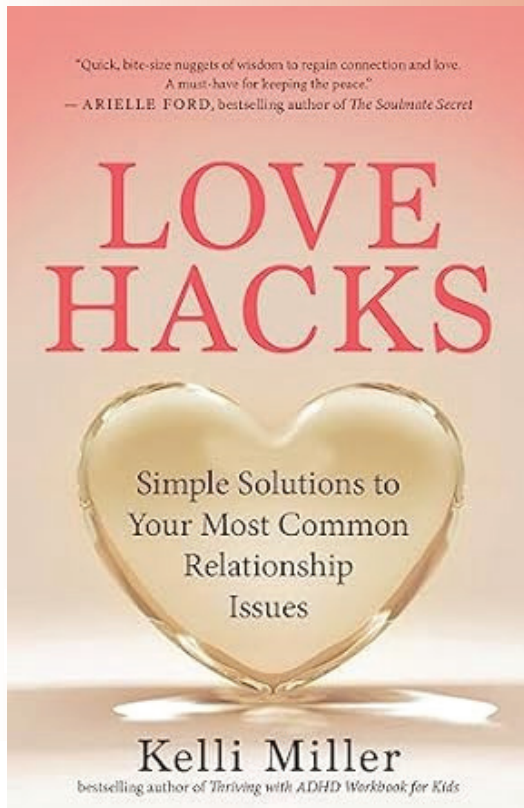
From expert coach and leader Homaira Kabir comes a must-read book for every woman who wants to become the woman she wants to be, and not the woman the world wants her to be.

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

Simple Truths / April 2023

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LOVE HACKS

Kelli Miller

Today's couples have exactly the same relationship issues couples had 10, 20 or even 30 years ago. The difference between now and then? Couples today want their solutions – like everything else -- FAST. We expect overnight deliveries on everything we need. Why should fixing our love problems be any different? Couples, especially young ones, aren't used to doing the work of long-term couples therapy; they are used to getting answers. They want solutions, now, especially if they're in an immediate crisis.

"Professor Kelli" Miller knows there's no substitute for traditional couples therapy, and her list of clients proves that they agree. But many couples just don't have the time or money to invest in long-term therapy, Or they have a partner unwilling to participate and by default might be forced to give up. To the rescue comes **15 LITTLE LOVE HACKS**, which solves all the key couples issues in a simple, effective and useable manner.

15 LITTLE LOVE HACKS breaks down the 15 most pressing issues in a relationship and designs three innovative solutions for each – instant help when couples need it. The book teaches readers methods for solving their problems, now and in the future, without a lot of effort from the participants.

And, **15 LITTLE LOVE HACKS** works whether both partners or just one are willing to take part.

The ideal author for **15 LITTLE LOVE HACKS**, Kelli Miller has a successful psychotherapy practice for individuals, couples and families, specializing in relationship issues. She was the co-host of the popular Dr. Debra & Therapist Kelli Show on L.A. Talk Radio, which had over 1M downloads, as well as the relationship expert ("Professor Kelli") on Sirius/XM, which had a following of 4M. Currently she is a speaker and relationship expert for wikiHow.com, which has an estimated 116K monthly users. She is a weekly relationship speaker on Balance by Nature TV, a streaming live feed with viewer engagement and with such corporate clients as Hulu, Shisedo, Accenture and others. Kelli is a frequent speaker and has presented workshops and seminars to private and corporate groups. Her last book (on the topic of kids with ADHD) sold 131K copies and won several awards.

Publisher New World Library / February 2024

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ADOPTION UNFILTERED

REVELATIONS FROM
ADOPTees, BIRTH PARENTS,
ADOPTIVE PARENTS,
AND ALLIES

SARA EASTERLY
KELSEY VANDER VLIET RANYARD
LORI HOLDEN

Foreword by Joyce Maguire Pavao, Ed.D.

ADOPTION UNFILTERED

SARA EASTERLY, LORI HOLDEN &
KELSEY VANDER VLIET RANYARD

Adoption Unfiltered authors Sara Easterly (adoptee), Kelsey Vander Vliet Ranyard (birth parent), and Lori Holden (adoptive parent) interview dozens of adoptees, birth parents, adoptive parents, social workers, therapists, and other allies—all sharing candidly about the challenges in adoption. While finding common

ground in the sometimes-contentious space of adoption may seem like a lofty goal, it reveals the authors' optimistic aim: working together with truth and transparency to move toward healing.

Healing isn't possible, though, without first uncovering the hurts—starting with adoption's central players: adoptees, who are so often in pain, suffering from what the latest brain science validates as the long-term emotional effects of separation trauma. By encouraging others to vulnerably share their stories, the authors discover that adoptees aren't the only ones in the adoption constellation who are hurting. Birth parents regularly shut down after being shut out by adoptive parents. Adoptive parents often struggle with unique parenting challenges and hidden insecurity, feeling the need to hide the fact that they are not the Super Parents they led the agency to believe they would be. Across the industry as a whole, misinformed and even unethical practices abound.

Adoption Unfiltered models the importance of adults in adoption working together in the spirit of curiosity and empathy—to learn and do better for future generations of adoptees and their first and adoptive families.

Sara Easterly is an award-winning author and essayist. Her latest book, *Adoption Unfiltered* (Rowman & Littlefield, Dec 2023), is a collaboration with birth parent Kelsey Vander Vliet Ranyard and adoptive parent Lori Holden. Her spiritual memoir, *Searching for Mom*, won a 2020 Illumination Book Award gold medal.

Lori Holden is recognized as an expert in the complexities of adoption. "The Open-Hearted Way to Open Adoption" is on required reading lists at adoption agencies in the US and Canada, and her award-winning blog *LavenderLuz.com* has helped countless adoptive families navigate their most tricky situations since 2007.

Kelsey Vander Vliet Ranyard is a birth mother who has spent several years working in the adoption field—both as a paralegal on the West Coast and in adoption agencies in the Midwest and East Coast. Kelsey is the fourth generation in her family to relinquish a child for adoption and her whole life has been uniquely impacted by adoption as a result.

Rowman & Littlefield / December 2023

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Are You
Prepared
For the
Storm of
Love
Making?

Letters
of Love
and Lust
from the
White
House

DOROTHY
and
THOMAS
HOUBLER



Are You Prepared For the Storm of Love Making?

DOROTHY and THOMAS HOUBLER

A delightful collection of love letters by American presidents to their wives—and lovers—revealing an intimate and deeply personal side of our leaders.

Our presidents loom so large in history that we often forget they are human. *Are You Prepared for the Storm of Lovemaking?* is a collection of handwritten love letters that offers a surprising and intimate portrait of the men who occupied the White House. From George Washington to Barack Obama, these are not the presidents we see in history books. Instead, when they

courted the women they wanted to marry, or seduced women outside of their marriage, they often showed a side the public did not see—playful, passionate, tender, consumed by desire.

Some of the letters are incredibly romantic—and surprisingly so.

It took Richard Nixon years to convince Pat Ryan to marry him: “Someday let me see you again? In September? Maybe?”

Others will make you blush.

Staid-looking Woodrow Wilson, about to return home from a trip, warned his wife of ten years: “Do you think you can stand the unnumerable kisses and the passionate embraces you will receive? Are you prepared for the storm of lovemaking with which you will be assailed?” In letters to one of his mistresses, Warren G. Harding referred to his penis as “Jerry”—letters which would later be used to blackmail him.

All the letters show the writer at his most vulnerable. We see letters of sorrow written about the death of a child or during a time of separation while the president was away on the battlefield. This beautiful book is a captivating collection of love stories revealing a human side of the men we still honor today.

Dorothy and Thomas Hoobler have written many award-winning books for adults and young adults. Their young adult mystery set in medieval Japan won an Edgar Award from the Mystery Writers of America. Their ten-book series on American ethnic groups, published by Oxford University Press, received many favorable reviews from such publications as *The New York Times* and the *Miami Herald*. The Hooblers’ other books for adults include *The Monsters*, which tells the story of Mary Shelley and the four people who helped inspire her classic novel *Frankenstein*; and *The Crimes of Paris*, a collection of famous French crimes that was excerpted in *Vanity Fair*. Dorothy has a master’s degree in American history from New York University.

Simon & Schuster / February 2024

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A BEAUTIFUL PLACE TO GROW UP

Audrey R Hollis



Part sweeping multigenerational saga, part formally playful deconstruction of the “nuclear” family, Audrey's moving and original debut depicts the survival of three generations of queer women growing up in the town of Los Osos, California—narrated by the voice of the Diablo Canyon Nuclear Power Plant beside it. Literary in style and commercial in scope, this timely and brilliant work of book club fiction infuses the character-driven queer history of *THE GREAT BELIEVERS* with the appeal of seeing “Barbenheimer” back-to-back.

Mags is a smuggler in the Prohibition era who supplies liquor to underground queer bars and struggles to evade the police.

Helen, her daughter, is a student in the 1950s whose ambitions of a bigger life and magnetic fascination with her best friend are interrupted by an unwanted pregnancy.

Susie, Helen's daughter, is an isolated teenager searching for the mother who disappeared when she was a child. As Susie unravels the puzzle of what happened to Helen, her revelations about her family and town threaten to shake the foundations of Los Osos—unless the omniscient Diablo Canyon Nuclear Power Plant, built atop an earthquake hairline fault, shakes them first.

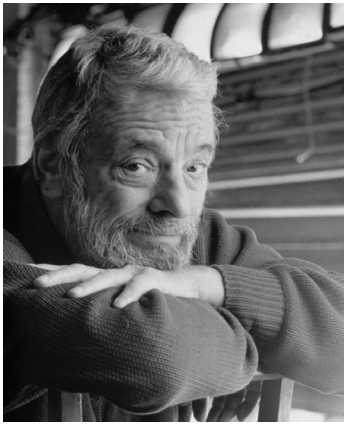
Audrey R. Hollis is an attendee of Tin House Summer Workshop 2021 and 2022 and a 2018 graduate of the Clarion Science Fiction and Fantasy Writers' Workshop, where she studied under Kelly Link. She has an MFA from Purdue University. Her fiction has appeared or is upcoming in *Iron Horse Literary Review*, *F(r)iction*, *Strange Horizons*, the *Pinch*, *Lady Churchill's Rosebud Wristlet*, and the *Los Angeles Review*, among other places.

She was a winner of the AWP Intro Journals award and the Kneale Award for Creative Writing and was a finalist for the 2018 Roswell Award. The novel is informed by her experience as a queer woman who grew up in Los Osos, combined with archival research in the ONE Archives which informs the novel's excavation into Los Osos' unacknowledged history of homophobia, lobotomy, and nuclear precarity.



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Matching Minds With **SONDHEIM**

The Puzzles and Games of the
Broadway Master

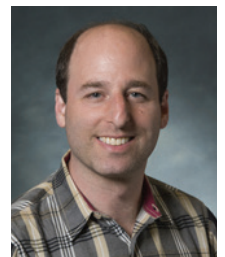
Matching Minds With **SONDHEIM**

BARRY JOSEPH

Barry Joseph's *Matching Minds with Sondheim* is a journey into the rich but largely unmapped rabbit hole of the puzzle and game creations of Stephen Sondheim, one of the most influential contributors to American musical theater. From his teenage years sending puzzles to the New York Times and board games to Milton Bradley until his final years designing treasure hunts and visiting escape rooms, Sondheim spent a long life pursuing his fascination with puzzle invention and game design. For the first time, *Matching Minds* will introduce readers to what Sondheim described as his "puzzler's mind" through his cryptic crosswords, murder mysteries, treasure hunts, parlor games, and more. Readers will be able to better understand the man, his work, and (if they accept the challenge) themselves.

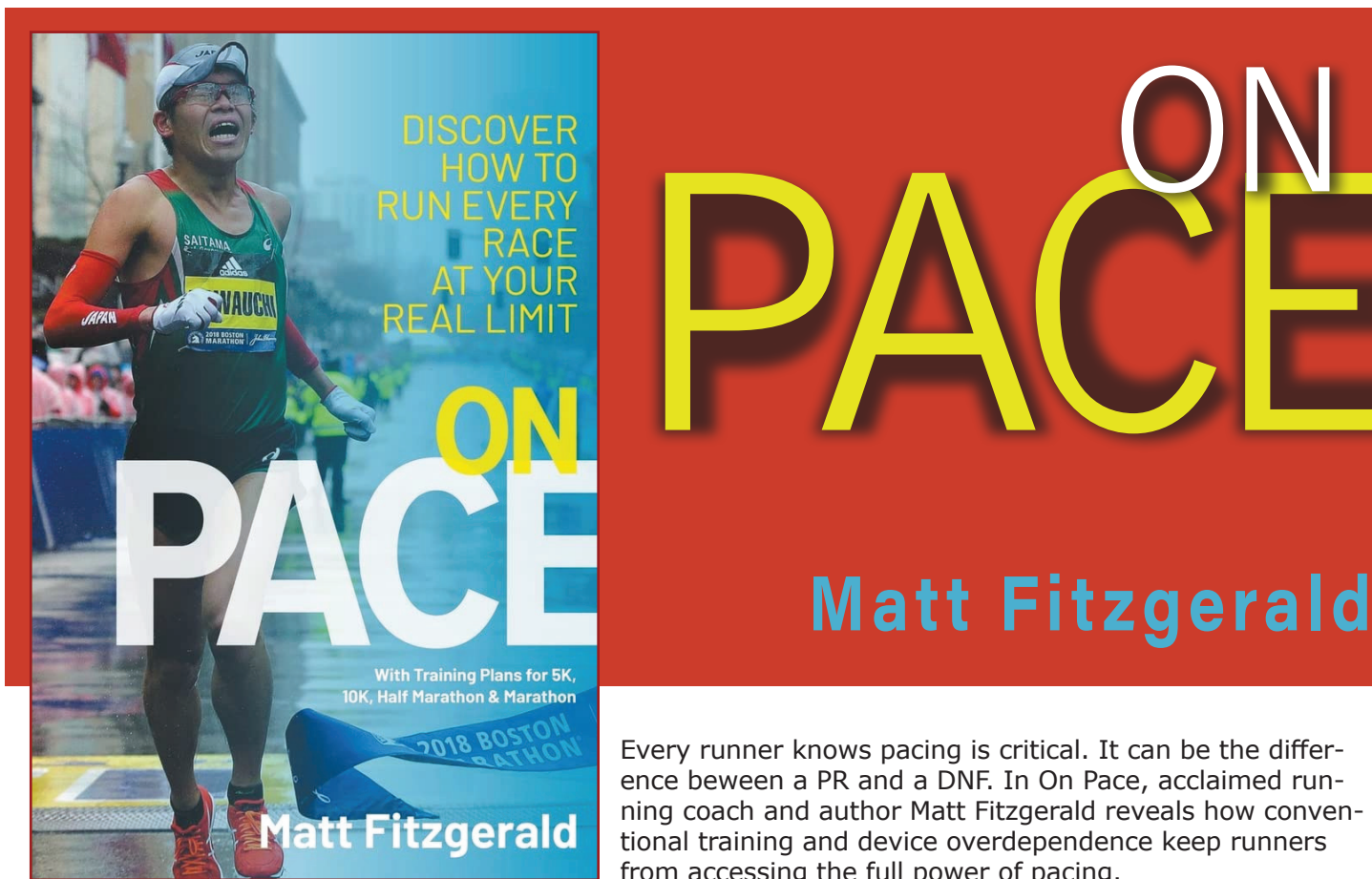
The book will draw from over eighty years of Sondheim's activities, collecting his extremely rare and never-publicly-seen puzzles and game designs, scores of original interviews with the celebrity friends who played them, deep dives into Sondheim-related archives from around the country (such as over 100 hours of interviews at Yale University that only became available last year), and analysis from both puzzle designers and theater professionals from around the world. *Matching Minds* will do more than describe Sondheim's work: It will allow readers to match minds with the master by attempting to solve some of Sondheim's best puzzles and provide the materials and instructions for bringing his games into their own homes. It will be a must for all theater fans, a delight to puzzle and game lovers, and a source of fascination for general interest readers. After *Matching Minds*, Sondheim and his musical creations will never be thought of the same way again.

Barry Joseph is a game designer and has been the V.P of Digital Experience for the Girl Scouts of the USA, the Associate Director For Digital Learning at the American Museum of Natural History, and the author of several books on various subjects. *Matching Minds With Sondheim* will be his journey into the rich but largely uncharted realms of the great Broadway songwriter's prodigious output of word puzzles, board games, parlor games, and treasure hunts based on scores of original interviews with the friends and colleagues who played them.



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

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

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

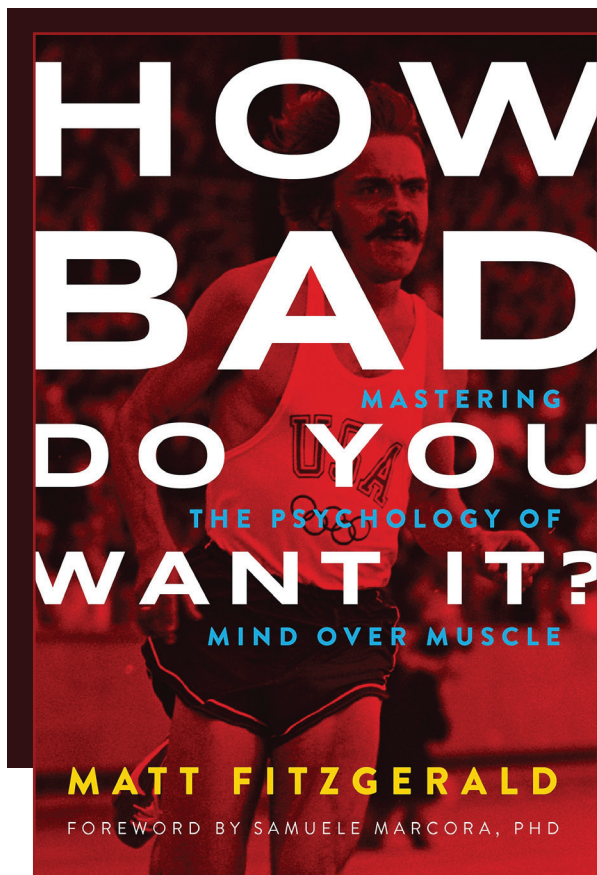
Matt Fitzgerald has written for *Bicycling*, *Maxim*, *Men’s Journal*, *Outside*, *Runner’s World*, *Shape*, *Triathlete*, and other major magazines and websites. His article “What Ever Happened to Daniel Komen?” published in *Competitor*, won a 2011 min Award for Best Commentary/Opinion. The following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

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

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HOW
BAD
DO YOU
WANT IT?

MATT FITZGERALD

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

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

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

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

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

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Stress-Free Me! Educator's Guide



Rhonda Williams, Sameen DeBard, Sarah Clapham

Stress-Free Me!

Finding Your Calm and Educator's Guide

Rhonda Williams, Sameen Noorulamin DeBard, Sarah Clapham

Stress-Free Me! Finding Your Calm



Rhonda Williams, Sameen DeBard

The Stress-Free Me! Educator's Guide and illustrated poem books, and *Stress-Free Me! Finding Your Calm*, contain information and activities to manage stress for children.

The intent of these books is to help children ages 8 to 14 understand that there are times in everyone's life when something occurs that causes fear, stress, or uncertainty, but there are many effective coping strategies to manage these emotions so that it will not overwhelm or incapacitate them.

If children can learn new strategies and rehearse these methods to manage their feelings, they can be empowered by their own success.

The strategies in the *Finding Your Calm* book are actual suggestions used by the authors who are licensed school and professional counselors. Their own children and grandchildren have utilized these suggestions as they, too, have worked through unfamiliar scary, frustrating, or challenging situations. The poem and attractive illustrations will appeal to students and show them techniques for handling stressful situations.

The Classroom Experiential Activities in the *Educator's Guide* are useful and practical exercises for groups and individuals:

- Reading to a Child
- Managing Stress and Demonstrating Emotional Control: Experiential Small Group/Classroom Activities
- What Stresses You Out?
- Working Through Stress
- Control Squares
- Relaxation Exercise

The authors realize the value of helping children develop positive coping skills to deal with stress before it becomes debilitating. Early intervention is imperative in assisting children to develop effective coping strategies before negative and self-defeating responses can influence their social, emotional, and academic experiences.

Rhonda Williams, EdD spent 25 years as a public educator and a school counselor before the natural transition as a counselor educator. She is a professor in the Counseling and Human Services Department at the University of Colorado, Colorado Springs, where she serves as the School Counseling Program Coordinator. Williams is committed to instilling in students the American School Counselor Association (ASCA) National Model and the Ethical Standards for School Counselors. She has had the opportunity to work in many types of schools and districts over many years. Her heart lies in the school counseling profession as she has served over the years as President-Elect, President, and Past-President in both Colorado and Kansas School Counselor Associations. She is currently the Executive Director of the Colorado School Counselor Association.

Sameen Noorulamin DeBard, M.Ed, is currently a high school counselor. She has been involved with leading groups, as well as teaching the facilitation process, for the past fifteen years. She spent twelve years working as a group facilitator, trainer, and director of programs for Smart-Girl, Inc. She has provided training for teachers and school counselors throughout the United States on effective facilitation skills for small groups and advisory programs.

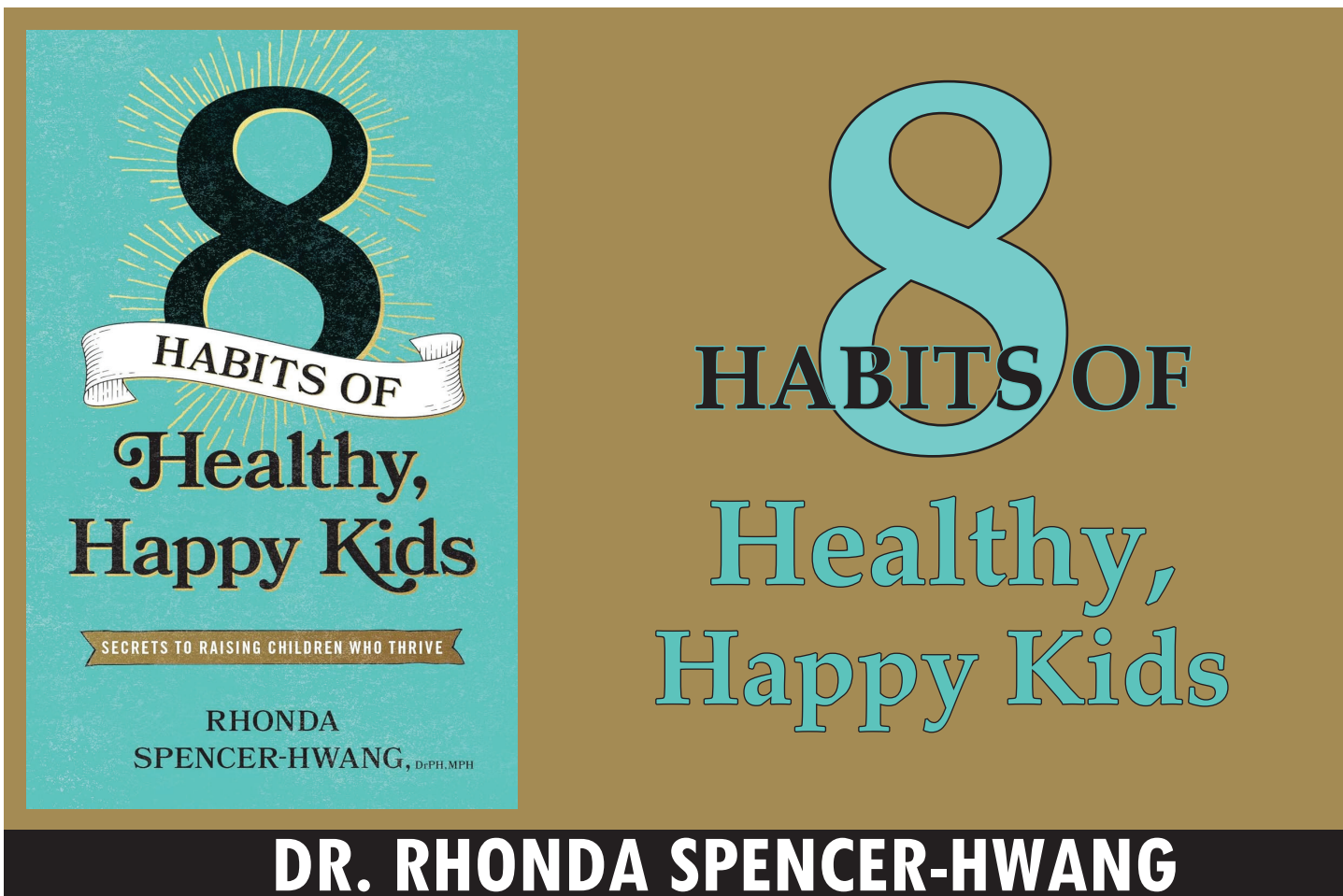
Sarah Clapham was born in Colorado Springs, CO. She earned her BA in journalism at Troy University and then her MA in School Counseling at University of Colorado at Colorado Springs. Sarah has been a school counselor for the last 12 years at the middle school and high school levels. She is very involved in developing social emotional learning to her students and includes adventure education in her classroom guidance. Sarah is an adjunct professor at the University of Colorado, Colorado Springs. Currently she lives in Colorado Springs with her husband and two children.



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You can raise healthy children who thrive despite adversity.

Dr. Rhonda Spencer-Hwang, a professor of public health and mom of three, shares the groundbreaking research she conducted in one of the world's healthiest communities. After studying the childhoods of centenarians to find out what wisdom could be gleaned from their one hundred or more years, she documented eight simple, yet life-changing family habits proven to boost the health and happiness of children now and for the rest of their lives.

Each chapter is packed with practical ideas for building grit, focus, gratitude, positivity, and more through daily patterns that reduce anxiety and produce joy.

Our habits and experiences in childhood lay the foundation for our health as adults. You have everything you need to help your children thrive for a lifetime.

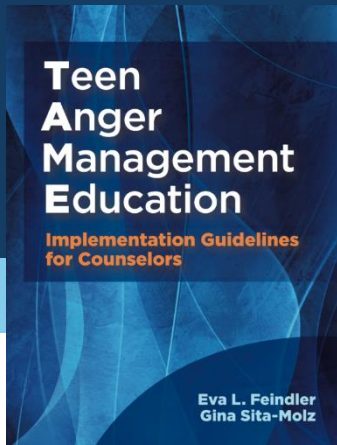
Dr. Rhonda Spencer-Hwang, who holds a doctorate in public health, is an epidemiologist and associate professor in the School of Public Health at Loma Linda University. She is also a member of the world's first identified resiliency capital, a Christian community known for its healthy lifestyles. Through her groundbreaking research, she has developed the Go Resilient Sprouts program to help prepare families for whatever life throws their way—in-creasing resiliency, happiness, and likelihood of positive performances (from academics to athletics and beyond). With over 25 years of public health experience, Dr. Spencer-Hwang is dedicated to promoting a global culture of health for children and their families.



Tyndale Refresh Publishing / 2023

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Teen Anger Management Education

Implementation Guidelines for Counselors

Eva L. Feindler, Gina Sita-Molz

***Teen Anger Management Education (TAME)* is for youth aged 12 to 17 who need to gain the tools for navigating the everyday minefields of emotional adversities, triggering events and circumstances, and interpersonal provocations.**

Complete with mindfulness activities, role plays, exercises, discussion prompts, worksheets, fidelity checklists, recommendations, and Hassle Logs, TAME is an indispensable resource for mental health professionals, educators, and counselors alike.

Meticulously outlined in a session-by-session protocol, TAME presents the developed program in a reader-friendly and instructional manner. Dr. Eva L. Feindler and Dr. Gina Sita-Molz take the conversation through the program's foundations into an extensive review of assessment measures and strategies, then set the stage for planning and successfully administering the 12-week program, before finishing with an evaluation of TAME implementation in a real-world setting.

Dr. Eva L. Feindler Director of the Clinical Psychology Doctoral Program and professor of psychology, specializing in cognitive-behavioral interventions with children and adolescents, adolescent anger control, and family violence. Current scholarly and research interests include RCT (Relational Cultural Theory) and clinical supervision. She received her Ph.D. from West Virginia University in 1979 and her New York State Certification in Psychology in 1981. Dr. Feindler has been a member of the New York State Board of Psychology and the State Department of Education since 1989. She has presented papers and conducted workshops both in the United States and in Canada, as well as on national TV and at Riker's Island. Dr. Feindler is the founder and director of Teen Speakout and has managed the program for the past 14 years. She is a founding board member of ICART: International Center for Aggression Replacement Training.



