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Birth Like a Man
by Pascal Rotteveel

Birth Like a Man is a field guide for future fathers or non-birthing partners. This pocket-sized book is filled with tips, reminders and summaries to help you support your partner's pregnancy process; from helping with morning sickness, setting up a birth plan, going out for the first time or changing diapers. See this book as the cheat-sheet to your parenting and partner exam, but unlike any other school exam, the parenting-school-year hasn't even begun.

This book is for everyone who thinks they have a more active, supportive role to play in the delivery of their child than those millennia old stereotypical gender roles teach us. It is a short, snappy and easily navigable guide to make being a true parenting partner just a little bit easier.

Author Bio

Pascal Rotteveel is an Amsterdam based, award winning Creative Director and former Executive Creative Director at VICE. Currently he works as a Creative Director at design, innovation and experience agency Jam3. In preparation for his recent fatherhood, he created this field guide.
Creative Reboot
by Barbara Doran

Catalyze creative intelligence with a game changing kit to ignite insights and innovations. A practical guide for change-makers wanting to tap imagination and amp-up creativity. Whether you are a rigid analytical thinker or an accomplished creative mind, over the course of these pages, you'll learn to use creativity to create, diverge from, and converge into new inventive pathways, finding innovative approaches to complex problems. By providing a sequential pathway of interdisciplinary creative exercises, Creative Reboot is the all-in-one toolkit that helps facilitate the building of your creative confidence.

Creative Reboot comes as a kit, easily carried around in your pocket to give you access to your primary source of creativity whenever your day calls for it. Each of the six chapters is grounded in applied scholarly understanding and complemented by case studies that reveal real-world applications of creativity. These pages are further supported by a range of guided creative cards. Their potential for spontaneous combination allows you to develop creative flexibility, create a network of connections, and realize innovative solutions with your own creative intelligence.

By using this book, you'll enter a new age of creative thought leadership, its potential for serendipitous association of the cards allowing you to combine, cross-pollinate, and reorientate the creative cards to push the bounds of creative problem solving even further. While embodying creative theory, Creative Reboot goes further and situates creativity as a catalyst of change within complex challenges, alchemically reframing once impossible tasks into physical paths to action.

Author Bio

Barbara Doran specializes in identifying creative opportunities that respond to complex challenges and putting them into action. After a PhD in Fine Art, twice winning the United Nations Bioethics and Art Award for Photography, displaying her work on both the national and international stage, and a whole host of senior lecturer positions in Australia's top universities, she now teaches a multi-award winning Bachelor of Creative Intelligence course at the University of Technology, Sydney.
Design for Sustainability Survival Guide
by Conny Bakker and Ed van Hinte

*Design for Sustainability Survival Guide* concerns all the details on applying sustainability requirements in design. It is a critical and concise overview of the important facts from all imaginable angles. The book is written and illustrated to inform, support and inspire future designers.

The guide covers everything in sustainability: from personal reader experience to universal guiding principles, from energy use and the flow of materials to the role of time, consumption, use, circularity and reduction.

It includes tips, principles and guidelines to nourish design projects from start to finish. New approaches beyond the conventional are introduced and current assumptions on economics, technology and design are pointed out throughout the book.

**Author Bio**

**Conny Bakker (Author)**
Conny Bakker is professor of Design Methodology for Sustainability and Circular Economy at TU Delft, faculty of Industrial Design Engineering.

**Ed van Hinte (Author)**
Ed van Hinte is an author, design critic and educator focusing on the consequences of mass reduction.

**Yvo Zijlstra (Author)**
Yvo Zijlstra is a graphic-, editorial- and digital media designer.
Design Journeys through Complex Systems
by Peter Jones and Kristel Van Ael

*Design Journeys for Complex Systems* is a designer's handbook to learn systemic design tools to engage stakeholder groups in collaborative design to address complex societal systems.

Systemic design uses systems thinking and service design to address large-scale societal contexts and complex socio-technical systems. These are contexts characterized by social and technological complexity, high uncertainty, and often problematic outcomes.

Using a tour guide metaphor, the book trains people's mindsets and provides tools for dealing with hyper complexity, to enable understanding of systemic problems, and to build capacity to collaborate in teams to produce action proposals.

**Author Bio**

**Peter Jones** (Author)
Dr. Peter Jones is a professor teaching systemic design at Canada's art and design school, Toronto's OCAD University, in the Strategic Foresight & Innovation and Design for Health graduate programs.

**Kristel Van Ael** (Author)
Kristel Van Ael is managing partner at Namahn, a human-centered design agency in Brussels, and teacher in product-service-system design and systemic design at Antwerp University.
Design Thinking and Social Construction
by Sheila McNamee and Celinae Camargo-Borges

The book introduces the Constructionist Research Design Process as a framework for research that is creative, transformative and innovative. It can be used by any professional and researcher who wants to develop creative inquiry and to promote social change.

It integrates the theory of social construction with the tools of design thinking, challenging the concept of dualisms in research such as quantitative/qualitative and subjective/objective. The focus is on the complex relational achievement required to construct a worldview where different relational (research) processes construct different realities (knowledge).

In this sense, all truths are contextual truths, co-created in a specific time and useful to a specific context.

Author Bio

Sheila McNamee (Author)
Sheila McNamee, PhD is Professor Emerita of Communication at the University of New Hampshire (USA) and co-founder and VP of the Taos Institute.

Celiane Camargo-Borges (Author)
Celiane Camargo-Borges, PhD is a lecturer, researcher and practitioner. She is faculty at Breda University of Applied Sciences (The Netherlands) and visiting professor at several universities around the world.
After years of industry experience and academic positions lecturing to students about creativity and branding, Joris van Dooren and Coen Luijten both began to notice some strange behaviour. Both their student and the starting entrepreneurs they were working for in their Building Better Brands course, had started to act irrationally when it came to their brands, putting in all their financial resources, discussing them non-stop, and staying up late into the night to work on them.

It almost looked a little like parenthood.

Newborn brands are just like babies to us. With the right guidance, we can raise them into something spectacular. That said, when things go wrong, we can just as easily f*ck them up.

Within these pages, we trace the development of your brand from its baby stages right up to adulthood. Just like how it takes 18 years to raise a child, we've broken down the process into 18 steps. With interactive examples and tasks to help bring your brand to life, you'll be able to watch your brand grow as you move from step to step.

It takes a village to raise a child and you'll need to juggle different tasks when starting up. But, when it comes to branding and creativity, we'll be your support system. After helping launch over 75 startups, we've refined the process to perfection. Let's start creating your brand, it will be big fun!

By the end of these (...) 

Author Bio

Coen Luijten always knew that his heart belonged to commercial advertising and brand building. In his mid-thirties in 2010, armed with his passion for innovation, he took up a position teaching creativity, advertising, and branding at the Fontys University of Applied Sciences. After that, he obtained his Master of Business Innovation in Imagineering, which he now uses to help people unlock their creativity and foster their newborn brands’ image.

After finishing his master's degree in international business communication, Joris van Dooren started a successful career in advertising. His projects thrived on creative concepts, and he quickly distinguished himself as an innovator in the field. In 2009, he took a position lecturing creativity, advertising, and branding at the Fontys University of Applied Sciences. In his free time, you'll find him brainstorming or building brand ideas.
With constantly changing economic contexts, hyper-competition in every industry, rapid digitization, and political uncertainty, China has established itself as one of the world's most unpredictable markets. Yet, large-scale corporations like Huawei, Alibaba, and Tencent have conquered a portion of the world market, blowing past their Western competition while doing so. This is even seen on a smaller scale, with thousands of nameless Chinese companies distributing products and services on an international scale.

But how did these corporations fight for their success and then sustain it in such an impossible market? How did companies create a market that overcame Western dominance, establish future visions that have carried their organizations to success, and operate on an international scale with never before seen speed? The answers to these questions are some of China’s best-kept industry secrets.

With over 30 years of experience in CEO and COO positions at some of China’s largest companies, Aldo Spaanjaars and Sandrine Zerbib use Dragon Tactics to unpack these secrets, demonstrating the central ideas, customs, practices, and theories that sets China above its international competitors.

By incorporating concrete industry examples, direct insight from Chinese corporate leaders and culture, as well as strategy and management practices used across China, the authors challenge Western expectations and unravel the complex Chinese entrepreneurial market.

With a potent description of China’s four millennial old history, spanning over proven industry processes and leading market theory, Dragon Tactics provides a lesson for leaders around the globe about how businesses survive in an increasingly volatile world.

Box contains:
- A master board
- 12 player boards
- 64 tiles
- 100 (...)

Author Bio

Over his 25-year career in China, Aldo Spaanjaars has worked as the CEO of Lacoste Greater China, as the COO of Adidas Greater China, and is a co-founder of J.Walter Thompson Beijing. His extensive expertise within business
The Exceptionally Simple Theory of Sketching (Extended Edition)
by George Hlavacs

When watching a masterful sketcher, it seems that they create elaborate sketches with ease, tracing their pencils on the page and bringing to life rich and detailed drawings. After sweating away hours trying to create a simple sketch, you may find that yours pales in comparison, looking amateurish and unprofessional. Why is it that you can't do what these 'masters' can?

While many assume the difference comes down to accurate strokes and natural talent, you couldn't be further from the truth. Accuracy is not everything - confidence is. And, in this book, Hlavacs helps you to build up your confidence, moving through each layer of drawing and helping you understand exactly why one drawing looks more professional than another. This book breaks down the fear around sketching, walking you through how to create intricate sketches without difficulty.

No other book teaches sketching in such a natural way, allowing anyone - no matter levels of talent or their past in drawing - to learn how to make this beautiful skill an intuitive process. Hlavacs demonstrates sketching as a pathway of logical steps, starting with the most basic elements and then adding further layers to the sketches as the book progresses.

With a range of exercises to move through and pages filled with the psychology of why humans are drawn to certain sketches over others, this book will turn you into the master you've always admired. Instead of aiming for perfection, Hlavacs teaches you how to draw emotionally, using confidence in place of skill and understanding in place of talent.

No matter who you are, The Exceptionally Simple Theory (...) 

Author Bio

George Hlavacs is a lecturer of cognitive ergonomics and industrial design at the University of Rotterdam. His educational background is in Industrial and Product Design, having obtained a Master's degree from the Budapest University of Technology and Economics.

Alongside his pursuits as an educator, he is the Chief of Design and Research at Delush Interior Fragrances.
The Power of Music Thinking
by Christof Zurn

The Power of Music Thinking gives you a new model to see your business from different perspectives simultaneously and to get inspired to work in meaningful collaborations above silos. This is done by the analogy between music and business in the broadest sense. It helps you integrate agile methodologies, design thinking and service design with branding and organisational change in an unheard way.

Rethink your business, product, service or organisation with the help of six interconnected perspectives, four phases and many dynamics that relate to the immense amount of musical styles. The Power of Music Thinking gives you a new approach and meta-language that connects all patterns from different perspectives for a sound business.

Author Bio

Christof Zurn is a seasoned professional in multiple roles like Creative Director, Management Consultant, Design Thinking Coach, Service Designer, Facilitator, Podcast Host and Musician. He is a trainer at Design Thinkers Academy and a member of Medinge Group, an international non-profit Think Tank for Brands with a Conscience.
Think Like an Adman, Don't Act Like One
by David Snellenberg

Advertising is far more than a 30-second commercial on TV. It's everything you do to lure people into different behaviors, into other perspectives, or different options. You're advertising all day long. For yourself, your company or brand. Your NGO, political party or school. Your neighbourhood, city or country. In every conceivable way. By telling stories. Or twisting the facts. By making some things seem more attractive and others uglier. By sketching out an alternative. By stimulating people or discouraging them. And the nice thing about advertising is that everyone does it. But only a few are any good at it (just look around you). This book is for anyone who wants to learn how to seduce. A loved one, a colleague, a client or, indeed, a large group of people. And, once you've read this book, you won't have to be an advertiser to do it.

Author Bio

David Snellenberg is a creative director and copywriter. He is founder of DAWN, a BCorp creative consultancy in Amsterdam.
Type Tricks: User Design
by Sofie Beier

Type Tricks: User Design is a dissemination of the author's research into typeface legibility. What to consider when choosing fonts in difficult reading situations including signage, small point sizes, glance-like reading or scanning? But also what to look out for when designing for struggling readers, for example people with low-vision, elderly, children and people with dyslexia.

This kind of research is normally communicated in scientific papers, which takes a long time to read and understand. In this book, all findings are presented in an illustrative and easily accessible way. The book has a small amount of text and lots of illustrations presenting more than 140 tips from evidence-based research.

Author Bio

Sofie Beier is a professor at the Royal Danish Academy, where she is head of the research unit Centre for Visibility Design. In addition to creating the Type Tricks series, she published numerous academic papers on typeface legibility. Her research is focused on improving the reading experience by achieving a better understanding of how different typefaces and letter shapes can influence the way we read.
African Art Now
50 Pioneers Defining African Art for the Twenty-First Century
by Osei Bonsu

This deluxe hardcover survey, featuring profiles of 50 artists on the rise, is the definitive guide to contemporary African art.

With African artists attracting sizable audience numbers to museums, setting sky-high auction records, and appearing in mainstream press, it has become impossible to overlook the cultural significance of contemporary African art today. Author and curator Osei Bonsu's engaging profiles of leading African artists-along with gorgeous full-color reproductions of their work-introduce readers to a generation of movers and shakers whose innovative artwork reflects on Africa as both an idea and an experience. Using diverse forms, languages, and expressions to articulate what it means to be a part of the world, these artists generate alternate histories and imaginative futures-work that is both personal and political, universal and incredibly specific. Their work helps define contemporary African art as a vast artistic and cultural movement.

STELLAR ROSTER OF ARTISTS: Amoako Boafo, Njideka Akunyili Crosby, Tunji Adeniyi-Jones, Bronwyn Katz—from household names to up-and-coming artists, African Art Now features some of the most exciting artists working today.

IMPORTANT AND TIMELY: Over the past two decades, contemporary African art has become part of the global mainstream, inspiring countless exhibitions, fairs, and auctions around the world. And yet, African art remains overlooked as an area of dedicated study due to continued academic and cultural bias. This book shines a spotlight on the artists whose wide-ranging accomplishments represent the shifting dynamics and boundless possibilities of African art today.

Perfect for: • Artists, art collectors, art lovers, and museumgoers • Educators and students • Anyone interested in learning about contemporary African art

Author Bio

Osei Bonsu is a British-Ghanaian curator and writer based in London and Paris. In 2020, Bonsu was named one of Apollo magazine's 40 under 40 leading African voices. He is a curator of international art at Tate Modern and lives in London.
The Art of Feminism, Revised Edition
by Helena Rickett

Featuring a new package and an additional 60 pages of material, this revised edition of The Art of Feminism covers an even more impressive range of artworks, artists, movements, and perspectives.

Since the debut of the original volume in 2018, The Art of Feminism has offered readers an in-depth examination of its subject that is still unparalleled in scope. The comprehensive survey traces the ways in which feminists—from the suffragettes and World War II-era workers through twentieth-century icons like Judy Chicago and Carrie Mae Weems to the contemporary cutting-edge figures Zanele Muholi and Andrea Bowers—have employed visual arts in transmitting their messages. With more than 350 images of art, illustration, photography, and graphic design, this stunning volume showcases the vibrancy of the feminist aesthetic over two centuries. The new, updated edition of the book features revised and expanded material in each of the book's original sections, as well as entirely new material dedicated to the art pieces that have shifted the landscape of feminist art today. This new material includes: women artists of the Bauhaus; grassroots and experimental curatorial efforts; a broader range of performance artists; and recent art shows and works, such as Kara Walker's Fons Americanus, which debuted at London's Tate Modern museum in 2020.

UNIQUE IN SCOPE: The breadth and inclusiveness of this volume sets it apart and makes it the definitive book on international feminist art. The new edition brings the book into the current moment, ensuring that this groundbreaking volume remains relevant and fresh. It features an astonishing roster of artists, including: • Barbara Kruger
• Sophie (...)

Author Bio

Professor Helena Reckitt is chair of the Women's Art Library and a senior lecturer in curating at Goldsmiths University. She lives in London.
Can I Pet Your Dog?
by Jeremy Nguyen

This quirky illustrated book celebrates the urge to pet every dog we see, no matter what obstacles stand in the way.

A laugh-out-loud celebration of our favorite four-legged friends, Can I Pet Your Dog? features a series of increasingly improbable illustrations that nod to the universal experience of bending-over-backwards to give a good pup a well-earned belly rub. Whether it's covering yourself in bacon grease or pole-vaulting across traffic, these bizarre scenarios all share a common end goal: Must. Pet. That. Dog. The perfect book for any and all dog lovers, this book is a lighthearted ode to good boys and girls everywhere.

HILARIOUS AND RELATABLE CONTENT: Whether you’re tired of people petting your dog all the time, or you’re the one always doing the petting, there’s something in here for everybody, whatever your reality may be!

DOGS DESERVE CELEBRATION: Humanity’s best friend deserves a shout out. Loyal, playful, and always there, pups everywhere keep their owner’s spirits high, and for that, their praise in this book is well deserved!

A GREAT GIFT: A great addition to any dog lover's coffee table, this hysterical dip-in-dip-out book makes for a thoughtful present.

Perfect for: • dog lovers and owners
• people who can’t resist petting other people's dogs
• people who are tired of their dog being pet all the time
• fans of humor books and comics

Author Bio

Jeremy Nguyen is a Brooklyn-based cartoonist, illustrator, and humor writer. His work has been featured in The New Yorker, Wired, The Nib, and Airmail Weekly.
Catffirmations
Mindful Mantras to Awaken Your Inner Cat illustrated by Lim Heng Swee

Are you struggling with stress? Do you wish your life was less hectic? Take solace in the instinctive wisdom of clever felines in this beautifully illustrated, cat-themed book of affirmations.

Whether it's knowing when to curl up for a good nap or taking time out to sniff the catnip, cats know a thing or two about living your best life. Discover these hidden cats and their secret knowledge in Catffirmations. Distract yourself from your troubles by searching for the hidden cats in every page of captivating minimalist artwork. Repeat the affirmations to find your most centered and playful self. This little book is the purrfect combination of sincere and silly to help you find the confidence to know you will always land on your feet.

STUNNING ART: Every page features Lim Heng Swee’s beautiful, minimalist art in soothing colors.

INTERACTIVE AND FUN: Everyone can enjoy this book their own way, whether it's reading the affirmations or looking for the cats hidden in the beautiful landscapes, plantscapes, and starry skies of the illustrations.

GREAT GIFT POTENTIAL: An all-ages friendly, fun way to relax for anyone who needs a little break and some cat puns.

Perfect for: • Cat lovers of all ages
• Fans of calming and minimalist art
• Mind/body/spirit enthusiasts

Moms, dads, grads, and anyone who could use a moment of repose

Author Bio

Lim Heng Swee aka ilovedoodle is an illustrator who wishes to doodle a smile on the Earth's face. Awarded designer of the year 2009 and 2011 by Threadless, he has collaborated on projects with brands like Uniqlo (Japan), Gap (US), Graniph (Japan), Popcorn Mall (HongKong), Tongyi Milk Tea (China), Tattly (US), Astro (Malaysia), MightyJaxx (Singapore), Rhinoshield (HK and France), Papyrus (US), Nike (US), Land of the Nord (US) and more. His work also been published and featured in across range of media like IdN (International design Network), Readers Digest, M le weekend magazine of Le Monde (France), Barbara (France), Frankie (Australia), SwissMiss, Boredpanda, and My Modern Met.
Dance for Joy
An Illustrated Celebration of Moving to Music
by Aurelia Durand

A vibrantly illustrated and inclusive celebration of dance in all its styles, moods, and meanings.

Dance can be radical self-expression, community celebration, revolutionary protest, or pure elation. Whether you’re a professional ballet dancer or the first person on the dance floor at parties, whether you dance in your living room or out in the streets, you know the power of moving to music. Artist and author Aurelia Durand bottles the lightning of dance in these vibrantly illustrated pages. You’re invited to embark on a world tour of styles, explore a who’s-who of iconic and inspiring dancers, and celebrate all the amazing ways movement can make you feel: empowered, fabulous, free. With joyful affirmations and playful interactive content, this book brings together culture, history, and neon illustrations that practically dance off the page. A foreword by popular jam skater Oumi Janta reflects on the magic of Durand’s artwork. This is for anyone who feels a rhythm and the need to move with it.

STAR ILLUSTRATOR: From illustrating the New York Times-bestselling _This Book Is Anti-Racist_, to delivering a keynote slot at Adobe Max, Aurelia Durand captures the zeitgeist in bold shape and color. She’s an ambitious and multitalented artist, poised to move hearts and minds with her first authored book and an accompanying stationery line.

INCLUSIVE AND EMPOWERING MESSAGE: This book weaves together movement traditions from around the world, offering a truly inclusive vision, and highlights all the ways that dance intersects with liberation and empowerment.

A NEW GENERATION OF DANCERS: Online platforms like Tiktok have ushered in a (…)

Author Bio

Aurelia Durand is an artist, illustrator, animator, and muralist. Her books include _This Book Is Anti-Racist_.
This is the most comprehensive book to date on the work of beloved British artist David Shrigley. His recognizable, quirky, and minimal drawings are accompanied by his witty sayings and wry observations. This large-format book celebrates his prolific artwork in color and features some never-before-seen pieces. Shrigley’s work has appeared on a wide array of merchandise, in numerous collaborations with brands such as Comme des Garçons, and as album covers for musicians such as David Byrne. His artwork famously lines the walls of Sketch of London, designed by India Mahdavi and hailed as the most Instagrammed restaurant in the world. Additionally, his work is in museum collections around the globe, including the Museum of Modern Art in New York, the Hammer Museum in Los Angeles, and the National Galleries of Scotland in Edinburgh, among others.