Gina Sita-Molz, PsyD, BCBA, is a clinical psychologist and licensed behavior analyst specializing in helping children and young adults with severe behavioral issues. Dr. Sita-Molz earned her undergraduate degree in psychology from Boston University and received her doctoral degree in clinical psychology in 2012 from Long Island University, C. W. Post Campus. She worked as the director of psychology at a residential treatment center for children with severe developmental disabilities before deciding to take time off to focus on raising her three small children. She plans on opening a private practice in the coming year. Dr. Sita-Molz and her family reside in Long Island, NY.



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The Arnold P. Goldstein Approach

Skillstreaming Children and Youth with High-Functioning Autism

**A Guide for Teaching
Prosocial Skills**

**Ellen McGinnis
Richard L. Simpson**

Skillstreaming Children and Youth with High-Functioning Autism

Ellen McGinnis and Richard L. Simpson

The new ***Skillstreaming Children and Youth with High Functioning Autism***: Student Workbook Group Leader's Guide and Student Workbook teachers, counselors, clinicians, and educators use for teaching social skills to students with

autism. Specific strategies that have proven successful in aiding learning for youth with Autism are detailed along with examples of their use. The Student Workbooks and Leader's Guide give educators, clinicians, and school counselors a step-by-step procedure for introducing and proceeding with the Skillstreaming program

Research clearly suggests that teaching social skills to students with autism can help them get along with peers, make and keep friends, understand and solve conflict, and achieve personal and professional goals. A Skillstreaming leader will prepare and deliver lessons on these and other social skills by using the following learning activities: Modeling (showing the child what to say or do); Role-play (the child will try out the skill just modeled within the group setting that will be needed in real-life situations); Feedback (explaining to students what they did well and what they can do differently next time); and Generalization (completing homework assignments to practice the skill in other situations and settings).

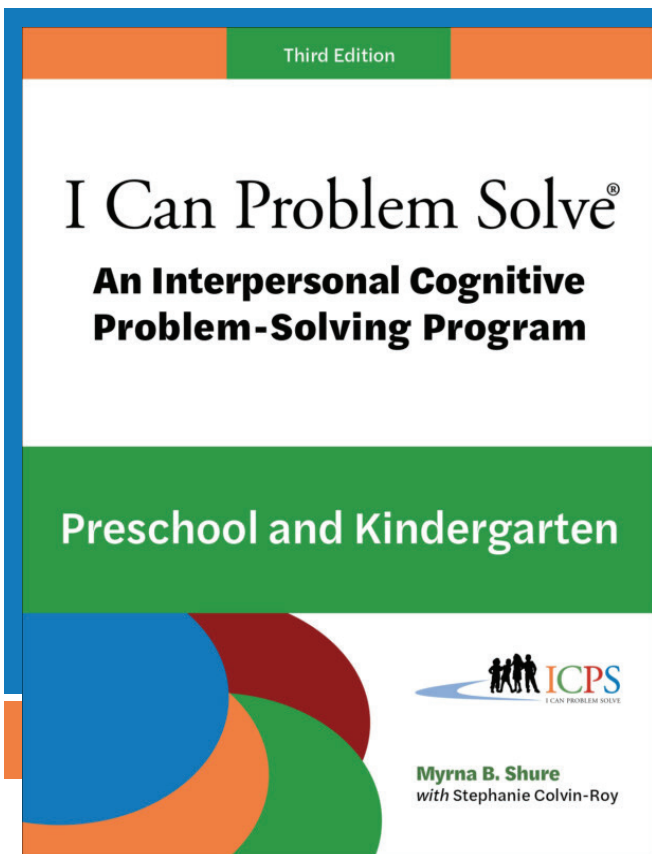
Ellen McGinnis, PhD, holds degrees in elementary education, special education, and school administration. She has taught elementary and secondary students in the public schools and has served as special education consultant in both public and hospital schools, school principal, special education director,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

Richard L. Simpson, EdD, is professor emeritus at the University of Kansas. He has directed numerous demonstration programs for the University of Kansas and the University of Kansas Medical Center for students with autism spectrum disorders and has coordinated a variety of federal grants related to students with disabilities. He has also worked as a special education teacher, school psychologist, and coordinator of a community mental health outreach program. He has authored numerous books, articles, and tests on a variety of topics related to students with disabilities. Dr. Simpson is the former senior editor of the professional journal Focus on Autism and Other Developmental Disabilities.

Research Press

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I Can Problem Solve

Dr. Myrna B. Shure

This new third edition of I Can Problem Solve (ICPS) is adapted to combine a preschool and kindergarten curriculum. This resource includes introductions and closing activities to provide transition into and out of ICPS lessons, prompt inquiry and enthusiasm, assist in review, and facilitate reinforcement of ICPS concepts. Lessons include additional mediators related to social and emotional skill development and advanced cognitive skills. Some teacher scripts have been extended and modified, with suggestions for adaptations. Additional notes and HINTS have been provided to facilitate instruction and encourage prosocial behavior. Some illustrations have been modified and updated, and additional illustrations have been made for use as reminders of ICPS language to be used in real-life.

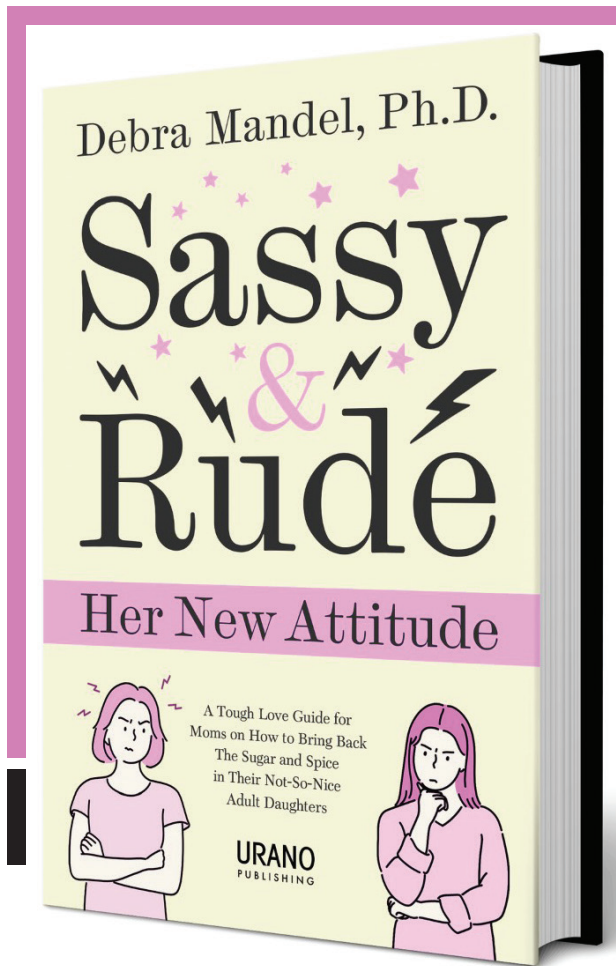
ICPS teaches children skills to think constructively, developing problem-solving strategies to determine what and what not to do—and why. As early as preschool, skills for generating alternative solutions can be taught or enhanced and applied to real-life problems. Children who think the problem-solving way most often choose to act upon solutions that result in positive rather than negative consequences, internalize empathy, and display overt social adjustment and interpersonal competence.

Myrna B. Shure, PhD is the creator of the I Can Problem Solve program—a school-based social and emotional learning/violence prevention program published by Research Press. The ICPS program has been recognized for research and service by numerous national organizations, including the Office of Juvenile Justice and Delinquency Prevention (OJJDP); the National Association of School Psychologists (NASP); the U. S. Department of Education; and the Collaborative for Academic, Social, and Emotional Learning (CASEL). Dr. Shure authored *Raising a Thinking Child Workbook*, an ICPS program for families, also published by Research Press, with recognition by the Strengthening America's Families Project and NASP. She was recognized by the American Psychological Association's Psychology Matters initiative for research relating to schools and families resulting in valuable applications that make a difference in people's lives. Her books for parents, *Raising a Thinking Child* and *Raising a Thinking Preteen* were both Parent Choice Award winners. Dr. Shure was also a media consultant on issues of mental health in our nation's youth..

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Sassy & Rude

Debra Mandel, Ph.D.

Sassy and Rude is Dr. Debra Mandel's hot take on adult women, specifically mothers and their adult daughters, and how to navigate the complexities of their relationships!

Psychologist and author of *Dump That Chump*, Dr. Debra Mandel's **SASSY & RUDE: Her New Attitude**, A Tough Love Guide for Moms on How to Bring Back the Sugar and Spice in Their Not-So-Nice Daughters, presents real life examples and interviews from mothers and daughters, anecdotes, exercises and check-lists combined with a tough-love tone, giving mothers no-nonsense advice and a useful toolbox to navigate their relationships with their adult daughters.

Dr. Debra Mandel, aka is a nationally renowned psychologist, author, and TV/Radio personality with twenty-plus years experience. Combining wit, wisdom and compassion, Dr. Debra has helped millions of people overcome their woes and learn to thrive!



Dr. Debra has authored four books including the widely publicized *Dump That Chump*. She also hosted her own radio program, *Shrink Rap*, wrote a "Dear Dr. Debra" column, and has been regularly quoted in articles for many national magazines such as *Glamour*, *Fitness* and *Cosmopolitan*.

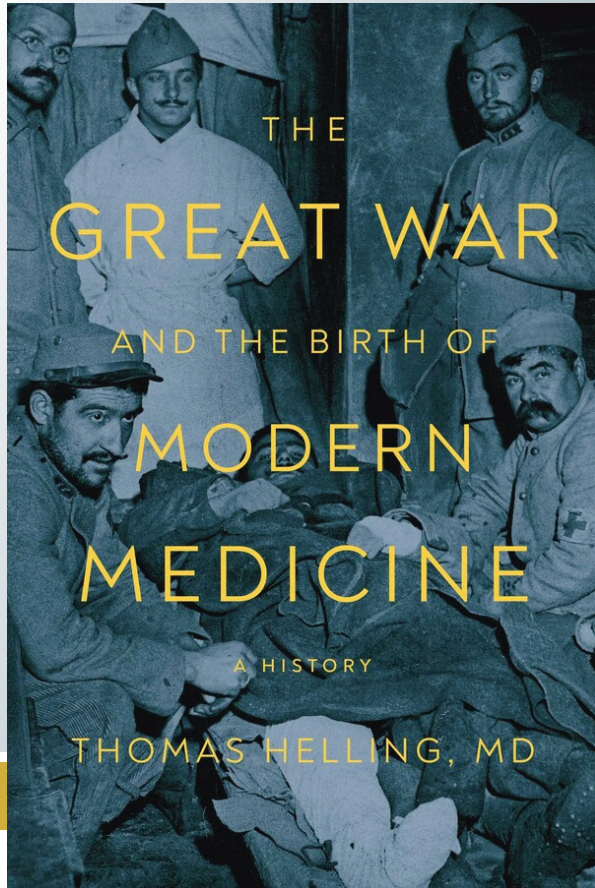
She is a member of the American Psychological Association and the Los Angeles County Psychological Association. She works with individuals, couples, and families with a range of specialties from relationship and daily life issues to depression, anxiety, eating disorders and addiction.

When she's not out helping people transform adversity into strength, Dr. Debra loves spending time with her family and friends, her lovable Labrador Retriever, Missy, and her two favorite furry felines, Bobby and Prowler!

Urano Publishing

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THE GREAT WAR AND THE BIRTH OF MODERN MEDICINE

THOMAS HELLING, MD

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

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

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

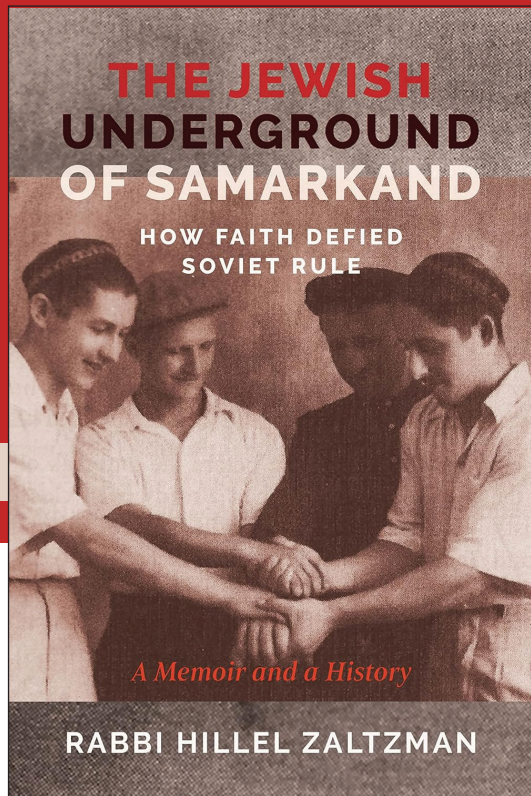
Thomas Helling's description of events that shaped refinements of medical care is a riveting account of the ingenuity and resourcefulness of men and women to deter the total destruction of the human body and human mind. His tales of surgical daring, industrial collaboration, scientific discovery, and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

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

Pegasus Books / March 2022

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THE JEWISH UNDERGROUND OF SAMARKAND

RABBI HILLEL ZALTZMAN

Rabbi Hillel Zaltzman records his experiences and adventures and those of other memorable people he has known and the sacrifices they made to share their love of Torah and Jewish learning in the secret underground yeshivas. He describes their attempts to celebrate Jewish holidays, make matzah, and obtain prayer books, as well as their other colorful escapades. He also tells of their exasperating experiences trying to obtain exit visas to leave the Soviet Union. The largely untold story of Chabad activism and

heroism comes through with great immediacy in this first-person account of spiritual resistance to a Communist regime at war with the Jewish devotion to God and Torah.

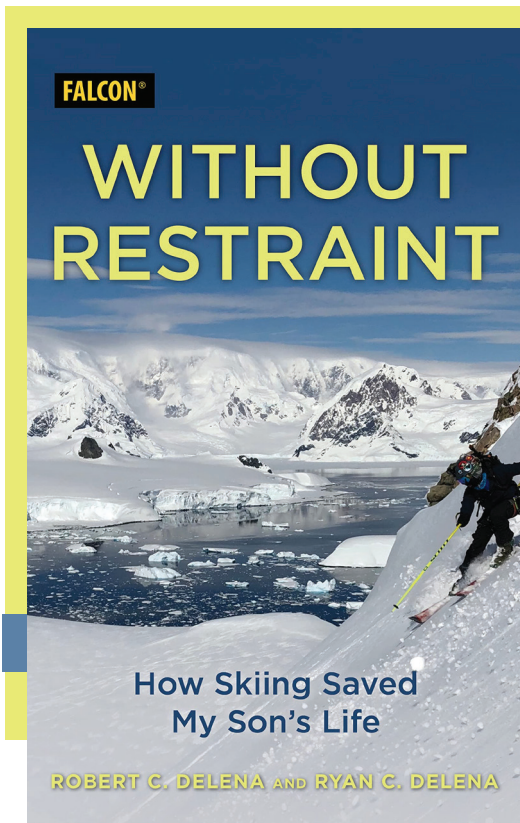
From the age 16, along with several other idealistic young men, Hillel Zaltzman was involved in Chamah an underground Jewish organization that helped sustain and preserve Jewish life in the Soviet Union through education. Chamah established a network of underground Jewish schools that clandestinely taught more than 1,500 children over the years and provided material and spiritual support to Jews trying to obtain exit visas in the 1960s and 70s. Hillel himself was allowed to immigrate to Israel only in 1971, after years of trying. Now living in New York, he is the director of IChamah, an international organization which is devoted to serving Jews from the Former Soviet Union in Israel, Russia, and the US. Rabbi Zaltzman was honored for his humanitarian and Jewish outreach in the U.S. Senate in May 2016, as part of Jewish American Heritage Month.

Hillel Zaltzman was born in Kharkov, Ukraine, in 1939. Fleeing the German invasion in 1941, the Zaltzman family settled in Samarkand, a city in southeastern Uzbekistan, along with many war refugees. There the Chabad community was able to reestablish houses of worship, Jewish schools and a yeshiva, which operated in secret to avoid persecution by the Soviet authorities. At age sixteen, Hillel joined a clandestine group called Chamah, whose goals were the preservation and promotion of Judaism and to provide economic assistance to the Jews of Samarkand. Through their efforts, an underground yeshiva emerged in Samarkand, housed in private homes. At age twenty, the author was traveling extensively through the Soviet Union in connection with his community work, while taking the opportunity to visit and bolster the morale of isolated Chassidic and religious Jews. In 1971 he received his exit visa and he and his wife left for Israel. In Israel, Rabbi Zaltzman and his friends saw a continuing need for Chamah—to help Russian immigrants adjust to their new home. They created programs to introduce new immigrants to Jewish culture and started schools for Russian and Bukharin children. Zaltzman moved to New York in 1973, where he established a New York office for Chamah. Over the years, Chamah became a successful and accomplished international organization assisting Russian Jews on three continents—in the United States, Israel and the Former Soviet Union. Rabbi Zaltzman is currently president of Chamah International. He lives in Brooklyn with his wife, Shoshana.

Mandel Vilar Press / October 2023

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WITHOUT RESTRAINT

ROBERT C. DELENA and RYAN C. DELENA

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

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

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

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

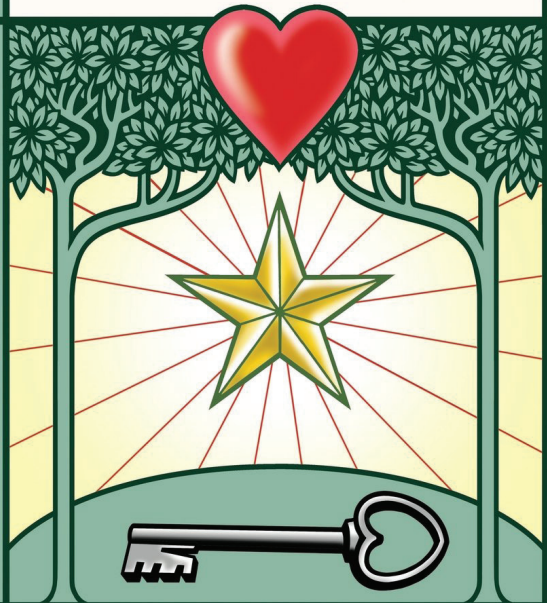
Globe Pequot / Spring 2023

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**BORDERLINE, NARCISSISTIC,
AND
SCHIZOID ADAPTATIONS**

THE PURSUIT OF LOVE, ADMIRATION, AND SAFETY



Elinor Greenberg, Ph.D.

**BORDERLINE, NARCISSISTIC
AND
SCHIZOID ADAPTATIONS**

ELINOR GREENBERG, Ph.D.

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

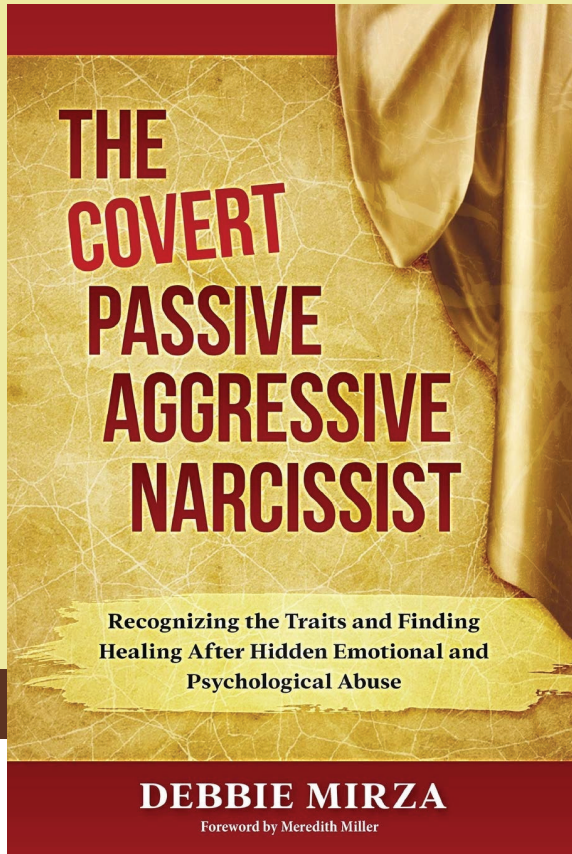
disorders, reframes these disorders as adaptations, and then explains the treatment interventions that work best for each type of adaptation. Later chapters describe how to do specific interventions that deal with commonly encountered treatment issues such as: such as: "How to undo a Narcissistic shame-based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

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



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THE COVERT PASSIVE AGGRESSIVE NARCISSIST

DEBBIE MIRZA

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

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

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

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

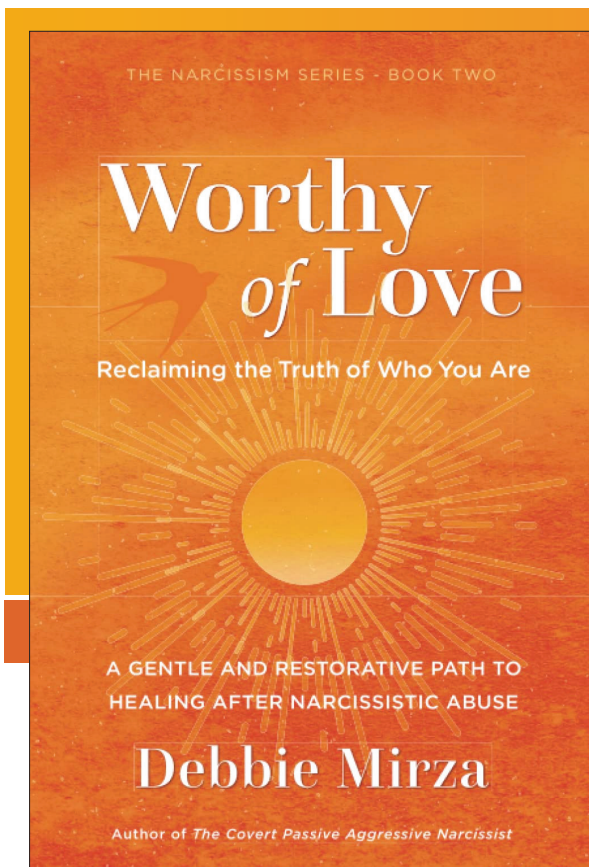
- A list of traits of the covert narcissist and how they look like in daily life
- The differences between an overt and a covert narcissist
- A checklist to see if you are with a covert narcissist
- Real-life stories to illustrate what these traits look like
- Explanations of different covert techniques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

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

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

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Worthy of Love

Debbie Mirza

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

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

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

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

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

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

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

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

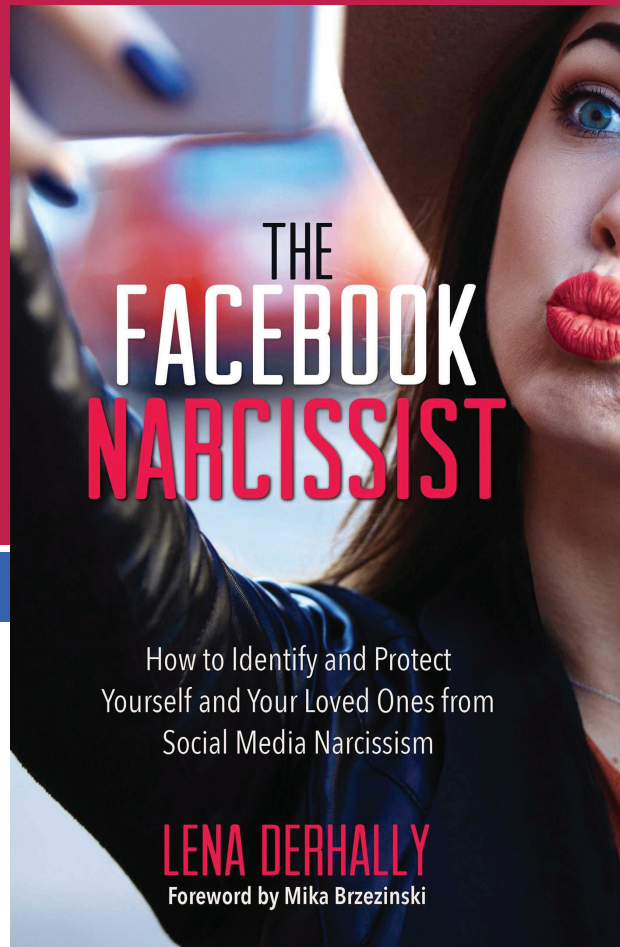
Debbie Mirza's first book in this series on narcissism, *The Covert Passive Aggressive Narcissist* explained the traits of a covert narcissist and what they look like in real life. In *Worthy of Love*, the highly anticipated follow up book, she focuses on how to recover after you realize you have been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

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

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THE FACEBOOK NARCISSIST

LENA DERHALLY

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

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

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

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

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

Health Communications, Inc. / June 2022

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Buying this book is a big step. It means you're not just thinking about writing a script; you're ready to take the practical steps to be successful working within the TV landscape. A lot of people all over the world write scripts. But that can only take you so far. It's when you discover the inner workings of the industry and commit to working within it that you set yourself apart. Maybe you've been shouting from the rooftops how much of a better writer you are than half the hacks churning out the stuff you see on TV. And maybe you are. That's really beside the point. The actual writing is only half of it. No, not half of it, maybe like a quarter. Okay, probably less.

A career in entertainment relies on tenacity and luck. There are talented people who make it nowhere and there are talentless people who make it very far.

Knowing what the inside of the TV writing world is like will help you decide if this career is for you and give you the inside track on an industry that, until now, has had no clear path.

By the end of this book, you will:

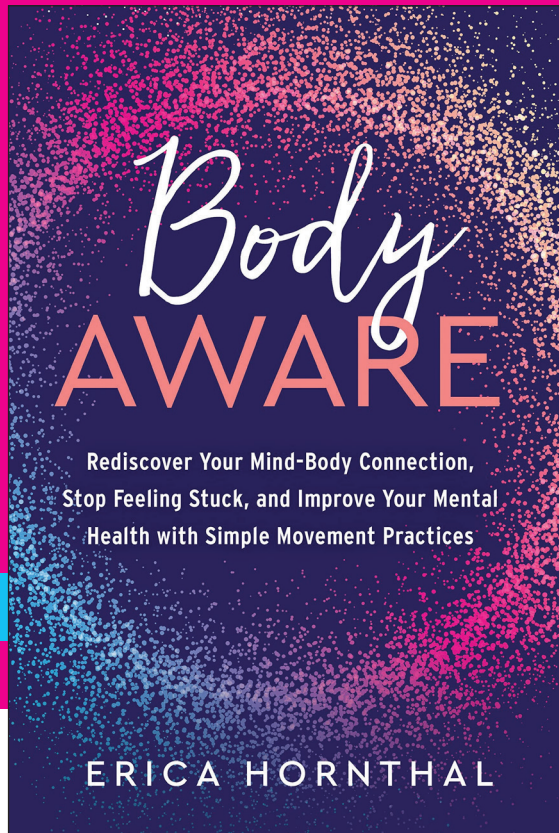
- Understand how a TV writer's room works.
- Understand the assistant job ladder and the jobs you should avoid.
- Know what websites to use for job hunting.
- Learn how to approach people to read your script.
- Know how to find a good therapist in LA.

Anton Schettini is a TV and film screenwriter, producer and author. He has worked in 14 TV writer's rooms, has written for several TV comedies on CBS and is an Executive Producer on Snap, an anthology drama on AMC+ Anton is the author of BREAKING INTO TV WRITING, a slightly cynical career guide to becoming a TV writer. He has worked on shows such as; 2 Broke Girls: CBS, Will & Grace: NBC, The Goldbergs: ABC, and F Is For Family: Netflix

Turner Publishing

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Body AWARE

ERICA HORNTHAL

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

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

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

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

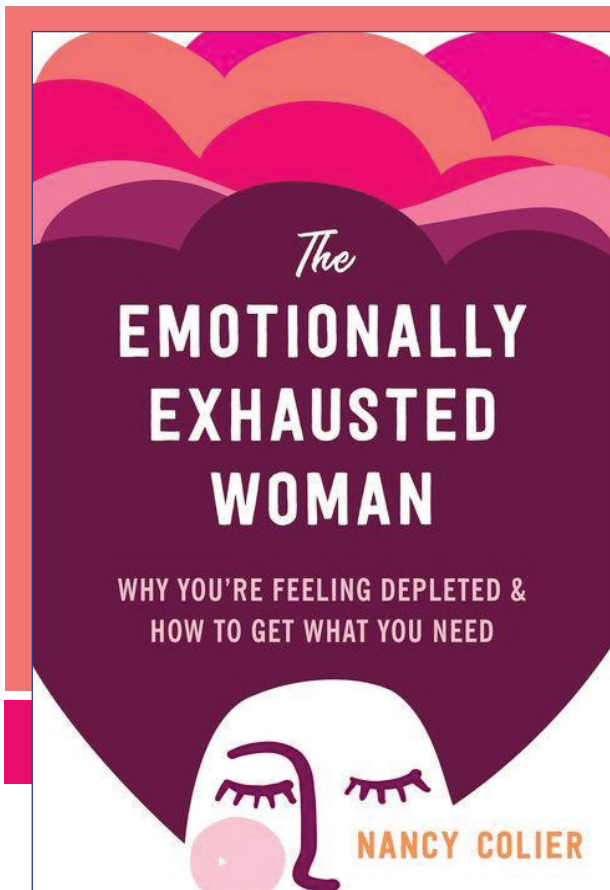
Broken into three sections, “How You Move,” “How Movement is a Catalyst for Change,” and “Transforming Your Life Through Movement,” Body Aware is a revelatory transformational practice and an easy-to-use introduction to the mind-body power of intentional movement

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

North Atlantic Books / August 2022

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The
**EMOTIONALLY
EXHAUSTED
WOMAN**

NANCY COLIER

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

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

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

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

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

New Harbinger Press / November 2022

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Thriving AFTER TRAUMA

SHARI BOTWIN, LCSW

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

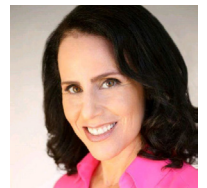
-Bob Stewart, Freelance Journalist, New York Daily News, Philadelphia Inquirer, Daily Beast

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

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

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

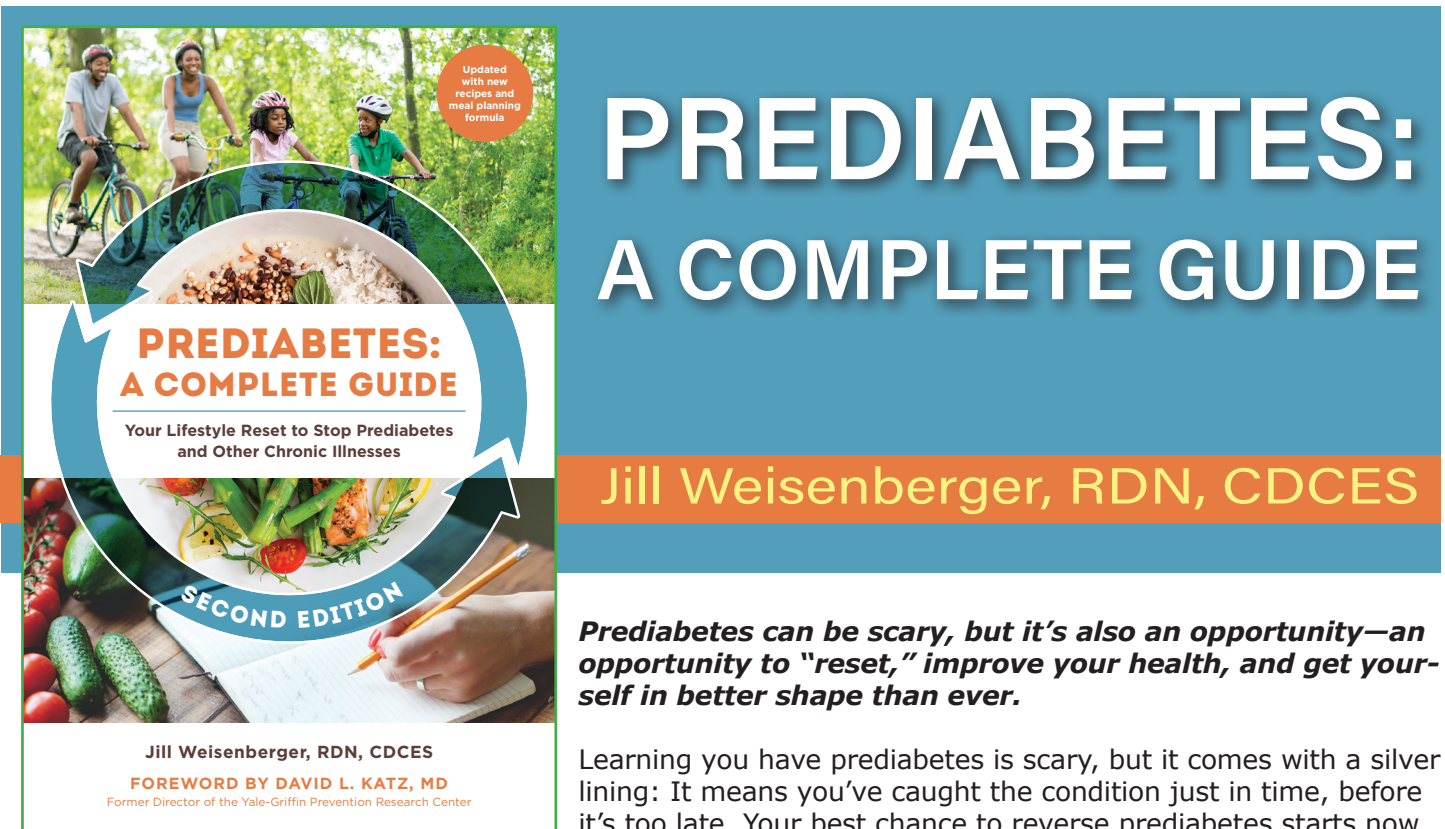
Shari Botwin, LCSW, has been counseling survivors of all types of trauma in her Cherry Hill, New Jersey private practice for over twenty-two years. Shari has conducted Keynote presentations for Universities and professional conferences throughout the country. She has given expert testimony on breaking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



Rowman & Littlefield / November 2019

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PREDIABETES: A COMPLETE GUIDE

Jill Weisenberger, RDN, CDCES

Prediabetes can be scary, but it's also an opportunity—an opportunity to "reset," improve your health, and get yourself in better shape than ever.

Learning you have prediabetes is scary, but it comes with a silver lining: It means you've caught the condition just in time, before it's too late. Your best chance to reverse prediabetes starts now.

Prediabetes: A Complete Guide, Second Edition reveals to you in detail what these actions are and empowers you to find the healthy eating and lifestyle changes that work best for you to help you achieve your health goals. This new, updated edition of the original, reader-approved guide includes even more proven tools and new meal "formulas" to make healthy eating easier than ever.

This comprehensive guide leads you through dozens of concrete steps you can take to reverse prediabetes, reduce the risk of developing type 2 diabetes and other lifestyle-related chronic diseases.

Inside, you will learn to:

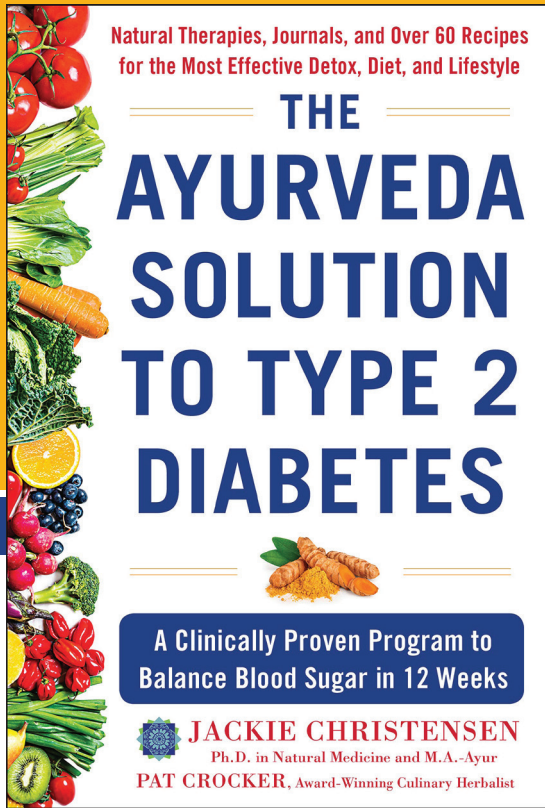
- Identify your risks for developing type 2 diabetes
- Set personalized and meaningful behavioral goals
- Eat for weight loss and greater insulin sensitivity
- Tweak your favorite recipes to include wholesome foods
- Start or improve upon an exercise plan
- Reduce sedentary time
- Organize and track your progress with tools included in the book
- Much more

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

Second Edition

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THE AYURVEDA SOLUTION TO TYPE 2 DIABETES

JACKIE CHRISTENSEN, Ph.D

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

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

but are clinically proven and used in Western medicine

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

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

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

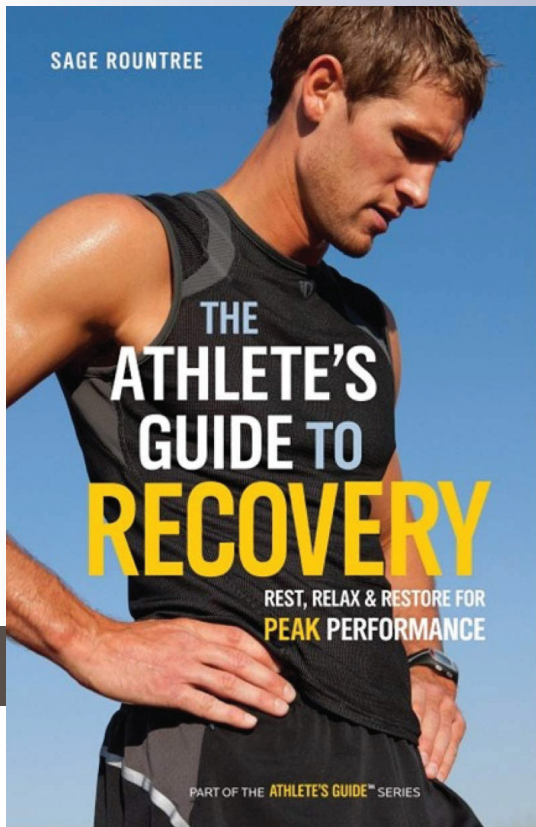
Jackie Christensen Ph.D graduated from the Global College of Natural Medicine with a Master of Science in Holistic Health, and went on to earn a Ph.D. in Natural Medicine from the Kingdom College of Natural Health. She served as a faculty member for the Global College of Natural Medicine, Om Institute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

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

Humanix Books / June 2021

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THE ATHLETE'S GUIDE TO RECOVERY

SAGE ROUNTREE

If you've hit a wall in your training, maybe it's because your body isn't recovering enough from each workout to become stronger. Hard workouts tear down the body, but rest allows the body to repair and come back stronger than before. Athletes who neglect their recovery will gain little from workouts, risking injury, over-

training, and burn out. The Athlete's Guide to Recovery offers a full exploration of rest and recovery for athletes. In her book, certified triathlon and running coach and pioneering yoga for athletes instructor Sage Rountree will guide you to full recovery and improved performance, revealing how to measure your fatigue and recovery, how much rest you need, and how to make the best use of recovery tools. Drawing on her own experience along with interviews with coaches, trainers, and elite athletes, Rountree details daily recovery techniques, demystifying common aids like ice baths, compression apparel, and supplements. She explains in detail how to employ restorative practices such as massage, meditation, and yoga. You will learn which methods work best and how and when they are most effective. The Athlete's Guide to Recovery explores:

- Periodization and overtraining
- Ways to measure fatigue and recovery including heart rate tests, heart rate variability, EPOC, and apps
- Stress reduction
- Sleep, napping, nutrition, hydration, and supplements
- Cold and heat like icing, ice baths, saunas, steam rooms, whirlpools, and heating pads
- Home remedies including compression wear, creams, and salts
- Technological aids like e-stim, ultrasound, Normatec
- Massage, self-massage, and foam rolling
- Restorative yoga
- Meditation and breathing

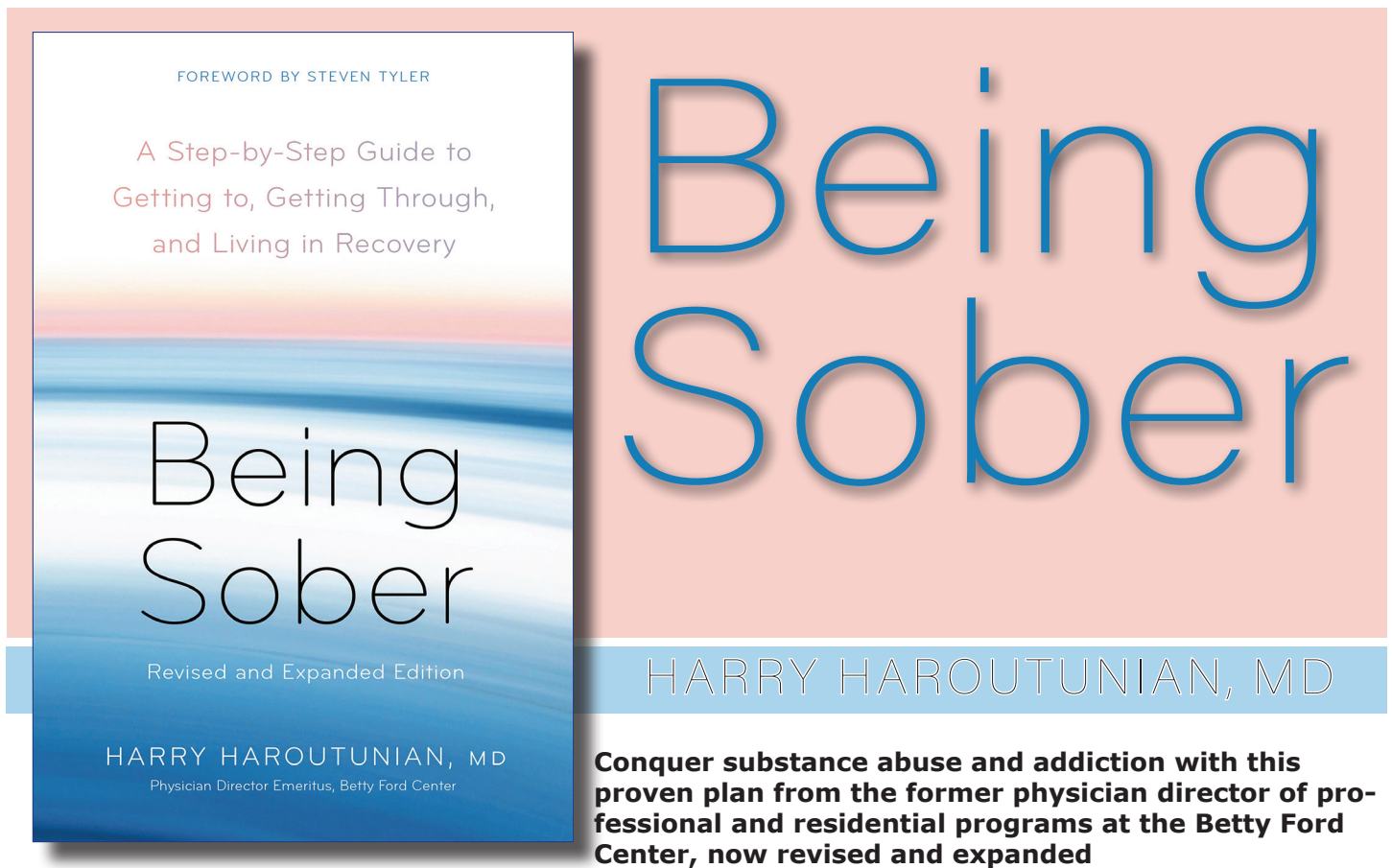
Then you can put these tools and techniques to practice using two comprehensive recovery plans for both short- and long-distance training. This invaluable resource will enable you to maintain that hard-to-find balance between rigorous training and rest so that you can feel great and compete at your highest level.

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

Velo Press

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

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

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

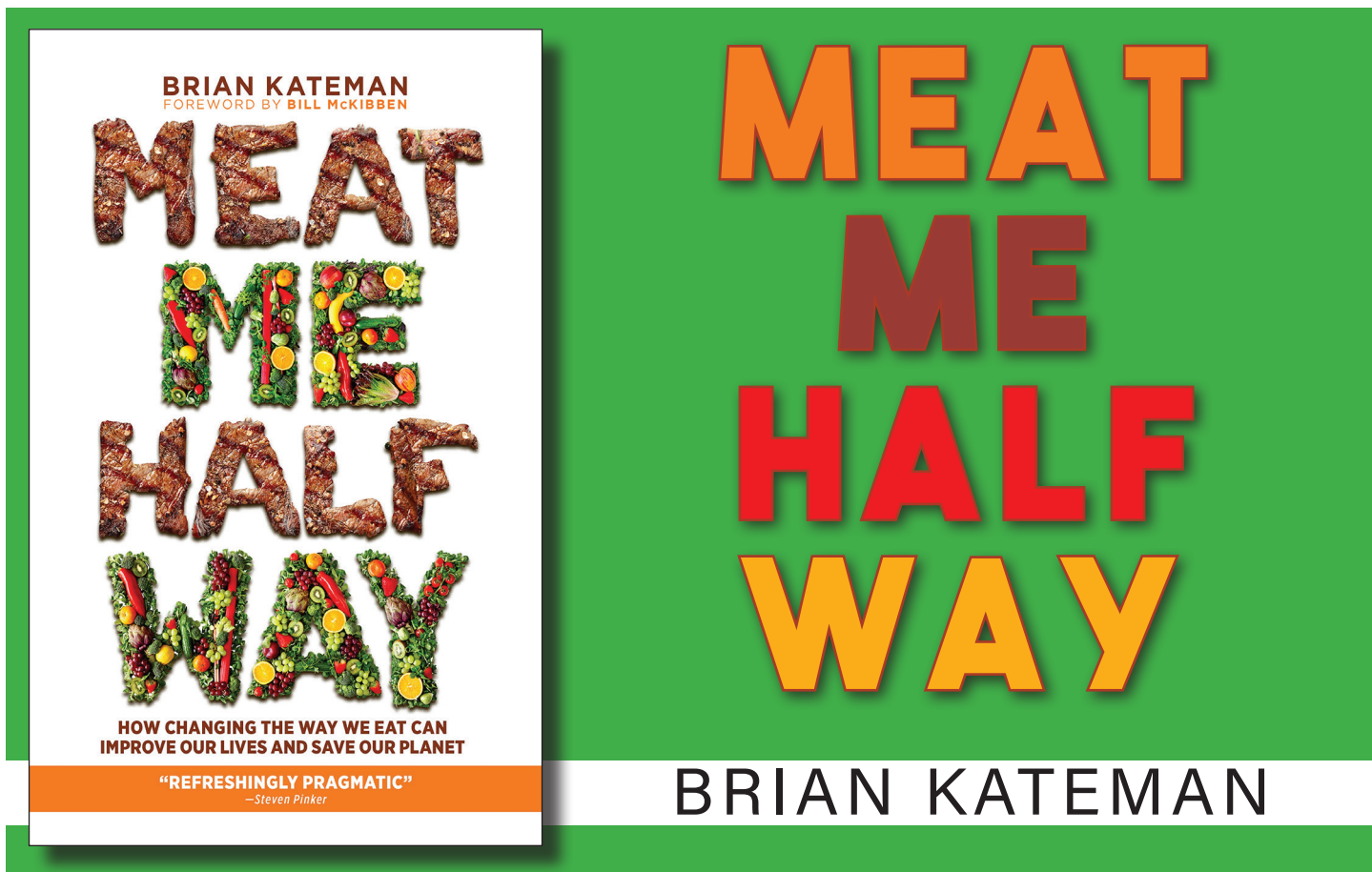
Using clear, straightforward language, *Being Sober* offers a proven path toward emotional sobriety and a rewarding new life based on gratitude, dignity, and self-respect.

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

Rodale / Expanded Edition

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

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

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

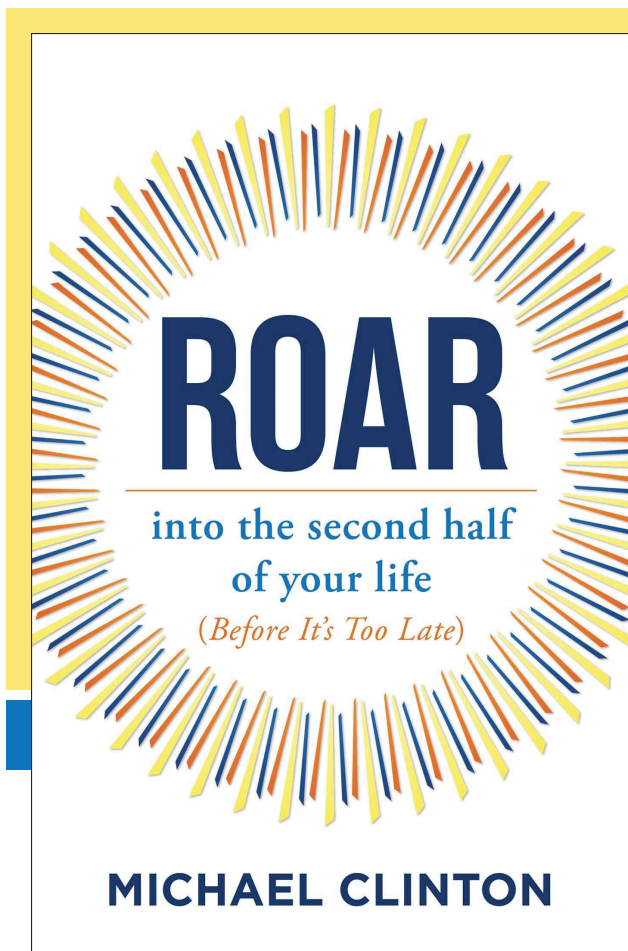
Brian Kateman coined the term “reducetarian” to describe a person who is deliberately reducing their consumption of meat. In 2015, Kateman founded the Reducetarian Foundation, a not-for-profit organization dedicated to reducing societal consumption of animal products.

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

Prometheus / April 2022

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ROAR

into the second half
of your life

MICHAEL CLINTON

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

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

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

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

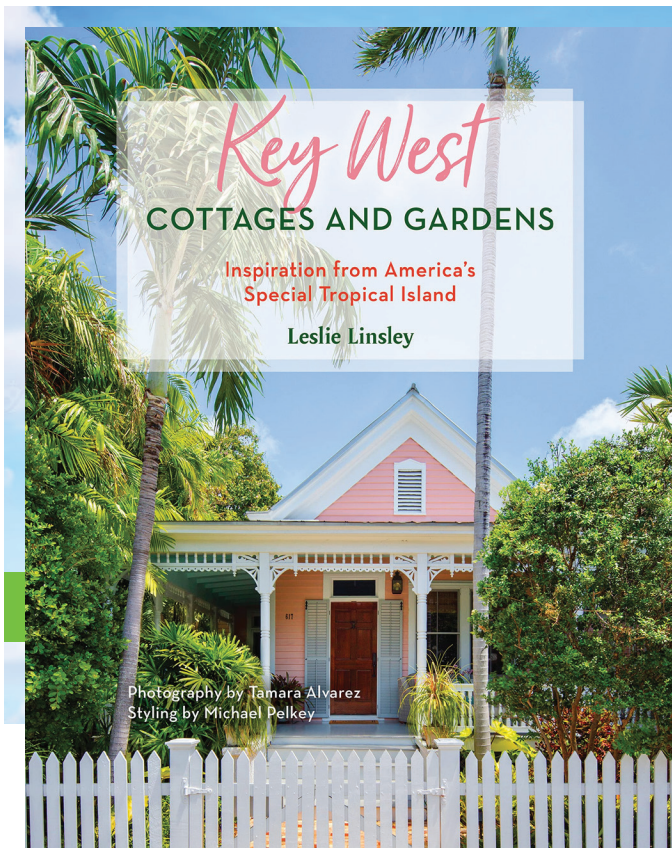
Transformative and invigorating, this is the ultimate roadmap to the latest journey of your life.

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

Beyond Words / September 2021

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Key West

COTTAGES AND GARDENS

Leslie Linsley

presenting its own style and culture. In Leslie Linsley's Key West Cottages & Gardens, lovers of the Key West architectural and designs style will get a chance to look at beautiful photos of tropical homes as well as learn tips for living in the island from Leslie and residents.

Bright colors, floral patterns, and cottage-styles are all design choices associated with the Florida Keys. Key West, one of the most famous tropical islands in the world, embodies the ideas of the Florida Keys while also

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

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

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

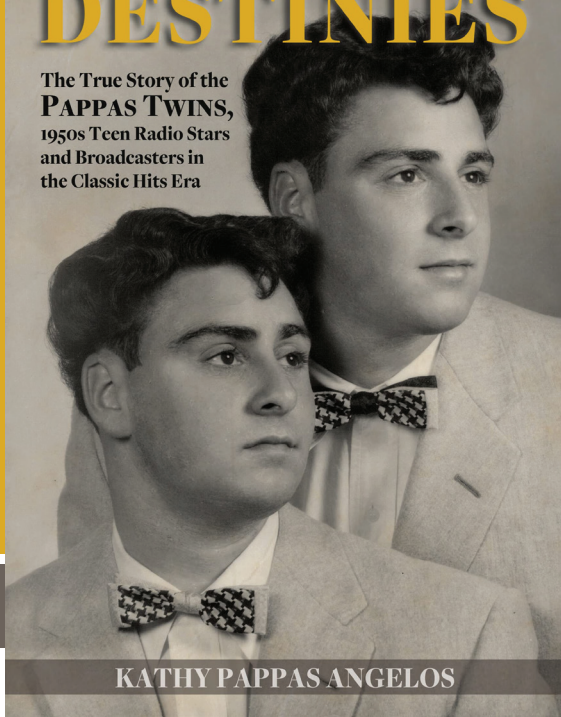
Pineapple Press / February 2023

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TWIN DESTINIES

The True Story of the
PAPPAS TWINS,
1950s Teen Radio Stars
and Broadcasters in
the Classic Hits Era



TWIN DESTINIES

KATHY PAPPAS ANGELOS

A nostalgic look back at the exciting teen music and dance craze of the 50s through the classic hits era of the 60s, 70s, and 80s.

Twin Destinies tells the story of Pete and Mike Pappas, the twin sons of Greek immigrants who defied predictions of failure and worked their way to the top of the broadcasting business in the exciting and glamorous classic hits era of 1950s radio and television.

Pete and Mike pitched the idea for a show dedicated to teens, "Pete and Mike's Dance Time," in their hometown of Modesto, California, and, due to their talent and charismatic personalities, quickly found themselves local celebrities. Soon the twins entered the burgeoning television industry with their own half-hour program, "Pete and Mike's Variety Show," airing on KTVU in Stockton.

Fame followed Pete and Mike even after they enlisted in the military. While in the service, bags of fan mail arrived weekly, and love letters from fans followed them wherever they were based.

After returning from the service, Pete and Mike's strong, loving bond as identical twins found them pursuing broadcasting careers and living their lives together, overcoming obstacles in the business world and achieving the success their immigrant parents had dreamed would one day be theirs.

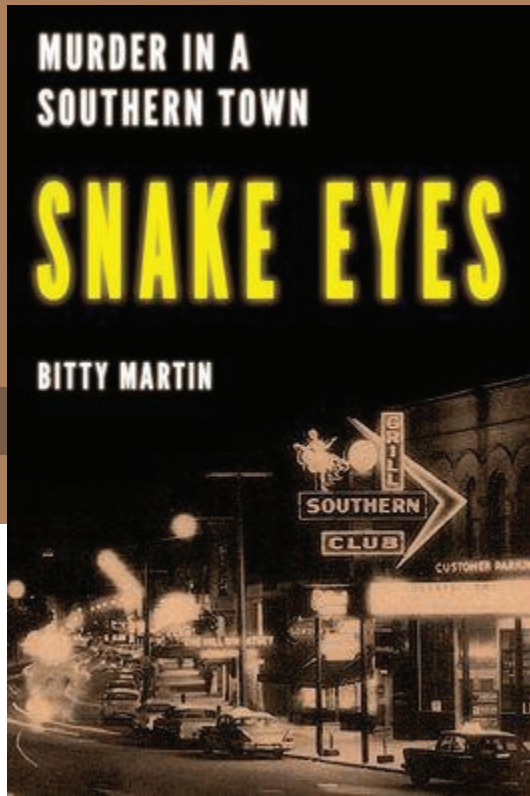
Twin Destinies is a story of hard work, perseverance, and the love between twin brothers that was the foundation of their American success story.

Kathy Pappas Angelos is a business writer turned author. Most of her professional life has been spent as a creative professional, writing marketing materials for online and print publications. A native Central Californian, she was on-air talent for the family's radio station as "KGEN's Kathy" at the age of three. Kathy lives with her husband and family in Fresno, California.