Author Bio

David Shrigley is a celebrated British artist working in a distinctive drawing style that combines handwritten humorous text with childlike imagery of animals, people, aliens, and everyday still lives. In addition to his drawing practice, Shrigley also creates large-scale installations and sculptures that are derived from these works, as well as books, videos, photography, and other media.
The Devil's Atlas
An Explorer’s Guide to Heavens, Hells and Afterworlds by Edward Brooke-Hitching

Packed with strange stories and spectacular illustrations, The Devil’s Atlas leads you on an adventure through the afterlife, exploring the supernatural worlds of global cultures to form a fascinating traveler’s guide quite unlike any other.

From the author of the critically acclaimed bestsellers The Phantom Atlas, The Sky Atlas, and The Madman’s Library comes a unique and beautifully illustrated guide to the heavens, hells, and lands of the dead as imagined throughout history by cultures and religions around the world. Packed with colorful maps, paintings, and captivating stories, The Devil’s Atlas is a compelling tour of the geography, history, and supernatural populations of the afterworlds of cultures around the globe. Whether it's the thirteen heavens of the Aztecs, the Chinese Taoist netherworld of hungry ghosts, Islamic depictions of Paradise, or the mysteries of the Viking mirror world, each is conjured through astonishing images and a highly readable trove of surprising facts and narratives, stories of places you’d hope to go, and those you definitely would not. A traveler's guide to worlds unseen, here is a fascinating visual chronicle of our hopes, fears, and fantasies of what lies beyond.

DISCOVER THE BEYOND: From the depths of underworlds to the heights of heavens and everywhere else a life after death may be spent, this atlas explores the geography, history, and supernatural populations of the afterworlds of global mythologies.

A GLOBAL SURVEY: From the demon parliament of the ancient Maya, to the eternal globe-spanning quest to find the Earthly Paradise, to the "Hell of the Flaming Rooster" of Japanese Buddhist mythology (in which sinners are tormented by (...) 

Author Bio

Everyday Radiance
Daily Astrological Insights & Encouragement
by Heidi Rose Robbins

Daily exercises and contemplations for harnessing the energy of the zodiac calendar for self-care and self-renewal.

Every day of the astrological year carries its own singular vibration. Knowing how to tap into them can provide deep and meaningful insights into our life journeys—our joys, wishes, flaws, and fears.

In EVERYDAY RADIANCE, discover a year's worth of advice, clarity, and renewal through a collection of 365 zodiac-inspired prompts. Divided into the 12 months of the astrological year, each of the approximately 30 approachable and illuminating prompts for each sign provides a quick practice, writing exercise, or creativity nudge designed to harness the power of the day's unique astrological energy.

Start on any day and follow the prompts throughout the year to nurture your most radiant self.

PERFECT FOR ASTROLOGY LOVERS: This book is a lovely combination of astrology, self-care, and new-age/spirituality for anyone interested in those themes. With an eye-catching design and a contemporary voice, EVERYDAY RADIANCE will appeal to the same audience that embraces astrology, witchcraft, rituals, breathwork, crystals, sage burning, tarot, and meditation.

PERFECT FOR GIFTING: With beautiful touches such as gilded edges and a ribbon marker, EVERYDAY RADIANCE will make the perfect add-on gift to go along with a beautiful candle, tea set, or planter, or alongside any zodiac-themed gift item.

EXPERT AUTHOR: Heidi Rose Robbins is an expert astrologer, poet, and host of the Radiance Project podcast.

Author Bio

Heidi Rose Robbins is a celebrity astrologer, poet, and host of the Radiance Project podcast. She is based in Los Angeles.
Free Spirit Cocktails
40 Nonalcoholic Drink Recipes
by Camille Wilson, photographs by Jennifer Chong

Light in spirit and easy to make, FREE SPIRIT COCKTAILS is a refreshing approach to cocktail-making without the hangover.

Lighthearted and full of easy-to-make drinks, FREE SPIRIT COCKTAILS is a refreshing approach to cocktail-making without the hangover. This collection of 40 zero-alcohol recipes features a wide variety of flavorful refreshments that have the look and feel of well-crafted cocktails without any liquor involved. From twists on classic cocktails to inventive sippers, quick 3-ingredient recipes, and more, this mocktail book offers countless opportunities for a spirit-free moment:
- Unwind after a long day with a fragrant glass of A Perfect Pear.
- Mix up some flavorful Faux Swizzles for a zero-proof mocktail party.
- Host a perfect brunch with a large batch of Life’s a Peach.
- Cheers with a glass of Be My Honey to celebrate all of life’s moments.

MOCKTAIL MOVEMENT: Sober-flexible living has grown exponentially over the past couple of years and continues to be a major topic. More and more, people are participating in Dry January, purchasing alcohol-free spirits and mixers, and exploring sober living.

EASY TO MAKE: All the drinks in FREE SPIRIT COCKTAILS are approachable and easy to whip up in a flash for any occasion-parties, baby showers, weddings, holidays, and more.

Perfect for:
- People looking for fun alcohol-free recipes
- Wedding, housewarming, and holiday-gift seekers
- Dry January followers and those looking for general New Year New You content
- Readers of Punch, Food & Wine, Bon Appetit, Compound Butter
- Party hosts looking to have a more inclusive drink selection

Author Bio
Camille Wilson is a writer and recipe developer based in New York City. Her blog, The Cocktail Snob, helps people discover the best cocktails in New York and features simple recipes for those who want to create happy hour at home.

Jennifer Chong is a photographer based in Los Angeles specializing in Food & Travel Photography.
Friends to Keep in Art and Life
by Nicole Tersigni

From the author of the bestselling ballbuster Men to Avoid in Art and Life comes Friends to Keep in Art and Life, a hilarious and relatable celebration of female friendships.

Pairing classical paintings with funny, irreverent captions, Nicole Tersigni honors all sorts of sacred female friendships and the miscellaneous nonsense that brings women closer together. Focusing on five major friend types (the Work Friend, the Nurturing Friend, the Hide a Body for You Friend, the Up for Anything Friend, and the Super Honest Friend), Tersigni’s meme-style humor perfectly captures all of the weird-but-special, intimate, cherished, and often laugh-out-loud moments that define female friendship.

BESTSELLING AUTHOR: Nicole Tersigni broke the Internet with her first book, the hit success Men to Avoid in Art and Life based on her hysterical Twitter feed. Still packed with the same whip-smart humor, Friends to Keep in Art and Life celebrates wholesome female friendships in a loving way.

THE PERFECT GIFT: Friends to Keep in Art and Life covers the many different types of female friendships, making it the perfect present for any pal in your life! Whether they’re your work wife, drinking buddy, or bluntly honest bestie, there’s something for everybody in this book. No matter the gifting moment—birthdays, holidays, or just because—it’s a surprise that’s sure to make them laugh!

RELATABLE CONTENT: These universal kinds of friendships will delight any pal you gift it to! This book sparks nostalgic banter and will have you and your friends reminiscing in no time.

Perfect for: • Art history enthusiasts
• Meme lovers
• Fans of shows like Golden Girls, Broad City, and Girls

Those who loved Men to Avoid in Art and Life

Author Bio

Nicole Tersigni is a comedic writer experienced in improv comedy and women’s advocacy. She lives in Metro Detroit with her husband, daughter, and two dogs.
From Harvest to Home
From Harvest to Home
by Alicia Tenise Chew, by (photographer) Tom McGovern

A gorgeous photo-driven lifestyle guide filled with autumnal activities, easy DIYs, and cozy recipes, for anyone who loves the fall season.


For anyone who loves all things fall, FROM HARVEST TO HOME is a stunning celebration of this cozy season. Brimming with gorgeous photography and tons of autumnal activities, creative decor projects, and delicious recipes, this beautiful lifestyle guide will inspire readers to make the most of this enchanting time of year.

Learn how to craft an eye-catching fall wreath. Plan an epic tailgate party. Host a spooky movie marathon with the ultimate watch list. Get inspired to go apple picking, then make Cardamom Ginger Apple Butter. Design an exquisite tablescape using decorative gourds, greenery, and candles for a Thanksgiving or Friendsgiving celebration.

All these ideas and more are presented in an attractive package with foil on the cover that makes a thoughtful, seasonal gift alongside a scarf, a thermos, or a fall-themed candle.

WIDE APPEAL: Who doesn't love fall?! It's an undeniably beautiful, cozy season. This inviting, visually driven book will appeal to people of all ages who look forward to fall, decorate their homes for the season, and uphold traditions with friends or family, like going to football games, baking pies, or hosting (...)

Author Bio

Alicia Tenise Chew is a lifestyle blogger and former East Coaster now based in LA. On her blog, Alicia Tenise, she writes about entertaining, fashion, beauty, food and drink, and travel. She has been featured in ELLE Magazine, Essence, the Washington Post, and Washingtonian Magazine, among others.

Tom McGovern is a food and lifestyle photographer based in LA.
Gods of Soccer
The Pantheon of the 100 Greatest Soccer Players (According to Us)
by Miranda Davis, Roger Bennett and Michael Davies

From the hosts of the mega-popular podcast and TV show Men in Blazers, comes their completely scientific, 100% definitive, defend-to-the-death list of the greatest soccer players of all time.

Every fan has their own list of the 100 soccer players they consider the greatest ever to play the game. A list based on triumphs, sublime moments of skill, superhuman tenacity, and telenovela-esque backstories. To the list-maker, that 100 feels objective. Unequivocal. An absolute truth.

This is one such list.

Written with the same signature Men in Blazers humor (and hint of mischief) found in their New York Times bestseller Encyclopedia Blazertannica, and accompanied by Nate Kitch’s iconic photographic illustrations, Men in Blazers share the stories of household names like David Beckham and Alex Morgan, along with cult icons such as Garrincha, the Brazilian star of the 1960s who was born with one leg six inches shorter than the other, and Briana Scurry, a trailblazer who paved a path for young Black soccer-playing women. Page by page, you will revel in the depictions of players you adore, discover tales you have never heard, and experience vivid stories of dreams, loyalty, perseverance, creativity, and luck. Together, they form an alternative telling of the history of soccer, tracing the evolution of the (...)

Author Bio

Miranda Davis is a producer at Men in Blazers. She lives in Manhattan and reluctantly shares her birthday with fellow Pennsylvanian Christian Pulisic. She has a degree in Film and Media Studies from Columbia University. She lives in New York City.

Roger Bennett is a writer, broadcaster, filmmaker, and cohost of NBC's Men in Blazers. He is the New York Times bestselling author of (Re)born in the USA, and the coauthor of Encyclopedia Blazertannica. He lives in Bedford, New York.

Michael Davies is a multiple Emmy award-winning producer of many shows, including Who Wants to Be a Millionaire, the cohost of the popular NBC show Men in Blazers, and the coauthor of the New York Times bestseller Encyclopedia Blazertannica. He lives in Bridgehampton, New York.
The Herbivorous Butcher Cookbook
75+ Recipes for Plant-Based Meats and All the Dishes You Can Make with Them
by Aubry Walch and Kale Walch, with Sandra Soria

75 vegan recipes for meat alternatives and tasty dishes from cult favorite vegan butcher" shop The Herbivorous Butcher.

Think of any go-to American meat-focused cookbook. Now, imagine it vegan. From the Guamanian brother-sister duo behind the acclaimed and beloved vegan "butcher" shop, The Herbivorous Butcher, here are 75 innovative recipes for plant-based meats and standout vegan dishes. These are butcher shop classics (but so much healthier) such as Pork Chops, Ground Beef, and Chicken Cutlets that taste and chew as good as the real thing-perfect for vegans as well as anyone who wants to eat less meat.

Use these base recipes (or store-bought substitutes) to prepare super-tasty, hearty dishes that are-yep-totally vegan: Cherry-Glazed Rib Rack, Nashville Hot Popcorn Chicken, Kale's Very Fine Lasagna, BLT Couscous Crust Quiche, and more. With a chapter on bases, "butters," and sauces that will elevate your vegan dishes, plus beautiful photography and entertaining stories, this book is a glimpse of the future-and the future tastes delicious.

AUTHORS WITH SERIOUS KNOW-HOW: Siblings Aubry and Kale Walch opened The Herbivorous Butcher in 2016, which quickly gained a cult following in their local Minneapolis and beyond. Their products are now sold in regional Whole Foods locations, and they ship a wide range of products to all 50 states and Puerto Rico. Their fans have been ardently asking for their recipes-and here they are, for the first time, in this book.

EAT LESS MEAT: Whether for health, political, or environmental convictions, more and more people are eating less meat and (…)

Author Bio

Sister and brother duo Aubry and Kale Walch have spent the last several years perfecting The Herbivorous Butcher's deliciously deceiving meat-free meats. Aubry has spent over a decade creating meat-free alternatives for many of the foods that she grew up with on Guam, a place where each meal consisted of at least two different kinds of meat or seafood.

After years of watching Aubry thrive, Kale Walch followed suit and became vegan. Over the past few years, he has developed a keen sense for the many ingredients and methods that go into making the most flavorful, nutritious, and satisfying meat alternatives. Together they opened The Herbivorous Butcher
Herve Tullet's Art of Play
Creative Liberation from an Iconoclast of Children's Books (and Beyond!)
by Herve Tullet and Sophie Van der Linden


Colorful and curious. Experimental and improvisational. Each of Herve Tullet's creations, whether the bestselling children's book *Press Here* or the internationally traveling *Ideal Exhibition*, breaks the boundaries of art. Tullet is a renowned author and artist who urges people of any age to create playfully and joyfully. In this deluxe volume-part career-spanning monograph, part artist's manifesto-he shares his origins, his inspirations, and his methods alongside illustrations, sketches, fine art, and photographs of his installations. *Herve Tullet's Art of Play* features commentary from curator Aaron Ott and children's literature expert Leonard S. Marcus. It's sure to become a favorite among parents, teachers, and librarians as well as art lovers and creatives. With this book, as with all his work, Herve Tullet invites you to join him on an exuberant journey of creativity.

BESTSELLING AUTHOR: Tullet is a New York Times-bestselling author and a perennial favorite among buyers and sellers of children's books as well as among the art crowd. His books have been translated into many languages, and he's been featured in exhibitions around the world.

CREATIVITY FOR EVERYONE: Tullet's experiential art delights a range of audiences, from children to museumgoers. It appeals on many levels-as a radically inclusive fine art practice, as a bridge between children and adults, and as a purely joyful experience of color and motion.

INSIDE THE ARTIST'S PROCESS: This book offers a fascinating glimpse behind the scenes. Tullet describes everything from his use of sketchbooks to his musical inspirations. Creatives in all (…)

Author Bio

Sophie Van Der Linden is a writer and literary critic based in France.

Herve Tullet is a New York Times-bestselling author and has received numerous awards. His books include *Press Here*, *Mix It Up!*, *Let's Play!*, and *Say Zoop!* He lives in France.
Hindu Deities Poster
12 Removeable Prints
by Sanjay Patel

A vibrant, eye-catching poster portfolio book featuring 12 removeable prints of beloved Hindu deities and scenes from Hindu mythology.

*The Hindu Deities Poster Book* features a dozen iconic Hindu deities come to life with Pixar animator and director Sanjay Patel’s cute-meets-modern graphic style in this deluxe portfolio of twelve removable prints. The set includes many of the most captivating moments and characters from Hindu mythology—from Ganesha and his mouse to Sita and the magic deer, Krishna playing his flute, and Lakshmi holding her elegant lotus—all drawn with unforgottably original color and design. Each double-sided print features a concept sketch and a brief history of the deity on the reverse side. And the inside of the set’s sturdy envelope enclosure is teeming with still more divinely colorful artwork.

Think Charlie Harper doing storyboards for a mythological Mira Nair film . . .”-DwELl MAGAZINE

BEAUTIFUL CONTEMPORARY ART: Sanjay Patel brings the energy and vivid colors of his animation-inspired art to every image.

FRESH TAKE ON CLASSIC FAVERITES: These bold illustrations bring a fresh eye to beloved figures in Hindu mythology, including Ganesha, Kali, Shiva, Durga, Hanuman, Lakshmi, Buddha, Sarasvati, Vishnu, Nataraja, Krishna, and Sita.

PERFECT SIZE FOR DISPLAY OR READING: At 9 x 12 inches, these posters are easy to display—just pull out a print by tugging it away from the left edge of the binding—or to keep in the book and flip through for a playful and educational reading experience.

Perfect for: • Anyone interested in a beautiful graphic presentation of famous moments and characters of Hindu mythology
• Teachers (…)

Author Bio

Sanjay Patel is the author of *Ramayana: The Divine Loophole* and *The Little Book of Hindu Deities* and is the creator of the *Ghee Happy* animated series for Netflix. As an animator and storyboard artist for Pixar Animation Studios he worked on numerous films, including *Monsters, Inc.; A Bug’s Life; Toy Story 2; Ratatouille; The Incredibles; and Toy Story 3*. In 2015 Pixar released Patel’s *Sanjay’s Super Team*. Sanjay Patel resides in Los Angeles, California.

Notes

Promotion

Chronicle Books
On Sale: Oct 4/22
9 x 12 • 12 pages
9781797219899 • $32.95 • BH - Paperback, 9 x 12 inches, 26 pages, 12 full-color removable posters, full-color illustrations throughout
Religion / Hinduism
Homage
Recipes and Stories from an Amish Soul Food Kitchen
by Chris Scott, with Sarah Zorn

From renowned chef Chris Scott comes a first-of-its-kind, richly narrative cookbook that celebrates an under-explored foodway in the African diaspora: Amish soul food.

In HOMAGE, Chris Scott tells the remarkable story of his family over seven generations via comforting dishes and vivid narratives: From his enslaved ancestors to his great-grandfather, who migrated to Pennsylvania after the Emancipation Proclamation, to his own childhood in Amish country, and, ultimately, his successful restaurant career in Philadelphia and New York City.

In this tribute to those who came before him, Chris Scott shares 100 dishes born of a unique blend of Southern, German, and Dutch cuisines, including Chicken Fried Steak with Sassafras Country Gravy, Charred Radicchio Salad with Roasted Grapes and Shaved Amish Cheddar, and the ultimate Whoopie Pies.

Stunning photography evokes the rich history of these distinct cultures. HOMAGE is a must-have for home cooks who love JUBILEE and Carla Hall, who enjoy soul flavors or Midwestern food, or who are drawn to cookbooks with vivid storytelling, a sense of place, and a new point of view.

UNEXPLORED FOODWAY: One of the many unexplored foodways in the African diaspora, Amish soul food is a novel cuisine in the publishing world.

HOMAGE is a celebration of Black culture and food, and an exploration of a culinary region—one that has never before been highlighted in a cookbook.

. . . AND YET THIS IS A FAMILIAR CUISINE: The Great Migration from (...)  

Author Bio

Chris Scott is a New York-based chef and the previous owner of Brooklyn Commune and Butterfunk Kitchen, both in Brooklyn, as well as Birdman Juke Joint in Bridgeport, CT, which celebrates Black farmers and agriculture. He is the current owner of Butterfunk Biscuit, which highlights heritage baking at its finest. He was also a finalist on Top Chef, season 15. He lives in New Jersey with his family.

Sarah Zorn is a food writer and editor, as well as the coauthor of Sunday Best and Levant. She was the recipe tester for The Nom Wah Cookbook and Xi’an Famous Foods: The Cuisine of Western China, from New York’s Favorite Restaurant.
Hooray for Grandparents
Ideas for Keeping Close, Building Traditions, and Creating Lasting Memories
by Jay Payleitner

A celebration of the importance of grandparents. Packed with 50 ways to be a fun, meaningful, and beloved presence in grandchildren’s lives.

Hooray for Grandparents celebrates the special role grandparents play in children’s lives and collects 50 ways to build a strong relationship between grandparent and grandchild. It’s filled with fun activities to do together, ways to create your own special traditions, advice on how to support your grandchild in difficult times, and ideas for building a legacy that lives beyond your years. Packaged in a fun and engaging format, with simple, fun, and heartwarming ways to deepen connections across generations, this is full of useful and meaningful ways for grandparents to bond with grandchildren.

BREEZY BOOK FOR GRANDPARENTS: This book captures the celebratory and grandchild-focused aspects of the special relationship in a format that works for grandparents who looking for something simple but meaningful.

GREAT GIFT: There are countless gifting moments for grandparents throughout the year and this book is the perfect gift for all of them, whether it’s for new grandparents-to-be or grandparents who have been enjoying their status for years. With plenty of ideas for enjoying a strong relationship for the long haul, it’s a wonderful way to celebrate a special grandparent any time of year.

Perfect for: • Grandparents; grandmothers; and grandfathers • Friends and family of grandparents and grandparents-to-be

New parents looking to share the news or celebrate with grandparents-to-be

Author Bio

Jay Payleitner is a retired Chicago ad man and the author of many books, including The Newlywed Year (Chronicle, 2021). He is the father of five grown adults and a grandfather many times over.
How to Read the Wilderness
An Illustrated Guide to the Natural Wonders of North America
by Nature Study Guild

This book invites you to see the natural world in all its intricacy and intense beauty and become a knowledgeable steward of the wild.