Craven Street Books / June 2023

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SNAKE EYES

BITTY MARTIN

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

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

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

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

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

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

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

Prometheus / March 2022

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RAISING *Resilient* CHILDREN

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

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

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

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

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

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

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

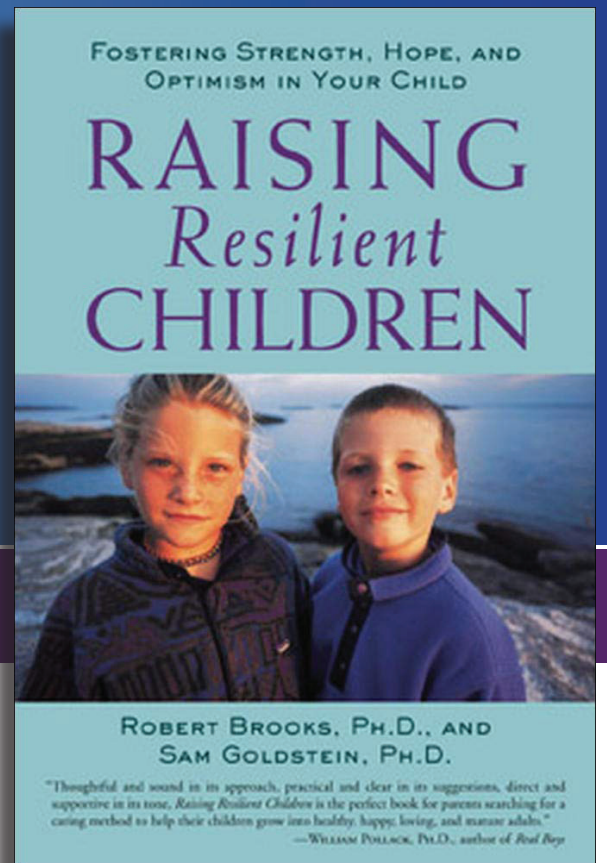
Robert Brooks, Ph.D., on the faculty of Harvard Medical School, is one of today's leading speakers and authors on the themes of resilience, self-esteem, motivation, and family relationships.

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

Tyndale / Spring 2021

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

YES!

Your Child Can

Creating Success for Children
with Learning Differences



VICTORIA E. WALLER, Ed.D.

Illustrated by Carolyn LaPorte

YES!

Your Child Can

VICTORIA E. WALLER, ED. D.

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

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

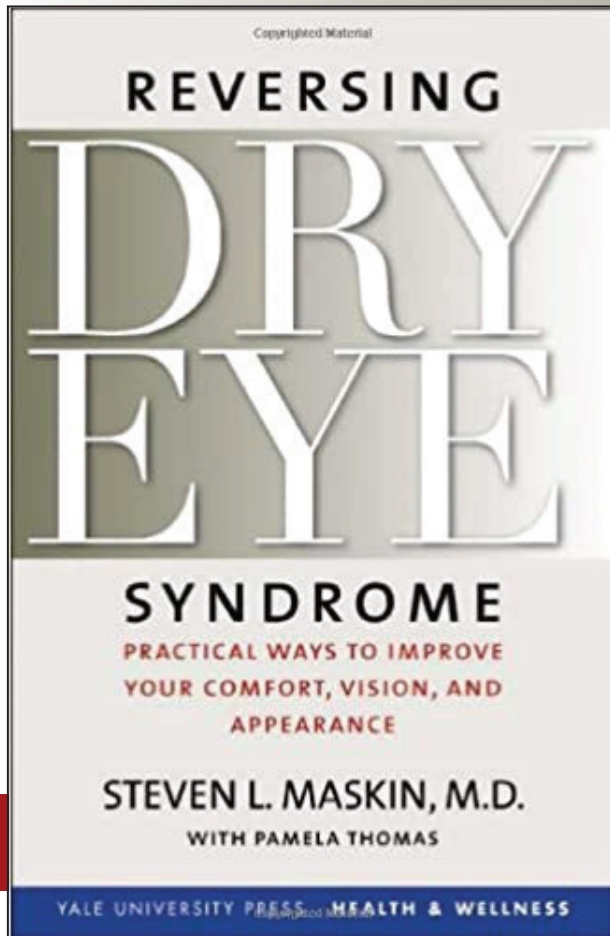
Respectful, compassionate, and solutions-oriented, *Yes! Your Child Can* is the first book every parent of a child with learning differences should read.

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

Quill Driver Books / June 2022

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REVERSING DRY EYE SYNDROME

Second Edition

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

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

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

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

Yale University Press / Spring 2021

Translation Rights Available

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Between GRIT and GRACE

Sasha Shillcutt, MD

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

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

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

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

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

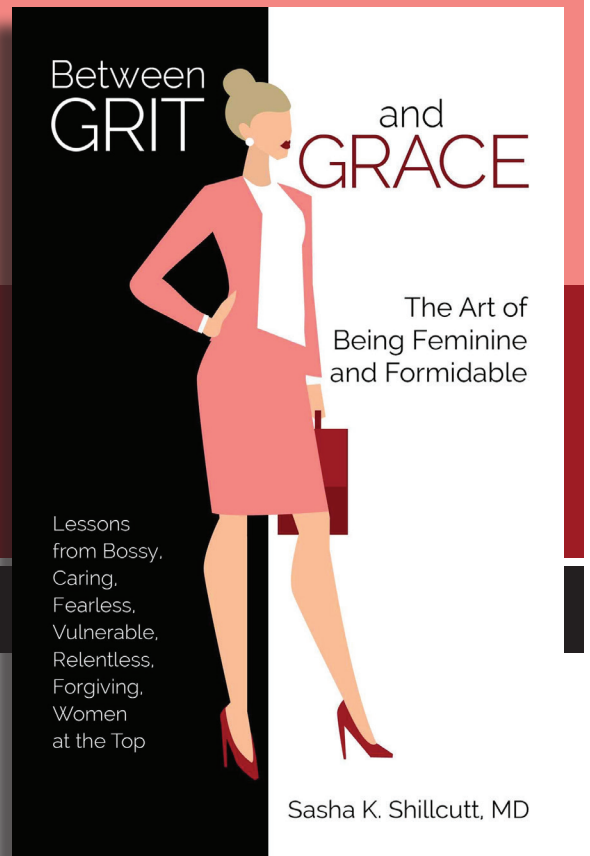


Sasha Shillcutt, MD, is a wife, mother, award-winning physician, clinical scientist, national educator, writer, and speaker. A board-certified cardiac anesthesiologist and tenured associate professor, she received a bachelors' degree in biology from William Jewell College, and her MD degree from the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

Health Communications, Inc. / February 2020

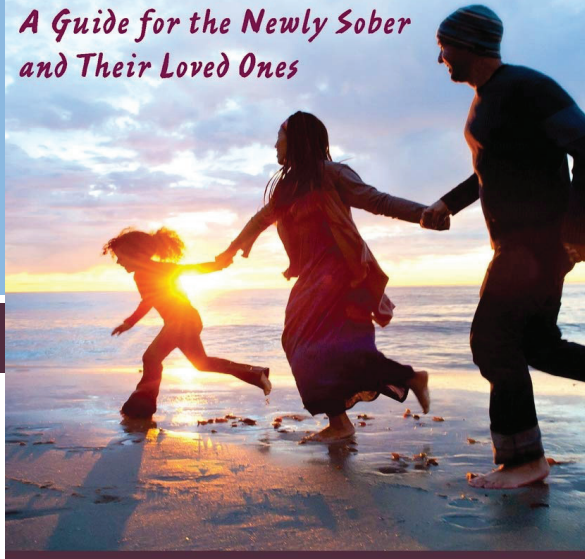
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RECOVERY AFTER REHAB

*A Guide for the Newly Sober
and Their Loved Ones*



JOSEPH NOWINSKI, PhD

RECOVERY AFTER REHAB

JOSEPH NOWINSKI, PhD

"When alcoholics and other addicts detox their bodies, they feel great. The downside to this so-called pink-cloud feeling is that the newly sober can mistakenly believe they're "cured," writes Nowinski, a clinical psychologist. This guide for them and their loved ones can be a life-saver, literally. Nowinski compares recovery to a "voyage across open water," with obstacles along the way and no guarantees of success. Indeed, the National Institute on Drug Abuse cites a 40 to 60 percent

chance of relapse from a substance-abuse disorder. How to help? Loved ones can strive to be partners instead of feeling like stigmatized "enablers." As the afflicted progress from a "casual friendship" to "a serious relationship" to "commitment" to their drug of choice, they tragically betray their values and those closest to them. This damages crucial relationships, which need to be rebuilt after treatment. Hang on and don't leave a recovering addict struggling alone. Nowinski convincingly makes the case for the vital role of family and friends, who can increase the odds of a loved one staying sober by remaining committed and connected." -Booklist

A practical guide that picks up where "rehab" leaves off, and where the real work of recovery from substance abuse begins.

Many of those who suffer the consequences of substance (along with their loved ones) may find relief when the substance abuser agrees to enter rehab or treatment. Too many, however, have also known the pain and disappointment that comes later, with relapse. This book provides a practical guide for both the newly sober and their loved ones for what they can do collaboratively to ensure that what begins with rehab translates into long-term recovery and a more satisfying life-style for all.

Joseph Nowinski, PhD, is a Clinical Psychologist who is currently Supervising Psychologist at the University of Connecticut Health Center. He has held positions as Assistant Professor of Psychiatry at the University of California San Francisco and Associate Adjunct Professor of Psychology at the University of Connecticut.

Dr. Nowinski is internationally recognized for his work in substance abuse treatment. He has a private practice in Tolland, Connecticut. Dr. Nowinski is the author of many books including *Saying Goodbye: A Guide to Coping with a Loved One's Terminal Illness* and *Almost Alcoholic: Is My (or My Loved One's) Drinking a Problem?*

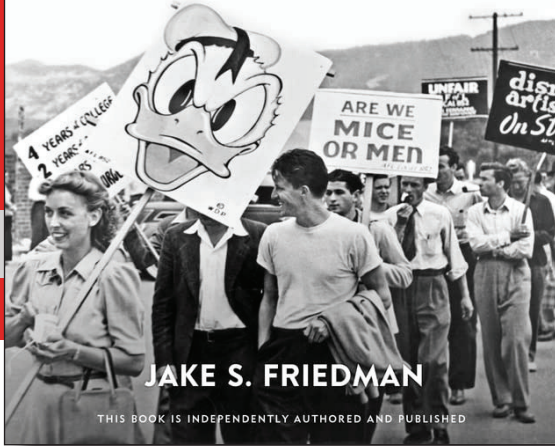
Rowman & Littlefield / July 2021

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THE DISNEY REVOLT

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



THE DISNEY REVOLT

JAKE S. FRIEDMAN

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

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

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

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

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

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

Chicago Review Press / July 2022

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BLOOMS & DREAMS

MISHA GILLINGHAM

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

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

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

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

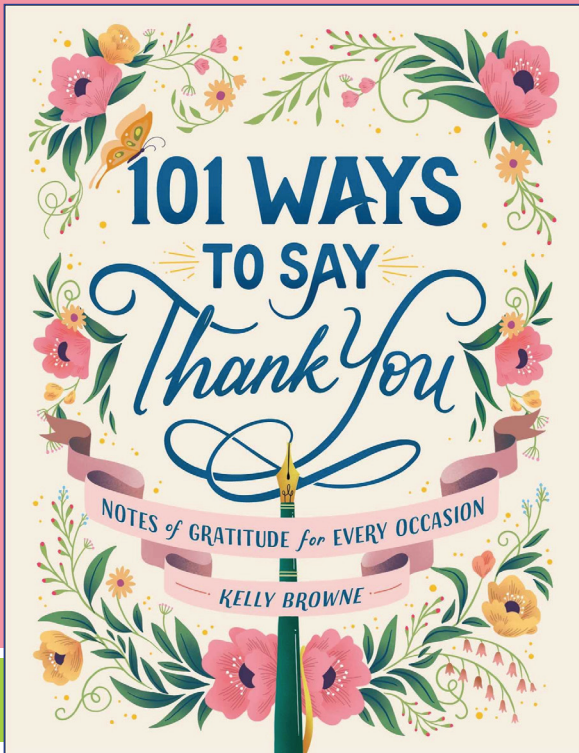
Blooms & Dreams will inspire readers from all walks of life to consider building a life centered around wellness, giving, and a connection to the land, be it a small patio garden or an entire farm.

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

Gibbs Smith / August 2022

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101 WAYS TO SAY Thank You

KELLY BROWNE

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

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

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

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

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

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

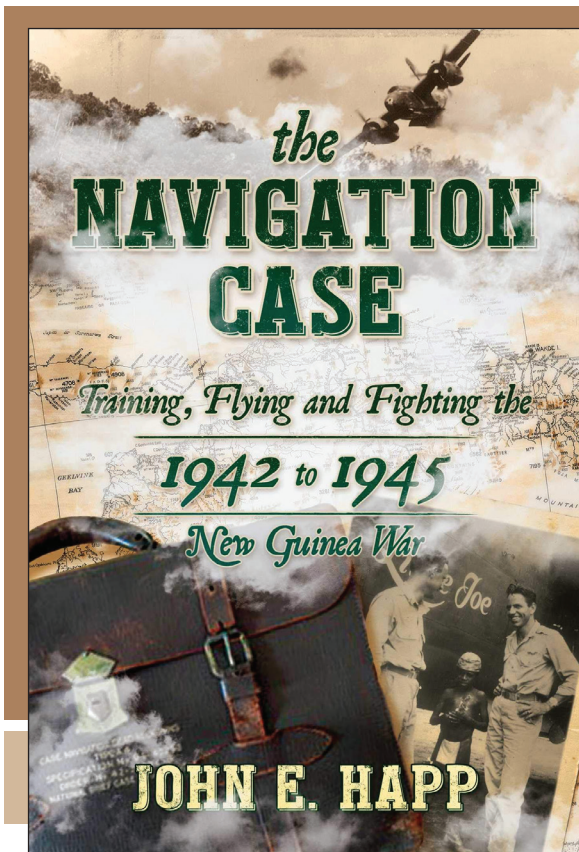
In *101 Ways to Say Thank You*, etiquette expert Kelly Browne shows you how to express gratitude eloquently and sincerely in every situation, using both traditional and up-to-the-minute digital methods, in an easy-to-follow, engaging, and down-to-earth way. Never be at a loss for words again.

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

Adams Media / March 2022

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the NAVIGATION CASE

JOHN E. HAPP

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

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

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

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

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

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

Knox Press / November 2021

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A Memoir of Love and Endurance



MATT FITZGERALD

LIFE

IS A MARATHON

MATT FITZGERALD

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

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

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

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

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

Da Capo Lifelong Books

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

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

STORIES OF A MAINE ISLAND DOCTOR

Go by Boat



DR. CHUCK RADIS

Go by Boat

DR. CHUCK RADIS

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

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

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

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

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

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

Down East Books / April 2021

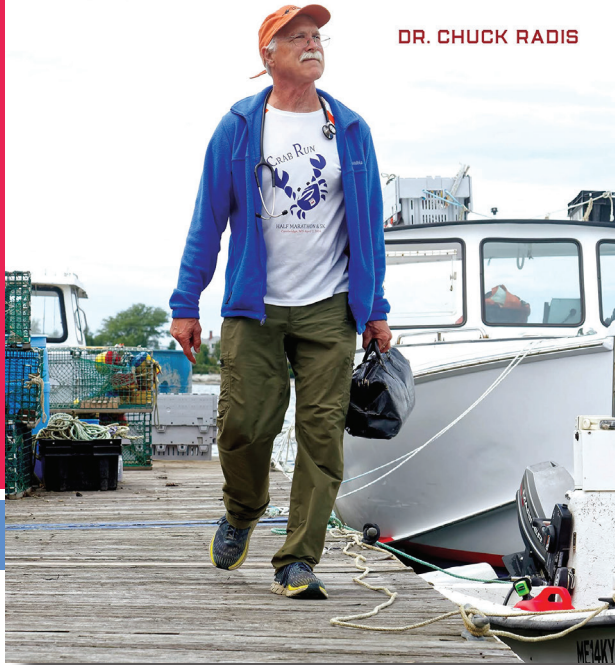
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Island Medicine

LIFE, HEALING,
AND COMMUNITY
ON A
MAINE ISLAND

DR. CHUCK RADIS



Island Medicine

DR. CHUCK RADIS

Dr. Chuck Radis was drawn to a career in medicine after meeting an osteopathic family practice bush pilot in Baja, Mexico. Following an internal medicine residency, the young doctor moved his family to Peaks Island off the coast of Maine and traveled by boat to the four year-round islands in Casco Bay, logging more than 100 house calls each year. Come along with Dr. Radis as he makes his rounds with a new batch of stories filled with equal parts hilarity, heartache, and wisdom.

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

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Down East Books / May 2022

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SUFFER QUIETLY

But I'm dying to be heard

*A Memoir by
Sari Knock*



SUFFER QUIETLY

Sari Knock

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

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

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

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



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**BEYOND
SUCCESS**



CONSIDERATIONS IN
**MAKING
MONEY**

MARY ČOLAK

CONSIDERATIONS IN MAKING MONEY

MARY COLAK

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

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

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

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

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

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



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

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TEACHING AMBITION

Growing Your
Tuition-Based Business

TARA
PICKFORD

TEACHING AMBITION

TARA PICKFORD

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

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

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

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

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

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

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

Finding Ecohappiness

FUN NATURE ACTIVITIES
TO HELP YOUR KIDS FEEL
HAPPIER AND CALMER



SANDI SCHWARTZ

Finding Ecohappiness

SANDI SCHWARTZ

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

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

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

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

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

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

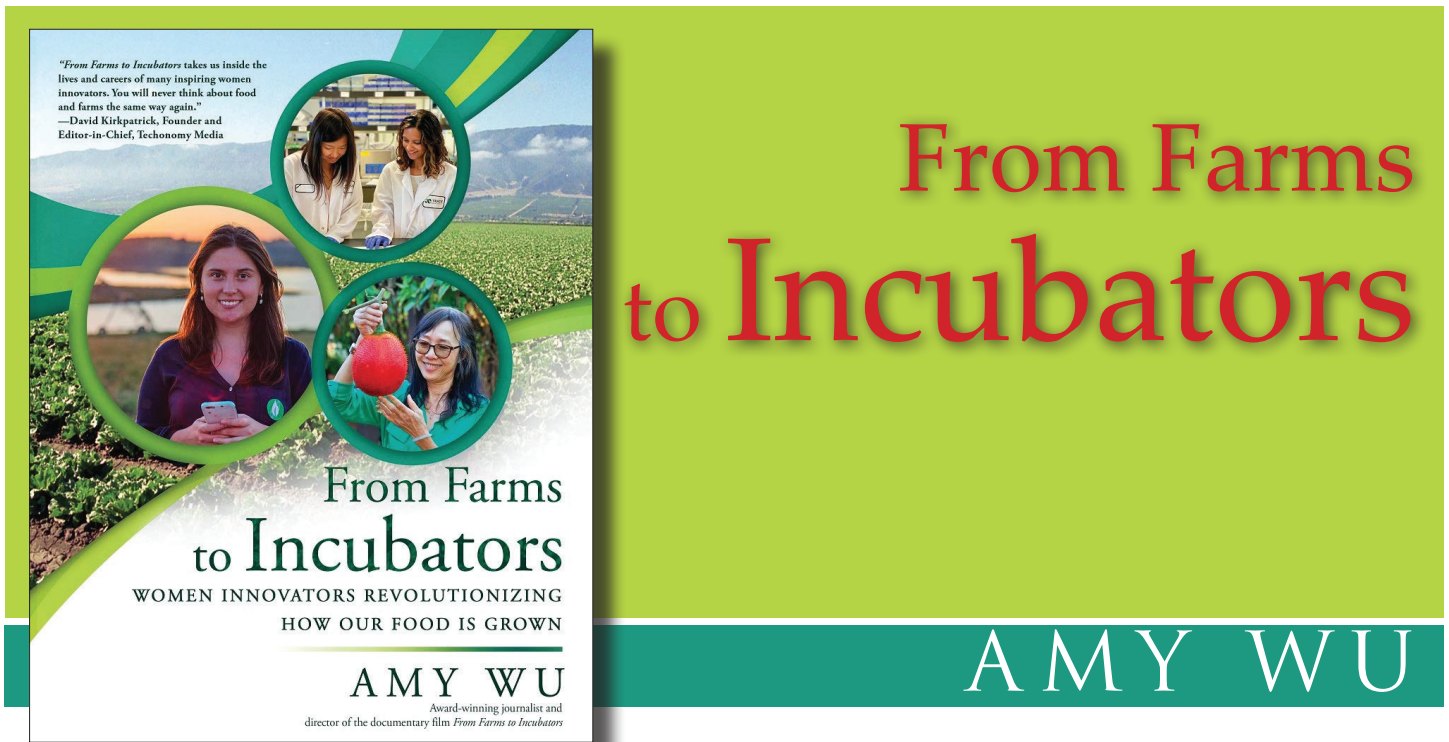
A must-read for all families, ***Finding Ecohappiness*** will help you protect your children from feeling stressed and overwhelmed; manage your children's current issues regarding stress, anxiety, and mood; and improve family togetherness.

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

Quill Driver Books / March 2022

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From Farms to Incubators

AMY WU

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

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

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

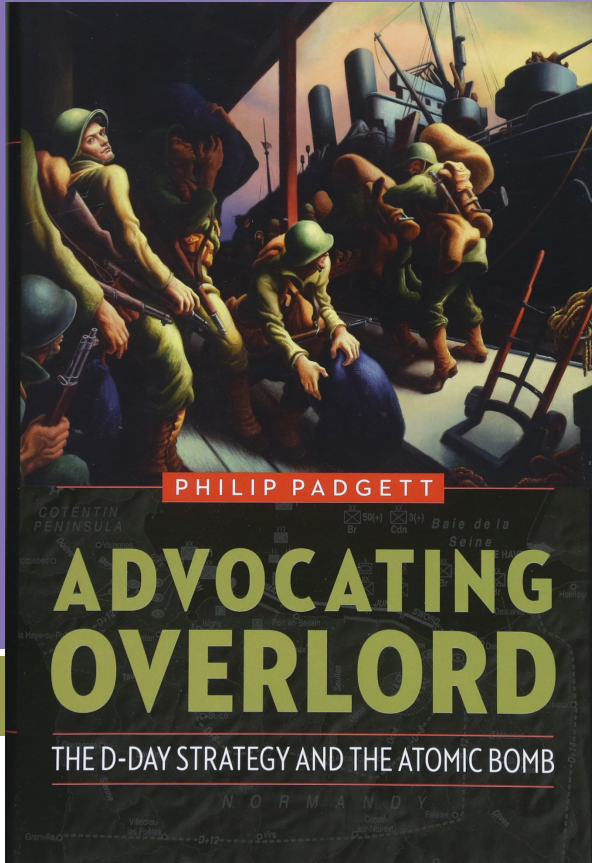
A must-read book for everyone interested in tech innovation and food security, From Farms to Incubators offers exhilarating role models for young women, a thought-provoking glimpse into the future of food production, and a fascinating investigation of how women leaders are profitably disrupting the world's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

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

Craven Street Books

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ADVOCATING OVERLORD

PHILIP PADGETT

"Advocating Overlord is a welcome reminder of what can be accomplished when allied nations' military and political leaders overcome national biases and rivalries to recognize common interests."-Francis P. Sempa, New York Journal of Books

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

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

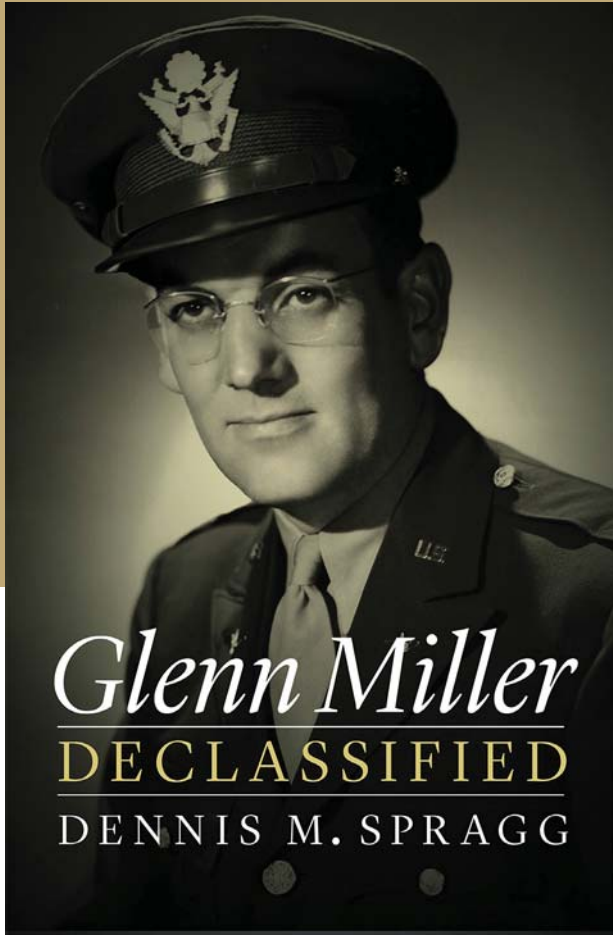
Philip Padgett challenges the known narrative of this watershed moment in history and illuminates the diplomatic link between Normandy and the atomic bomb. He shows how the Allies came to agree on a liberation strategy that began with D-Day—and the difficult forging of British and American scientific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

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

Potomac Books / May 2018

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Glenn Miller

DECLASSIFIED

DENNIS M. SPRAGG

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

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

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

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

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

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

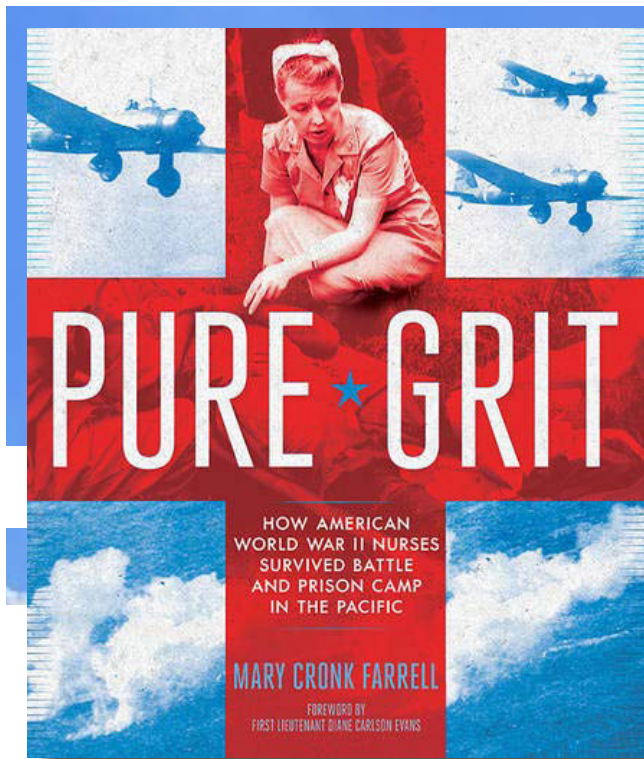
Miller's disappearance resulted in numerous conspiracy theories, especially since much of the information surrounding his military service had been classified, restricted, or, in some cases, lost. Dennis M. Spragg has gained unprecedented access to the Miller family archives as well as military and government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

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

Potomac Books / 2017

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PURE GRIT

MARY CRONK FARRELL

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

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

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

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

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

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

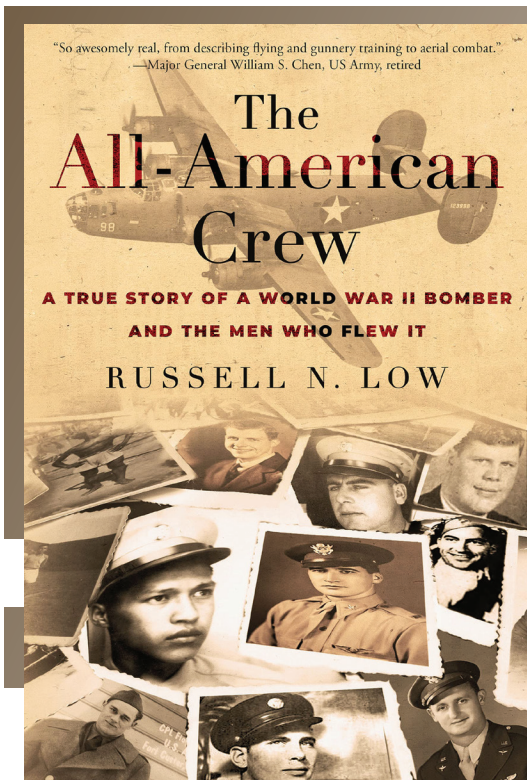
Mary Cronk Farrell is a former award-winning journalist and author of fiction and nonfiction books for children. She writes with passion about little-known people of history who face great adversity with courage. Her book Pure Grit: How American World War II Nurses Survived Battle and Prison Camp in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



Abrams

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The All-American Crew

RUSSELL N. LOW

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

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

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

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

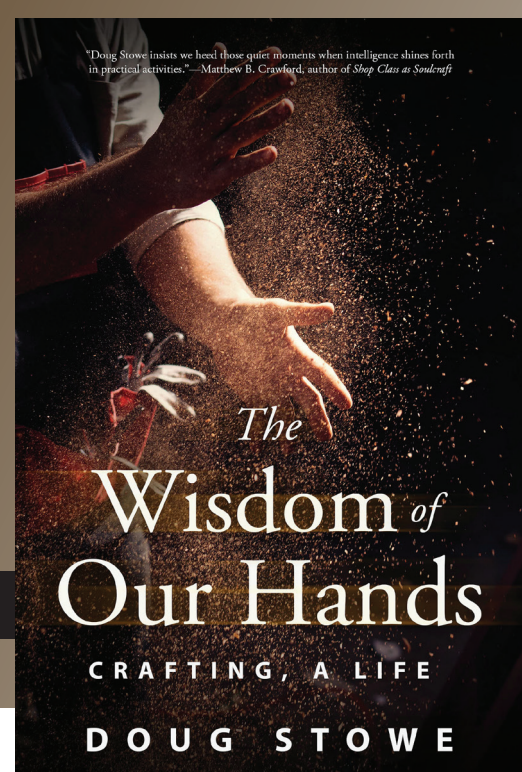
Celebrating American diversity and ideals of honor, bravery, and freedom, *The All-American Crew* is a magnificent true story of men at war.

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

Craven Street Books / February 2022

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The **Wisdom of** **Our Hands**

DOUG STOWE

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

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

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

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

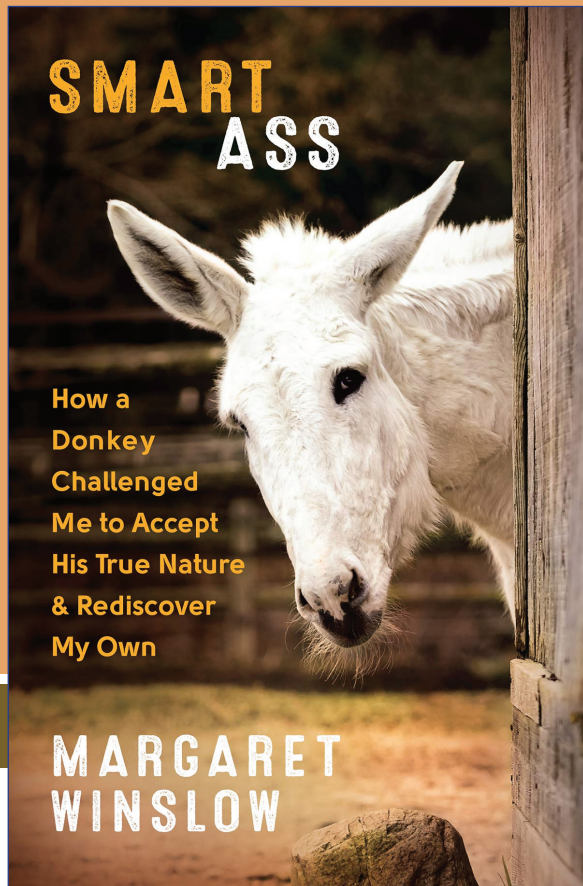
Written for everyone who wants to reconnect with the deep experience of the human body at work, ***The Wisdom of Our Hands*** is a quietly radical call to spiritual (and physical) action.

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

Linden Publishing / February 2022

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SMART ASS

MARGARET WINSLOW

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

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

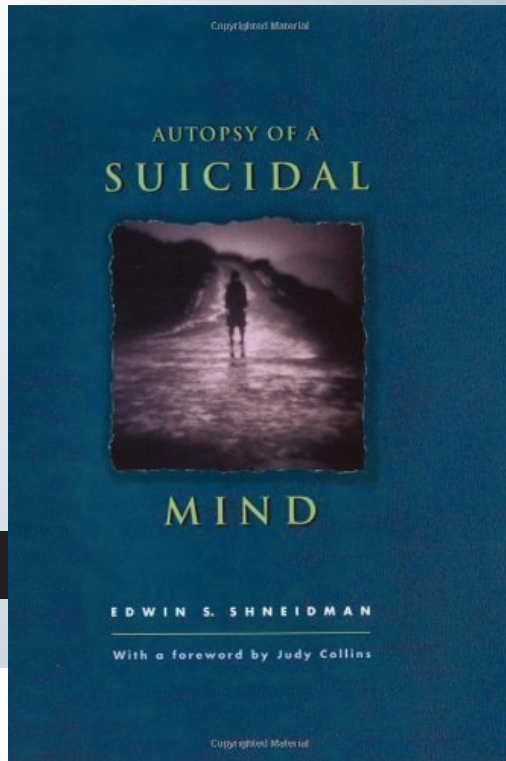
How do you resolve a midlife crisis? Margaret Winslow, an overworked college professor in New York City, answered a for-sale ad for a "Large White Saddle Donkey." Hilarity ensued, along with life-threatening injuries and spirit-enriching insight. Walk with Winslow and Caleb the donkey through training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

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

New World Library

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AUTOPSY OF A SUICIDAL MIND

EDWIN S. SCNEIDMAN

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

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

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

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

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

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

Oxford University Press

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

Managing Generation Z

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



ROBIN PAGGI & KAT CLOWES

Managing Generation Z

ROBIN PAGGI & KAT CLOWES

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

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

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

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

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

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

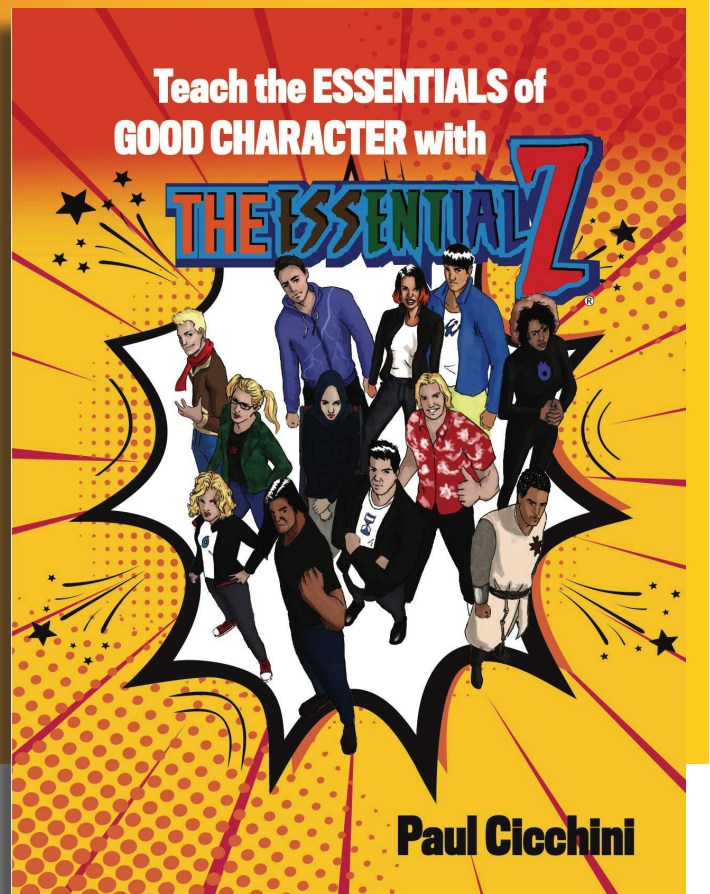
Quill Driver Books / April 2021

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

Paul Cicchini



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

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

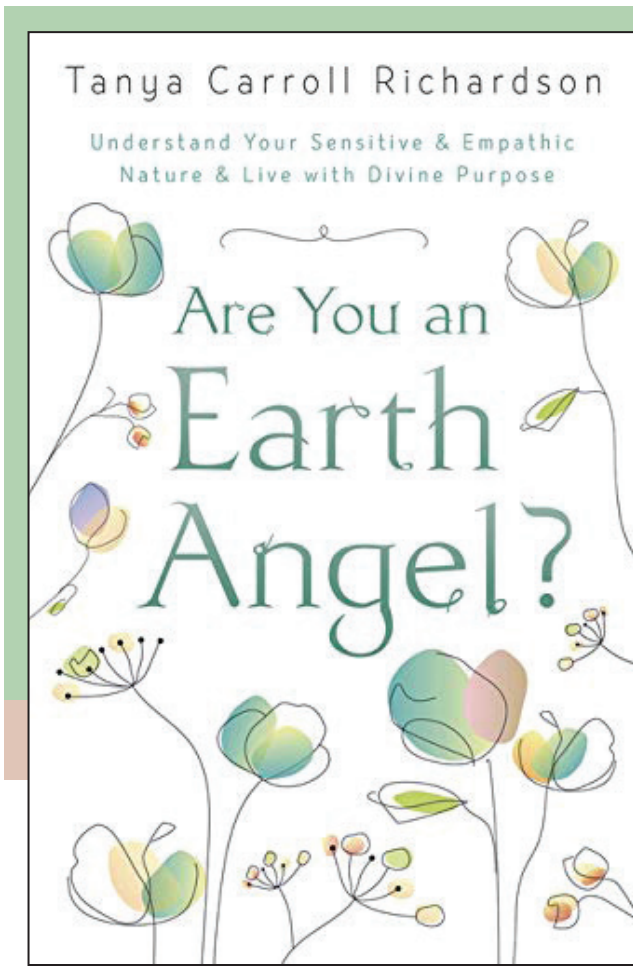
In Teach the Essentials of Good Character with The Essentialz®, each character has an intriguing backstory, compelling personality traits or quirks, and a private challenge they must conquer that should be very familiar to the participants.

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

Research Press / November 2019

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Are You an Earth Angel?

Tanya Carroll Richardson

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

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

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

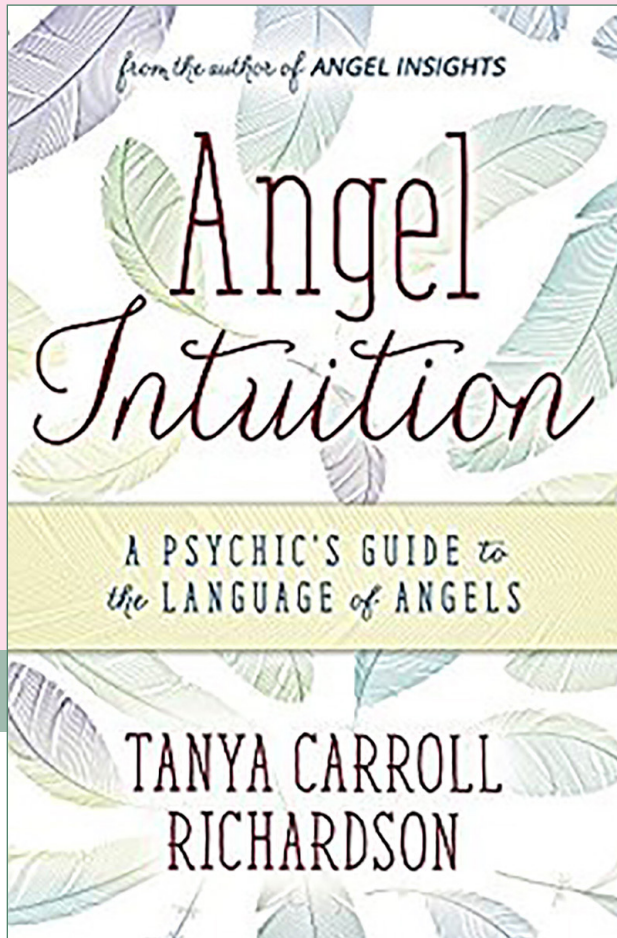
Tanya Carroll Richardson is a self-improvement/spiritual author, professional intuitive, and regular contributor to MindBodyGreen.com. Her books include Self-Care for Empaths, Are You an Earth Angel?, Angel Intuition, Angel Insights, Forever in My Heart: A Grief Journal, Heaven on Earth, and Zen Teen.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



Llewellyn Publications / June 2020

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Angel *Intuition*

TANYA CARROLL RICHARDSON

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

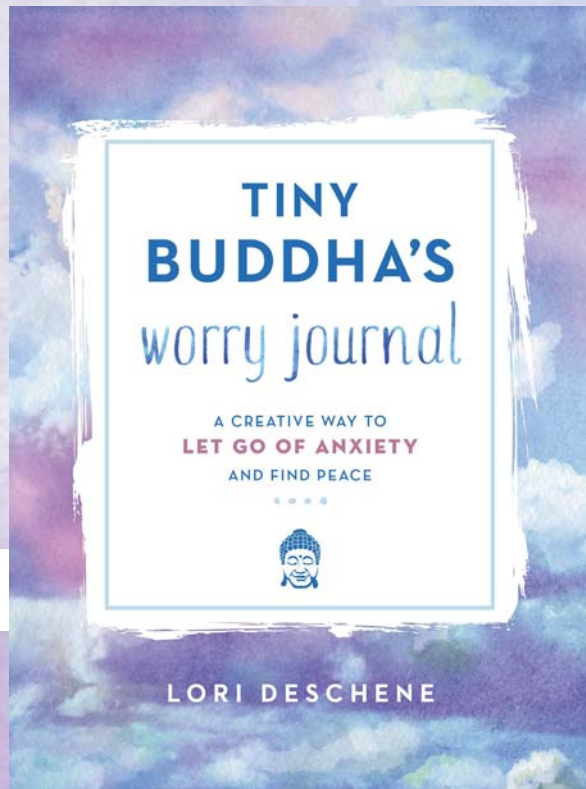
Tanya is an angel expert and picks up where she left off in her first Amazon-bestselling angel book, *Angel Insights*, offering even more information about angels as well as spirit animals, ascended masters like Buddha and Mother Mary, archangels, and the soul's own higher self.

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

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

Llewellyn Publications / December 2018 Translation Rights Available

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TINY BUDDHA'S worry journal

LORI DESCHENE

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

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

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

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

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

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

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



Harper One / June 2018

UK and Translation Rights Available

IN CONTROL AT 50+

How to Succeed in
the New World of Work

KERRY HANNON

author of *Great Jobs for Everyone 50+*

IN CONTROL AT 50+

KERRY HANNON

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

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

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

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

McGraw-Hill / TBA

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Social-Emotional Learning Lab

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

Social-Emotional Learning Lab

A Comprehensive SEL Resource Kit



Victoria Poedubicky | Maurice J. Elias

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

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

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

Research Press / January 2021

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Unraveling Bias

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



CHRISTIA SPEARS BROWN, PhD

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

Unraveling Bias:

Christia Spears Brown

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

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

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

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

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

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

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

BenBella Books / November 2021

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

WHAT THEY DON'T TEACH TEENS

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



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

WHAT THEY DON'T TEACH TEENS

JONATHAN CRISTALL, ESQ.

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

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

Silver Winner, Foreword INDIE Award, Family & Relationships

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

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

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

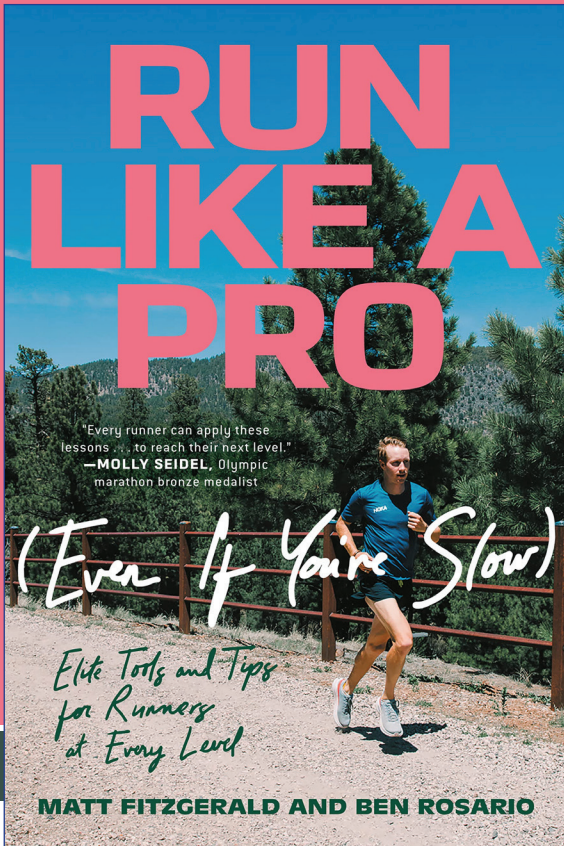
A must-read for all families, *What They Don't Teach Teens* is filled with practical guidance, thoughtful insight, and simple-to-use tips and tactics that will empower young people to make good choices now and into the future.

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

Quill Driver Books / October 2020

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RUN LIKE A PRO

(Even If You're Slow)

MATT FITZGERALD AND BEN ROSARIO

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

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

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

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

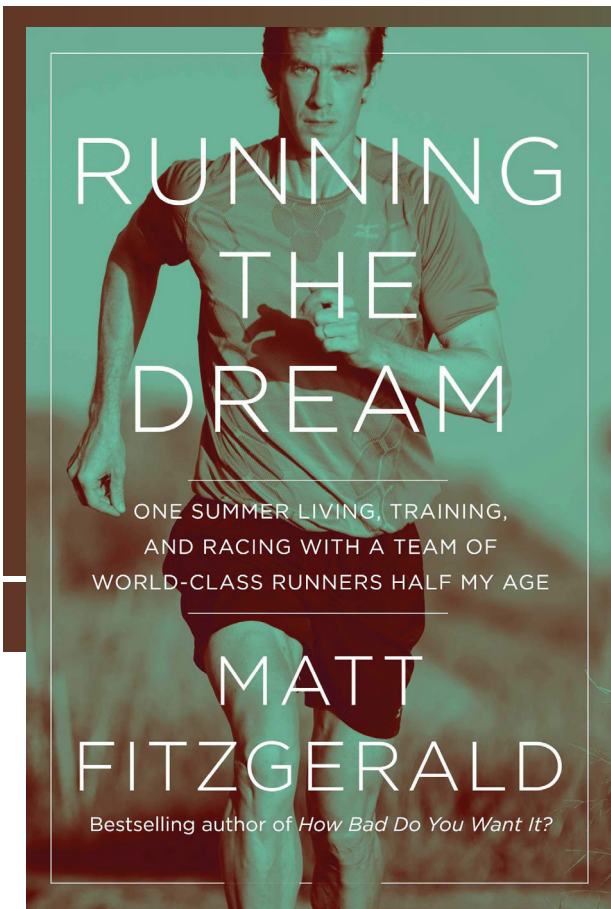
Matt Fitzgerald is an acclaimed endurance sports writer, coach, and certified sports nutritionist. He has authored or coauthored more than 25 books, including *The Comeback Quotient*, *Running the Dream* and *How Bad Do You Want It?* Also an award-winning journalist, he has written for *Bicycling*, *Maxim*,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

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

Berkley / March 2022

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RUNNING THE DREAM

MATT FITZGERALD

Praise for Matt Fitzgerald:

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

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

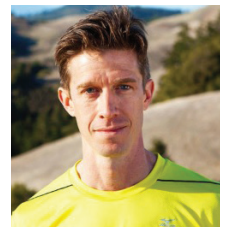
about every legitimate aspect of the all-important runner's lifestyle." -Letsrun.com

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

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

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

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



Pegasus Books / May 2020

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MATT FITZGERALD



**THE
RUNNING BUM**

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

**THE
RUNNING BUM**

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

MATT FITZGERALD

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

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

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

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

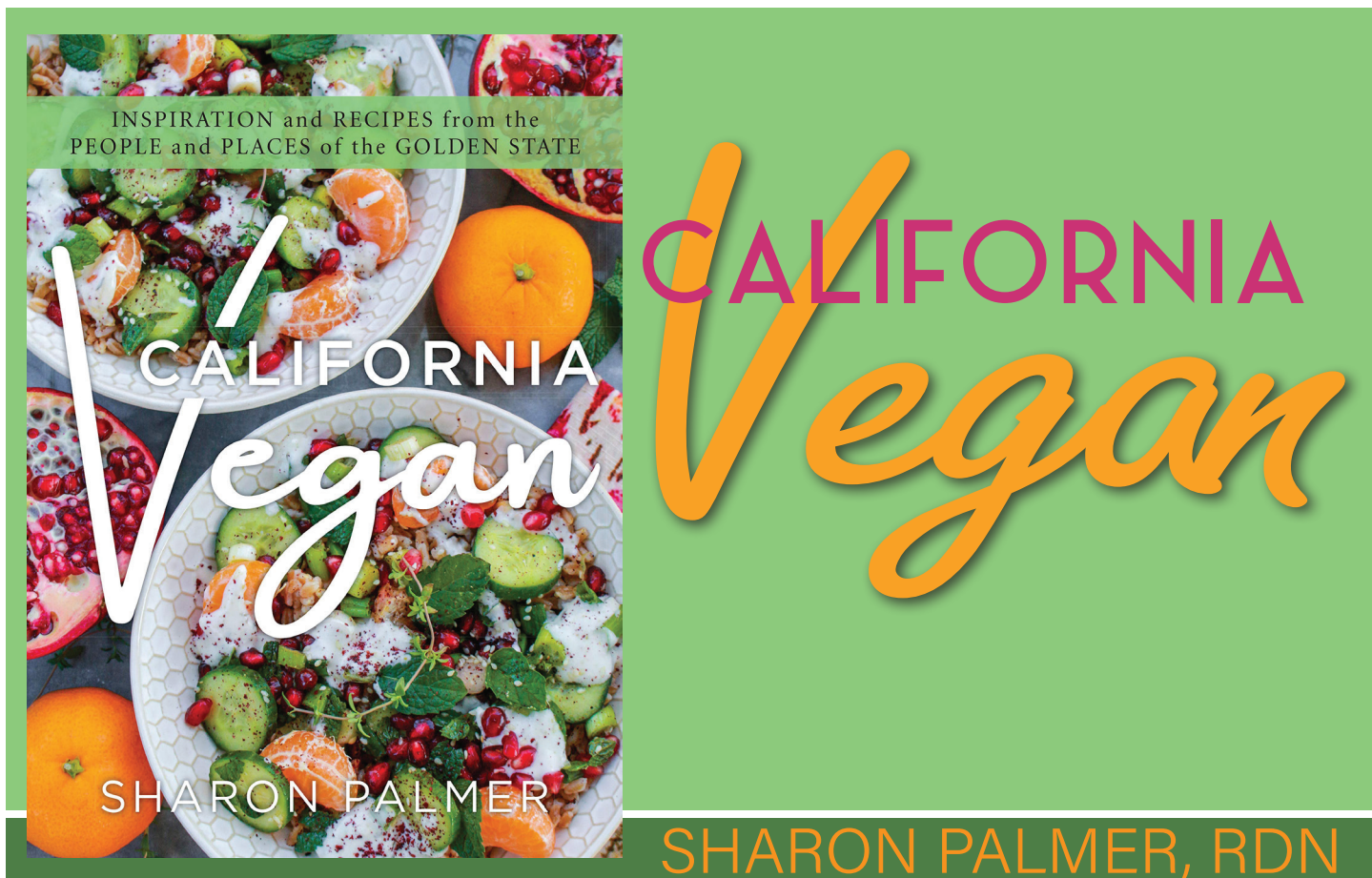
Matt Fitzgerald is an acclaimed endurance sports and nutrition writer and a certified sports nutritionist. He is the bestselling author of more than a dozen books on running and fitness, including 80/20 Running, Brain Training for Runners, Racing Weight, and Iron War, which was long-listed for the 2012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



Pegasus Spring 2020

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

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

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



Globe Pequot / March 2021

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OWN

Facing Your Past

YOUR

To Dominate Your Future

SH!T

TIM RICHARDSON

OWN YOUR SH!T

TIM RICHARDSON

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

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

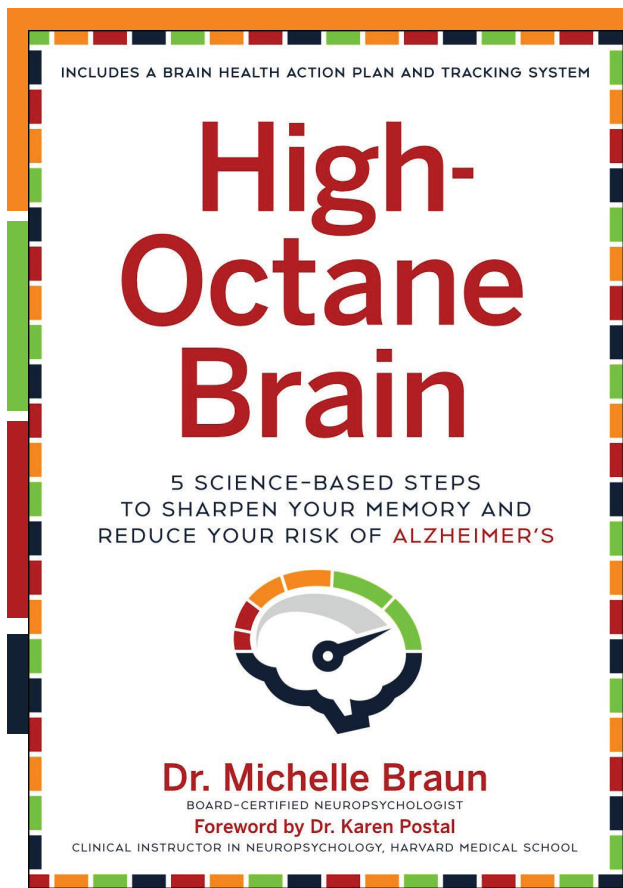
"It is rare to find people who have the courage to face events that have defined their lives and gain knowledge from them. To put those experiences in writing and share them with the world, as Tim has done, is an amazing accomplishment. His raw honesty about his own events and the ability to share them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

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

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

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High- Octane Brain

Dr. Michelle Braun

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

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

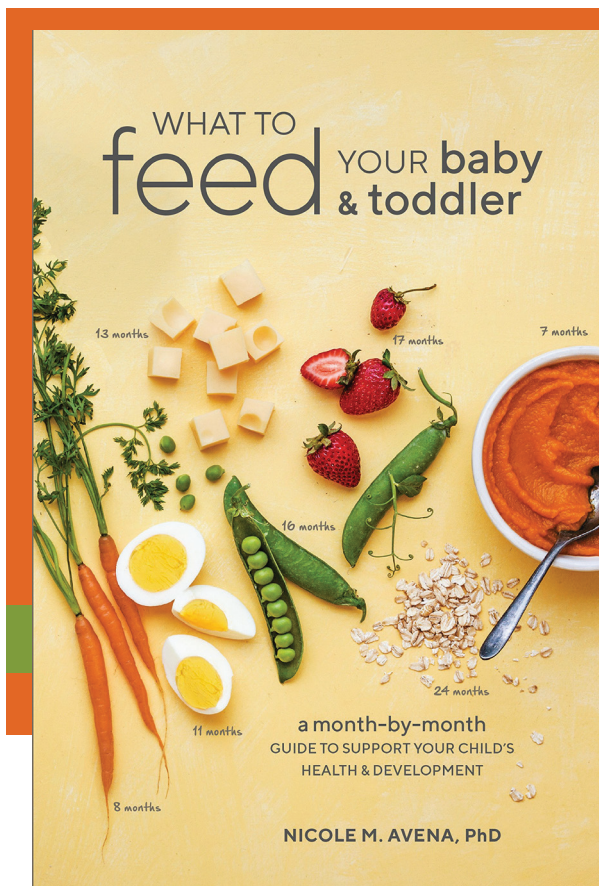
Dr. Michelle Braun is a Harvard- and Yale-trained, board-certified neuropsychologist and a national leader in the field of brain health and cognitive functioning. She is a former instructor of psychiatry at Harvard Medical School and Assistant Director of Inpatient Mental Health at the Boston Veterans'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



Sterling / September 2020

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WHAT TO feed YOUR baby & toddler

NICOLE M. AVENA, PhD

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

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

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

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



Ten Speed Press

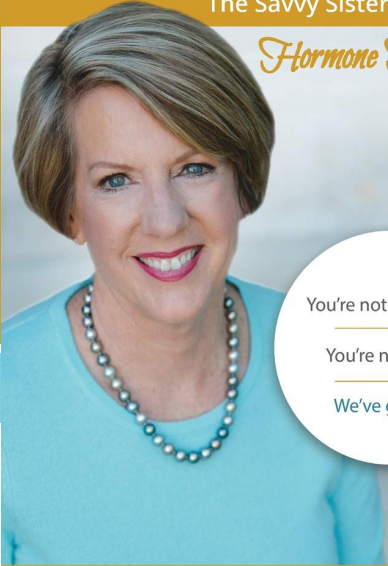
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PERIMEN[♀]PAUSE

The Savvy Sister's Guide To

Hormone Harmony



You're not too young.