From the mountains to the ocean shores, from the wetlands to the deserts, North America teems with flora and fauna in delicately balanced ecosystems found nowhere else on Earth. With this book in hand, you will understand the language of nature and see those wild places with new eyes. You’ll learn to recognize the lobed leaf of an Oracle Oak, the webbed tracks of a River Otter, and the fine, cream-colored tentacles of a Frilled Anemone. This volume celebrates a tradition of knowledge established by the Nature Study Guild. For more than sixty years, the Guild's pocket guidebooks have helped hikers, campers, foragers, and explorers navigate the great outdoors. Now, the best of the guides' informative text and iconic illustrations are gathered in one handsome hardcover: the perfect reference for today's ramblers.

FOR NATURE LOVERS OLD AND NEW: More and more people are invested in and curious about the natural world—from avid campers and hikers to those worried about climate change. This book, with its celebratory tone and charming vintage style, will appeal to anyone who cherishes the natural world.

NOSTALGIC APPEAL: The classic nature illustration style evokes memories of learning about flora and fauna in childhood, making this a wonderfully nostalgic gift.

BEAUTIFUL BLEND OF ART AND SCIENCE: This volume presents detailed scientific information in a gorgeous package, a deluxe hardcover that will grace coffeetables and bookshelves. It makes a perfect gift for anyone interested in biology (...)

Author Bio

The Nature Study Guild has consistently provided practical, charming guidebooks to generations of explorers and amateur naturalists. The FINDER guides have become some of the most recognizable field guides on the market.
How We Heal
Make Peace with Yourself & Begin Again
by Alexandra Elle

Beloved wellness author and teacher Alexandra Elle shares this practical and empowering guide to self-healing.

In *How We Heal*, bestselling author Alexandra Elle offers a life-changing invitation to heal yourself and reclaim your peace. In these pages, readers will discover essential techniques for self-healing, including journaling rituals to cultivate innate strength, accessible tools for processing difficult emotions, and restorative meditations to ease the mind.

Alex Elle elegantly weaves together themes like self-healing, mindfulness, inner child work, and boundary setting and presents the reader with easy-to-follow practices that have changed her life and the lives of the thousands of people she has taught. Her 5-part framework for healing will appeal to anyone who wants a clear process, while the compelling personal stories leave the reader feeling connected and ready to begin again.

Complementing the practices are powerful insights from Alex Elle’s own journey of self-discovery using writing to heal, plus remarkable stories of healing from a range of luminary voices, including Nedra Tawwab, Morgan Harper Nichols, Dr. Thema Bryant, Barb Schmidt, and many more.

Brimming with encouragement and delivered with Alex Elle’s signature warmth and candor, *How We Heal* is a must-have companion for anyone that wants to unlock their inner wisdom and confidence to heal on their own.

Perfect for: • Anyone suffering from anxiety, stress or emotional overwhelm • Readers looking to deeply engage in a personal writing practice that supports healing (…)

Author Bio

Alexandra Elle is a writer, wellness educator, and certified Breathwork coach. Her work has been featured by a wide range of media outlets, including the *New York Times, NPR, Good Morning America, ABC News, Essence, The Cut, MindBodyGreen, Bitch*, and *Forbes*, among many others. She teaches workshops and leads retreats centered around writing and self-care, and was host of the popular *hey, girl podcast*. She is the author of several books and journals, including, most recently, *After the Rain* and the *In Courage Journal*. She lives in the Washington DC metro area with her husband and three daughters.
How We Roll
The Art and Culture of Joints, Blunts, and Spliffs
by Noah Rubin

From rolling techniques to ast- roll -ology, interviews to do's and don'ts, quizzes to charts, this lively illustrated guide to all things joints has something for potheads and casual cannabis smokers alike.

From the classic joint to The Scorpion, The Braid, The Holy Cross and beyond, How We Roll brings you the best and most important rolling techniques for your favorite herbal concoction, along with interviews, quizzes, charts, and eye-catching original art throughout.

Exploring the many unique approaches to rolling through clever illustrations and clear instructions, How We Roll offers something new for every kind of smoker.

Featuring insightful interviews with notable cannabis lovers like Wiz Khalifa, Dawn Richard, and Tommy Chong, explorations of rolling culture around the world, and tips and tricks for rolling an exceptional j, How We Roll is the perfect book for any weed connoisseur. • GREAT GIFT: A must-have for potheads and causal smokers alike • ACCESSIBLE AND EYE-CATCHING: Eye-catching art and design make this comprehensive guide to joints a unique and delectable gift for any cannabis lover • EXPERT AUTHOR: Funny but authoritative author who provides a rich and well-rounded look at all things joints • HELPFUL CONTENT: Over 20 ways to roll a joint, with step-by-step instructions

Perfect for: • Cannabis enthusiasts • Fans of pot culture • Joint smokers

Author Bio
Noah Rubin is the editor of Snoop Dogg's hit cookbook From Crook to Cook and the former editor-in-chief of Snoop’s media platform, Merry Jane. Before Merry Jane, he was editor-in-chief of Nas’s media platform/production house Mass Appeal.

In addition to his writing and editorial work, Rubin has an extensive music background. His credits include Grammy-winning A&R work for global EDM phenomenon Flume and production on two highly regarded albums for Wu-Tang Clan. He is also the former VP of Music at Decon Records (now Mass
I Can't Wait to Call You My Wife
African American Letters of Love, Marriage, and Family in the Civil War Era
by Rita Roberts

This book honors the voices of African Americans of the Civil War era through their letters, inviting readers to engage personally with the Black historical experience.

Amidst bloody battles and political maneuvering, thousands of African Americans spent the Civil War trying to hold their families together. This moving book illuminates that struggle through the letters they exchanged. Despite harsh laws against literacy and brutal practices that broke apart Black families, people found ways to write to each other against all odds. In these pages, readers will meet parents who are losing hope of ever seeing their children again and a husband who walks fifteen miles to visit his wife, enslaved on a different plantation.

The collection also includes tender courtship letters exchanged between Lewis Henry Douglass and Helen Amelia Loguen, both children of noted abolitionists, and letters sent home by the young women who traveled south to teach literacy to escaped slaves. Roberts' expert curation allows readers to see the wider historical context. The transcriptions are accompanied by reproductions of selected original letters and photographs of the letter writers.

FRESH ANGLE ON HISTORY: Roberts reframes the Civil War era by telling the story of American slavery through letters. And by focusing on the strong bonds of love that these letters represent, she offers a deeply human and relatable version of history.

AUTHORITATIVE YET ACCESSIBLE: Throughout the book, Roberts provides expert context while weaving compelling stories about the individual letter writers. Readers can connect with history directly by reading actual words from the time and seeing photographs of both the letters and the writers.

NUANCED (...)

Author Bio

Rita Roberts is a writer and historian. She is currently retiring from her Professorship of History and Africana Studies at Scripps College, where she holds the Nathan Wright Stephenson Chair in History and Biography.
I Love(ish) New York
Tales of City Life
by Ali Solomon

A humorous and relatable look into the joys and pitfalls of living in New York City.

There is no city quite like New York City, for better or worse. I Love(ish) New York is a hilarious relatable collection of essays, illustrations, and cartoons about the always interesting, sometimes frustrating, and endlessly entertaining quirks of living in the Big Apple.

Despite the notorious six-floor walk-ups and unrequited love found in all the wrong dive bars, the city’s unique charm and irresistible allure keeps millions of residents—and starry-eyed millions more on their way—walking fast and talking faster. New Yorker magazine contributor Ali Solomon offers an absurdist’s eye and a satirist’s pen, crafting a love letter to the greatest (or great-ish?) city in the world. I Love(ish) New York is the perfect gift for anyone who lives, left, loved, or dreamed of living in New York City.

A PERFECT GIFT: This is great gift or self-purchase for anyone who lives in, has left, or is moving to New York City. Whether given as a graduation, housewarming, or moving present, I Love(ish) New York is a relatable laugh for the millions who love (and love to hate) New York.

EVERGREEN TOPIC: New York will always be absurd and wonderful to those who live or who have lived there. This book will resonate with its millions of residents.

A LOVE LETTER TO NYC: Ali Solomon shares the ups and downs of living in New York as only a lifelong New Yorker can. From finding your first apartment to landing a job, romantic partner, and then facing the decision to hang tough or flee to the suburbs, Ali tackles the full lifecycle of the city dweller with heart and wit. New Yorkers of all ages and stages will be able to relate.

Perfect for:

New Yorkers, past and present, and transplants
Recent college graduates

Author Bio

Ali Solomon is a writer, cartoonist, and art teacher. She is a regular contributor to the New Yorker and lives in Queens, New York with her family.
Is It Hot in Here?
Or Am I Suffering for All Eternity for the Sins I Committed on Earth?
by Zach Zimmerman

In this debut collection of essays, lists, musings, and quips, New York-based comedian Zach Zimmerman delicately walks the fine line between tear-jerking and knee-slapping, and does so with aplomb.

In this laugh-and-cry-out-loud, memoir-esque exploration of selfhood, Zimmerman dives into the pros and cons of retiring a Bible-Belt-dwelling, meat-eating, God-fearing identity in exchange for a new, metropolitan lease on life—one of vegetarianism, atheism, queerness, and humor. Whether learning to absolve instilled religious guilt or reminiscing over Tinder dates gone horribly wrong, this book is a candid and hysterical look at one person’s journey toward making peace with the past and seeking hope in the future.

HILARIOUS WRITING: The stories featured in this collection are an uproarious read with a strong and established tone of voice. Featuring pieces that were originally published in the New Yorker, Is It Hot in Here (Or Am I Suffering for All Eternity for the Sins I Committed on Earth)? is a literary gem.

RELEVANT AND INCLUSIVE: Zimmerman navigates obstacles in the queer community with essays that are not only humorous and heartfelt, but also act as guiding anecdotes for young, queer community members.

ESTABLISHED AUTHOR AND COMEDIAN: Zimmerman has written dozens of New Yorker humor pieces and essays, a Billboard Top Ten comedy album that debuted at #1, and has been featured in New York Magazine, The New York Times, TimeOut, Vulture, and more.

Perfect for: • Comedy and humor fans • Literary enthusiasts and fans of comedy writing like David Sedaris • Short story and essay collection readers

Author Bio

Zach Zimmerman is a Brooklyn-based comedian and writer named a TimeOut New York Comic to Watch. With essays and humor pieces that have been published in The New Yorker, McSweeney’s, The Washington Post, The Independent, and more, Zach was called a rising star* by The New York Times and a “world class comic” by the Chicago Reader. Zach has performed around the world and was a host and staff writer for Scruff’s popular trivia game Hosting. An alum of The Second City Theatricals in Chicago, Zach’s first stand-up album “Clean Comedy” debuted at #1 on iTunes and the Billboard
Island Wisdom
Hawaiian Traditions and Practices for a Meaningful Life
by Kainoa Daines and Annie Daly

ALOHA (love) • 'ĀINA (land) • MO'OLELO (stories) • 'OHANA (family)
DISCOVER FOUR FOUNDATIONS OF HAWAIIAN LIVING
FOR A PEACEFUL AND BALANCED LIFE.

More than just a beautiful paradise, Hawai‘i has a rich culture, deeply rooted in tradition. Native Hawaiian and cultural expert Kainoa Daines has spent many years teaching visitors to the islands about this time-honored wisdom, and now he has teamed up with journalist Annie Daly to share that knowledge with you. Island Wisdom is an inspirational and rewarding journey through traditional Hawaiian teachings that have stood the test of time, from how to be pono every day (live a balanced life), to how to malama 'aina (preserve and protect the land). Filled with the voices and guidance of Hawaiian elders, regional folklore, and ancient teachings-plus gorgeous local photography and illustrations throughout- Island Wisdom is a celebration of Hawaiian culture, language, and values that will give you a deeper understanding, appreciation, and respect for Hawai‘i and the Hawaiian way of life.

Perfect for:
- Fans of the New York Times bestseller The Little Book of Hygge
- Travelers who have visited or are thinking of visiting Hawai‘i
- Readers curious to learn about Hawaiian culture and language
- Anyone seeking to slow down and experience a more balanced life

Author Bio

Annie Daly is the author of Destination Wellness and a Brooklyn-based freelance journalist who writes for wellness and travel publications such as Self, Afar, Conde Nast Traveler, Travel + Leisure, and Bon Appetit’s Healthyish.

Kainoa Daines is the Director of Culture and Product Development for the Hawaii Visitors & Convention Bureau. He is a proud member of the Royal Order of Kamehameha I and the Hawaiian Civic Club of Honolulu. He is a resident of Honolulu, with roots on all the major Hawaiian Islands.
Jimi Hendrix
by Janie Hendrix and John McDermott

In celebration of what would be Jimi Hendrix’s 80th birthday, this ultimate tribute to one of the most legendary musicians in rock-'n'-roll history will be published on his anniversary in November 2022. Although Jimi Hendrix lived to be only 27 years old, he accomplished more in five years than most musicians do in a lifetime. Songs like "Hey Joe," "Purple Haze," and "Voodoo Chile" are classic rock staples. His innovation on the electric guitar has influenced generations. This monograph, made in collaboration with his sister Janie Hendrix and John McDermott, is a large-format coffee-table book that includes essays, quotes, photographs, handwritten lyrics, memorabilia, and more.

Author Bio

Jimi Hendrix, 1942–1970, is a rock-'n'-roll legend. Although his mainstream career spanned only four years, he is widely regarded as one of the most influential electric guitarists in the history of popular music, and one of the most celebrated musicians of the 20th century.

About Janie Hendrix:
Janie Hendrix is Jimi Hendrix’s sister and is in charge of his estate.

About John McDermott:
John McDermott is an author and filmmaker.

Both Janie Hendrix and John McDermott work for Experience Hendrix, LLC, the exclusive copyright holder to all Hendrix material.
Just Enough Design
by Taku Satoh

A Japanese designer offers a compelling alternative way to engage with our possessions, our history, our environment, and each other.

The Japanese phrase *hodo-hodo* originates in ancient times. When contemporary designer Taku Satoh applies it to his work, it means “just enough.” *Hodo-hodo* design deliberately holds back, leaving room for individuals to engage with objects according to their unique sensibilities. In the midst of a consumerist age, Satoh has built an illustrious design career around this philosophy, creating iconic work in fashion, food, and architecture. His ideas speak not just to professional designers, but to anyone who wishes to move more thoughtfully through the world. Within this slim but powerful volume, Satoh explains his philosophy through tangible examples—from the aesthetic of a timeworn ramen shop to a rooftop playground inspired by onomatopoeia. Urging readers to appreciate everyday objects and spaces and to question the lure of convenience, he delivers a message rooted in the past yet perfectly suited to our times.

TIMELY TOPIC: As more people begin to question the structures of consumerism, this thoughtful book offers a different way of seeing the world. Satoh’s philosophy aligns perfectly with sustainable lifestyles.

UNIQUE INSIGHTS INTO JAPANESE CULTURE: Japan is a huge cultural exporter and a booming travel destination. Many Japanese ideas and traditions—such as ikigai, forest bathing, and wabi-sabi—are being widely celebrated as pathways to a more fulfilling life. This book presents *hodo-hodo*, a concept not yet widely exported. Learning about *hodo-hodo* will enrich readers’ understanding of Japan, as well as inspire designers and other creatives in (…)

Author Bio

Taku Satoh has created designs for prominent Japanese brands including Issey Miyake. He has been awarded honors by, among others, the New York Art Directors Club and the emperor of Japan. He resides in Tokyo.
LEGO in Focus
Explore the Miniature World of LEGO Photography by LEGO

A vibrant and adventurous LEGO® photography book that sees the world in LEGO bricks and minifigures.

LEGO® In Focus celebrates the boundless creativity of LEGO play through stunning brick and minifigure photography. Look through the lens of 50 toy photographers as they imagine the world from a LEGO point of view.

This distinctive collection from creators across the globe explores minifigure-sized perspectives on nature, urban life, travel and adventure, and much more. From diving into the ocean's depths and seeking shelter in a snowstorm, to dancing at a washing machine disco and enjoying ice cream on a summer day, each image offers surprises and hidden humor, while sharpening our focus to the magic of play. Detailed captions and behind-the-scenes progress images take us deeper into the bricks and elements that connect us. LEGO® In Focus is the perfect experiential, imaginative photography book for LEGO builders and dreamers alike.

TOY PHOTOGRAPHY FOR LEGO FANS, BY LEGO FANS: The art for this beautiful coffee table book was provided by two talented fan photography communities, Brick Central and Stuck in Plastic. Each of these global communities works closely with the LEGO Group to engage Adult Fans of LEGO (AFOLs).

FIRST OF IT’S KIND: Never before have adult LEGO fan communities from across the globe come together quite like this. An original concept, this book offers beautiful photography plus quiet humor that fans of LEGO photography books like Small Scenes from (...)
Love Your Home Again
Organize Your Space and Uncover the Home of Your Dreams
by Ann Lightfoot and Kate Pawlowski

Achieve your dream home through the simple power of organizing.

A Compassionate and Practical Guide to Reimagining the Home of Your Dreams

In Love Your Home Again, Ann Lightfoot and Kate Pawlowski—organizing experts and the mother-daughter duo behind Done & Done Home—ask questions that take into account who you are and how you actually live to help resolve the issues behind the excess and create lasting solutions to keep your home running smoothly. Sharing their tried-and-true systems of decluttering, organizing, and maintaining, along with real client stories, Lightfoot and Pawlowski teach you how to manage your home with their signature good humor and refreshing lack of dogma” (the New York Times). Inside you’ll find:

• Gentle guidance on things like handling sentimental items, embracing quality over quantity, and cutting down on waste
• Helpful tips for making your daily life easier, from meal-prepping to creating routines
• Organization methods for every room, small space strategies, and so much more

You’ll be amazed at the time, money, and energy you’ll save—all better spent enjoying your space. Get ready to love your home again.

FOR READERS OF: The Home Edit, Beautifully Organized, Simply Living Well, and Real Life Organizing

RISING STAR AUTHORS: Ann and Kate are celebrities in the organization world. They are frequently asked to comment on home organizing, staging, and decluttering topics, with recent clips in Women’s Day, the New York Times, People, Apartment Therapy, Bravo, CNN, and (…)

Author Bio

Ann Lightfoot and Kate Pawlowski are the dynamic mother-daughter duo and founders of Done & Done Home, a professional organizing service with clients in New York, New Jersey, Connecticut, Los Angeles, Chicago, and more.
Luminous Dreams
Luminous Dreams
by Katie Huang

This beautifully illustrated, soothing guide invites readers to explore the world of dreams through a collection of bedtime rituals, dream symbols, and intuitive practices.

Unlock the powerful wisdom of dreams, this enchanting book teaches readers to listen to the wisdom of their unconscious mind and tap into their innermost desires through the art of intuitive dream interpretation. The book provides a range of rituals-energy practices, crystal work, affirmations, and more-to prepare the dreamer for slumber, promote peaceful sleep, and enhance dream recall. An A to Z guide decodes 40 common dream symbols and scenarios. Packed with beautiful, ethereal artwork and essential wisdom on the history, traditions, and techniques of dream interpretation, LUMINOUS DREAMS is an essential bedside companion for modern mystics, meditation enthusiasts, and anyone who wants to discover the hidden power of dreams.

PERENNIAL CATEGORY: Sleep and dreaming are evergreen topics: People will always be looking for ways to improve their sleep and better understand the fascinating world of dreams. LUMINOUS DREAMS speaks to that perennial interest with a fresh approach that incorporates on-trend mind/body/spirit practices like crystals, herbs, essential oils, and affirmations.

ON-TREND: LUMINOUS DREAMS taps into the current interest in mind/body/spirit and wellness. A beautiful new offering, this handbook is perfect for self-care enthusiasts, modern mystics, and the spiritually curious.

AUTHORITATIVE AUTHOR: Katie Huang is the founder of Love By Luna, a leading astrological lifestyle brand; co-owner of MoonBox, a subscription box service aligned with the lunar cycle; and the author of CRYSTAL ZODIAC, a guide to using crystals in tandem with (...)

Author Bio
Katie Huang is a writer, entrepreneur, and founder of Love By Luna, a leading astrological lifestyle brand. She is also co-owner of MoonBox, an international subscription box service aligned with the lunar cycle. Featured in Allure, TeenVogue, Buzzfeed, and Time Out London, Katie focuses on developing products that combine style, practicality, and spirituality to encourage mindful living. She is the author of CRYSTAL ZODIAC. She lives in Los Angeles, California.
Makeover from Within
Lessons in Hardship, Acceptance, and Self Discovery
by Ty Hunter

A moving and uniquely inspiring book of self-reflection and motivational musings from Ty Hunter, stylist to the stars.

In this nuanced mix of memoir, photographs, motivational musings, and wisdom, legendary celebrity stylist Ty Hunter recounts both the trying times and brightest moments of his life. Faced with physical, mental, and emotional obstacles that range from a gunshot wound to caring for his sick parents to simply existing as a Black, gay man in America, Ty channeled his energy into surmounting the unconquerable, along the way developing a resilient spirit—one that begs to be shared with the world.

In overcoming his own hardships and blossoming in his career as a stylist, where he worked with superstars like Beyonce and Billy Porter, Ty has developed a knack for inspiring self-confidence in others. Perfect for the unstoppable badass in your life, this book tells the story of a vibrant soul who defeated the odds and whose goal is to guide you to a brighter and more positive future.