You're not alone.

We've got this!

DR. ANNA GARRETT

PERIMEN[♀]PAUSE

The Savvy Sister's Guide To
Hormone Harmony

DR. ANNA GARRETT

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

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

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

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

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

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

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

Lachesis Press

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LINDA YARON WESTON

MINDFULNESS FOR YOUNG ADULTS

Tools to Thrive in School and Life

MINDFULNESS FOR YOUNG ADULTS

LINDA YARON WESTON

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

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

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

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

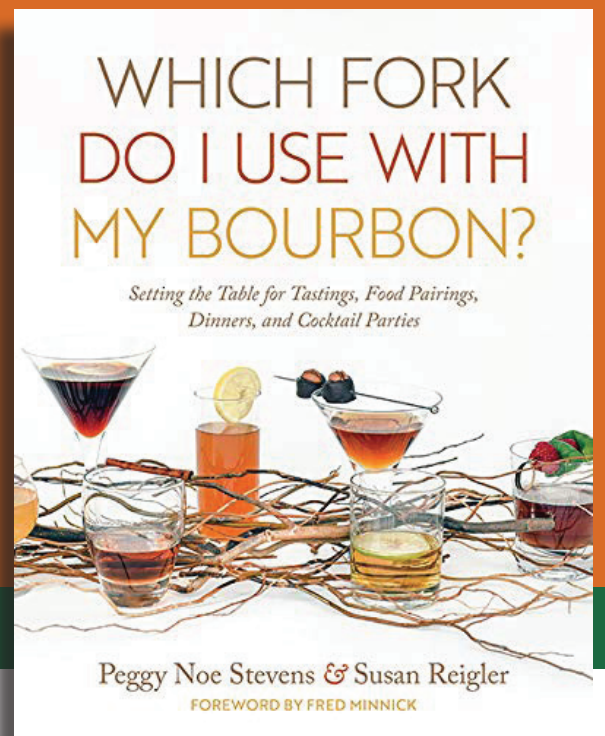
Routledge / December 2020

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WHICH FORK DO I USE WITH MY BOURBON?

Peggy Noe & Susan Reigler



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

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

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

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



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

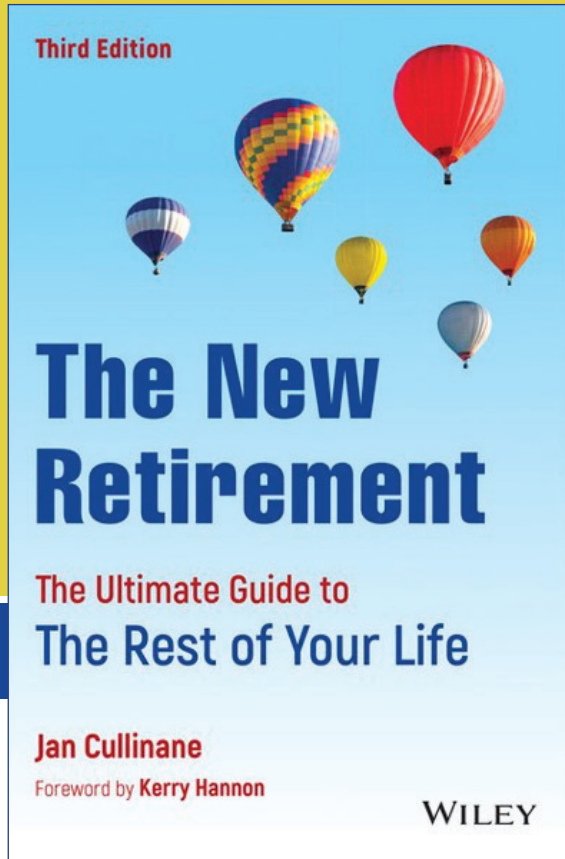
Susan Reigler is a former restaurant critic for the Louisville Courier-Journal and a current correspondent for *Bourbon+* and *American Whiskey* magazines. She has also authored or coauthored six books on bourbon, including *Kentucky Bourbon Country: The Essential Travel Guide* and *The Kentucky Bourbon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



University Press of Kentucky / April 2020

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The New Retirement

Jan Cullinane

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

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

In this book, you'll also find:

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

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

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

Wiley / May 2022

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The Helper's Journey

Dale G. Larson

Dale G. Larson

The Helper's Journey

*Empathy,
Compassion,
and the Challenge
of Caring*

Second Edition

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

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

Research Press / January 2020

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CREATE CONNECTIONS

Rhonda Williams, EdD

Sameen DeBard & Joseph Wehrman, PhD

Create Connections: How to Facilitate Small Groups

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

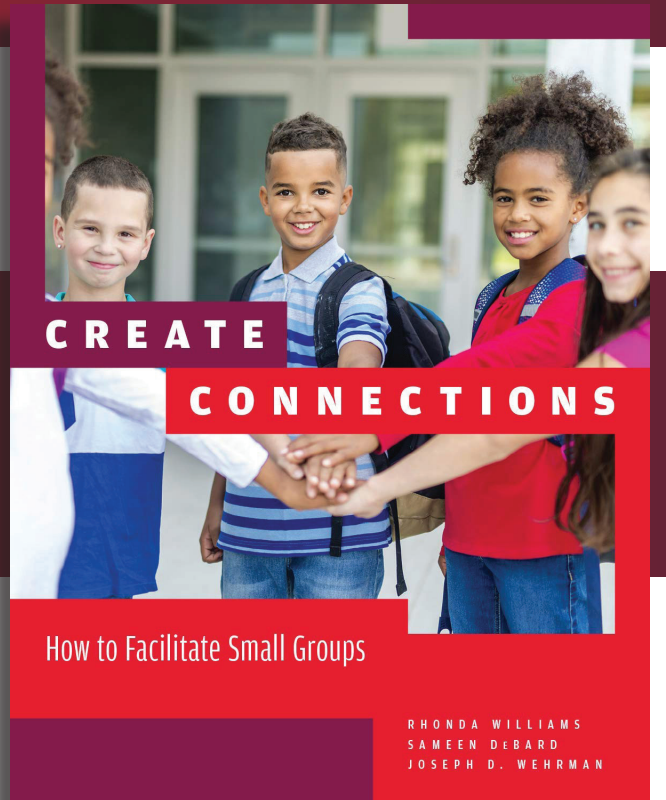
The focus of this book is to guide the facilitator on how to lead engaging activities that will be applicable in everyday life for the participants. **Create Connections** is designed to help school counselors, therapists and psychologists explore, in detail: group facilitator skills; member dynamics;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

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

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GREAT *Pajama* JOBS

Your Complete Guide to Working from Home



KERRY HANNON

WILEY

GREAT *Pajama* JOBS

KERRY HANNON

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

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

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

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

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

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

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

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

Wiley / August 2020

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

HOW TO WRITE & SELL SIMPLE INFORMATION FOR FUN AND PROFIT

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



Robert W. Bly
WITH FRED GLEECK

HOW TO WRITE & SELL SIMPLE INFORMATION FOR FUN AND PROFIT

Robert W. Bly

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

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

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

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

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Skillstreaming in the Elementary School

Ellen McGinnis

Skillstreaming in the Elementary School

Student Workbook

Ellen McGinnis

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

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

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Skillstreaming the Adolescent

Ellen McGinnis

Skillstreaming the Adolescent

Student Workbook

Ellen McGinnis

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

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

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Skillstreaming

in Early Childhood

Ellen McGinnis
Shawnda K. Goerish

Skillstreaming in Early Childhood

Lesson Plans and Activities

Ellen McGinnis • Shawnda K. Goerish

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

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

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

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BE A STARTUP SUPERSTAR



STEVEN MARK KAHAN

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

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

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

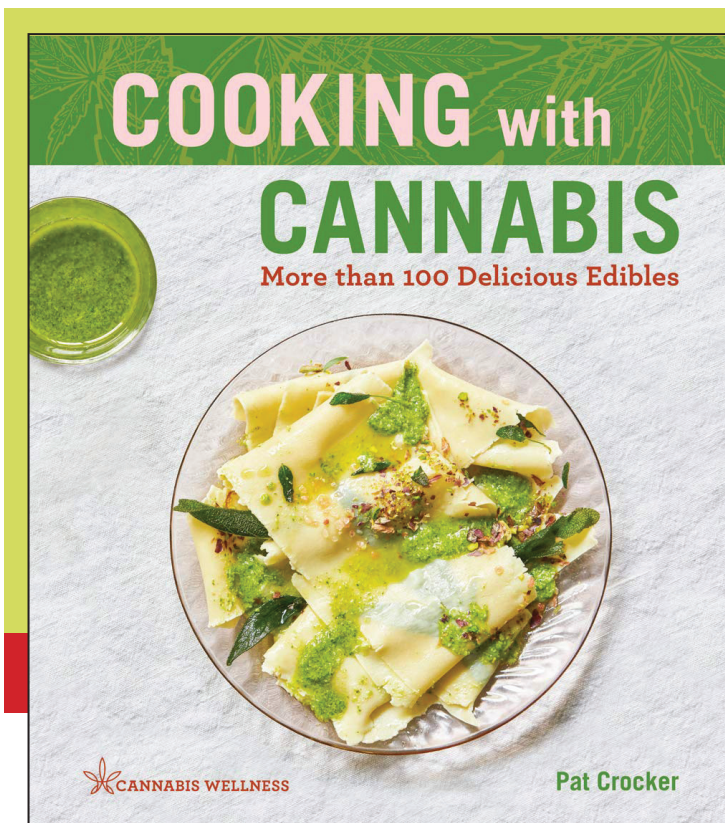
Be a Startup Superstar will help you make better decisions, get better outcomes, and raise your potential to the next level of success. There has never been a better time to stop climbing corporate ladders and start riding the tech startup rocket—straight to the top!

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

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COOKING with CANNABIS

Pat Crocker

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

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

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

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



Sterling / June 2020

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the
POWER of
POSITIVE
AGING

DAVID ALAN LEREAH, PHD

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

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

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

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

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

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

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

the
POWER of
POSITIVE
AGING

SUCCESSFULLY COPING
WITH THE INCONVENIENCES
OF AGING

DAVID ALAN LEREAH, PHD

Aging Happy

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

Raeleen Mautner, PhD

Aging Happy

Raeleen Mautner, PhD

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

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

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

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



Quill Driver Books / November 2019

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Joy Fixes for Weary Parents

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

Erin Leyba, PhD

Joy Fixes for Weary Parents

Erin Leyba, PhD

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

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

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

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

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

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

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

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



Pegasus Books / 2020

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PASS THE *POLENTA*
and other writings from the kitchen



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

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

TERESA LUST

PASS THE *POLENTA*

TERESA LUST

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

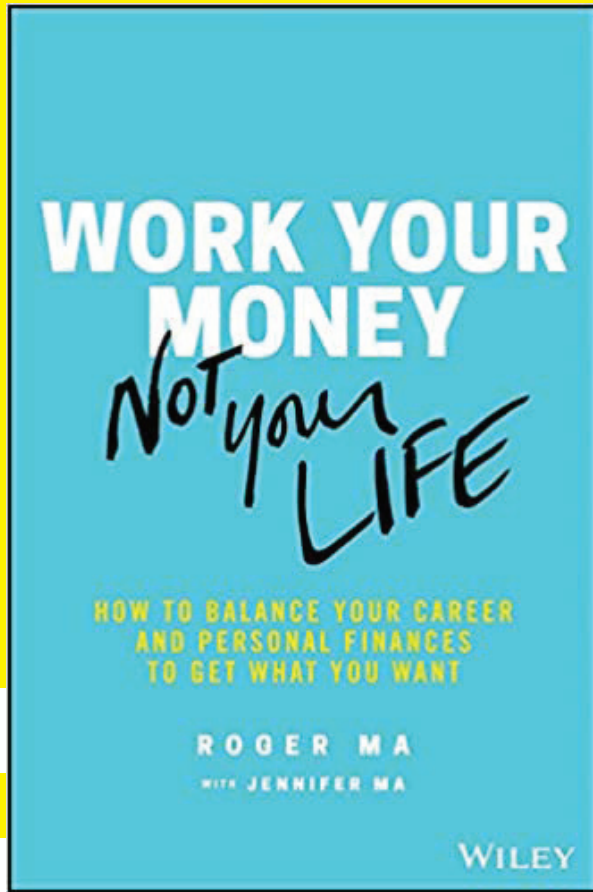
Likewise, people are at the heart of this warm, personal collection of food- and family-inspired essays by former professional chef and food historian Teresa Lust. An Italian immigrant grandmother who plucked chickens in the backyard; an introverted mushroom forager who collected chanterelles in the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

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



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WORK YOUR MONEY

NOT your LIFE

BY ROGER MA

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

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

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

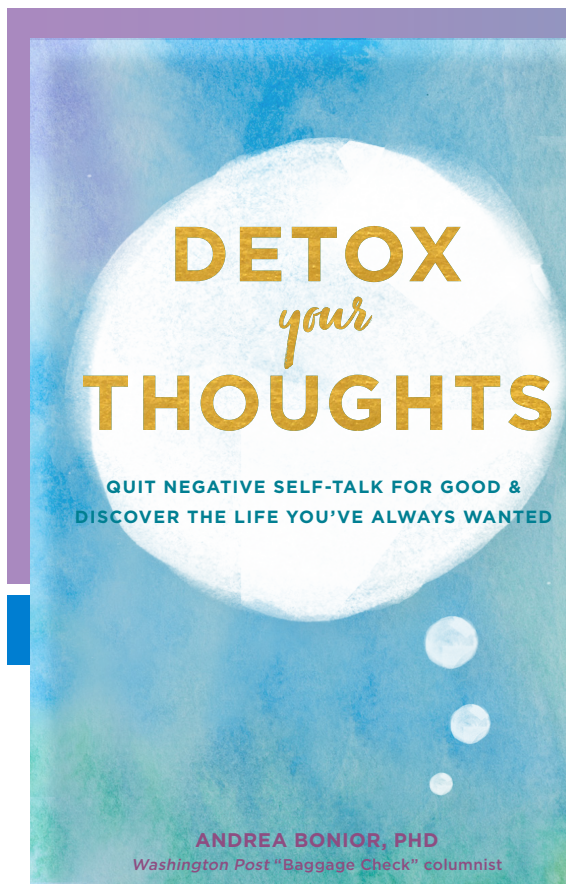
ROGER MA is an investment banker, former contributor to The Street, award-winning Certified Financial Planner and founder of Lifelaidout, Forbes Contributor, and Publisher Strategist at Google. He balances his role at Google with a successful entrepreneurial career that cuts across financial planning,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



Wiley / Spring 2020

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DETOX *your* THOUGHTS

ANDREA BONIOR, PHD

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

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

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

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

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

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

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



Chronicle Books / Spring 2020

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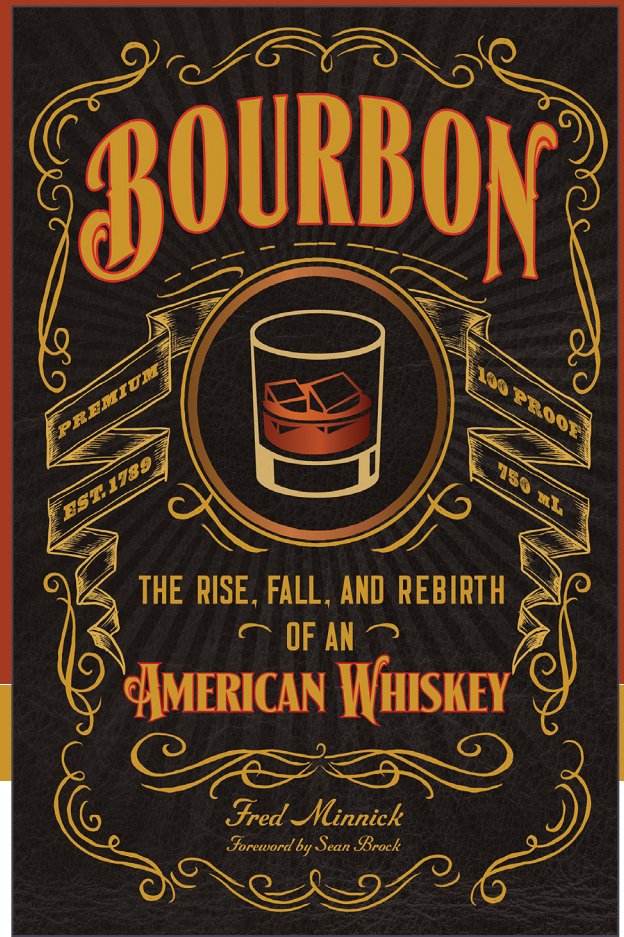
BOURBON

THE RISE, FALL, AND REBIRTH
OF AN

AMERICAN WHISKEY

FRED MINNICK

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



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

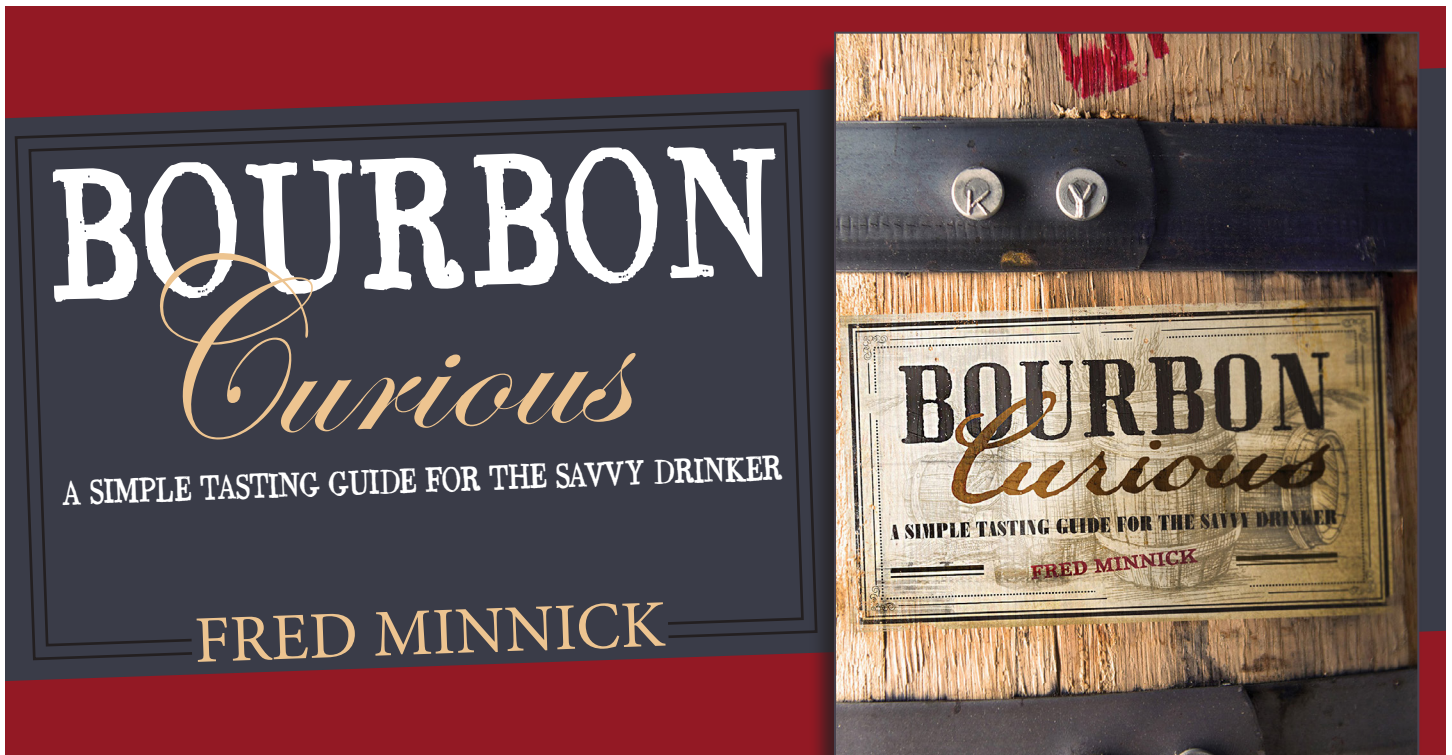


Fred Minnick is an award-winning author and spirits expert. His previous titles *Whiskey Women*, *Bourbon Curious*, and *Bourbon: The Rise, Fall, and Rebirth of an American Spirit* paved the way for the artisanal whiskey resurgence, and he is a frequent beverage contributor for major publications, including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

Voyageur Press

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Finalist, Spirited Awards

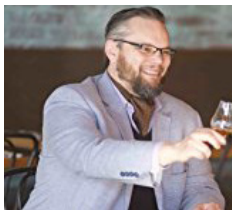
*2015, Men's Journal:
Best New Book for Whiskey Lovers*

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

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

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

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

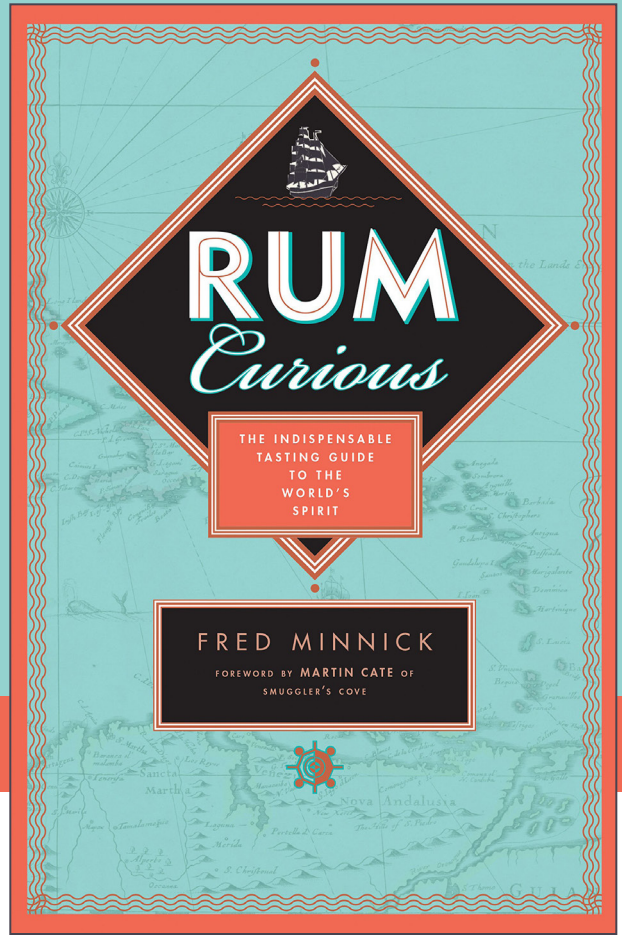
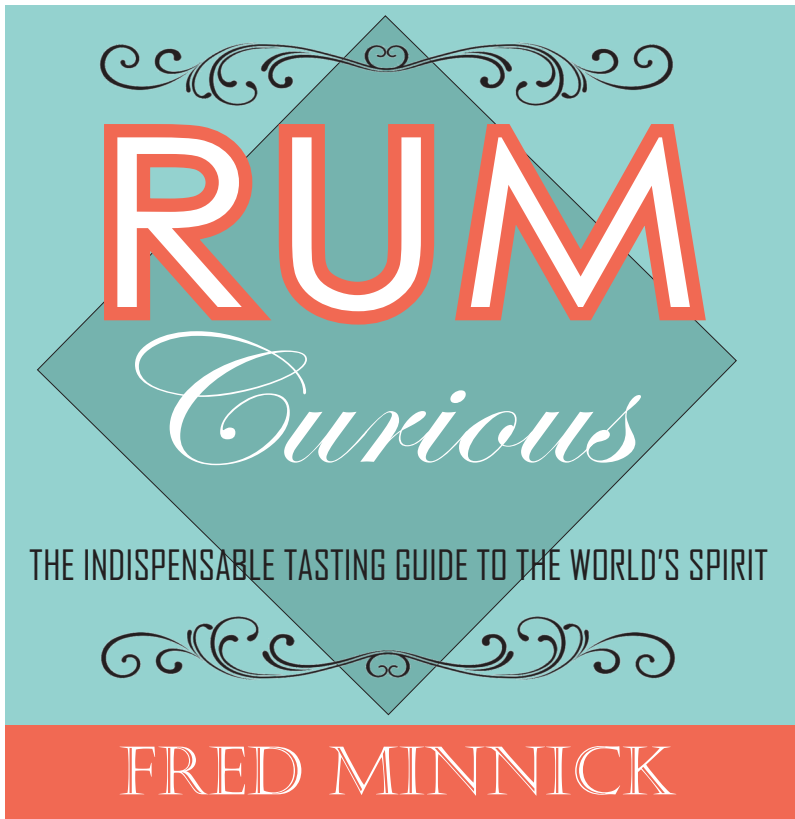


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One of the Best Drinks Books, Summer of 2017, Punch.com

Best Spirits Book of 2017, Atlanta Journal-Constitution

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

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

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

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



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Voyageur Press

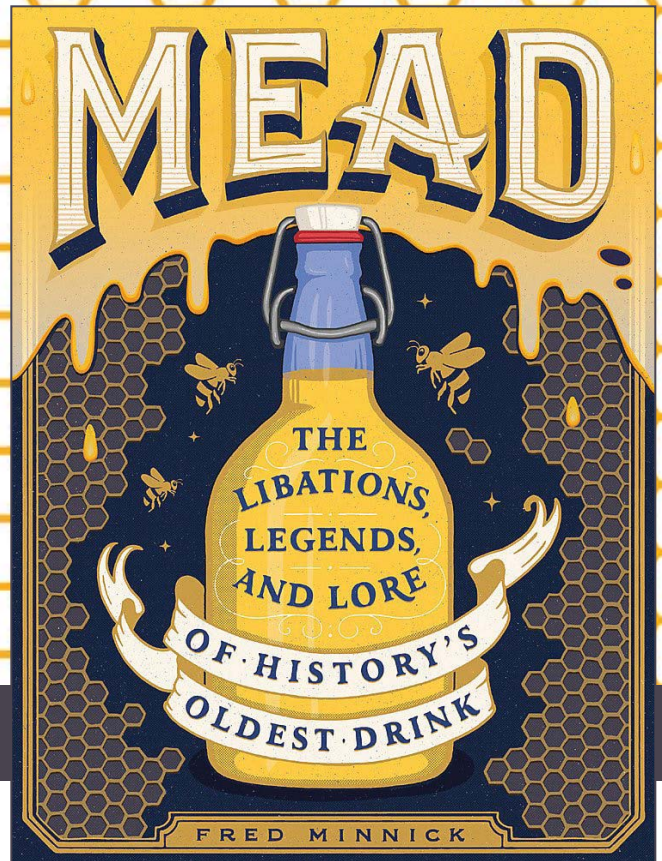
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MEAD

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

FRED MINNICK



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

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

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

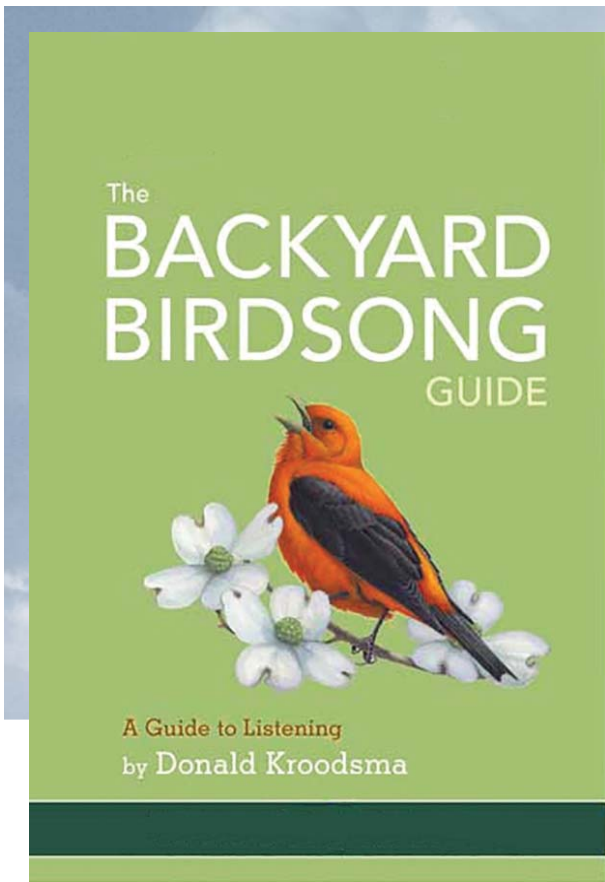


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Running Press / June 2018

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The BACKYARD BIRDSONG GUIDE

DONALD KROODSMA

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

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

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

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

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

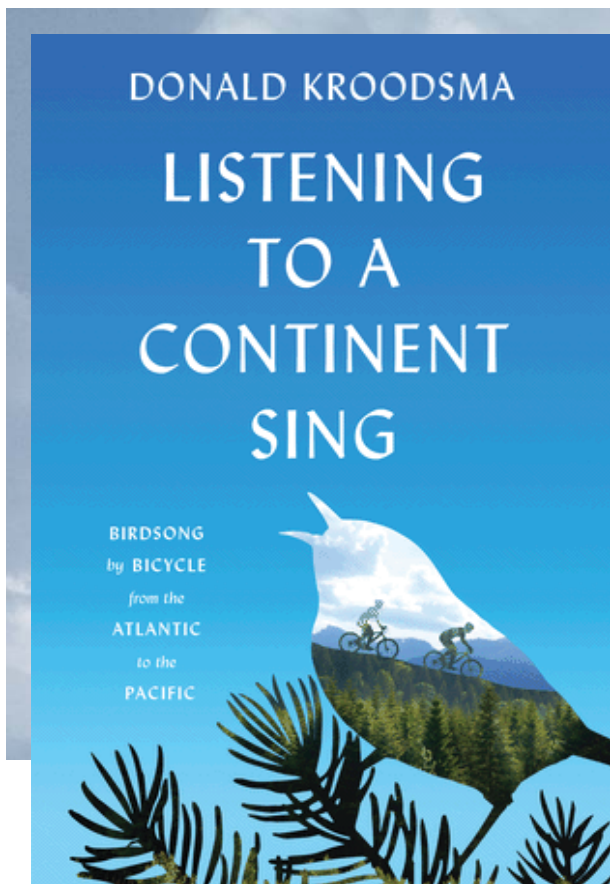
A retired biology professor at the University of Massachusetts, Donald Kroodsma's work on bird song is legendary. His book *The Singing Life of Birds* won the 2006 John Burroughs Medal Award and the American Birding Association's Robert Ridgway Distinguished Service Award for excellence in publications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



Cornell Lab Publishing Group / April 2016

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LISTENING TO A CONTINENT SING

DONALD KROODSMA

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

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

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

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

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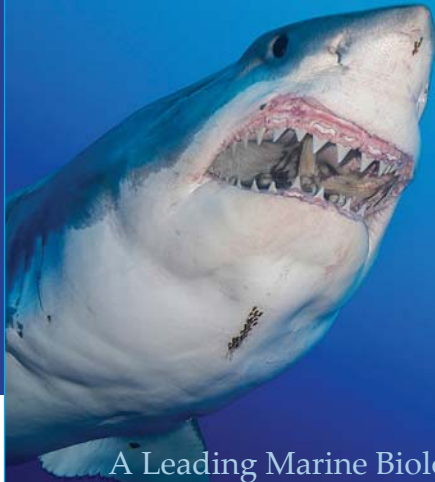


Princeton University Press / May 2016

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The Secret Life of Sharks



A Leading Marine Biologist
Reveals the Mysteries of Shark Behavior

A. PETER KLIMLEY

The Secret Life of Sharks

A. PETER KLIMLEY

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

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

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

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

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

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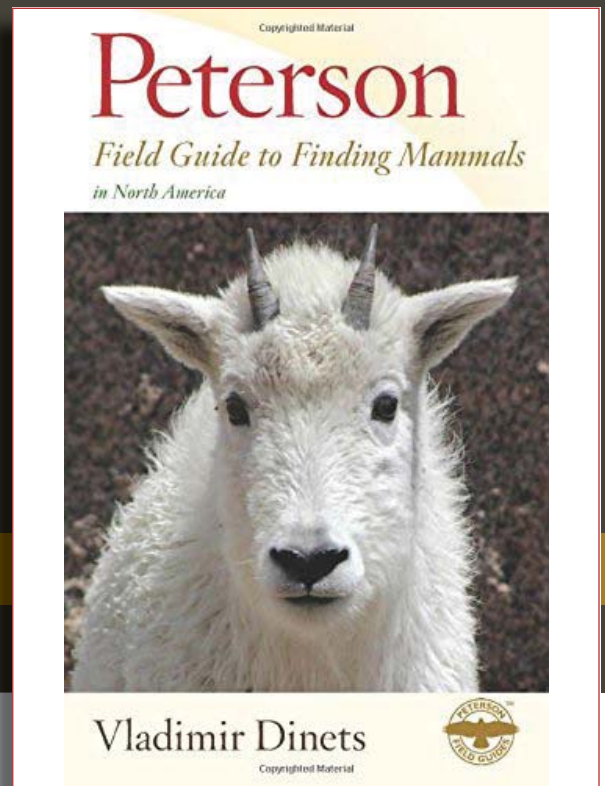
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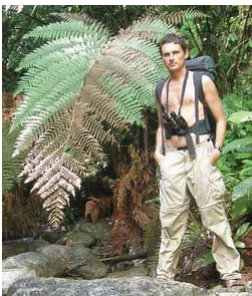
*Field Guide to Finding Mammals
in North America*

Vladimir Dinets



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

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

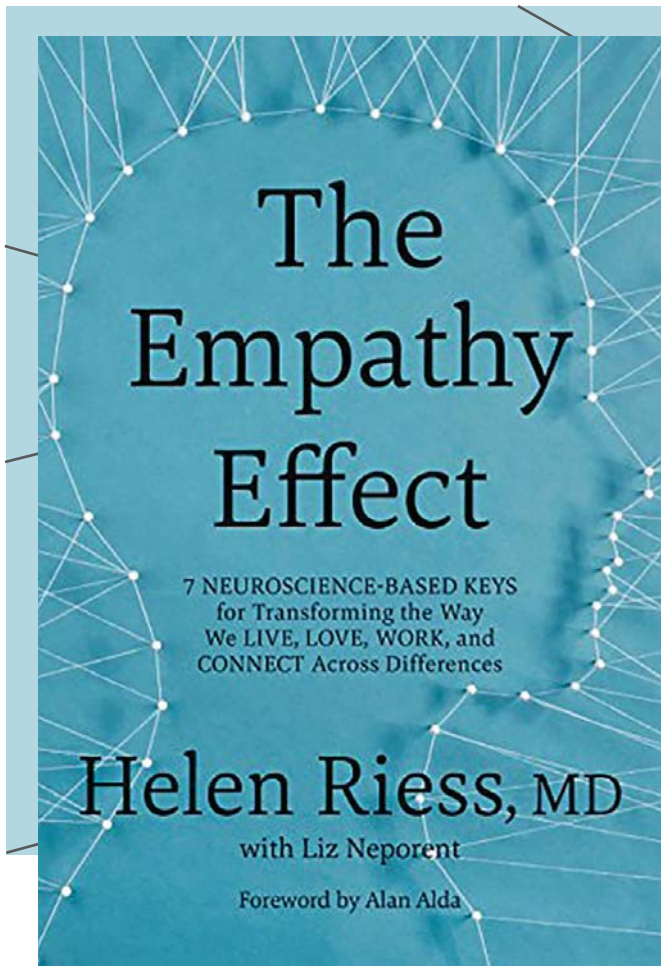


Vladimir Dinets grew up in Russia, moved to the US in the late 90's, and received a PhD in Zoology from the University of Miami for his research on songs and dances of crocodiles and alligators. He studies complex animal behavior and the natural history of rare, little-known animals traveling in more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

Houghton Mifflin / May 2015

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The Empathy Effect

Helen Riess, MD
with Liz Liz Neporent

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

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

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

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



Sounds True Publishing / November 2018

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THE
CRAFT
OF
SCENE WRITING

BEAT BY BEAT TO A BETTER SCRIPT

Jim Mercurio

THE
CRAFT
OF
SCENE WRITING

Jim Mercurio

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

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

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

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

Linden Publishing / February 2019

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

WRITING FLASH

HOW TO CRAFT & PUBLISH FLASH FICTION
FOR A BOOMING MARKET



FRED D. WHITE

WRITING FLASH

FRED D. WHITE

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

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

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

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

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

Quill Driver Books / June 2018

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CONTENT AND INBOUND MARKETING SUCCESS



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

PAUL M. KAPLAN

CONTENT AND INBOUND MARKETING SUCCESS

PAUL M. KAPLAN

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

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

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

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

Quill Driver Books / October 2019

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PLAY, LEARN, AND ENJOY!

A Self-Regulation Curriculum For Children

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

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

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

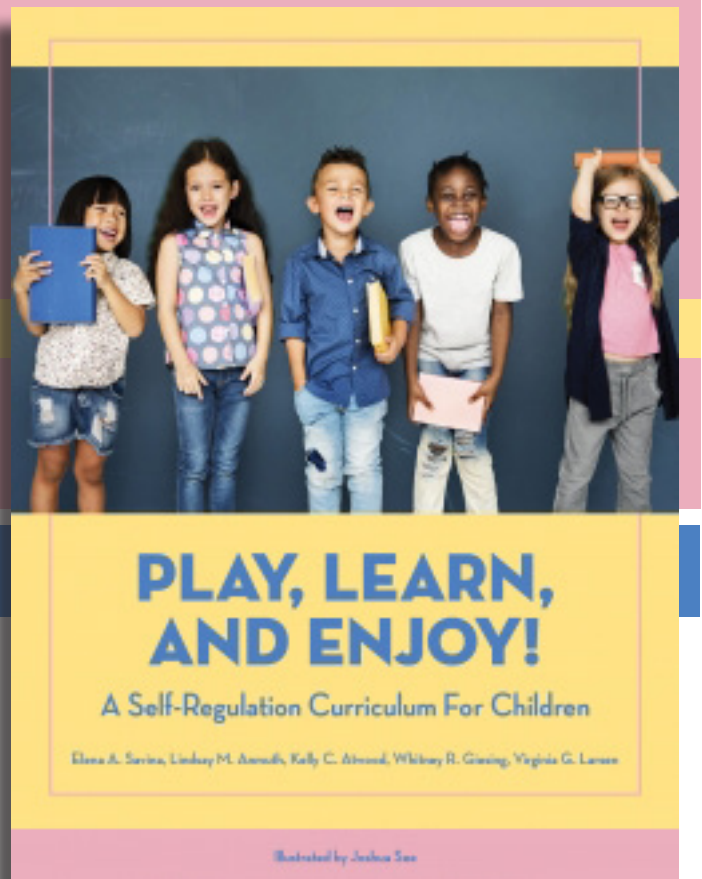
For teachers, counselors and school psychologists, Play, Learn, and Enjoy! is a social-emotional learning curriculum for elementary school children that bridges self-regulation skills with social-emotional competencies. It covers a broad range of self-regulation and social skills including executive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

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

Research Press

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REACH For The Kids

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

Andrew S. Hogan



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

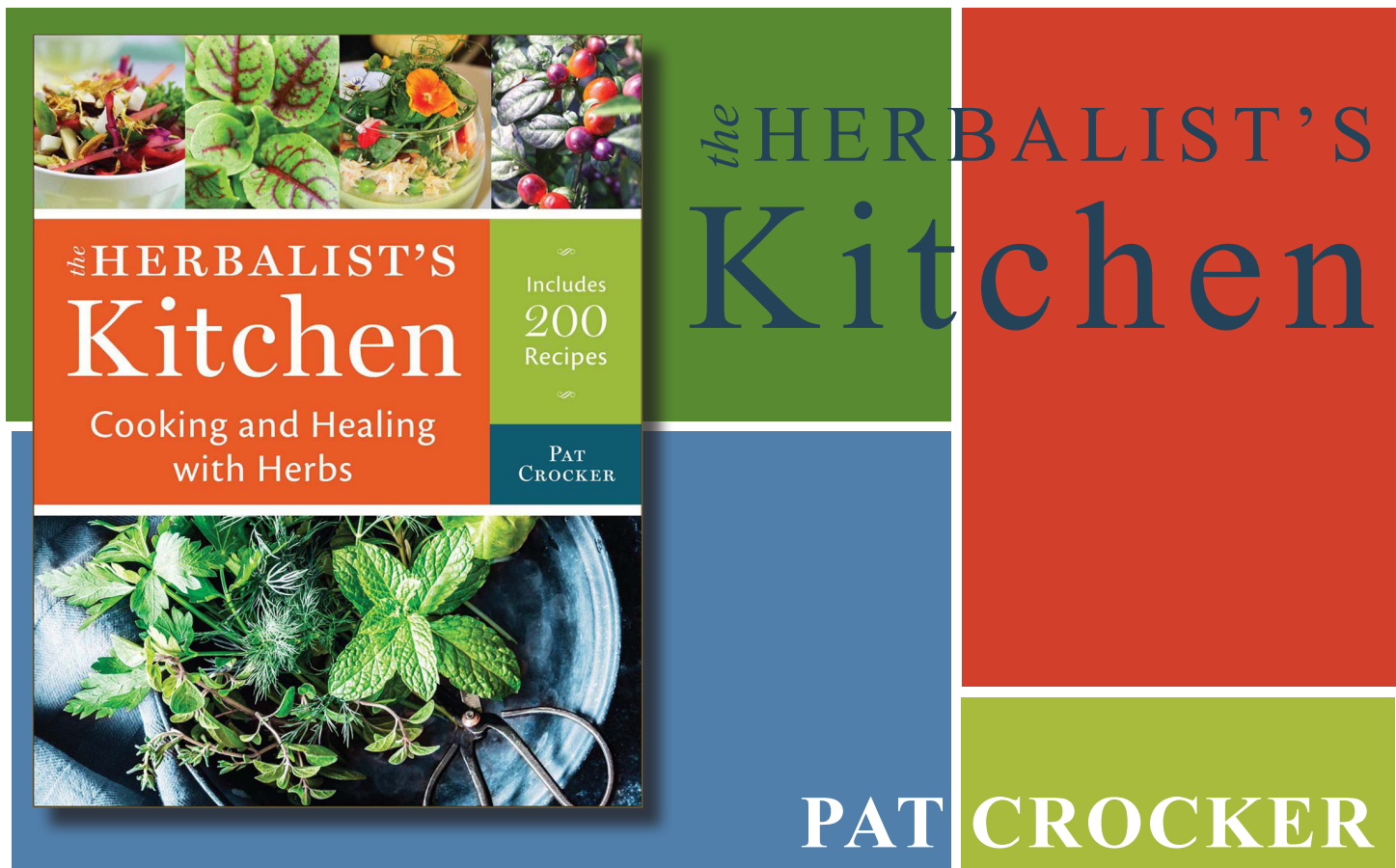


Andrew S. Hogan understands mental illness. He is doing internships as he finishes his Masters of Mental Health Counseling, and is a member of Chi Sigma Iota Counseling Academic and Professional Honor Society. Andy had published 18 books and has spoken to thousands in university, radio, and podcast settings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

Research Press

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

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

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

Sterling Epicure / June 2018

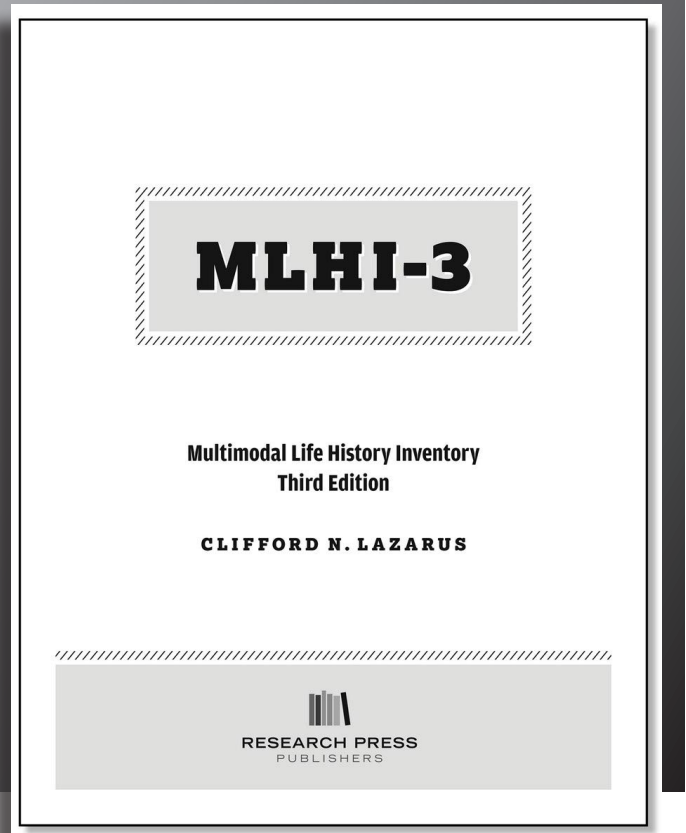
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Multimodal Life History Inventory

Third Edition

CLIFFORD N. LAZARUS



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

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

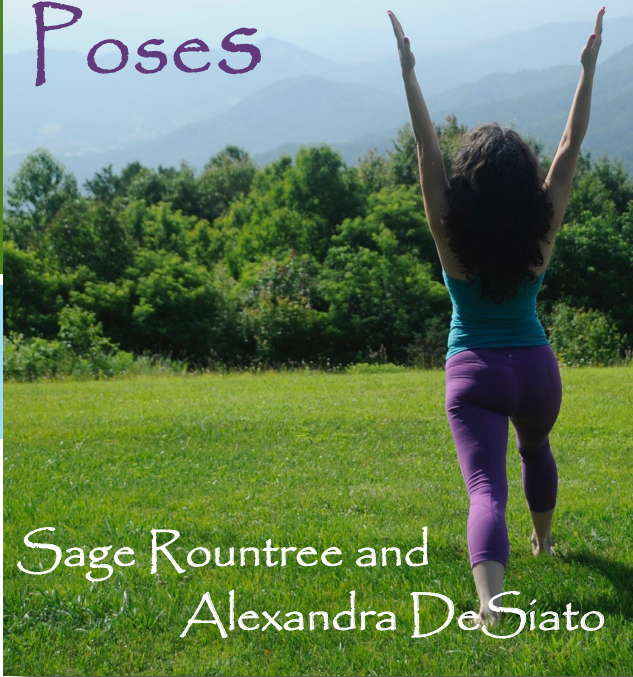


Research Press / March 2019

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Teaching Yoga Beyond the Poses



Sage Rountree and
Alexandra DeSiato

Teaching Yoga Beyond the Poses

Sage Rountree and
Alexandra DeSiato

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

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

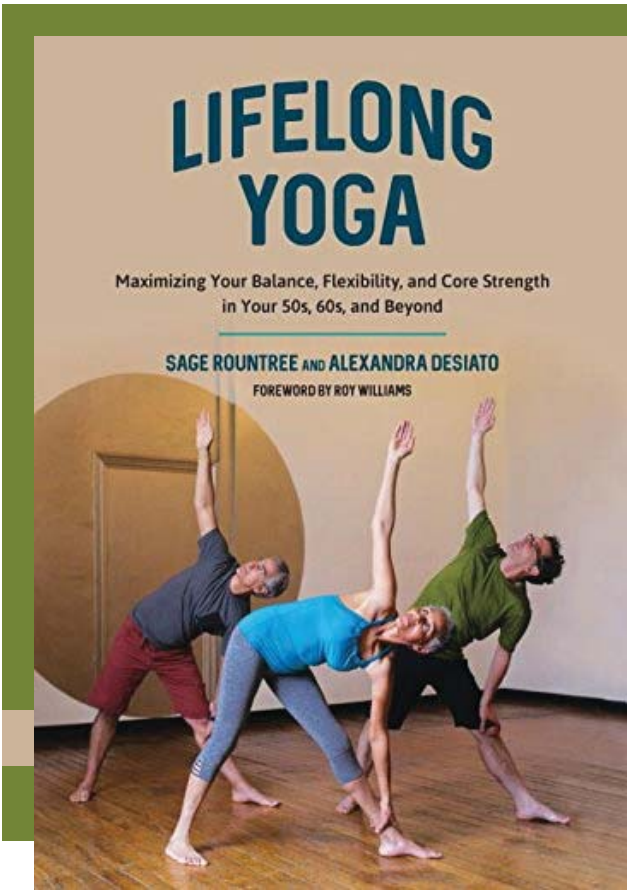
SAGE ROUNTREE, PhD, is a teacher trainer at the highest level and director of the yoga teacher trainings at the Carolina Yoga Company, which she co-owns. Rountree is the author of *The Athlete's Guide to Yoga*, *Racing Wisely* and *Everyday Yoga* among others and, with Alexandra DeSiato, *Lifelong Yoga*.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

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

Atlantic Books / Fall 2020

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LIFELONG YOGA

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

SAGE ROUNTREE & ALEXANDRA DESIATO

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

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

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



North Atlantic Books / August 2017

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THE PROFESSIONAL YOGA TEACHER'S HANDBOOK

The Ultimate Guide for Current
and Aspiring Instructors



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

SAGE ROUNTREE

Coauthor of *Teaching Yoga Beyond the Poses*

THE PROFESSIONAL YOGA TEACHER'S HANDBOOK

SAGE ROUNTREE

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

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

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

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

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

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



The Experiment / Fall 2020

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A Harvard Medical School Guide

Trusted advice for a healthier life

The
**Harvard Medical
School Guide to
Yoga**

8 Weeks to Strength, Awareness & Flexibility

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



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

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

Da Capo / Perseus

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

What makes our program unique?

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

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

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

Da Capo / Perseus // Spring 2017

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80/20 RUNNING

Matt Fitzgerald



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

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

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

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

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

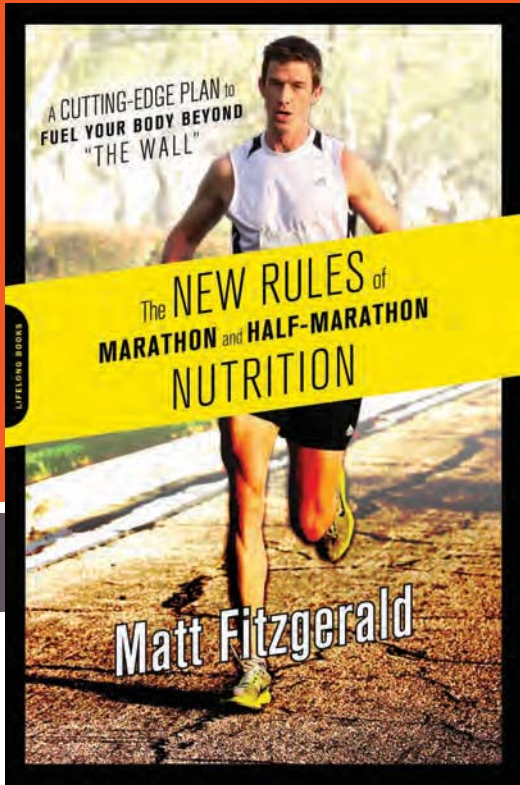


Matt Fitzgerald has authored or coauthored 17 books on topics related to running, triathlon, fitness, and nutrition, including *The Runner's Body* and *Brain Training for Runners*. He has written for *Bicycling*, *Men's Fitness*, *Men's Health*, *Men's Journal*, *Outside*, *Runner's World*, *Shape*,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

Penguin / Fall 2014

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

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

Matt Fitzgerald

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

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

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

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



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

Perseus / February 2013

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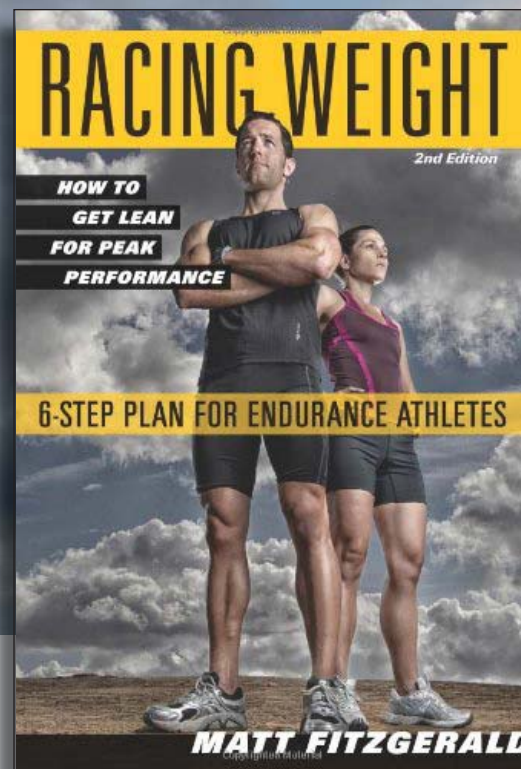
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RACING WEIGHT

MATT FITZGERALD

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



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

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

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

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

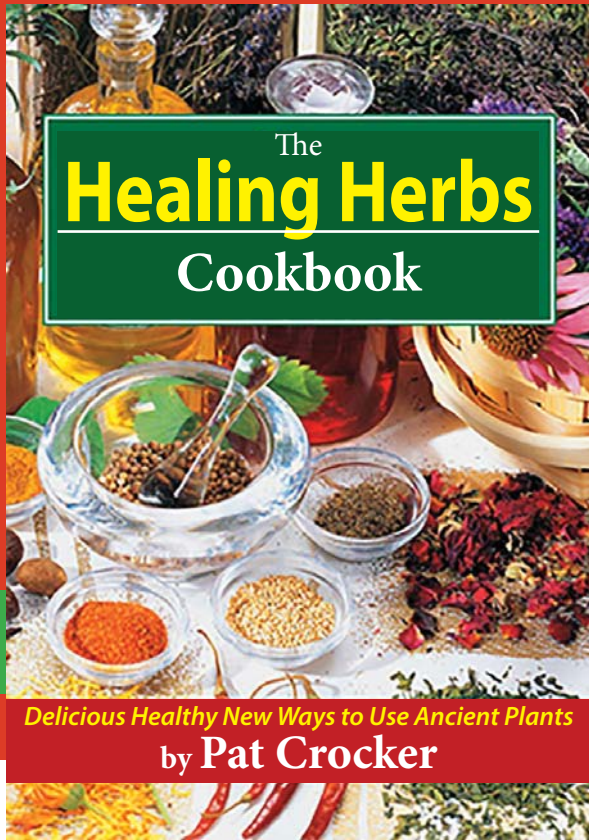
Athletes know that every extra pound wastes energy and hurts performance. With Racing Weight, cyclists, triathletes, and runners have a simple program and practical tools to hit their target numbers on both the race course and the scale.



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

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The Healing Herbs Cookbook

Delicious Healthy New Ways to Use Ancient Plants

Pat Crocker

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

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

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

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

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



Sterling / Spring '18

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

What's Wrong with My Marijuana Plant?

DAVID DEARDORFF AND
KATHRYN WADSWORTH

What's Wrong with My Marijuana Plant?

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

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

What's Wrong with My Vegetable Garden

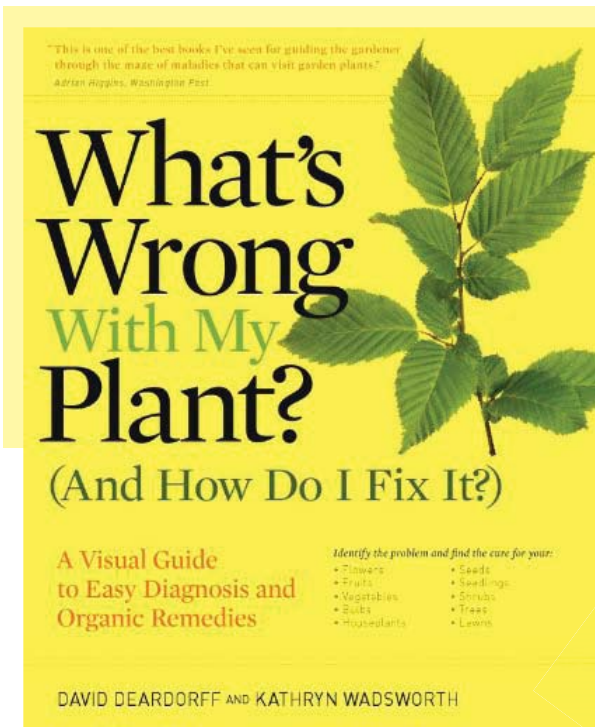
We seek the satisfaction of nurturing amazing plants that become our platter of gourmet vegetables. We crave that moment when the flavor of a freshly picked tomato explodes in our mouths. Above all, by growing our own food, we know it is safe, clean, and chemical-free. The authors offer detailed plant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

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

What's Wrong With My Vegetable Garden?