DISTINGUISHED AUTHOR: Ty Hunter was Beyonce's stylist for 18 years, currently works as Billy Porter's head stylist, and launched a fashion line with A Cloud. Ty's substantial following on Instagram, where he shares motivational life advice, demonstrates high demand for his words of wisdom.

SUPERSTAR CONTRIBUTORS: Featuring a foreword by multi-platinum Grammy award-winning singer, songwriter, and actress Beyonce and afterword by multi-award-winning actor, singer, and author Billy Porter.

A GREAT READ AND GIFT: This gorgeous book is perfect for birthdays, holidays, Pride celebrations, or any other day that needs some positive energy.

Author Bio

Multi-talented Ty Hunter became a major force in the fashion industry as he helped shape an entire generation of fashionistas through his role as Beyonce's stylist for 18 years. Ty has gone on to design his own collections, and has even shown at New York Fashion Week. He recently joined forces with one of the most exciting names in fashion today when he became Billy Porter's head stylist and was named his creative director.
Manifest
7 Steps to Living Your Best Life
by Roxie Nafousi

THE INSTANT INTERNATIONAL BESTSELLER
Change your life with the first truly practical guide to manifesting, the hugely popular self-development practice that will transform your life for good . . .

Written by self-development coach and 'Queen of Manifesting' Roxie Nafousi, this book is the essential guide to anyone and everyone wanting to feel more empowered in their lives. In just seven simple steps you can understand the true art of manifestation and create the life you have always dreamed of.

Whether you want to attract your soulmate, land the perfect job, buy the home you have always wanted, or simply find more inner-peace and confidence, Manifest will teach you exactly how to get there . . .

1. Be clear in your vision
2. Remove fear and doubt
3. Align your behavior
4. Overcome tests from the universe
5. Embrace gratitude without caveats
6. Turn envy into inspiration
7. Trust in the universe

A meeting of science and wisdom, manifesting is a philosophy and a self-development practice to help you reach for your goals, cultivate self-love and live your best life.

Unlock the magic for yourself and begin your journey to turning your dreams into reality.

Author Bio

Roxie Nafousi is an emotional health coach and has written on wellness topics for media including Vogue, Grazia, Time Out, Evening Standard, Marie Claire, and Kourtney Kardashian's Poosh
You may not realize it, but many essential therapeutic techniques can be accessed right in your own kitchen. In Mind Over Batter, licensed therapist and master baker Jack Hazan guides you through 75 simple, healing recipes that can help you tap into whatever you might be going through that day. Inspired by the Syrian and Middle Eastern baked goods he grew up with, along with his take on classic American desserts, recipes are organized into themed chapters based on common life moments and needs.

- In need of connection? Make some Pesto Pull-Apart Bread to share with your loved ones.

- Looking for a way to release some anxiety? Knead away your stress with a Chocolate Babka Crunch.

- Simply in need of some self-care? Whip up a single-serving indulgence like a Devil’s Food Mug Cake.

Throughout each chapter are invaluable exercises and “quick sessions” that connect baking processes to the evidence-based therapy tools Jack uses in his practice every day.

Author Bio

Jack Hazan, LMHC, CSAT is a New York City–based therapist, and the founder of Bryant Park Therapy and the company JackBakes, whose baked goods are carried in over 100 physical and online retailers. Jack has been featured in Time Out New York and the New York Post and has appeared on Bravo’s Watch What Happens Live and the Food Network.
Moving Through Cancer pb
An Exercise and Strength-Training Program for the Fight of Your LifeEmpowers Patients and Caregivers in 5 Steps
by Dr. Kathryn Schmitz

Go from diagnosis to thriving with this empowering guide to using strength training and exercise to improve your mental and physical health before, during, and after cancer diagnosis and treatment. This groundbreaking program will show you how to use exercise and movement to:
- Recover more quickly from surgery
- Withstand chemotherapy (or other drug treatments) or radiation with fewer side effects
- Bounce back to daily life following cancer treatments
- Prevent loss of function or fitness due to treatment
- Return to work more quickly or stay at work throughout treatment
- Protect against late side effects of treatment that come years after diagnosis

Leading exercise oncology researcher Dr. Kathryn Schmitz shows you how to prepare for cancer treatment and begin regularly exercising in just 21 days using five key steps: Move, Lift, Eat, Sleep, and Log. Both informative and practical, MOVING THROUGH CANCER explains the science of healing and prevention and delivers a paradigm-shifting message for patients, doctors, and caregivers about using exercise to live with and beyond cancer.

Author Bio
Kathryn Schmitz, PhD, MPH, FACSM, is the Associate Director of population sciences at the Penn State Cancer Institute and past president at the American College of Sports Medicine. Her protocols for exercise in cancer care are already being used by several major institutions and practitioners. Dr. Schmitz has made it her personal mission to use exercise for cancer prevention and recovery, for all cancers. Dr. Schmitz holds a BA in economics from the University of North Carolina, an MS in exercise physiology from Queens College, a PhD in kinesiology from the University of Minnesota, and an MPH from the University of Minnesota. She is also an in-demand speaker for cancer patients and physicians around the world. She has given presentations about her work all around the world at conferences like the American Society of Clinical Oncology, the International Society of Lymphology, and the American Cancer Society. She has also been featured on GOOD MORNING AMERICA and NPR and in the NEW YORK TIMES and WALL STREET JOURNAL.
Nature Swagger
Stories and Visions of Black Joy in the Outdoors
by Rue Mapp

An exquisite combination of beautiful photography and compelling stories, this book from Outdoor Afro founder, Rue Mapp, celebrates Black joy in nature.

Filled with breathtaking photography, inspiring stories, profiles, and spotlights from Outdoor Afro group members, prominent Black leaders in outdoor spaces, and other organizations, this book inspires Black communities to reclaim their place in the natural world. Interspersed throughout are essays from Mapp on the rich history of Black involvement in the outdoors, activism, and conservation, as well as resources for readers who want to deepen their own connection with the elements. A perfect blend of gorgeous photographs, awe-inspiring stories, and Black history, this collection is the perfect gift for anyone looking to heal in these sacred natural spaces.

INCREDIBLE ORGANIZATION: Outdoor Afro is a leading organization in the promotion of Black involvement and interaction with the outdoors. Their powerful work is leaving positive, lasting effects on the Black community and broader conservation community.

ACCOMPLISHED AUTHOR: Rue Mapp's rich involvement in the outdoors and her connections with like-minded individuals and organizations offer a unique approach to educating, motivating, and encouraging Black connection with nature.

INSPIRATIONAL AND UNIQUE: This book showcases Black joy and strength in spaces from which they have either historically been excluded, or less represented, and makes for an inventive and uplifting celebration of Black joy in nature.

A GREAT GIFT: Perfect for the outdoorsy person in your life, this book will make for an excellent boost of inspiration and encouragement all year round.

Perfect for: • Black and brown community members with an interest in nature
• Hikers, campers, birders (...)

Author Bio
Rue Mapp is the Founder and CEO of Outdoor Afro, overseeing a carefully selected and trained staff and national volunteer team. Since Outdoor Afro's inception in 2009 as a blog, Rue has captured the attention and support of millions through a multimedia approach that is grounded in personal...
Persuasion
The Complete Novel, Featuring the Characters' Letters and Papers, Written and Folded by Hand
by Barbara Heller and Jane Austen

This special edition invites fans inside the world of Anne Elliot. It includes the full text of Persuasion, plus gorgeous, removable replicas of the characters' letters and other paper ephemera.

Captain Wentworth's letter to Anne Elliot remains one of the literature's most unforgettable confessions. It is the jewel at the heart of Persuasion, Jane Austen's captivating story of second chances and enduring love. Throughout the story, letters, newspapers, maps, and other paper ephemera reveal the characters' deepest motivations and shape their destinies. Anne's snobbish father obsesses over a written history of their noble family, and a page from the Bath Chronicle reveals the elaborate social scene of the town where the lovers are finally reunited.

This deluxe edition brings all of this and more to life. As you read the novel, you will find pockets throughout containing replicas of thirteen items from the story, re-created with exquisite calligraphy and painstaking attention to historical detail. For anyone who loves Jane Austen or still cherishes the joy of letter writing, this book deepens the experience of a favorite story in an entirely new way.

BELOVED STORY: PERSUASION is a much beloved classic, cherished by romantic readers everywhere. This project hits all the sweet spots for Austenites while offering something new to beguile them.

PERSUASION ADAPTATIONS IN THE WORKS: With not one but two new film adaptations of Persuasion on the horizon, now is the perfect time to revisit the original text in a unique way, with physical ephemera that links you directly to Austen's world.

UNIQUE FORMAT: From the masterful calligraphy to the painstaking attention (...

Author Bio

Jane Austen (author) (1775-1817) was a British writer. Persuasion was her last completed novel, published six months after her death.

Barbara Heller (curator) is a set decorator for film and television and a writer and director of award-winning short films. Her previous books include special editions of Pride and Prejudice and Little Women . She lives in New York City.
Observed the Clouds to Quiet Your Mind
by Casey Schreiner

A take-anywhere guide to the mindful practice of cloud watching.

Press pause, step outside, and look up. There is so much to gain by simply watching the clouds go by. This pocket guide invites you to tap into the calming power of nature through the contemplative practice of cloud spotting.

Discover different types of clouds, unique sky phenomena, and the many benefits that come from slowing down long enough to notice them. Perfect for nature-lovers and outdoorsy types, the petite size makes this book easy to toss in a backpack and take on an adventure. New and experienced meditators alike will appreciate the simple approach to mindfulness. Filled with remarkable tidbits and soothing practices, CLOUD SPOTTING reminds us that the wonders of nature abound if we just take the time to look.

NATURE AS THERAPY: The activities are easy and accessible to everyone who enjoys spending time outside. CLOUD SPOTTING is as applicable for avid adventurers as it is for people trying to spend more time outside, and for experienced meditators as well as those new to the practice.

UNIQUE CONTENT: The hyper-specific topics in this series stand apart from other general nature books in this category, offering clear gifting moments and recipients.

MAKES A LOVELY GIFT: The POCKET NATURE series makes a thoughtful gift for a wide range of folks for nearly any occasion, gifted alongside outdoor gear or tucked in a holiday stocking.

Perfect for (…)

Author Bio

Casey Schreiner is a writer, the author of DAY HIKING LOS ANGELES and DISCOVERING GRIFFITH PARK, and the founder of modernhiker.com, one of the most popular and longest-running outdoor websites in the West. He splits his time between Los Angeles, California, and Portland, Oregon.
Pocket Nature Series: Leaf-Peeping
Discover the Seasonal Wonder of Fall Foliage
by Erin Riley

A charming guide to the mindful practice of observing and appreciating the magnificent colors of autumn foliage.

Reconnect with nature through the quiet practice of leaf-peeping. Every autumn, we're graced with a breathtaking spectacle as the leaves turn from green to amber and gold. But how often do we stop to appreciate it?

In this charming book, discover the fascinating science of leaf-turning, practical tips on where to find foliage, musings on what we can learn from the perennial, cyclical nature of leaves, as well as grounding rituals that encourage mindful observation of this stunning natural phenomenon. Line drawings and a textured case add a lovely visual and tactile component, and the petite trim size makes this perfect for taking on an adventure. At once meditative and insightful, LEAF PEEPING reminds us of the value of slowing down and paying attention to the many wonders that surround us.

NATURE AS THERAPY: The activities are easy and accessible to everyone who enjoys spending time outside. LEAF PEEPING will appeal to anyone who is looking for simple ways to practice mindfulness.

UNIQUE CONTENT: The hyper-specific topics in this series stand apart from other general nature books in this category, offering clear gifting moments and recipients. LEAF PEEPING is the first of its kind: Not only does it provide tips on where to find fall foliage, but it also provides fascinating tidbits about the science of leaf-turning and the (...)

Author Bio

Erin Riley is a senior editor at Outside magazine in New Mexico. She edits their travel vertical and writes mostly about adventure. https://www.outsideonline.com/2401420/erin-riley
Pretty Sure You’re Fine
The Health and Wellness Guide for Hypochondriacs, Over-Thinkers, and Worrywarts
by David Vienna

Tongue-in-cheek yet thoroughly practical, Pretty Sure You’re Fine is a hilariously helpful, trusting-your-gut guide to reassuring yourself that things aren’t quite as dire as you might fear.

From David Vienna, author of Calm the F*ck Down, comes this fun counter-argument to every wellness fad and lifestyle expectation, assuring readers that they’re doing just fine as is! Packed with amusing yet comforting advice on topics from physical fitness and nutrition to motivation and work-life balance, this is the place to turn for anyone who needs to quit worrying about the little stuff (and some medium stuff, too). With input from real experts in mental and physical health fields, the advice in this book is silly, snarky, and actually reassuring. A perfect gift for anyone with a sense of humor who needs an excuse to live a better and more stress-free life.

NOT SO SERIOUS LIFE ADVICE: No one likes to be lectured, so the silly, snarky tone of this book is sure to be a hit with the super-stressed reader.

REASSURING: No matter how snarky the tone, the advice in this book is reassuring and calming.

BESTSELLING AUTHOR: David Vienna is known in the life advice field for his bestselling Calm the F*ck Down: The Only Parenting Technique You’ll Ever Need and the popular parenting social media entity, The Daddy Complex.

ADVICE FROM EXPERTS: Professionals in various health fields have contributed to the book, so readers can trust that the advice they’re reading is real and applicable.

Perfect for: • Perfectionists and anyone who is tired (...)

Author Bio

David Vienna is the mastermind behind the popular parenting-social-media entity The Daddy Complex. His viral post The CTFD Method® catalyzed his success, which he followed up with debut book Calm the F*ck Down which was a bestseller for Knock Knock. Women’s Health magazine named it the #1 Best Baby Book for New and Expecting Parents. He then followed that book with send-ups of parenting, pop culture, and politics: Drinks for Mundane Tasks, a cocktail recipe book for those with a to-do list; Are We There Yet?; a flow-chart book for parents stumped by their kids “bad decisions”; and
Raising the Bar
A Bottle-by-Bottle Guide to Mixing Masterful Cocktails at Home by Brett Adams and Jacob Grier

An accessible guide to building a home bar one bottle at a time, this book gives readers tools for mixing fantastic cocktails without investing time and money in niche single-use ingredients.

There’s a basic cocktail formula for building a bar that is anything but ordinary.

Spirit + Sugar + Acidity/Bitterness = Tasty Cocktail

Instead of drawing on esoteric bottles of liquor, complicated syrups, and obscure sodas, this book takes readers through the home bar bottle by bottle, ensuring that every ingredient is versatile enough to be used to the last drop.

Building on a very basic cocktail pantry, each chapter thoughtfully introduces a new bottle and explains how it opens new possibilities for cocktails. Each chapter builds on the one before, so readers never encounter recipes calling for unfamiliar spirits or ingredients. RAISING THE BAR allows readers to set their own pace and maximize the usefulness of the spirits they bring home.

This book will be a go-to reference for the home bartender that is practical enough for the day-to-day and special enough for a party. With handsome graphics and a smart focus on what’s already in stock, it’s what (…)

Author Bio

Brett Adams is a bartender with nearly two decades of experience in restaurants and more than a decade spent behind the bar, including at Multnomah Whiskey Library, and as bar manager at the Hoxton, Portland, where he created all the cocktails, curated the spirit lists, and trained the staffs of its bars Lovely Rita, 2NW5, and Tope.

Jacob Grier is the author of Cocktails on Tap: The Art of Mixing Spirits and Beer (Stewart, Tabori & Chang, 2015), which was picked by Esquire.com as one of the fifteen best cocktail books for home bartenders. His writing has appeared at Slate, Reason, the Atlantic, Imbibe, Mixology, Distiller, and many other publications. He is the founder of the annual event Aquavit Week and co-founder of a series of beer cocktail events called Brewing Up Cocktails.
Revolutionary Women
50 Women of Color who Reinvented the Rules
by Ann Shen

Revolutionary Women celebrates the amazing stories of 50 women of color who pushed boundaries, rewrote the rules, and inspired women everywhere to follow in their footsteps.

Discover the remarkable true stories of a diverse group of women who were trailblazers and leaders in their field, becoming visible icons of excellence in their communities and beyond. From making their mark on the big screen and in the halls of NASA to ruling on the courts of the US Open and the Supreme Court, their incredible stories will inspire you to embrace your authentic self and live your life in full color.

For fans of Ann Shen’s beloved Bad Girls Throughout History, this spiritual successor celebrates the accomplishments of these incredible women alongside Ann Shen’s signature artwork. From dancers, actors, and singers to scientists, astronauts, politicians, and activists, these women used their voices and their passions to change the world. They include:

• Gloria Estefan, one of the best-selling female music artists of all time.
• Anna Sui, an iconic fashion designer for over four decades.
• Bessie Stringfield, the motorcycle queen of Miami.
• Alexandria Ocasio-Cortez, the youngest woman ever sworn into Congress.
• Misty Copeland, the first Black woman principal dancer at American Ballet Theater.
• Joyce Chen, the first Chinese celebrity chef.

Revolutionary Women captures their extraordinary stories in a beautiful and inspiring format that elevates their achievements. Readers will love the new take on Ann Shen’s beloved first book, as well as (…)

Author Bio

Ann Shen is an illustrator and graphic designer based in Los Angeles. She is the author of BAD GIRLS THROUGHOUT HISTORY and LEGENDARY LADIES. Her bright, colorful style has been put to work on everything from young adult book covers to fashion doll-packaging designs to concept art for theme park rides halfway across the globe. Her illustration work has been featured on BuzzFeed, HelloGiggles, DesignWorkLife, DesignLoveFest, Oh Joy!, Supersonic Electronic, and Grazia, among others. Other clients include HarperCollins, the New York Times, Huffington Post, Anthropologie, and Mattel.
Rice Is Life
Recipes and Stories Celebrating the World’s Most Essential Grain
by Caryl Levine, Ken Lee and Kristin Donnelly

A love letter to the humble grain featuring 65 recipes for rice and all its glorious possibilities.

Rice is so much more than just a pantry staple. It’s the foundation of cuisines across the world, a grain that sustains half the world’s people, and the start of a delicious meal at home.

In RICE IS LIFE, rice visionaries and founders of Lotus Foods, Caryl Levine and Ken Lee, share 65 recipes that showcase the grain in easy-to-cook meals from around the world. From Arroz Con Pollo to Hainanese-Inspired Chicken and Rice, to Ramen Carbonara and Soba Noodles with Green Tea Broth and Smoked Salmon, this cookbook captures the diversity of flavors and helps transform simple, gluten-free pantry staples into flavorful and nourishing dishes.

Along the way, it offers essays on rice culture and sustainable rice agriculture, showing how rice plays a part in uplifting people across the globe. With its bright and colorful interior, RICE IS LIFE finds the joy and freshness in the everyday beauty of rice not just as a pantry staple, but a staple of life.

Rice is central to global cooking: As the staple food for more than half the world’s population, rice is ubiquitous and is the foundation of so many cultures, including Japan, Korea, China, India, the Persian Empire, Italy, Finland, West Africa, the Caribbean, Thailand, Vietnam, the American South, and many more.

Naturally gluten-free: Rice and rice noodle (…)

Author Bio

Caryl Levine and Ken Lee are rice visionaries. Their pioneering introduction of Forbidden Rice (Reg TM), Bhutanese Red Rice, and other specialty rices has fundamentally changed how Americans think about, cook, and eat rice, transforming it from a starchy white side dish to a center-of-the-plate ingredient. They also introduced a new paradigm, using market incentives for social change. By paying farmers premium prices to conserve rice biodiversity, they help improve incomes, protect the environment, and provide consumers with healthier rice.

Kristin Donnelly is the author of MODERN POTLUCK (Clarkson Potter, 2016)
Self-Care in Underwear
Self-Care in Underwear
by Ton Mak

An adorable, cheerful, and quirky illustrated collection of 50 easy self-care practices that can be done in your undies.

From bestselling author Ton Mak, Self-Care in Underwear is a cheerful collection of 50 easy self-care practices as demonstrated by one of her most popular Flabjack characters, No-Pants Pansy. Via cute, dip-in dip-out vignettes, Pansy—who loves spending time at home and can usually be found in her undies—presents all the happiness-inducing activities and self-care practices you can only do in your personal space: Play with fluffy friends, procrastibake, foam roll, jade roll, just... roll. Millennial and Gen-Z shoppers will love the catchy title, hilarious Pansy, and relatable content, while fans of comics in the style of Gemma Correll and Nathan W. Pyle will be drawn in by the colorful original art. In a bright package with a padded case, this silly, cheerful book makes an adorable gift alongside a pair of whimsical undies, a jade roller, or a face mask.

IRRESISTIBLE ART & RELATABLE CONTENT: Ton Mak’s cute, blobby art is highly appealing. This book features a vibrant palette that is super eye-catching and fun. Self-Care in Underwear, like Ton Mak’s previous books, takes a trendy concept (self-care) and presents it in a way that is lighthearted, relatable, and accessible to everyone.

BELOVED AUTHOR: Ton’s first book A SLOTH’S GUIDE TO MINDFULNESS was a bestselling hit. Fans of Nathan W. Pyle, Gemma Correll, and the like will love her unique art style, which is popular in the US and abroad.

Perfect for (...)