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

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



What's Wrong with My Plant?

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

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

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

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



Author, artist, photographer and lecturer, Dr. David Deardorff holds a PhD in Botany from the University of Washington. He has been on the faculty of the University of Hawaii in Plant Pathology, and Washington State University in Water Resources, where he taught the Master Gardener program. He also co-founded Plants of the Southwest in Santa Fe, NM, one of the first native plant nurseries in the U.S. He has directed major plant research projects, plant tissue culture programs, grown all kinds of plants in his own backyard, and worked at retail garden centers. He has over thirty years of experience as a plantsman.

Ten Speed Press

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The Emotionally Intelligent Manager

HOW TO DEVELOP AND USE THE FOUR KEY EMOTIONAL SKILLS OF LEADERSHIP

"David and Peter take the 'mystery' out of Emotional Intelligence and allow the business person to find and practice ways of becoming a better and more effective leader using the knowledge and practice of emotions..." -Janet Matts, Leadership Practice Director, Johnson & Johnson.

"...a marvelous work helping to legitimize emotions in the workplace." -Richard E. Boyatzis, professor, Department of Organizational Behavior, Case Western Reserve University, and coauthor, Primal Leadership: Realizing the Power of Emotional Intelligence

We have long been taught that emotions should be felt and expressed in carefully controlled ways, and only in certain environments and certain times. This is especially true when at work, particularly when managing others. It is considered terribly unprofessional to express emotion while on the job, and many of us believe that our biggest mistakes and regrets are due to our reactions at those times when our emotions get the better of us.

David R. Caruso and Peter Salovey believe that this view of emotion is not correct. The emotion centers of the brain, they argue, are not relegated to a secondary place in our thinking and reasoning, but instead are an integral part of what it means to think, reason, and to be intelligent. In *The Emotionally Intelligent Manager*, they show that emotion is not just important, but absolutely necessary for us to make good decisions, take action to solve problems, cope with change, and succeed. The authors detail a practical four-part hierarchy of emotional skills: identifying emotions, using emotions to facilitate thinking, understanding emotions, and managing emotions—and show how we can measure, learn, and develop each skill and employ them in an integrated way to solve our most difficult work-related problems.



Peter Salovey is an American social psychologist and current President of Yale University. He previously served as Yale's Provost, Dean of Yale Graduate School of Arts and Sciences, and Dean of Yale College. Salovey is one of the early pioneers and leading researchers in emotional intelligence.

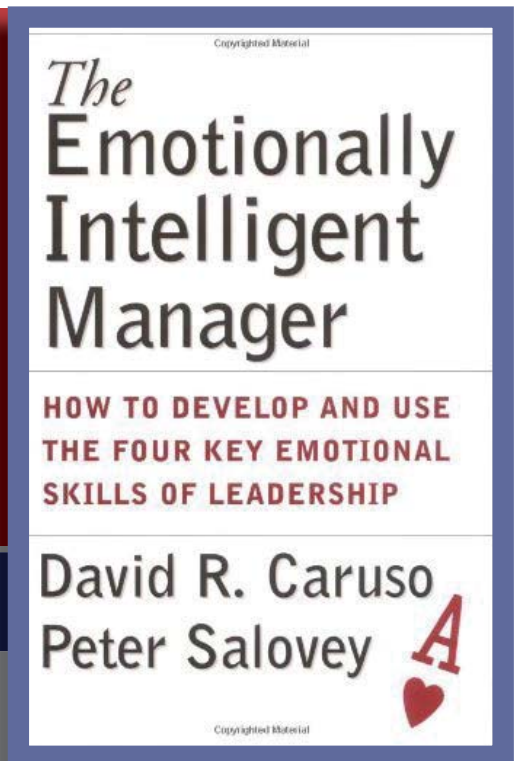
David Caruso, Ph.D., is a management psychologist who develops and conducts emotional intelligence training around the world. He is the special assistant to the dean of Yale College. David received a Ph.D. in psychology from Case Western Reserve University and was a National Institute of Child Health and Human Development predoctoral fellow. He was then awarded a National Institute of Mental Health fellowship and spent two years as a postdoctoral fellow in developmental psychology at Yale University.



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FINDING VOICE

Treating Selective Mutism and Social Anxiety

Robert L. Schum

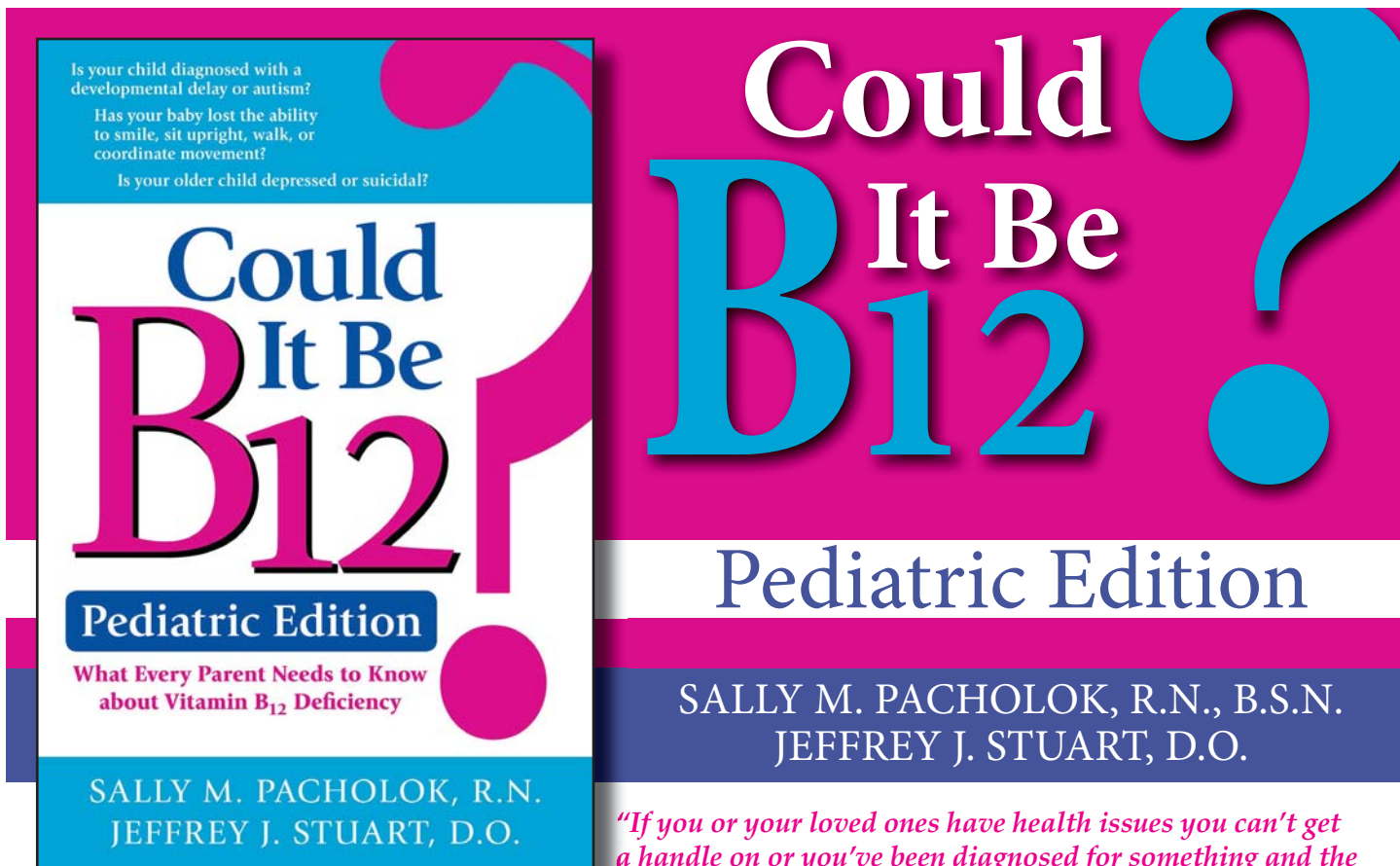
The goal of this book is to provide well-practiced procedures that are accessible to families, teachers and therapists, who have had limited experience with selective mutism. The major part of this book is focused on intervention techniques, providing suggestions and guidance on action items available to the important people in these children's lives. It is based on a foundation of evidence and knowledge about communication, behavior change, and anxiety disorders.

This book is not a manual for treatment of selective mutism in a rote manner. Some psychological and communication disorders might be treated with a manualized procedure, but this is not one of those disorders. The behavioral variations and rate of progress varies widely among children with selective mutism. Case examples and anecdotes abound in this book. They are chosen to show the variety of ways children express selective mutism. These variations limit a manualized response. Rather than serving a menu to the reader, this book teaches how to create different menus, based on the tastes of the children and their parents. Because there is limited research in the treatment of selective mutism, we must rely on an analytical approach to clinical experience, examining what seems to work and why it works.

Robert Schum, Ph.D., clinical psychologist, is professor of pediatrics at the Medical College of Wisconsin and was previously the director of the Wendell Johnson Speech and Hearing Clinic at the University of Iowa. Dr. Schum served as chief of the Section of Psychology at Children's Hospital of Wisconsin in Milwaukee. He is a member of the American Psychological Association as well as the American Speech-Language-Hearing Association.

Dr. Schum has presented more than 100 workshops and is the author of many articles and chapters, including "Clinical Perspectives on the Treatment of Selective Mutism" which was published in the Journal of Speech-Language Pathology and Applied Behavioral Analysis (2006). The focus of Dr. Schum's clinical services, teaching and research is the assessment and treatment of children who have communication disorders. He is active in providing psychotherapy to children who have selective mutism.

Research Press / Summer 2017 World English and Translation Rights Available



Could It Be B12?

Pediatric Edition

SALLY M. PACHOLOK, R.N., B.S.N.
JEFFREY J. STUART, D.O.

"If you or your loved ones have health issues you can't get a handle on or you've been diagnosed for something and the standard treatment doesn't seem to work, then I say definitely

pick this book up." -www.BunnyCates.com

" Could it be B12? has literally saved lives and is the only complete and authoritative guide to B12 deficiency and shows what you can do to protect yourself and your family from this crippling disorder." -Senior Beacon

Your child is unsocial, moody, and not hitting standard development milestones. Is it autism? A developmental disability? Or could it simply be a B12 deficiency? Millions of children are at risk of developing neurological disorders caused by B12 deficiency, yet it often goes misdiagnosed as autism, depression, and mental illness. B12 deficiency is treatable—but if you don't catch it in time, it can cause permanent nerve damage and disability.

Could It Be B12? Pediatric Edition is the only book for parents that offers a complete guide to detecting and preventing pediatric disorders caused by B12 deficiency. Written by Sally Pacholok and Dr. Jeffrey Stuart, authors of the acclaimed ***Could It Be B12?***, ***Could It Be B12? Pediatric Edition*** offers parents critical information about protecting children from B12 deficiency from early fetal development through adolescence.

Written in a style that makes complex medical information clear to general readers, ***Could It Be B12? Pediatric Edition*** presents strategies for healthy nutrition for mothers during pregnancy and breastfeeding, early intervention for infants and young children, and detecting subtle to severe symptoms of B12 deficiency in older children. It will help readers learn the warning signs of childhood B12 deficiency, prevent serious injury with timely intervention, and work with health care professionals to get effective treatment for their children. Thoroughly researched, clearly written, and backed with hard scientific data, medical journal citations, and numerous case studies, ***Could It Be B12? Pediatric Edition*** is a must-read for all parents and expectant parents.

Sally M. Pacholok, R.N., B.S.N, is an emergency room nurse with 27 years of experience and received her bachelor's degree in nursing from Wayne State University in Detroit, Mich. Jeffrey J. Stuart, D.O., is a board-certified emergency medicine physician who has practiced for over 20 years. Pacholok and Stuart are the authors of *Could It Be B12?*, described by one physician as "The definitive book on B12 deficiency, diagnosis, and treatment.



Quill Driver Books / December 2016

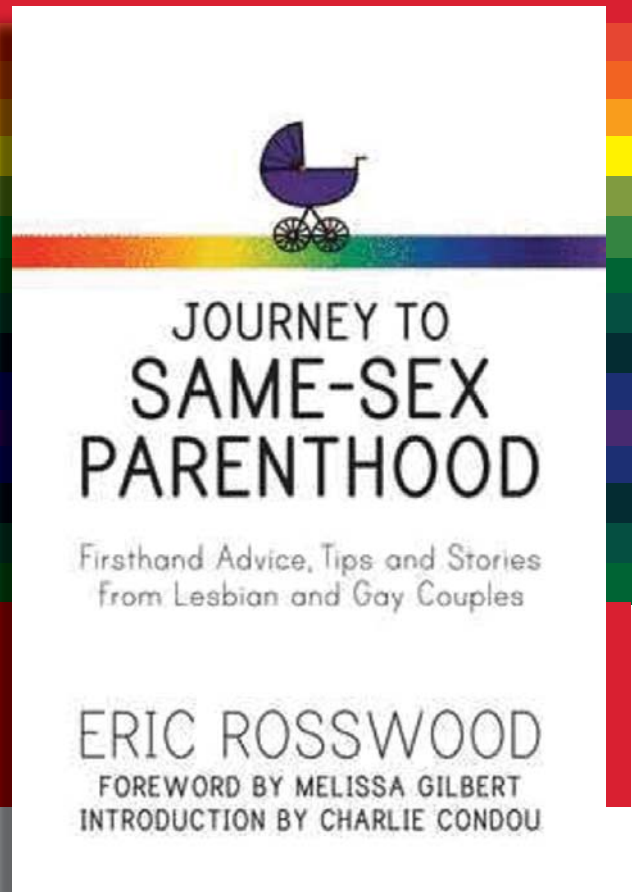
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JOURNEY TO SAME-SEX PARENTHOOD

Firsthand Advice, Tips and Stories
from Lesbian and Gay Couples

ERIC ROSSWOOD
FOREWORD BY MELISSA GILBERT
INTRODUCTION BY CHARLIE CONDOU



Same-sex couples are faced with many different options when choosing to have children today. In *Journey to Same-Sex Parenthood*, author, activist and father Eric Rosswood guides and helps prospective LGBT parents to explore these five popular options: Adoption, Foster Care, Assisted Reproduction, Surrogacy and Co-Parenting.

Each section includes a description of the specific family-building approach, followed by personal stories from same-sex couples and individuals who have chosen and gone through that particular journey. The appendix contains important legal issues to consider and questions to ask before deciding to move forward, along with a list of reasons why people may choose each of the five family-building paths and the challenges they may encounter.

Journey to Same-Sex Parenthood provides a unique combination of inspirational firsthand accounts combined with the critical information, tips and advice needed to help couples successfully navigate the complex road to parenthood.

Eric Rosswood is an LGBT activist and a former Chapter Leader for Marriage Equality USA as well as a previous member of SF GLADD's Leadership Council. He was also a Board Member for San Francisco Pride, whose annual event is the largest gathering of LGBT people and allies in the nation. Eric and his husband, Mat, adopted their son through open adoption. He is now a stay-at-home dad and writes for the award-winning news and opinion site, The New Civil Rights Movement, which focuses on progressive politics and global civil rights with an audience of over 21 million monthly.

Melissa Gilbert is an actress, television director, and 2016 Democratic candidate for Michigan's 8th congressional district. She began her career as a child actress in the late 1960s. From 1974 to 1984, she starred as Laura Ingalls Wilder on *Little House on the Prairie*. Gilbert also appeared in several popular television films, including *The Diary of Anne Frank* and *The Miracle Worker*. She served as the President of the Screen Actors Guild from 2001 to 2005.

Charlie Condou is an actor, writer, father and activist best known for playing midwife Marcus Dent in the long-running TV series, *Coronation Street*, the top soap in the UK. In October 2012, he was named by the British gay publication, *Attitude*, as the magazine's "Man of the Year." In 2014 Condou was nominated for the "Advocate for change" award at the GLAAD awards in Los Angeles.

EMPATHY AND SOCIAL COMPETENCE TRAINING

Edited by Mark Amendola and Robert Oliver



Edited by Mark Amendola and Robert Oliver, Anger Control Training along with the other Prepare Curriculum Implementation Guides are intended to further Dr. Arnold P. Goldstein's seminal work, *The Prepare Curriculum: Teaching Prosocial Competencies*. In conjunction with Dr. Goldstein's Prepare Curriculum, the guides describe and give direction to the continued expansion of Prepare methods, offering practitioners coherent, evidence-based approaches for enhancing the social, emotional, and decision-making abilities of adolescents and younger children.

Mental health professionals who work with children and adolescents in schools and other settings, parenting coordinators, school psychologists, social workers, special educators, school counselors, juvenile justice and community corrections professionals will all benefit from this addition to the Prepare Curriculum Guides.

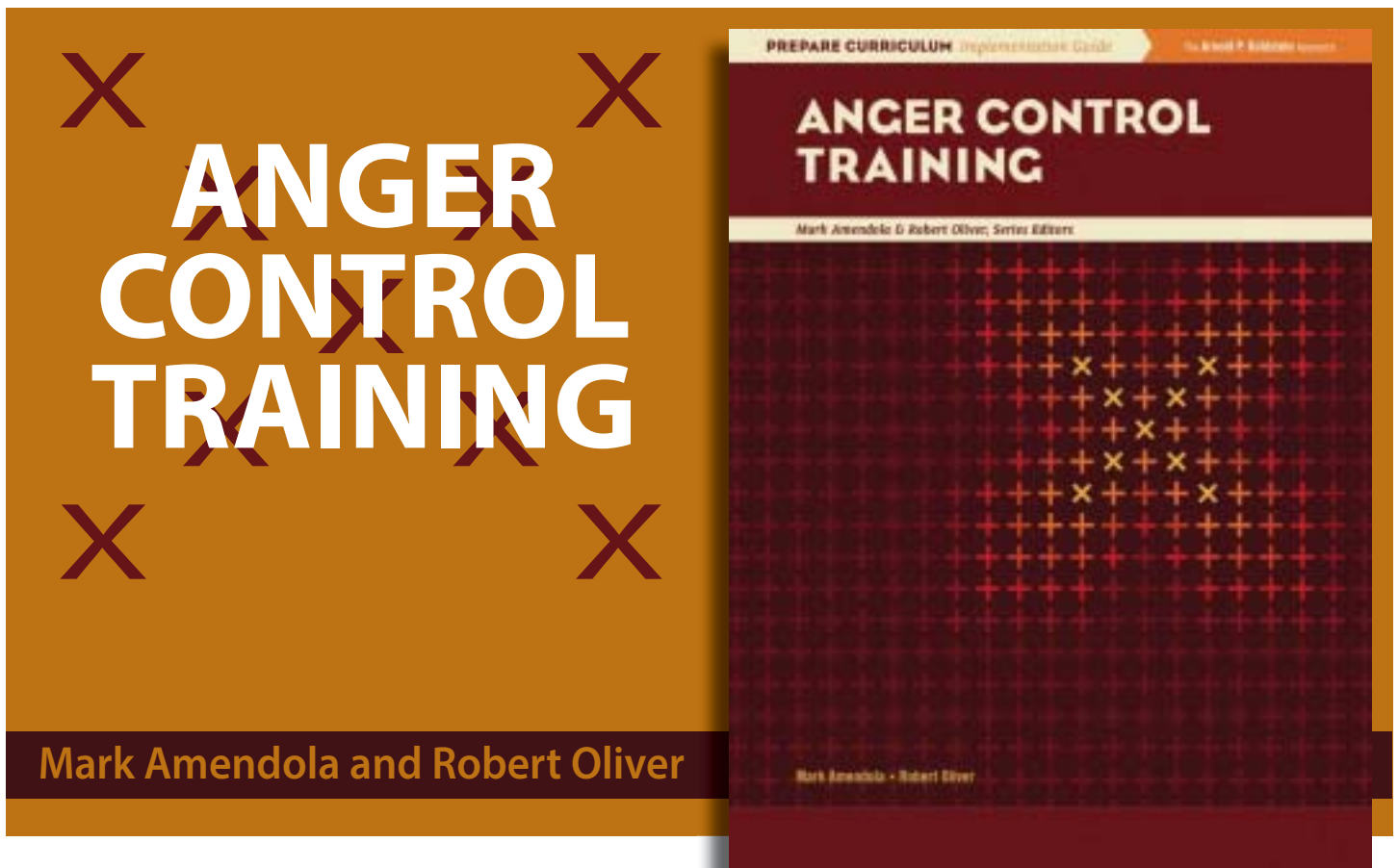
Mark Amendola, L.S.W., B.C.D. (Social Work, Case Western Reserve University, 1989), has had extensive experience in work with adolescent disorders since 1981. Beginning on the front lines as a child care worker in a residential setting, he has moved to various positions to include day treatment, partial hospitalization, and community-based programming. Currently he is the Executive Director of Perseus House, a non-profit, designed to provide preventative and intervention services to children ages birth 18. He also maintains a clinical practice that focuses on adolescent disorders and familial conflict. Mark serves in various community capacities in Pennsylvania and nationally, including previous board affiliation with Community House for Women, and with Children and Adults with Attention Deficit Disorder (CHADD). Mark's work has focused on the delivery of services to troubled and troubling young people and families in an effort to improve their quality of life.

Dr. Robert Oliver, Chief Educational Officer of Perseus House Charter School of Excellence, has served in varied capacities, especially those including educational, residential, and partial hospitalization services. He also was a foster parent for Erie County Office of Children and Youth for 15 years. Bob serves as a board member of the Boys & Girls Club and the Erie Earn-It Program of Juvenile Probation. He is also a member of the Children & Youth Advisory Board, Erie County.

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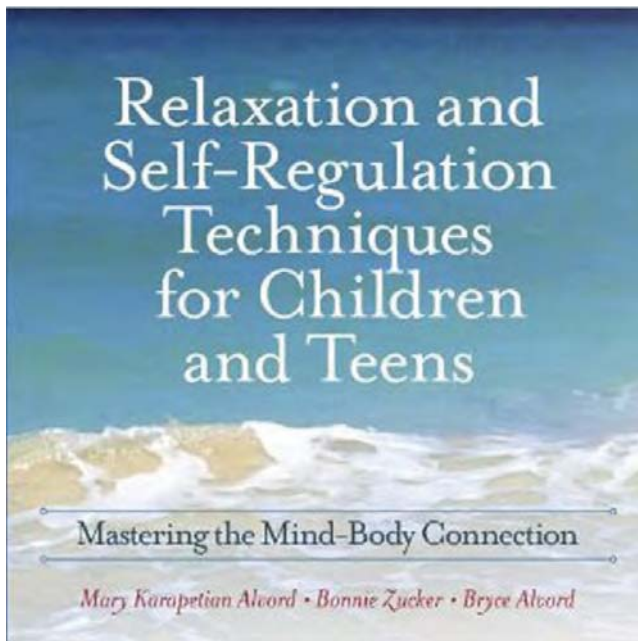
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Relaxation and Self-Regulation Techniques for Children and Teens

Mastering the Mind-Body Connection

Mary Karapetian Alvord, Bonnie Zucker & Bryce Alvord

This relaxation audio CD offers children, adolescents, as well as adults a variety of techniques for creating inner calmness, mental clarity and beneficial physiological changes. Based on empirically-supported approaches to promote self-regulation, the CD includes tracks of varying lengths devoted to calm breathing techniques, visualization, progressive muscle relaxation, attentive breathing technique, mindfulness meditation and self-talk.

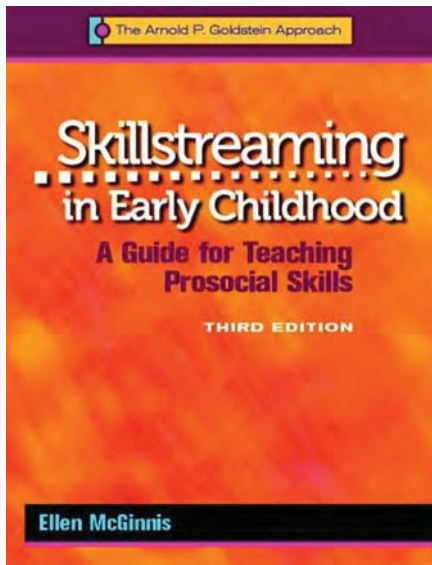
Mary Karapetian Alvord, Ph.D. is a psychologist and Director of Alvord, Baker & Associates, LLC, a multidisciplinary private practice in Rockville and Silver Spring, MD. With more than 30 years of clinical experience, she specializes in the treatment of children, adolescents and adults with anxiety disorders, and children and teens with ADHD and problems of emotional and behavioral regulation through individual and group therapy. Dr. Alvord's focus has been on promoting resilience and stress reduction using strength-based approaches. Dr. Alvord was named in 2009 as one of Washingtonian Magazine's top therapists in the categories of cognitive-behavioral therapy, troubled child, and group therapy. She currently serves as APA's Public Education Coordinator for the Maryland Psychological Association and frequently appears in the national media on topics ranging from stress, anxiety and social competence, to coping with adversity. Dr. Alvord was honored as the first recipient of the American Psychological Association's Presidential Innovative Practice Citation.

Dr. Bonnie Zucker is a licensed psychologist in private practice in Washington, DC and Rockville, Maryland. She received her doctoral degree from Illinois School of Professional Psychology in Chicago and her Masters degree in Applied Psychology from the University of Baltimore. In her practice, Dr. Zucker specializes in the treatment of anxiety disorders in children and adults and utilizes a cognitive-behavioral (CBT) approach. Additionally, she integrates family systems work and helps parents learn the most appropriate responses to their child's anxiety disorder. She conducts psychotherapy at the National Center for the Treatment of Phobias, Anxiety and Depression in Washington, DC and at Alvord, Baker, & Associates in Rockville, MD. Dr. Zucker regularly conducts trainings on CBT for anxiety for mental health professionals.

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Effective Intervention Programs
for Educators and Mental Health Professionals



Skillstreaming

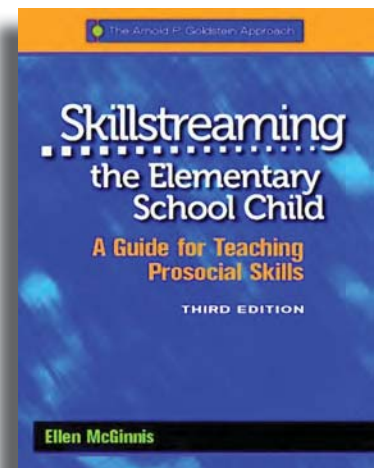
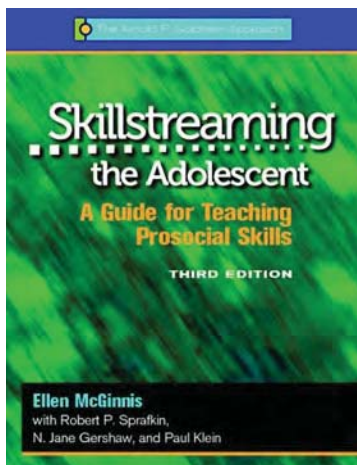
A Guide for Teaching Prosocial Skills

Third Edition

Ellen McGinnis

Skillstreaming in Early Childhood, *Skillstreaming the Elementary School Child* and *Skillstreaming the Adolescent* employ a four-part training approach—modeling, role-playing, performance feedback, and generalization—to teach essential prosocial skills to young people. These books provide a complete description of the Skillstreaming program, with instructions for teaching between 50 and 60 prosocial skills within each age group. There

are chapters on effective Skillstreaming arrangements, Skillstreaming teaching procedures, refining skill use, teaching for skill generalization, managing behavior problems, Skillstreaming in the school context, and more. Skill outlines are handy one-page summaries for each skill, including skill steps, guidelines for skill instruction, and suggested situations for modeling displays. Homework reports list skill steps and guide students in practicing the skills and evaluating skill use outside the Skillstreaming group.



Ellen McGinnis earned her Ph.D. from the University of Iowa in 1986. She holds degrees in elementary education, special education, and school administration. She has taught elementary and secondary students in the public schools in Minnesota, Iowa, and Arizona. In addition, she has served as a special education consultant in both public and hospital schools and as assistant professor of special education at the University of Wisconsin Eau Claire. Dr. McGinnis also served with the Des Moines Public Schools as the principal of the education program at Orchard Place, a residential and day treatment facility for children and adolescents with emotional/behavioral disorders. She has been an executive director of student support services in both Iowa and Colorado and is currently a private consultant. The author of numerous articles on identifying and teaching youth with emotional/behavioral disorders, Dr. McGinnis collaborated with Dr. Arnold P. Goldstein on earlier Skillstreaming books and is also author of the newly-released third editions of *Skillstreaming the Elementary School Child* and *Skillstreaming in Early Childhood*.

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