Author Bio

Ton Mak is a visual artist and illustrator whose studio, FLABJACKS, is named after her popular corpulent characters (like Pansy). She has collaborated with brands like Lamborghini, Adidas, Vans, Moleskine, Gucci, and Swiss Air, and is frequently invited to exhibit her work in China. She splits her time between San Francisco and Shanghai.
Start More Than You Can Finish
Break the Right Rules to Create Your Best Work
by Becky Blades

Master the art of the start with this new way of thinking, with exercises to help you unleash your ideas and create more.

In Start More Than You Can Finish, writer, artist, and consultant Becky Blades offers guilt-free advice for procrastinators: it’s okay to start and not finish your projects. She empowers readers to become stARTists - initiators with a bias for action and the courage to ignite ideas - and introduces the concept of "stARTistry," spotlighting the 4-step changemaking process we all use to subconsciously start: • Imagine • Think • Decide • Act

Using digestible data, humorous and honest personal experience, interviews with artists and entrepreneurs, and assignments to help you get started, Start More Than You Can Finish challenges the tropes our dads, moms, and third-grade teachers told us about finishing. In today’s world, we must, in fact, start more than we can finish.

FOR READERS OF: Start, Do Work That Matters, Show Your Work!, Do It For Yourself, and The Creative Curve

A BOOK FOR RISING CREATORS: A guilt-free guide for procrastinators to know it’s okay to start and not finish their projects. With unlimited outlets for creativity, everyone today can be a creator. A plucky non-fiction creative muse Start More Than You Can Finish is Austin Kleon meets Elizabeth Gilbert (…)

Author Bio

Becky Blades is a writer, artist, and consultant. Blades wrote and illustrated Do Your Laundry or You’ll Die Alone: Advice Your Mom Would Give If She Thought You Were Listening, which was named a Best Book of 2014 by Kirkus
Stay Curious and Keep Exploring
50 Amazing, Bubbly, and Creative Science Experiments to Do with the Whole Family?
by Emily Calandrelli

A book of 50 hands-on experiments to explore the wonders of science with the whole family, from the host and co-executive producer of Netflix's Emily's Wonder Lab and executive producer of Xploration Outer Space.

Emily Calandrelli, MIT engineer and scientist, shares exhilarating experiments for junior scientists and their lab assistants, ranging from homemade ice cream to disappearing ink. The book features 50 experiments using easy-to-find grocery store purchases and everyday household items. Each experiment includes:
• A scientific explanation
• A Hypothesize section to record the scientist's assumptions
• Science vocabulary that applies STEM research to real life (did you know that ketchup is a non-Newtonian fluid?)
• Try This! prompts with even more ways to experiment with your experiment.

Let the science spark curiosity and critical thinking; grab your goggles and your trusted assistant and get started!


EXPERT AUTHOR: Experienced in both learning and teaching science, Emily Calandrelli is an MIT engineer and scientist, and has appeared on Bill Nye Saves the World, StarTalk with Neil DeGrasse Tyson, TED Talks, the Today Show, as well as The Drew Barrymore Show. She also received an Emmy nomination for hosting Xploration Outer Space on FOX.

A GREAT GIFT: With experiments that involve easy-to-find grocery store purchases and everyday household items, this book will make a fantastic gift.

Author Bio

Emily Calandrelli is an MIT engineer turned science TV host. She’s the host of Emily’s Wonder Lab on Netflix, Emmy-nominated host of Xploration Outer Space on FOX and author of the Ada Lace Adventures and Reach for the Stars. Emily has worked with Will Smith, Cardi B, and has been featured on the Today Show and The Drew Barrymore Show. Emily enjoys sharing her love of science across her followers on TikTok, Instagram, Twitter, Facebook, and YouTube @spacegal.
Swaddle Me Up
by Meleah Ekstrand, illustrated by Kat Yao, photographs by Bill Milne

Everything parents need to know about swaddling a baby, babywearing safety, plus tips on sleep and soothing, and some much-needed humor.

Here is a delightful swaddling book that is as informative as it is adorable. This guide to the ins and outs of swaddling and babywearing is any parent's go-to for bundling up their bundle of joy. With easy instructions for multiple ways to swaddle and keep baby cozy, step-by-step guides for tucking baby into any carrier, and advice on safety, fit, and leveling up your skills, parents can rest easy knowing baby is snug and happy, and can get some extra rest themselves. Plus, there are helpful sidebars on sleep, soothing, and figuring out the first few months of parenthood.

Presented in a playful package with both charming illustrations and sweet photography, this book has the perfect mix of humor and practicality to be an ideal gift for expecting parents.

HIGHLY PRACTICAL: Swaddling isn't just cute-research has shown that swaddled babies sleep longer and have more REM sleep while swaddled. And more sleep for baby means more sleep for their tired parents! This book has safe and still cute ways to swaddle baby, and they're easy enough for any sleep-deprived parent to do.

Highly Giftable: People are always looking for easy parenting books to give at a baby shower. Both fun and informative, this is a gift any expectant parent can appreciate and that anyone will enjoy gifting. It's also a cheery add-on gift to liven up traditional gifts of baby necessities.

Perfect for: • New Parents
• Anyone needing a gift for expecting and new parents or a baby shower

Author Bio

Meleah Ekstrand is a doula and a childbirth and babywearing educator. She is a certified instructor with Kaiser Permanente and was formerly a volunteer educator with Babywearing International. She lives in Marin, California, with her husband and five children.

Bill Milne is a New York based photographer whose work has appeared in several publications and more than 20 books.
Thermal
Healing with Heat: Saunas, Hot Springs & Baths
by Lindsey Bro

Full of breathtaking photography and engaging stories, THERMAL is a celebration of the places, traditions, and mythologies surrounding the healing benefits of heat. Featuring more than 50 faraway locations—from an ancient holy hot spring in Turkey to a cozy sauna on a snowcapped ridge in Alaska, plus pools, tubs, and more—these pages overflow with idyllic landscapes and wanderlust inspiration. Sprinkled throughout are simple practices for incorporating the restorative powers of heat, steam, and water into daily life, including rejuvenating bath recipes, healing steam rituals, and herbal remedies that encourage well-being at home. In an elevated, tactile package that evokes wellness, serenity, and escape, THERMAL will appeal to outdoor enthusiasts, travelers, and anyone with a spirit of adventure.

Author Bio
Lindsey Bro is a writer, creative, and intrepid traveler. She runs the Instagram @CabinLove (500,000+ followers), as a means to escape the day-to-day and connect to beautiful, faraway places. She has ghostwritten several books, including PENDLETON’S FIELD GUIDE TO CAMPFIRE COOKING.

https://www.lindseybro.com/
https://www.instagram.com/lady_bro/
https://www.instagram.com/cabinlove/
CGI has long been associated with the film industry, but is now also an ideal visualization tool for designers and architects creating the ultimate "what if" design scenarios. WISH YOU WERE HERE highlights the work of designers and 3-D render artists around the globe who visualize utopian architectural and interior designs set in dreamlike and futuristic environments. This compilation book is curated by London-based designer Charlotte Taylor, whose Instagram account @maison_du_sable features many of her own collaborations with render artists as well as those of her contemporaries. It has become the most followed Instagram account of this genre. The featured designs elevate a high-end, modern aesthetic that blurs the line between reality and fantasy in a digital world, one in which building and budget constraints do not impede the imagination of the creators.

Author Bio

Charlotte Taylor is a London-based interior designer and art director who is the founder of Studio Charlotte Taylor, co-founder of Dellostudio, and the force behind Maison du Sable—a collaborative studio for 3-D rendered ideations. With her background in fine art and love of design and architecture, Taylor has translated her illustration work into designing digital utopian environments that she hopes to ultimately build in the real world. She has been interviewed and published in numerous magazines and online media such as the NEW YORKER, DEZEEN, and many more.
**Attitudes of Gratitude in Love**
Creating More Joy in Your Relationship
by M.J. Ryan, foreword by Daphne Rose Kingma

Develop the Intimate Relationship You Desire
M. J. Ryan reveals gratitude practices that create intimate relationships. Create the romantic relationship you desire by practicing gratitude!

*Gratitude starves relationship anxiety!* With this gratitude book learn how to have a happier relationship with your partner. Get the answers to some of your most pressing relationship questions and use this as a guide to your own personal growth.

**Relationship goals made easy with gratitude.** Enhance couple goals by making gratitude a constant part of your relationship. Take your time in creating relational happiness, and restoring your relationship without couples counseling.

**Inside, you'll find:**
- Gratitude practices to spark an intimate relationship
- A gratitude book centered on becoming your own relationship goals
- Practices to stabilize self-growth and starve relationship anxiety

If you liked THE FOUR LAWS OF LOVE, MEDITATIONS ON SELF-LOVE, or THE NAKED MARRIAGE, you'll love ATTITUDES OF GRATITUDE IN LOVE

**Author Bio**

Known internationally as an expert on change, M.J. Ryan works as an executive coach to senior executives and entrepreneurs around the world, helping them accelerate business success and personal fulfillment. She combines a practical approach gained as the CEO of a book publishing company with methodologies from neuroscience, positive psychology, and asset-focused learning to help clients and readers more easily meet their goals.

Her client list includes Royal Dutch Shell, Microsoft, Time, the U.S. military, and Aon Hewitt. She's a partner with the Levo League career network and the lead venture coach at SheEO, an organization offering a new funding and support model for female entrepreneurs. She's the founder of Conari Press, creator of the NEW YORK TIMES bestselling RANDOM ACTS OF KINDNESS series, and author of many books, including HABIT CHANGERS: 81 GAME-CHANGING MANTRAS TO MINDFULLY REALIZE YOUR GOALS.

Daphne Rose Kingma is a beloved psychotherapist and relationship guide.
Courage to Be Yourself
An Updated Guide to Emotional Strength and Self-Esteem
by Sue Patton Thoele

Embrace The Courage to Be Yourself Authentically

This self growth focused motivational book teaches you how to find yourself. In THE COURAGE TO BE YOURSELF, learn to set boundaries, make peace, and find happiness with who you are in a world that projects perfection onto us.

Target harmful patterns. Surrounded by the pressures of society, we often measure ourselves by impossible standards, causing us to doubt ourselves. When this causes negative self-talk, our happiness inevitably suffers. Unhealthy mindsets can also infiltrate our relationships with others. Women can feel the need to be caretakers and sometimes put others’ needs above our own. By identifying these patterns, we can set boundaries and target areas that need change--so you can love yourself properly.

Become a loving friend to yourself. While all of us certainly have a calling to love others, it is just as important to give that same love to yourself. It feels good to be yourself, but you must find yourself first. In this emotional strength book, Patton shares impactful stories to show readers how to journey from a place of fear to a life of courageous self-acceptance and real love.

Inside THE COURAGE TO BE YOURSELF, you’ll find:
• How to find and be yourself through the pressures of today
• Stories of growth and healing from Patton and other women
• How to set boundaries, communicate more effectively, and change self-deprecating behaviors

If you liked COURAGE IS CALLING, THE COURAGE TO BE DISLIKED, or HOW TO BE YOURSELF, you’ll love COURAGE TO BE YOURSELF

Author Bio
Sue Patton Thoele is a licensed psychotherapist and the author of THE WOMAN’S BOOK OF CONFIDENCE,
THE WOMAN’S BOOK OF COURAGE,
and THE WOMAN’S BOOK OF SPIRIT among other books. She and her husband, Gene, live in Boulder, Colorado.
It's Up to You
A Practice to Change Your Life by Changing Your Mind
by Karen Casey

Personal Growth Comes with Changing Your Mind
Letting go of codependent relationships, finding inner peace, and changing your life starts with intentional daily practices.

Bestselling author Karen Casey has sold over 3 million books that draw upon meditations, motivations, and religion, providing inspiration and support to tens of thousands of her fans worldwide. Among her most influential books are 52 WAYS TO LIVE THE COURSE IN MIRACLES and LET GO NOW.

Find inner peace for personal growth. If you've felt blocked by old behavior patterns, read It's Up to You which offers 12 principles for changing your life by changing your thinking. As you apply these simple yet powerful principles, you'll find it easier to embrace positive thoughts.

All change is incremental. Apply the principles in this book one day at a time, one week at a time, to produce a healthy positive mental attitude. Karen Casey has crafted principles to teach you how meditation, paying attention, and making choices for real life change is in your hands.

With daily readings and meditations, this book teaches you how to:
• Be more positive and find your purpose in life
• Let go of codependency, judgments, and change your life
• Surrender and give up control of the uncontrollable

If you're looking for inspirational books, mindful gifts, quotes about thinking positive, or mindfulness books for adults - or enjoyed books like A YEAR OF POSITIVE THINKING or 5-MINUTE DAILY MEDITATIONS - then you'll love IT’S UP TO YOU

Author Bio

Karen Casey has sold over 3 million books that draw upon meditations, motivations, and religion to guide and support women throughout the world. Based in Minneapolis since 1964, Casey is an elementary school teacher turned Ph.D. Casey published the first of twenty-eight books, EACH DAY A NEW BEGINNING: Daily Meditations for Women, with Hazelden Publishing in 1982. Casey has spoken to tens of thousands world-wide over her forty years as a writer. Through each new experience, her gratitude and commitment grow to continue doing what brings joy to her life.

Additional notable works from Karen Casey include 52 WAYS TO LIVE THE COURSE IN MIRACLES: CULTIVATE A SIMPLER, SLOWER, MORE LOVE-FILLED LIFE, LET GO NOW: EMBRACE DETACHMENT AS A PATH TO FREEDOM, and A LIFE OF MY OWN: MEDITATIONS ON HOPE AND ACCEPTANCE.
Life's Big Questions
200 Ways to Explore Your Spiritual Life
by Jonathan Robinson

Answer Life’s Questions with A New Perspective
Filled with questions, inspiring anecdotes, and guided meditations, LIFE’S BIG QUESTIONS invites readers to examine their beliefs about spirituality and learn new ways to encounter sacred moments. A perceptive guidebook on life, Why does evil exist? What is the meaning of death and dying? What can meditation and mindfulness do for you? When should you begin to think about your sacred destiny? Do miracles actually exist? This book about the big stuff aims to answer all of life’s questions - or at least some of them.

A book about a bigger perspective. While you may recognize author Jonathan Robinson from his appearances on the OPRAH WINFREY SHOW, he is also a bestselling author and professional psychotherapist. He spends his days thinking deeply about life's questions - and he is ready to share his thoughts with you. A book of meditations, LIFE’S BIG QUESTIONS approaches the answers to life’s most sacred questions from both a spiritual and a therapeutic viewpoint.

Inside LIFE’S BIG QUESTIONS, you’ll find:
• Answers to some of the most fundamental of life’s questions - from a fresh perspective
• Examples and suggestions on new ways to encounter the sacred in your daily life
• Meditations on self love, the meaning of life, how to let go, and more

If you liked books about meditation, mindfulness, and life’s questions such as THE PURPOSE DRIVEN LIFE, THE BOOK OF SECRET WISDOM, or COSMIC QUERIES, you’ll love LIFE’S BIG QUESTIONS

Author Bio

Jonathan Robinson is a psychotherapist, a bestselling author of nine books, and a professional speaker from Northern California. His work has appeared in NEWSWEEK, USA TODAY, and THE LOS ANGELES TIMES, as well as dozens of other publications. In addition, Mr. Robinson has made numerous appearances on the OPRAH WINFREY SHOW and CNN, as well as other national TV talk shows.
Nothing's Wrong
A Man's Guide to Managing Emotions
by David Kundtz

Men, It's Time to Master your Emotions

Too often Men are told to bottle up how they feel which leads to emotional numbness. Men, take the reins back and master your emotions with this guide to emotional healing.

Every man has a deep bed of emotions. Emotions and feelings shouldn't be ignored. To get the great and healthy relationships you desire, you need to change the way that you manage your emotions. David Kundtz has created this full guide to steer you towards emotional healing.

Men, master your emotions. Emotions are diverse, learn all of different ways to spot your emotions and how to better express emotions. Become comfortable with your emotions, tune in to the emotions around you, and learn good communication skills.

Men, this book is for you. This motivational book is dedicated to teenage boys, young men, fathers, and grandfathers. Build your emotional confidence and your communication skills. The language, tools, and the exercises inside of this book are designed to help you express the deep, vibrant and ever-present emotions that you hold inside of you.

Nothing's Wrong is packed with:
• Processes to identify and master your emotions
• Information for teenage boys, young men, fathers, and grandfathers
• Tips and Tools to aide you on your path towards emotional healing

If you enjoyed motivational books like CRY LIKE A MAN, MASTER YOUR EMOTIONS, or THE MENTAL TOUGHNESS, then you'll love NOTHING'S WRONG

Author Bio

David Kundtz has enjoyed several careers, including eighteen years in religious ministry and twenty years in the practice of psychotherapy, public speaking on stress and emotional health, and writing. He has graduate degrees in psychology and theology and a doctorate in pastoral psychology. He is the author of QUIET MIND, STOPPING, MOMENTS IN BETWEEN, AWAKENED MIND, and several other books.
Why Smart Teens Hurt
Helping Adolescents Cope with the Consequences of Intelligence
by Eric Maisel

Get the Inside Scoop on Teenage Psychology
Our teens are our future so it's only right that we invest in understanding them! This guide book provides solutions to improve teenage issues and interpersonal communication.

Helpful guide to understanding teenage psychology. In WHY SMART TEENS HURT, Dr. Eric Maisel, best-selling author of WHY SMART PEOPLE HURT, and one of the world's leading experts on the issues of childhood, shares a unique exploration of the teen problems adolescents face. Maisel guides us on what it's like to inhabit the racing, often troubled realm of teenage psychology, and he provides powerful strategies to help parents and smart teens alike.

Healthy ways to address teenage issues. Teen parenting books usually look at teenagers as objects. But WHY SMART TEENS HURT empowers parents to be empathetic towards their teens while also understanding the struggles of adolescence and teenage behavior. Parents will gain a new level of understanding and a new appreciation of their smart teen's reality.

Inside, you'll find:
• A comprehensive breakdown of teenage psychology
• Strategies and solutions to help your smart teen reach their full potential
• A uniquely crafted reading experience for both parents and teens

If you liked books such as SMART BUT SCATTERED TEENS, FOCUS AND THRIVE, or SCATTERED TO FOCUSED, you'll love WHY SMART TEENS HURT

Author Bio
Eric Maisel, Ph.D., is the author of more than 50 books in the areas of creativity, psychology, coaching, mental health, and cultural trends. He is a psychotherapist and the founder of the creativity coach profession, regularly working with lawyers, doctors, scientists, writers, painters, business people, and folks from every walk of life. They include folks settled in a profession as well as folks struggling to find an outlet for their intelligence and looking for work that will allow them to be as smart as they are. They include individuals who are successful in their careers and those who, because of the realities of the marketplace, struggle to achieve success. And through his books, they could include you.

Sought after as an expert in his field, Dr. Maisel regularly contributes to MAD IN AMERICA, writes a monthly print column for PROFESSIONAL ARTIST MAGAZINE, and write the "Rethinking Mental Health" blog for...
Wild Women in the Kitchen
101 Rambunctious Recipes & 99 Tasty Tales
by Lynette Rohrer Shirk and Nicole Alper

Not Your Typical Betty Crocker Cookbook
Feminism meets cooking in this addition to the WILD WOMAN series, pairing recipes by famous female chefs Lynett Rohrer and Nicole Alper with food trivia, stories, and quotes by women. So you think a woman's place is in the kitchen. With Betty Drapers and "make me a sandwich" mantras, it's easy to forget that women have been cooking up a storm for quite some time. Catherine de'Medici was the Johnny Appleseed of Italian food. Nancy Hart shot a Royalist soldier for barging in and interrupting dinner. Turns out, these women really can take the heat. Maybe it's best to stay out of their kitchen.

Unconventional females and unconditionally good food. Part cookbook, and part women's history, WILD WOMEN IN THE KITCHEN features 101 recipes to complement the culinary contributions of famous females. With starter recipes curated specifically to these tough cookies, this book replaces female stereotypes with empowering, historical context. Inside, learn about Cleopatra's orgiastic oysters and:
- Break bread with Golda Meir
- Serve cucumber sandwiches in Natalie Barney's Parisian salon
- Bring over Canard a l'orange like Catherine de'Medici

If you're in need of a feminist cookbook, and enjoyed reads like THE LITTLE HOUSE COOKBOOK, WOMEN'S LIBATION!, THE LITTLE WOMEN COOKBOOK, or A WOMAN'S PLACE ; then you'll savor WILD WOMEN IN THE KITCHEN

Author Bio

Lynette Rohrer Shirk is an accomplished chef and cookbook author. She has authored nine books, served as the corporate pastry chef for Williams-Sonoma, and worked in kitchens of some of the best restaurants in the country. Lynette got her first culinary experience in Columbus, Ohio making pizza while attending Ohio State University. She graduated in 1989 with a degree in Classics, moved to San Francisco to attend the California Culinary Academy, and worked in the pastry department at the well-known restaurant Chez Panisse in Berkeley. Lynette is a native of Warren, Ohio.

Nicole Alper is an award-winning journalist with a twenty-year career as a travel and food writer. Her work has been published in more than 100 national magazines, including GOURMET. She is a graduate of the California Culinary Academy, certified chef/baker, published cookbook author, and has had the honor of both cooking for and interviewing the late Julia Child.
Wild Words for Wild Women
An Unbridled Collection of Candid Observations and Extremely Opinionated Bon Mots
by Autumn Stephens

Words of Wisdom from Wild Women

In WILD WORDS FROM WILD WOMEN, author and feminist August Stephens compiles words of wisdom from much loved famous feminists. Hilarious, inspiring, and empowering, this pocket book of affirmation quotes is the perfect gift for all nasty women with something to say.

Some tongues just can’t be tamed. What can be better than words of wisdom from wild gals? WILD WORDS FROM WILD WOMEN is a ribald compilation of powerful women quotes; everything from bras to babies, menopause to men, and politics to parties. Featuring historically nasty women like Jane Austen and Billie Jean King, these famous feminists knew how to read between the lines—and now you can too.

Girls run the world. These words of wisdom—from strippers, CEOs, poets, senators, and every woman in between—make delectable reading for sassy, untamable, and fabulous ladies everywhere. In the time of “Girl Boss” learn why and how girls run the world with WILD WORDS FROM WILD WOMEN.

Inside, find powerful women quotes from famous feminists like:
• Billie Holiday
• Virginia Wolfe
• Coco Chanel
• And many more!

If you enjoyed books like BADASS AFFIRMATIONS, DAILY AFFIRMATIONS FOR WOMEN, or I REALLY NEEDED THIS RIGHT NOW, then you’ll love WILD WORDS FROM WILD WOMEN

Author Bio

Autumn Stephens has worked as a legal secretary, medical coder, phone sex script writer, fraudulent Tarot prognostications composer, and “special investigator” for the State Bar of California. She is the author of the popular WILD WOMEN series, including WILD WOMEN, WILD WOMEN IN THE WHITE HOUSE, LOOSE CANNONS, DRAMA QUEENS, and OUT OF THE MOUTHS OF BABES. She currently lives in Berkeley, California.
Wonderful Ways to Love a Teen
How to Parent Teenagers . . . Even When It Seems Impossible
by Judy Ford

While there are a lot of highs to parenting, there are plenty of challenges, particularly when it comes to teens. While we were all teenagers once, we often can?t understand what our own teens are going through. But there are certain habits you can pick up that can make the teen years easier for both you and your child.

Parent Teenagers in Loving and Thoughtful Ways

Even when your relationship appears hopelessly beyond repair, you can reach past the bad days and reconnect. In this funny parenting book, find guidance on how to parent teenagers and rebuild a loving bond.

Learn healthy parenting habits. When it comes to parenting teenagers, there can be a lot of highs and lows. Some days teens are hard to understand but there are many ways to make the teen years easier for both you and your child. In WONDERFUL WAYS TO LOVE A TEEN, learn how to parent teenagers with love, respect, and a positive mental attitude.

Love them through this season. Author and licensed clinical social worker Judy Ford offers honest and valuable advice to parents who feel depleted when it comes to their relationship with their teen. With gentle wisdom and a healthy dose of good humor, Ford guides parents and teenagers through one of the most (…)

Author Bio

Judy Ford is a Licensed Clinical Social Worker with heart and soul, who has been studying love and relationships for over three decades. Her work has been featured in Oprah Magazine, Family Circle, Women's World, Cosmopolitan, Glamour, Woman's Day, and more. With compassion and candor, she inspires us to persevere through life's challenges and to share our gifts with others. For more, visit www.judyford.com

Notes

Promotion
<ul><li>The author was a frequent visitor on the Oprah Winfrey Show</li><li>The Wonderful Ways series has sold over 1.25 million copies</li><li>The author is a practicing family therapist in Seattle area who specializes in teens and tweens</li><li>She is one of the most respected family therapists in the country</li><li>Articles on her work have appeared in O: The Oprah Magazine, Cosmopolitan, Glamour, Woman's Day and more</li></ul>
The satirical saga of three artists seeking recognition. But there can be only one Artist.

A novelist, single, forty-four years old. A painter, divorced, forty-six years old. A musician, single, forty-two years old.

On the outer limits of relevancy in an arts culture that celebrates youth, these three men make up the artist group Arcade. Caught in circular arguments about what makes real art and concerned about the vapid interests of their younger contemporaries, none of them are reaping the benefits of success. But there's always another chance to make it. When it comes time, out of the three, who will emerge as an acclaimed artist? More important, when one artist's star rises, will he leave the rest behind? Following Yeong-shin Ma's hit manhwa, Moms, this plunge into artistic friendships is as hilarious and infuriating as it is real.

With absurdist style and off-beat humor, *Artist* simultaneously caricatures and complicates the figure of the artist. The friendships between the three are impassioned and mercurial, resulting in conflicts about fashion choices, squabbles with foreign children, and changes in one another's artistic fortunes for better and worse. As the story progresses we see the ways that recognition—or lack thereof—molds each character's outlook, whether they will be changed by the scene or end up changing it to fit their ideals.

**Author Bio**

Yeong-shin Ma was born in Seoul, South Korea, in 1982. At twenty-five years old, after completing his military service, he started drawing comics as part of an indie group. Ma began publishing webtoons in 2015. *Moms* was his first book to be published in English.
Creepy
by Keiler Roberts and Lee Sensenbrenner

A laugh out loud funny parable for the digital age

There once was a lady who was very creepy. She moved about the world in seemingly normal ways, except for one tremendously bizarre tic. First she sought out kids transfixed by their screens, staring blindly and blank-faced at nearly any device, and then she would snatch something precious from them.

In this picture book for grown-ups, sibling duo Keiler Roberts and Lee Sensenbrenner render a compelling—and downright creepy—modern fable about kids who are hooked on their digital devices. Creepy is the contemporary answer to the shocking tales of the Brothers Grimm and bedtime moral stories like the boy who cried wolf or the princess and the pea: in it, Roberts and Sensenbrenner provide a shrewd and comical commentary on the increasing digitization of childhood. Known for her award-winning autobiographical comics, Roberts’s signature deadpan humor is on full display in these vibrantly painted pages.

It’s safe to say that no one tackles the peril of screen time as vividly or absurdly as this pair.

Author Bio

Keiler Roberts makes autobiographical comics. She is the recipient of the Slate Cartoonist Studio Prize for Chlorine Gardens and the Ignatz Award. Roberts is the author of Powdered Milk, Happy Happy Baby Baby, Miseryland, Rat Time, and Sunburning which was translated into Spanish as Isolada. Her most recent book, My Begging Chart, received nods from The Chicago Tribune, The Comics Journal, Chicago Review of Books, and more. She has taught comics at The School of The Art Institute in Chicago.

Lee Sensenbrenner lives in Madison, Wisconsin with his wife, Meg, and their kids and dogs. He shared a room with Keiler until fifth grade.
Ducks
Two Years in the Oil Sands
by Kate Beaton

Celebrated cartoonist Kate Beaton vividly presents the untold story of Canada

Before there was Kate Beaton, New York Times bestselling cartoonist of Hark A Vagrant fame, there was Katie Beaton of the Cape Breton Beaton family, specifically Mabou, a tight-knit seaside community where the lobster is as abundant as beaches, fiddles and Gaelic folk songs. After university, Katie sends out west to take advantage of Alberta’s oil rush, part of the long tradition of East Coasters who seek gainful employment elsewhere when they can’t find it in the homeland they love so much. With the singular goal of paying off her student loans, what the journey will actually cost Katie will be far more than she anticipates.

Arriving in Fort McMurray, Katie finds work in the lucrative camps owned and operated by the world’s largest oil companies. Being one of the few women among thousands of men, the culture shock is palpable. It does not hit home until she moves to a spartan, isolated worksite for higher pay. Katie encounters the harsh reality of life in the oil sands where trauma is an everyday occurrence yet never discussed. For young Katie, her wounds may never heal.

Beaton’s natural cartooning prowess is on full display as she draws colossal machinery and mammoth vehicles set against a sublime Albertan backdrop of wildlife, Northern Lights, and Rocky Mountains. Her first full length graphic narrative, Ducks: Two Years in the Oil Sands is an untold story of Canada: a country that prides itself on its egalitarian ethos and natural beauty while simultaneously exploiting both the (...)

Author Bio

Kate Beaton was born and raised in Cape Breton, Nova Scotia, Canada. After graduating from Mount Allison University with a degree in anthropology, she moved to Alberta in search of work that would allow her to pay down her student loans. During the years she spent out West, Beaton began creating webcomics under the name Hark! A Vagrant!, quickly drawing a substantial following around the world.

The collections of her landmark strip Hark! A Vagrant and Step Aside Pops each spent several months on the New York Times graphic novel bestseller list, as well as appearing on best of the year lists from Time, The Washington Post, Vulture, NPR Books, and winning the Eisner, Ignatz, Harvey, and Doug [Barcode]

Notes

Promotion
An immersive curation of Geneviève Castrée's stunning life's work and expansive artistic legacy

It's not easy to label an artist like Geneviève Castrée—cartoonist, illustrator, musician, sculptor, stamp collector, activist, correspondent—a person with busy hands and a mind too creative and wild to stop doing.

Those familiar with Castrée's seminal memoir about her childhood, *Susceptible* (included fully within), will know that she, to a large degree, raised herself. It was in those unattended, semi-feral childhood years that Geneviève used art to pull herself out of what could have otherwise been a bleak existence. Instead, she found beauty and depth around her and blended it gorgeously with the harsh, devastating realities of this world, creating a body of work that is so stunning, heartbreaking, and magical that it leaves you aching.

From rarely- or never-seen illustrations and comics, to album covers and photographs, to studio scraps, *Geneviève Castrée: Complete Works 1981-2016* is a breathtaking collection of Castrée's work and soul. A remarkable woman who made remarkable art, her love and spirit weep and shine from the pages.

With an introduction from Castrée's widower Phil Elverum, who devoted himself to designing and curating the book, we gain further insight into the details of her life. Translations are lovingly and expertly provided by Elverum and Aleshia Jensen.

**Author Bio**

*Geneviève Castrée* (1981-2016) was born in Québec. Swept away by comics, she wanted to be a cartoonist from the age of nine onwards. Castrée felt the urge to publish her mini-comics early, appearing in the Montreal underground scene while she was still a teenager. In addition to her books, Castrée had a number of exhibitions in Canada, the United States, Europe, Australia, and Japan. Castrée spent her adult life in the Pacific Northwest with her husband, Phil Elverum, and their daughter, Agathe, where she drew, made small sculptures out of porcelain, and played music under the name Ô PAON.
It's So Magic
by Lynda Barry

'Lynda Barry's *Ernie Pook's Comeek*... made the world look wild, ugly, joyful, and mysterious.' — The New Yorker

Maybonne Mullen is 'riding on a bummer' according to her little sister, Marlys. As much as teenage Maybonne prays and tries she just can't connect to the magic of living. How can she when there's so much upheaval at home and school, not to mention the world at large? And yet Marlys always seems able to tap into it.

In *It's So Magic*, the Mullen family dynamics are in flux. Uncle John makes a brief return to town to the delight of the girls. Freddy is finally reunited with his sisters. Marlys falls in love for the first time. And after they finally settle into a routine at their grandmother's, the Mullen siblings' find out that their mother might be ready to take them back in. With war in the background and precarious parental support, the siblings long for peace, finding it in the small things like grocery-store turkey-drawing contests and fishing trips.

Narrated by Maybonne, Marlys, and Freddy, *It's So Magic* captures Lynda Barry's unparalleled ability to depict the magic of youth experiencing firsts in a world that contains as much humor as it does hardship.

Author Bio

Lynda Barry has worked as a painter, cartoonist, writer, illustrator, playwright, editor, commentator, and teacher and found that they are very much alike. In 2019 Barry received a MacArthur Genius Grant. She lives in Wisconsin, where she is a professor of interdisciplinary creativity at the University of Wisconsin-Madison.
The Joy of Quitting
by Keiler Roberts

From toddler antics to doctor appointments, Keiler Roberts breathes humour and life into the fleeting present.

Keiler Roberts affirms her status as one of the best autobiographical cartoonists working today with *The Joy of Quitting*, a work encompassing 8 years of hilarious moments in the author's life, mined from the universal. It spans her frantic child-rearing, misfires in the workplace, and frustrating experiences with the medical system.

In one strip, the author and her daughter Xia have itchy scalps. Roberts asks her husband to check her hair and all she gets is the cursory remark that he just sees 'a bunch of bugs.' In another, Xia describes her oddly shaped poop in precise detail. We then see Xia sitting at the breakfast table telling the family that she recently learned the word 'nuisance' and everyone agrees it's a good word for her to know. As Xia grows from toddler to big kid, the family evolves and its dynamics shift in subtle ways, changes that pass all too suddenly in real life captured forever with Roberts's keen observational humour.

*The Joy of Quitting* is Roberts' magnum opus of domestic comedy, highlighting how she continues to work within and expand the rich tradition of autobiographical comics. Again and again, Roberts shows us that most meaningful moments or gestures often don't have any meaning at all.

**Author Bio**

Keiler Roberts makes autobiographical comics. She is the recipient of the Slate Cartoonist Studio Prize for *Chlorine Gardens* and the Ignatz Award. Roberts is the author of *Powdered Milk*, *Happy Happy Baby Baby*, *Miseryland*, *Rat Time*, and *Sunburning* which was translated into Spanish as *Isolada*. Her most recent book, *My Begging Chart*, received nods from The Chicago Tribune, The Comics Journal, Chicago Review of Books, and more. She has taught comics at The School of The Art Institute in Chicago.
Movements & Moments
edited by Sonja Eismann and Maya & Ingo Schoningh

An ambitious feminist anthology chronicling Indigenous rebellions around the world

In 1930s Bolivia, self-described Anarchist Cholas form a libertarian trade union. In the Northern Highlands of Vietnam, the songs of one girl's youth lead her to a life of activism. In the Philippines, female elders from Kalinga blaze a trail when pushed into impromptu protest. Equally striking accounts from Brazil, Chile, Ecuador, India, Nepal, Peru and Thailand weave a tapestry of trauma and triumph, shedding light on not-too-distant histories otherwise overlooked.

Indigenous Peoples all over the world have always had to stand their ground in the face of colonialism. While the details may differ, what these stories have in common is their commitment to resistance in a world that puts profit before respect, and western notions of progress before their own. Movements and Moments is an introductory glimpse into how Indigenous Peoples tell these stories in their own words. From Southeast Asia to South America, vibrant communities must grapple with colonial realities to assert ownership over their lands and traditions.

This project was undertaken in cooperation with the Goethe-Institut Indonesien in Jakarta. These stories were selected from an open call across 42 countries to spotlight feminist movements and advocacies in the Global South.
Onward Toward Our Noble Deaths
by Lyrics by Shigeru Mizuki, Edited and Translated by Jocelyne Allen

The book that brought pre-eminent Manga-ka Shigeru Mizuki to the English-speaking world

Kokopo, 1943. A platoon of soldiers is ordered into battle. The objective is death. The alternative is certain execution as a consequence of survival. Inspired by Eisner Award-winning author Shigeru Mizuki's own mandatory tour of duty as an active combatant in the Imperial Japanese Army, Onward Towards Our Noble Deaths portrays a flailing infantry unit on its last legs near the end of the Second World War.

This deeply personal and landmark anti-war work could only have been made by a pacifist. The desperation and moral depravity on display is devastating. Mizuki's fanciful characters must make do against a photo-realistic backdrop teeming with tropical life that remains inhospitable. Indeed, commanding officers prove even more ferocious than the wild unknown of Papua New Guinea. And yet the human instinct endures, seeing through the absurdity of such a rigid and outdated command structure with gallows humor.

"His first-person accounts of his war experience...in "Onward Towards Our Noble Deaths"...used a light touch to deliver unsparing criticism of suicide squadrons, the mistreatment of "comfort women" in military brothels and other cruelties."—New York Times

"This classic 1973 manga, based on Mizuki's wartime experiences, explores with crystalline irony the absurdities of life during wartime...Translated into English for the first time, this (...)"

Author Bio

Shigeru Mizuki (1922—2015) was one of Japan's most respected artists. A creative prodigy, he lost an arm in World War II. After the war, Mizuki became one of the founders of Japan's latest crazemanga. He invented the yokai genre with GeGeGe no Kitaro, his most famous character, who has been adapted for the screen several times, as anime, live action, and video games. In fact, a new anime series has been made every decade since 1968, capturing the imaginations of generations of Japanese children. A researcher of yokai and a real-life ghost hunter, Mizuki traveled to over sixty countries to engage in fieldwork based on spirit folklore. In his hometown of Sakaiminato, one can find Shigeru Mizuki Road, a street decorated with bronze statues of his Kitaro characters.
Revenge of the Librarians
by Tom Gauld

Confront the spectre of failure, the wraith of social media, and other supernatural enemies of the author

Tom Gauld returns with his wittiest and most trenchant collection of literary cartoons to date. Perfectly composed drawings are punctuated with the artist's signature brand of humor, hitting high and low. After all, Gauld is just as comfortable taking jabs at *Jane Eyre* and *Game of Thrones*.

Some particularly favored targets include the pretentious procrastinating novelist, the commercial mercenary of the dispassionate editor, the willful obscurantism of the vainglorious poet. Quake in the presence of the stack of bedside books as it grows taller! Gnash your teeth at the ever-moving deadline that the writer never meets! Quail before the critic's incisive dissection of the manuscript! And most important, seethe with envy at the paragon of creative productivity!

*Revenge of the Librarians* contains even more murders, drubbings, and castigations than *The Department of Mind-Blowing Theories, Baking with Kafka*, or any other collections of mordant scribblings by the inimitably excellent Gauld.

Author Bio

Tom Gauld is a cartoonist and illustrator. He has weekly comic strips in *The Guardian* and *New Scientist* and his comics have been published in *The New York Times, The Believer*, and on the cover of the *The New Yorker*. In addition to his graphic novels *Baking with Kafka, Goliath, Mooncop*, and *You're All Just Jealous of My Jetpack*, he has designed a number of book covers. Gauld lives and works in London.
Showa 1926-1939
A History of Japan
by Shigeru Mizuki, translated by Zack Davisson

A fascinating period in Japanese history recounted by manga’s most distinguished author

Showa 1926–1939: A History of Japan lays the groundwork for Eisner award-winning author Shigeru Mizuk’s historical and autobiographical series about Japanese life in the twentieth century. Depicted against his trademark photorealistic backdrops, Mizuki effortlessly portrays a nation forced into a period of upheaval and brings history into the realm of the personal. Indeed, as a child coming of age in the Showa era, the author’s earliest memories coincide with key events of the time.

It all begins with the Great Kanto Earthquake, a natural disaster that forces the country into a financial crisis. The period leading up to World War II is thus a time of economic hardship and record unemployment. Forthright descriptions of ensuing militarization reveal Mizuki’s lifelong stance as a thoughtful pacifist, critical of domestically disputed events like the Nanjing Massacre clearly painted here as an atrocity. This first volume in a four-part series is a captivating historical portrait tracking the industrial and societal developments that would come to shape Japan’s foreign policy in the interwar period.

"[Showa] is sweeping, ferrying us through the second Sino-Japanese War, World War II, the Korean War and the Cold War. Yet it’s also surprisingly intimate: Mizuki intersperses scenes from history… with snapshots of his own life, in a cartoonish style that belies their weight."—Los Angeles Times

Author Bio

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Showa 1939-1944
A History of Japan
by with Shigeru Mizuki, as told by Zack Davisson

An Internationally-renowned cartoonist and reluctant war vet details Japan’s involvement in World War II

Showa 1939-1944: A History of Japan continues Eisner award-winning author Shigeru Mizuki’s historical and autobiographical account of Japanese life in the twentieth century. This volume covers the devastation of the Sino-Japanese War and the first few years of the Pacific War—a chilling reminder of just how harsh life in Japan was during this hostile era. Pivotal events like the attack on Pearl Harbor are reframed as part of a larger context detailing the country’s brutal military expansion into Southeast Asia and elsewhere. Its effects on the otherwise unseen Japanese populace similarly come to the fore.

On a personal level, these years mark a dramatic transformation in Mizuki’s life too. His idyllic youth in the countryside comes to an abrupt halt when he is conscripted into the Imperial Japanese Army against his will. On the tiny island of Rabaul in Papua New Guinea, a constant struggle for survival ensues. Not only must he fend off attacks from Allied forces, but from the harsh discipline of his own commanding officers too. It is here that Mizuki comes to understand the misery and beauty of the island itself, a place that will permanently mark and haunt him for the rest of his life.

"[Showa] is sweeping, ferrying us through the second Sino-Japanese War, World War II, the Korean War and the Cold War. Yet it’s also surprisingly intimate: Mizuki intersperses scenes from history… with snapshots of his own life, in a cartoonish style that belies their weight."—Los (...)
Showa 1944-1953
A History of Japan
by retold by Shigeru Mizuki, Translated with commentary by Zack Davisson

A sweeping yet intimate portrait of World War II's legacy in Japan

Showa 1944-1953: A History of Japan continues Eisner award-winning author Shigeru Mizuki's historical and autobiographical account of Japanese life in the twentieth century. In this volume, the tail-end of the Pacific War and its devastating consequences upon the author and his compatriots loom large. Two rival navies engage in a deadly game of feint and thrust, waging a series of ruthless military campaigns across the Pacific islands. From Guadalcanal to Okinawa, Japan slowly loses ground. When the United States unleashes the atomic bomb—then still a new and now enduringly terrible weapon—it is the ultimate, definitive blow. The catastrophic fallout from both explosions surpasses the limits of popular imagination.

Mizuki's own life is irrevocably changed in the shadow of history. After losing an arm during his time in service, the author struggles to forge a path into the future. Should he remain on the island of Rabaul as an honored friend of the local Tolai? Or should he return to the rubble of Japan and return to his earliest artistic inclinations? This penultimate installment of a landmark series is a searing condemnation of war, told with the deft hand of Japan's most celebrated cartoonist.

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Showa 1953-1989
A History of Japan
by abridged by Shigeru Mizuki, Series edited by Zack Davisson

The final, Eisner Award-winning chapter of a legendary cartoonist’s history of Japan

Showa 1953-1989: A History of Japan concludes award-winning author Shigeru Mizuki's stunning historical and autobiographical series about Japanese life in the twentieth century. The final volume picks up in the wake of utter defeat in World War II, covering the United States' shift from enemy to ally. Jobs, money, and opportunity are funneled along in a bid to establish the country as a bulwark against Communist expansion. Japan thus reinvents itself, emerging as an economic powerhouse. Events like the Tokyo Olympiad and the World's Fair reintroduce the world to a much friendlier Japan, but this period of peace and plenty conceals a populace still struggling to come to terms with the devastation of their all-too-recent past.

Mizuki's own struggles mirror those of the nation during this period of recovery and reconciliation. He fights his way back from poverty, rising to the rank of cartoon celebrity beloved by millions of manga-reading children. However, prosperity cannot bring the happiness Mizuki craves, as he struggles to find meaning in the sacrifices made during the war. This visionary series, told by a true man of his time, is a magnum opus fully representative of the graphic novel as world literature.

"[Showa] is sweeping, ferrying us through the second Sino-Japanese War, World War II, the Korean War and the Cold War. Yet it's also surprisingly intimate: Mizuki intersperses scenes from history... with snapshots of his own life, in a cartoonish style that belies their weight."—Los Angeles Times

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Motherhood is stressful, but international award-winning speaker and worry management expert Denise Marek is here to tell you that you can stress less by learning to worry wisely! With her proven CALM method, a four-step process that has helped many individuals and organizations around the world connect with their inner peace, overcome their fears, and take the risks that are essential for success, mothers can tackle the stress of parenting. Whether you suffer from chronic worry about finances, family difficulties, your children’s happiness, or even your teen getting home late, the CALM process can teach you how to handle it all.

The process is simple:

• **Challenge** negative assumptions that create unnecessary worry.
• **Act** on your worry to overcome fears and reduce the physical and emotional effects of stress.
• **Let go** of worries beyond your control and upsetting feelings like mom-guilt, mom-shaming, and fear.
• **Master** your mind and guard against negative thinking by planting new, positive thoughts.

With the science behind the CALM process, now tailored specifically for mothers, and with relatable stories, puzzles, fun exercises, jokes, and easy-to-implement strategies packed in a single stress-busting book, _CALM for Moms_ gives the gift of worry-free parenting.

**Author Bio**

Denise Marek is known as The Worry Management Expert. An international speaker, author, and television personality, she has helped thousands of people around the world transform their feelings of worry into feelings of inner peace.
Teach Your Dog to Read
30 Dog-Friendly Words
by Susan Holt Simpson, illustrated by Bernardo Franca

Dog parents only want the best for their fur babies. With Teach Your Dog to Read, you can train your dog to recognize twenty different words and commands (yes, really!).

These spiral-bound flash cards have a simple word or short phrase on one side for your dog to read and a hilarious sketch just for you on the other. Using this book is no different than training your dog to sit. It's a matter of showing them the word, saying it, and then sealing the deal with a treat. Action-oriented words or commands like walk, leash, lie down, and treat will pair nicely with your dog's typical training, or you can use the book to train your dog and teach them to read simultaneously. Maybe next time you sit down to read with the family, your best friend can join in the fun!

Author Bio

Susan writes and enjoys life on one acre in northern Kentucky, which is well-patrolled by her now-grown family dog, Dottie. When Dottie allows, Susan volunteers in the community as a reading buddy, a parenting coach, and a writing mentor.

Bernardo França is a cartoonist & illustrator currently living in São Paulo, Brazil.
The Cookbook in Support of the United Nations: For People and Planet
For People and Planet
by Kitchen Connection

The Kitchen Connection Alliance, in close cooperation with the Food and Agriculture Organization of the United Nations, develops an international cookbook to support the way that we eat for ourselves and for the planet.

Celebrity chefs, organic farmers, indigenous cooks, and food activists share their favorite entrees and side dishes that are not only healthy and delicious but also sustainable. This gorgeous cookbook features full-color photography along with each recipe’s nutritional information and estimated carbon footprints for the most climate-friendly dishes, so you can support sustainable food systems from your own kitchen. Learn how to eat better for yourself and for the planet with The Cookbook in Support of the United Nations: For People and Planet, a global collection for global connection.

Author Bio

The Kitchen Connection Alliance works with the Food and Agriculture Organization of the United Nations. It uses food as the vehicle to connect people to each other, in support of a better food system and the United Nations Sustainable Development Goals.
Viva Desserts!
Traditional and Reinvented Sweets from a Mexican-American Kitchen
by Nicole Presley

From Atole de Canela and Bunuelos de Viento to Oreo Horchata Cheesecake and Dulce de Leche Pumpkin Pie, *Viva Desserts!* is a scrumptious collection of traditional Mexican desserts and American desserts Mexicanized. With dessert items like conchas, churros, empanadas, and flan, all your favorite traditional Mexican treats are here. Then add in classic American cakes and pies with a Mexican twist and other Mexican treats with an American twist, and all your cravings will be covered!

Nicole Presley, recipe developer and Mexican postres baker, delves into the craft of baking and offers tips and tricks with every recipe, giving dessert lovers everywhere the tools they need to play in their own kitchens. With full-color photography for every dessert and baking secrets that Nicole has learned through her own kitchen evolution, from kitchens in Los Angeles and Mexico, you'll be able to bring the joy of Mexican and Mexican-American desserts into your own home. A beautiful and tasty celebration of culture!

Author Bio

Nicole Presley is a culinary enthusiast and recipe developer passionate about culture and food. Her childhood and life experiences drove her to create Presley's Pantry, a platform from her East LA kitchen that celebrates family, food, and original recipes.
What Would Gen-Z Do?
Everything You Don't Know About Gen-Z but Should
by John Schlimm

When interacting with Gen Zers, whether you be their parent, teacher, coach, relative, neighbor, or anything in between, the generational divide can seem larger than ever. Gen Zers ignore you, they refuse to turn on their Zoom cameras, they procrastinate, they make strange jokes, they have short attention spans, and they take so many selfies. But that isn't all there is to Generation Z. What Would Gen Z Do? will help you reach across the generational divide and learn how to navigate your relationships with Gen Zers.

In this guide to everything Gen Z, John Schlimm, Harvard-trained educator and Gen Z advocate, uses his extensive experience in working with the younger generation to offer some insight for anyone who's navigating the Gen Z universe. In 51 chapters, you'll find quick, relatable lessons and activity ideas that crush the stereotypes and stigmas of Generation Z and shed light on who your Gen Zers really are—intelligent, compassionate, courageous, and honest future leaders. Love them, appreciate them, and encourage them to rock on!

Author Bio

John Schlimm is a Harvard-trained educator, artist, advocate, and international award-winning author. He is also the creator of such participatory art projects as The Gen-Z Time Capsule in collaboration with The Andy Warhol Museum; The Kindness Rocks & Smiles Community Project in collaboration with Megan Murphy, Founder of The Kindness Rocks Project; THE SMILE THAT CHANGED THE WORLD (is yours); and A Family Poem for the World.
A Very Sacred Experience
Arctic Journals, 1986 and 1987
by Eli Bornstein, introduction by Roald Nasgaard

In celebration of his 100th birthday, Eli Bornstein, in collaboration with author and curator Roald Nasgaard, has published a stunning work of personal reflection on a most transformative time in his life and career. A Very Sacred Experience: Eli Bornstein's Arctic Journals, 1986 and 1987 is a tribute to the Canadian North, a meditation on artistic creation, and a window onto the ideological musings of Canada's greatest Structurist artist.

Devoid of the mythologizing other artists have given their writing on the North, Bornstein's journals are introspective, insightful, and sometimes funny. Comprised of personal journal entries from two northern trips he took with photographer Hans Dommasch—along with watercolour studies, Structurist reliefs, and a personal collection of poems—Bornstein's work is a vital reminder of our outsized influence over the natural world and an invitation to recognize our need for nature in our life and in our art.

Bornstein's publishing of A Very Sacred Experience is the culmination of a life's work on reconciling himself with nature and the understanding our very existence.

Author Bio

Eli Bornstein, artist, teacher, writer, publisher was born in Milwaukee, Wisconsin in 1922. Starting in the mid-1950s, while teaching art at the University of Saskatchewan, he became one of the leading practitioners of Structurist art, which evolved from his study of the Modernist tradition from Impressionism and Cézanne and through to Russian Constructivism, and Mondrian. Although he builds his Structurist reliefs using the abstract language of colour and three-dimensional geometric form, they are dedicated to the study of nature and its biological processes.

In 1960 he founded the internationally circulating periodical, The Structurist, published out of the University of Saskatchewan, to which he regularly contributed art historical and theoretical essays. The Structurist ran for 50 years (Nos. 1–50, 1960–2010), with an anniversary issue (Nos. 51/52, 2019/2020). Over the years he has also completed major commissions for public art located in Saskatoon, Regina, Winnipeg and Bremen, Germany.

Roald Nasgaard is a teacher, writer and curator. He began his career at the University of Guelph and then served as Curator of Contemporary Art and Chief Curator at the Art Gallery of Ontario. He is Professor Emeritus in Art History at Florida State University. The publication of A Very Sacred Experience brings together his long-standing commitments to both abstract art and landscape painting. He is the author of the critically acclaimed book, Abstract Painting in Canada. His major exhibitions and accompanying
Canada's Food Island
A Collection of Stories and Recipes from Prince Edward Island by Farmers and Fishers of Prince Edward Island

Prince Edward Islanders are famous for hosting family and friends in the kitchen. Canada's Food Island invites you to celebrate the Island's farm-to-table cooking and meet the farmers, fishers and artisans who make those delicious dishes possible. From preparing the perfect lobster roll in spring and galettes filled with sweet fresh-picked strawberries in summer to making savory potato pizza in fall and roast turkey with an oyster, bacon and wild mushroom stuffing in mid-winter, you're sure to find a favourite recipe to delight guests and satisfy your own cravings.

Canada's Food Island combines nearly 100 inspired seasonal recipes with homegrown stories and beautiful photographs to capture the essence of the island's unique food culture—a blend of people, place and locally sourced fresh natural ingredients. You'll learn how mussels and oysters are sustainably raised and harvested, why Island beef is so flavourful and what makes wild blueberries so special. Whether you've spent time on Prince Edward Island or not, you'll want to visit these pages again and again to experience a taste of the Island in the comfort of your own kitchen.

Royalties from sales of the book will go to PEI Food Banks with the mission to increase food security for Islanders by supporting Food Banks and the individuals who are in need of their support.

"PEI is one of the most breathtaking and scenic places on Earth, with deep-rooted culinary traditions from the land and sea. Whether eating shellfish harvested by its fishermen, picking potatoes with its farmers, sampling local cheese, or sharing a jar of bar (..."
Echoes of the Supernatural
The Graphic Art of Robert Davidson
by Gary Wyatt, with Robert Davidson, foreword by Karen Duffek

Over six decades of brilliant prints and paintings from the most prominent Northwest Coast artist of his generation.

Since leaving Haida Gwaii to study art in Vancouver—where he carved argillite with Bill Reid in a department store and hand-sold prints on the UBC campus—Guud sans glans, Robert Davidson has moved between two worlds. As a host of Potlaches, carver of masks and totem poles, and performer and teacher of traditional Haida songs and dances, he has been one of the driving forces in the resurgence of Haida culture in the aftermath of colonization. As an artist working in serigraphs, acrylic, wood, silver, and aluminum to preserve and breathe new life into Haida formline, he has become among the most respected, celebrated, and thrilling artists in the country, if not the world.

Echoes of the Supernatural is the first publication in over forty years to offer a comprehensive visual retrospective of his astonishing career. It includes new photography of over 150 prints, as well as images of over fifty paintings; numerous painted woven hats, painted and carved sculptures, jewellery, aluminum sculpture; and dozens of archival photos. His long-time gallerist Gary Wyatt, who worked closely with Davidson in shaping the book and received full access to his archives, details the artist's life and career, and offers insights on the work based on extensive new interviews. A foreword by Karen Duffek situates the contours of Davidson's practice within the broader Northwest Coast art world.

Author Bio
Gary Wyatt represented master-level Northwest Coast, Inuit, and Maori artists for thirty-five years, including Robert Davidson from the late 1980s to 2020. He was curator of Northwest Coast Art for the Inuit Gallery of Vancouver for eight years, and co-founded the Spirit Wrestler Gallery in 1995. He has curated many ground-breaking exhibitions of contemporary Northwest Coast art, lectured extensively on the art form internationally, and authored several catalogues and books, including Susan Point: Works on Paper (2014), Seekers and Travellers: Contemporary Art of the Pacific Northwest Coast (2012), and Mythic Beings: Spirit Art of the Northwest Coast (1999).

Robert Davidson is a leading figure in the renaissance of Haida art and culture, and is among the most acclaimed artists in Canada. Over the past five decades, his works in a variety of mediums—including painting, serigraphs, carved argillite and wood, aluminum sculpture, and silver jewellery—have
Frances-Anne Johnston
Art and Life
by Rebecca Basciano

This publication is the first-ever monograph on artist Frances-Anne Johnston, one of Canada's foremost painters of still lifes, flowers, and interiors. Exploring the extensive artistic career of this under-represented artist, the book also situates her within 20th-century Canadian art history and feminist theoretical contexts. In addition to beautiful colour illustrations of Johnston's work, this volume features critical essays, and an extensive exhibition history.

Through primary research, curator Rebecca Basciano interprets Johnston's mastery of technique and subject matter, while demonstrating the artist's unique aesthetic and skill through an exploration of several important artworks. Similarly, art historian and scholar Catharine Mastin, in her ongoing investigation of Canadian "artist couples," exposes the challenges faced by women artists — including Johnston — who often juggled their own artistic practices with the demands of child-rearing and supporting their husbands' careers.

Finally, as a critical aspect of this reclamation work, Frances-Anne Johnston's own voice is revealed in a republished article that she wrote in 1955 for Mayfair. Together, these insightful essays constitute a feminist recovery project by not only situating Johnston among her male contemporaries, but also by creating new space for the appreciation and validation of a practice that was shaped by domestic realities, including motherhood.

This book is a companion to the exhibition A Family Palette: Frances-Anne Johnston, Franz Johnston, and Franklin Arbuckle, on view at the Ottawa Art Gallery from September 10, 2022 to February 5, 2023, followed by an Ontario tour through 2024. This project has been made possible in part by the Government of Canada, and the Ontario Society of (...) 

Author Bio

Rebecca Basciano, MA, is the Curator at the Ottawa Art Gallery, where she specializes in Canadian art. She has a demonstrated interest in promoting the work of women artists, while also advocating for consistent representation. For the past six years, she has been curating exhibitions from the Gallery's Firestone Collection of Canadian Art, including group shows featuring artists such as Yvonne McKague Housser, Kathleen Daly, Anne Savage, Marcelle Ferron, and Ghitta Caiserman. Her in-depth research on Frances-Anne Johnston is a natural continuation of this dialogue, delving deeper into reconsiderations and critiques of the art-historical canon.
Glory and Exile
Haida History Robes of Jut-ke-Nay Hazel Wilson
by Robert Kardosh, Robin Laurence and Kun Jaad Dana Simeon

Glory and Exile: Haida History Robes of Jut-ke-Nay Hazel Wilson marks the first time this monumental cycle of ceremonial robes by the Haida artist Jut-Ke-Nay (The One People Speak Of)—also known as Hazel Anna Wilson—is viewable in its entirety. On 51 large blankets, Wilson uses painted and appliquéd imagery to combine traditional stories, autobiography, and commentary on events such as smallpox epidemics and environmental destruction into a grand narrative that celebrates the resistance and survival of the Haida people, while challenging the colonial histories of the Northwest Coast.

Of the countless robes Wilson created over fifty-plus years, she is perhaps best known for The Story of K'iid K'iyaas, a series about the revered tree made famous by John Vaillant's 2005 book The Golden Spruce. But her largest and most important work is the untitled series of blankets featured here. Wilson always saw these works as public art, to be widely seen and, importantly, understood. In addition to essays by Robert Kardosh and Robin Laurence, the volume features texts about each robe by Wilson herself; her words amplify the power of her striking imagery by offering historical and personal context for the people, characters, and places that live within her colossal work. Glory and Exile, which also features personal recollections by Wilson's daughter Kun Jaad Dana Simeon, her brother Allan Wilson, and Haida curator and artist Nika Collison, is a fitting tribute to the breathtaking achievements of an artist whose vision will help Haida knowledge persist for many generations to come.

Author Bio
Robert Kardosh is the owner and director of Vancouver's Marion Scott Gallery. A specialist in the field of Inuit art, he has written numerous catalogues and articles on some of the most important Inuit artists of our time. Along with his mother, the late Judy Kardosh, he worked closely with Hazel Wilson and her family as the artist's dealer and representative for more than thirty years. He is a lifelong student of Haida culture.

Robin Laurence is an award-winning independent writer, critic and curator based in Vancouver. For some three decades, she was the visual arts critic for the Georgia Straight and has been a contributing editor of both Border Crossings and Canadian Art. Her published work includes essays about art and artists in more than 60 books and exhibition catalogues, as well as reviews and features in numerous local, national, and international...
Sticky Pictures examines and celebrates the evolving work of Montreal-based artist Janet Werner. In her paintings, Werner builds a constellation of spatial and figurative explorations drawn from fashion magazines and art history to create collage-like composite figures that slip easily between articulations of beauty, gender, psychology and emotion. Werner's painterly operations are both unsettling and seductive, revealing the conditions of perception and looking as passageways to understanding the intensity of the world at hand. Werner's unique combination of abstraction, fictional portraiture, and the rich history of painting are explored in Sticky Pictures through texts by art and media historians, as well as an interview with the artist.

Janet Werner's work has been featured in international solo exhibitions from New York to Los Angeles and as far away as Cape Town. Her work was included in the Prague Biennale in 2003 and is featured in the collections of the Musée national des beaux-arts du Québec, Musée d'art contemporain in Montreal, The Art Gallery of Ontario in Toronto, Winnipeg Art Gallery, the Canadian Embassy in Berlin, the University of Lethbridge, Owens Art Gallery in Sackville, the Mendel Art Gallery in Saskatoon, Dunlop Art Gallery in Regina, McEvoy Foundation for the Arts in San Francisco, and numerous private and corporate collections. Werner lives and works in Montreal.

Author Bio

François LeTourneux is a curator at the Musée d'art contemporain de Montréal. He has curated solo exhibitions devoted to the artists Etienne Zack (2010), Jon Pylypchuk (2011), Lynne Cohen (2013-2015) and Janet Werner (2019-2020), in addition to co-curating the Quebec Triennial (2011), Zoo (2012), Rafael Lozano-Hemmer: Unstable Presence (2018, in collaboration with SFMOMA) and La machine qui enseignait des airs aux oiseaux (2020-2021). As part of his public programs mandate, he also organizes the annual Max and Iris Stern International Symposium. François LeTourneux holds a Ph. D. in art history from the art history and film studies department of the Université de Montréal, where he taught as a visiting professor from 2014 to 2016.

Ara Osterweil is an abstract painter, writer, and scholar of postwar film and art, as well as an Associate Professor of Cultural Studies in the English Department at McGill University. She is a regular contributor at Artforum, and has also published essays in the Los Angeles Review of Books, Art Journal, Film Quarterly, Film Culture, Border Crossings, Camera Obscura, C Magazine, Little Joe, Framework, The Brooklyn Rail, and Millennium Film Journal. Her first book, Flesh Cinema: The Corporeal Turn in American Avant-
San Antonio Cooks
Favorite Recipes from Local Chefs and Restaurants
by Julia Celeste Rosenfeld

Thanks to year-round warm weather, charming historical architecture, ethnic diversity, and friendly locals, San Antonio is a vibrant and emerging culinary haven that has risen beyond its reputation for spicy stews and corn tortillas.

From family-run taquerias and next-level smokehouses to trailblazing chef-led bistros and heavyweight fine-dining restaurants, discover the city's best food, drink, and culture all in one place. San Antonio Cooks introduces home cooks to more than 80 signature recipes from some of the city's best chefs and restaurants. Southern cornbread? Check. Slow-braised brisket with white cheddar grits? Check. A refreshing watermelon and elderflower sorbet? You bet. Whether it's Mexican street corn, beef shank barbacoa, Asian dumplings, or chocolate banana cream pie you're after, San Antonio Cooks features diverse recipes that will satisfy every craving.

This cookbook may place San Antonio on a culinary map, but it only confirms what locals have known all along: eating in San Antonio has never been better.

Author Bio

Julia's fascination with recipes and ingredients led her to pepper her writing career with gastronomic gigs, including fourteen years as the restaurant reviewer for San Antonio Magazine, a few as the local Zagat editor, and a few as the writing instructor at The Culinary Institute of America in San Antonio. In 2014, she co-authored her first cookbook Texas Hill Country Cuisine: Flavors from the Cabernet Grill Texas Wine Country Restaurant with chef Ross Burtwell. Since 2015, Julia has introduced countless guests to the city's chefs, artisans, and producers through her culinary tour company, Food Chick Tours (www.foodchicktours.com)
Synchronicity  
by Fabrice Strippoli, contributions by Ron Sexsmith and Justin Kingsley

Synchronicity showcases Fabrice Strippoli’s unique eye for capturing the remarkable in life’s most unremarkable moments. Strippoli’s lens work and his expertly crafted darkroom techniques transform these moments—from the seemingly mundane to the downright ordinary—into evocatively nostalgic pieces that invite comparison to mid-century masters of street photography like Robert Frank, Walker Evans, and Garry Winogrand. Combined with words by Juno winner Ron Sexsmith and New York Times bestselling author Justin Kingsley, Synchronicity is an ode to the medium of black-and-white street photography and a record of the enormity of life’s understated moments.

Author Bio

Fabrice Strippoli’s street photography graces the collections of the Rochester Institute of Technology, The Marshall McLuhan School, Millennium Images UK, Art Actuel Paris, and is also the subject of his first book, Dark City. He has been shown in Canada, the United Kingdom, the United States, France, and Belgium. A graduate of photography from Ryerson University, Strippoli’s darkroom mastery has positioned him as a leading technician for elite photographers the world over. The Quebec-born photographer is currently running F-Bomb Fotolab in Toronto where his favorite pastime is drinking coffee while looking out the window at cloud formations.

Notes

Promotion

OUTREACH: Pitch to art media outlets with focus on Toronto then expanding nationally.
The Emotionally Strong Leader offers those leading our workplaces, organizations, and institutions an opportunity to transform their leadership and their lives by learning to harness the power contained in recognizing and understanding their feelings.

For leaders, managing their emotions and leading with a strong mind and a kind heart while using a set of clear, simple, and tested skills and strategies will enable them to connect more authentically and communicate more effectively with their colleagues and teams. This kind of connection and communication creates an environment of trust and belonging that will spur engagement, spike curiosity, and engender fraternity in the workplace.

How does one get there? By leading with emotional intelligence.

Unfortunately, too many leaders choose another path; one that eschews their emotions and those of their employees as bothersome and unimportant to the task at hand. This limited and damaging viewpoint tends to make people feel as though they are simply task-managing machines and not the terrific and complex individuals full of energy, passion, and unlimited potential that they are.

What we need are leaders who understand themselves from the inside out, who know why they do what they do, and who use the information their feelings provide to help them make informed, rational decisions especially when the stakes are high. We need leaders who express humility, engage in genuine and caring conversations with the people they lead, and who aren't afraid to admit when they make a mistake.

We need executives who are both emotional and strong.

Author Carolyn Stern's six-step self-coaching model—adapted from emotional intelligence courses (…)

Author Bio

Carolyn Stern is the President and CEO of EI Experience—an executive leadership development and emotional intelligence training firm. She is a certified Emotional Intelligence and Leadership Development Expert, professional speaker, and university professor.

Carolyn's emotional intelligence courses and modules have been adopted by
The Transforming Image, 2nd Ed.
Painted Arts of Northwest Coast First Nations
by Bill McLennan, preface by Karen Duffek

"An incredible archive of paintings by Northwest Coast artists, allowing the viewer to explore the creativity, energy, and depths these artists have achieved." —Robert Davidson

In the two decades since its initial publication, The Transforming Image has become a must-have book for scholars and appreciators of Northwest Coast art, and, importantly, for First Nations artists, who have come to rely on its wealth of images and ideas. A new edition of this groundbreaking volume makes its invaluable findings accessible once again. Its hundreds of photos of historical Indigenous artworks—objects and belongings now widely dispersed in collections around the world—are the extraordinary result of Bill McLennan's Image Recovery Project, in which he used infrared photography to reveal images on historical Northwest Coast objects whose painted surfaces were obscured by the patina of age. The project photographed nearly a thousand objects over its two-decade run, and worked with contemporary First Nations artists to reconstruct the compositions and understand their original context and significance, which the authors discuss in their insightful and engaging commentary. These rediscovered artworks radically deepened the understanding of Northwest Coast First Nations painting, including techniques, materials, imagery, and the creativity of generations of ancestor artists. A new preface by Karen Duffek speaks to what the book has helped set in motion, and how First Nations artists and scholars today are taking this art forward in new and compelling directions.

Author Bio
Bill McLennan (1948–2020) was a photographer and Curator, Pacific Northwest, at MOA. His pioneering research with infrared photography earned him international acclaim and, with other achievements, reflected his passion for researching the history and dynamics of Northwest Coast art and for sharing his knowledge with others. He is the co-author (with Karen Duffek and Jordan Wilson) of Where the Power Is: Indigenous Perspectives on Northwest Coast Art (2021).

Karen Duffek is the Curator of Contemporary Visual Arts and Pacific Northwest at MOA. She is committed to supporting the activation of Northwest Coast Indigenous collections inside and outside the museum, and her research, exhibitions, and numerous publications focus on the relationships between historical and contemporary art practices, museum collections, communities, and art markets.
Nestled in British Columbia between the Rocky Mountains and the sea, Canada's Pacific Northwest is home to interior designers and architects with their eyes on the outdoors, a varied population, and the future. In West Coast North: Interiors Designed for Living, design writer Julia Dilworth talks to them about their motivations and how they work, and showcases their projects, in full-colour photographs and their own words.

The 29 firms profiled here bring varied backgrounds and approaches to projects from old-home renos to new builds and from rooms and apartments to breweries, working closely with their clients and other firms. With a characteristic West Coast concern for the environment, they're keeping old builds out of landfills and bringing the beauty of the outside world inside, through windows, materials, and colour palettes. They're meeting the needs of people with young children, those working from home, and those with a flair for entertaining. They're inspired by local craftspeople and artists and by design from farflung places—the places from which the world has gathered on Canada's West Coast.

West Coast North is a guide to today's exciting B.C. designers. But it's also a source of inspiration—for homeowners, and designers elsewhere.

Author Bio

Julia Dilworth is a lifestyle writer based in Vancouver, B.C. After starting her career in daily news and creating a national DIY column for 24 hours newspaper, she worked as an in-house editor at Western Living and Vancouver Magazine, and has been a regular contributor at BCLiving, YAM and Spruce Magazine.
**Wetland Project**  
Explorations in Sound, Ecology and Post-Geographical Art  
edited by Brady Ciel Marks and Mark Timmings

The Wetland Project is a beautiful, quietly amazing work of micro-post-geographical art that allows us to be wherever we are and somewhere wonderfully natural and real, simultaneously. It's an experience I wish everyone could have, and I wish there were more experiences like it.” — William Gibson

The Wetland Project book is the print component of a multidisciplinary and multimedia project centred on the sounds emanating from the TEKTEKSEN marsh, in unceded WSÁNEC territory (Saturna Island, British Columbia). The book is edited by artists Brady Marks and Mark Timmings, who have been inspired by the sonic phenomena produced by this small patch of Earth to create a 24-hour Slow Radio Broadcast, based on field recordings from the marsh, that radio stations across North America and Europe have aired on Earth Day since 2017; a musical arrangement titled Wetland Scenario, co-composed with Stephen Morris and performed by vocal ensemble musica intima; and a new media installation that algorithmically transforms sound frequencies from the marsh recordings into pure colour fields in flux.

Contributors to the book include novelist William Gibson, artist and scholar Dolleen Tisawii’ashii Manning of Kettle and Stoney Point First Nation, MP and former Green Party leader Elizabeth May, poet and spoken-word performer Susan McMaster, musicologist Stephen Morris, writer Alex Muir, poet and WSÁNEC First Nation member Philip Kevin Paul, Stó:lo artist, curator, and scholar Dylan Robinson, sound artist and World Soundscape Project member Hildegaard Westerkamp, and curator, writer, and PhD student Laurie White. The algorithmic flow (…)

**Author Bio**

Brady Marks is a digital media artist working primarily in audiovisual practices, new media and kinetic art. She has collaborated with Geoffrey Farmer on seven works, including "And Finally The Street Becomes The Main Character (Clock)" (2005–2008), a sculptural installation with computer-generated sound presented and acquired by the Art Gallery of Ontario; and "Let's Make the Water Turn Black" (2013–15), a 24-hour computer-generated installation composed of 50 light fixtures, 26 audio speakers and 18 synchronized, animatronic sculptures presented at REDCAT (Los Angeles), Migros Museum für Gegenwartskunst (Zurich), Nottingham Contemporary (UK), Kunstverein (Hamburg), Pérez Art Museum (Miami) and the Vancouver Art Gallery.
Small Victories Pennant Coloring Book
by Galison and Brass Monkey

Galison Mudpuppy
On Sale: Aug 2/22
9780735373457 • $26.00 • pb
Non Classified

Notes

Promotion
The Creative Drinker Coloring Book

Everyone is creative after they've had a few cocktails... just ask Ernest Hemingway. Well, actually, you can't. Because he's dead. Sorry if this is how you found out.

Anyway, this coloring book by Brass Monkey includes recipes & color-able illustrations for 38 different cocktails. So just make a few and start coloring. It's a perfect excuse for your questionable color choices.

- Includes 38 unique drink recipes (with corresponding images to color while you're drinking them).
- Features a paperback cover with Spot UV varnish (aka: it's shiny in places... oooh, fancy).
- Has 80 one-color pages (you get to add the color... that's how a coloring book works).
- Coloring book measures 8” by 10”.
- Psst: it’s made in the USA.

Author Bio

Brass Monkey

Vintage-inspired Smartassery

Created by Mike Sayre and Melanie Bridges way back in 2020, Brass Monkey was founded on the idea that there’s a world between fine china and bobblehead dolls. That products can have personality, without becoming roadside souvenirs. So that's where you'll find them...making beautiful, well-designed items that just happen to have a sense of humor. Who said that art school and open-mic nights were such a waste of time? We're looking at you, dad.
Bar Keeps
A Collection of California Cocktail Napkins
by Patrick Quinn

Bar Keeps: A Collection of California's Best Cocktail Napkins highlights the colorful and fun cocktail napkins from California's famous restaurants, hidden dives, and most beloved bars. Bar Keeps: A Collection of California's Best Cocktail Napkins is a fun and fabulous tour through the cocktail napkins of the golden state. Hundreds of images of vintage cocktail napkins will surprise and delight anyone who is a fan of cocktail culture, roadside diners, hidden dives, tiki bars, and more. Collector Patrick Quinn highlights some of the most unique and interesting napkins he's brought together over years of enthusiastic searching. Bar Keeps: A Collection of California's Best Cocktail Napkins is the perfect book for any coffee table or bar top in town

Author Bio

A long-time Angelino, Patrick Quinn works as a production designer at Universal Studios, Hollywood. He and his wife spend most weekends going to swap meets and antique malls, searching for hidden treasures. This allows him to indulge in an ever-growing collection of vintage odds & ends including exotica records, '70's snapshots, Western-Union telegrams, early travel guidebooks, and, of course, cocktail napkins
Fall 2022 Raincoast Omnibus Adult

Common Ground
Multi-Family Housing in Los Angeles
by Frances Anderton

As Los Angeles confronts a growing housing crisis, a city known for its single-family housing will inevitably shift toward a greater emphasis on apartments and other types of multi-family housing. Anderton’s book shows how connected dwellings work as good architecture and good social systems; multi-family housing itself will become an aspirational form of dwelling, not second in status or style to single family homes.

Los Angeles has been known the world over for its experimentation with lifestyle, and that has for decades been equated with the suburban single-family home situated on a rambling landscape, houses that gave the term Ranch House a citified meaning. However, Los Angeles has always been a city with exceptional experimentations in multi-family housing and author Frances Anderton traces that history. Today the City of Angels is already anticipating what other major metropolitan areas in the country will contend with - finding space to house the masses. Southern California architects are experimenting with new ways to approach multi-family housing, places to live that reinforce human connection to the term “home.”

Author Bio

Frances Anderton is host of DnA: Design and Architecture, a weekly radio show broadcast on KCRW NPR station in Los Angeles. For many years she produced KCRW’s acclaimed current affairs shows, To The Point, and Which Way, LA?, hosted by Warren Olney. She has served as correspondent for the New York Times and Dwell magazine. Her books include Grand Illusion: A Story of Ambition, and its Limits, on LA’s Bunker Hill, based on a studio she cotought with Frank Gehry and partners at USC School of Architecture. Honors include the Esther McCoy 2010 Award for her work in educating the public about architecture and urbanism from USC School of Architecture’s Architectural Guild; she was SCI-Arc’s Honored Guest at its 2018 Main Event. Anderton was raised in Bath, England, and studied architecture at the Bartlett at University College London. She subsequently became associate editor of the Architectural Review. Her first assignment was life-changing: to produce a special report on new architecture in Los Angeles.
This comprehensive reference dictionary, including some artwork, reveals the exceptional quality and diversity of Utah’s amazing artists through the years. Dictionary of Utah Fine Artists, from Aagard to Zwara with artists in between, is compiled and written by Vern G. Swanson, Donna Poulton, Angela Swanson Jones, and Micah Christensen. It details the styles and experiences of over 4,500 fine artists from the sketches of early exploration artists to Robert Smithson’s world-famous Spiral Jetty to the Western images of Minera Teichert. Rich images and color plates bring Utah’s masterpieces to life, and black-and-white photographs take the readers on a journey into the artists’ interior world. This sweeping work highlights the rural and the cosmopolitan, the traditional and the modern, and the concrete and the transcendent that encompass Utah art.

Author Bio

Vern G. Swanson, PhD, studied at BYU and the University of Utah, and received his doctorate at the Courtauld Institute of Art, University of London. He was the director of the Springville Museum of Art for thirty-two years until his retirement in 2012. His authored publications include J.W. Godward: The Eclipse of Classicism, as well as two major books on Sir Lawrence Alma-Tadema, six books on Russian and Soviet art, and five books on Utah painting and sculpture. He lives in Springville, UT.

Donna L. Poulton, PhD, a Montana native, lived in Germany for 12 years before returning to the West to earn her doctorate from BYU. She was the curator of Art of Utah and the American West at the Utah Museum of Fine Arts for eight years and now works privately as a fine art consultant. She has written articles for art magazines and authored a book on Reuben Kirkham: Pioneer Artist and coauthored: LeConte Stewart: Masterworks; Painters of Utah’s Canyons and Deserts, and Painters of Grand Tetons National Park. She lives in Salt Lake City, UT.

Angela Swanson Jones, MA, is a graduate of BYU and holds an M.A. from the Courtauld Institute of Art, University of London. She is currently writing a biography and catalogue raisonne on the German painter, Heinrich Hofmann (1824-1911). She has published essays and articles with Fine Art Connoisseur and is the coauthor of Desperately Young: Artists who Died in their Twenties. After living in Europe for ten years, Angela currently resides near Dallas, TX.

Dr. Micah Christensen, PhD, earned his doctorate in the History of Art from University College London, where he traveled extensively to study how artists were trained in the eighteenth and nineteenth centuries. He received his MFA...
Harlow in Hollywood
The Blonde Bombshell in the Glamour Capital, 1928-1937
by Darrel Rooney and Mark A. Viera

The most celebrated biography of Hollywood's Blonde Bombshell, Harlow in Hollywood is now updated with rare images and additional details about her remarkable life and its tragic end.

At last, the story of how Hollywood shaped a myth and determined a young woman's reality. A town, a remarkable town, became the backdrop for one of Hollywood's most incredible stories, a life rife with glamour, pleasure, power, and - in the end - utter sorrow. Her story lives in the pages and breathtaking pictures of Harlow in Hollywood.

When Jean Harlow became the Blonde Bombshell, it was all Hollywood's doing. She was the first big-screen sex symbol, the Platinum Blonde, the mold for every famous fair-haired superstar who would emulate her. Yes; even Marilyn Monroe followed Harlow's lead. In her short decade in Hollywood, Harlow created a new genre of movie star - her fans idolized her for her peerless image, her beautiful body, and her gorgeous facade. Harlow in Hollywood is the story of how a town and an industry created her, a story that's never been told before.

In these pages, renowned Harlow expert Darrell Rooney and Hollywood historian Mark Vieira team to present the most beautiful - and accurate - book on Harlow ever produced. With more than 280 rare images, the authors not only make a case for Harlow as an Art Deco artifact, they showcase the fabulous places where she lived, worked and played from her white-on-white Beverly Glen mansion to the Art Deco sets of Dinner at Eight (...)

Author Bio

Darrell Rooney has one of the world's most significant collections of Jean Harlow photographs and memorabilia. A Hollywood insider, Rooney is an animator and director best known for his Annie Award-winning direction of The Lion King 2: Simba's Pride. Harlow in Hollywood is his first book. He resides in Los Angeles.

Mark A. Vieira is a filmmaker, photographer, and writer specializing in Hollywood history. His previous books include Hurrell's Hollywood Portraits, Irving Thalberg: Boy Wonder to Producer Prince, and, with Tony Curtis, The Making of Some Like It Hot. He maintains a portrait studio in the historic Granada Buildings in Los Angeles.
John Muir Wilderness Box Set
by John Muir

A collection of John Muir's best-selling writings and essays collected in 1 set.
Part of John Muir's appeal to modern readers is that he not only explored the American West and wrote about its beauties but also fought for their preservation. His successes dot the landscape and are evident in all the natural features that bear his name: forests, lakes, trails, and glaciers. Collected here in 1 set are some of Muir's finest wilderness essays, national park observations, travels throughout Alaska, and writings about working in the Yosemite Valley. Muir's writing intimately connects the reader to the heart of nature; as the world increasingly tries to reconnect with the earth, the John Muir Wilderness Box Set offers the funny, charming, educational, and exalted wanderings of John Muir over nearly three decades of his life. His warmth, humor, and passionate advocacy for nature is enough to inspire any reader to get out there and explore, conserve, and be a part of the great outdoors

Author Bio

John Muir was a Scottish-born American naturalist, author, early advocate of preservation of wilderness in the United States, and founder of The Sierra Club. His letters, essays, and books of his adventures in nature have been read by millions.
Love Letters
Heartfelt Quotes from Famous Romantics illustrated by Sarah Cray

A giftable collection of romantic quotes from historical love letters, featuring Sarah Cray's signature watercolor illustrations.
When you can't find the words to express your love, let Sarah Cray's Love Letters: Heartfelt Quotes from Famous Romantics say it for you. This elegant volume pairs timeless declarations of love and longing from Ernest Hemingway, Frida Kahlo, Allen Ginsberg, Virginia Woolf, Princess Diana, Mark Twain, Zelda, and F. Scott Fitzgerald, and more, with beautiful watercolor, gouache, and ink illustrations. It's the perfect gift for Valentine's Day, anniversaries, weddings, engagements, and any other occasion that calls for words from the heart.

Author Bio

Sarah Cray is an artist and entrepreneur who inspires thousands of creatives to learn watercolor and live a more creative life through Let's Make Art, a company she cofounded in 2018. Although teaching is Sarah's day (dream) job, she nurtures her own creativity through illustrating books, curating original collections, and selling prints of her work on her website: sarahcray.com. Every opportunity to create is an opportunity to learn, which she happily shares with her community via her YouTube tutorials and Instagram account (@sarahdandelioncray). She lives with her husband and three kids on a farm in rural Missouri.
Muffins
by Cyndi Duncan and Georgie Patrick, by (photographer) Sheena Bates

Muffins takes basic breakfast staples to a palate-pleasing new level with over 70 sweet and savory easy muffin recipes for any meal of the day. From comforting favorites to spicy surprises, these delicious recipes include more than 70 nourishing breakfast staples, fruity bites for brunch, savory morsels that go great with soups and salads, and delightfully decadent excuses to indulge. Muffin recipes like Honey Bran, Saucy Blueberry Lemon, Raspberry Wine, Jalapeno Corn, Double Fudge, and Spicy Chocolate will brighten your day. With keen ideas for ingredient substitutions, helpful baking methods, and other useful kitchen tips, you will soon be creating wonderful treats for your friends and family. There's muffin to it!

Author Bio

A love of good friends and good food led Cyndi Duncan and Georgie Patrick to publish the Benjamin Franklin Award-winning Nothin' but Muffins, along with a quick cooking series, two cookie books, and 101 Things to do with Zucchini. The retired grandmothers both live near the foothills of the Rocky Mountains in Greely, Colorado.
White Fang
by Jack London

**A beloved Jack London classic novel reissued for contemporary readers.**
Rediscover Jack London’s beloved classic in this unique hardbound edition.
First published as a serial in *Outing* magazine in 1906, *White Fang* has been called one of London's most interesting and ambitious works.”
Follow the wolfdog White Fang in a story of violence and hardship, morality and redemption, and finding home during the 1890s Klondike Gold Rush. Truly a must-have for London fans, book lovers, and adventurers

**Author Bio**

Jack London was born John Griffith Chaney in San Francisco, California. He began writing at 17 years old, when he submitted a story about a recent, nearly disastrous sea voyage he’d been on, winning the contest and earning his first $25 as a writer. Later, during the gold rush, he traveled to the Yukon, where he found the inspiration for his most famous novels and short stories.
365 Days of Feel-Good Art
For Self-Care and Joy, Every Day of the Year
by Lorna Scobie

In 365 Days of Feel-good Art, Lorna Scobie explores art-based tasks which will help to boost your overall confidence, wellbeing and happiness.

Full of tips that will encourage you to nurture your creativity, 365 Days of Feel-good Art teaches readers of all artistic levels how to tackle creative tasks, even if they are unsure of where to start.

With breakout 'Expand' exercises, readers will be able to immerse themselves in more involved activities such as making cards for loved ones, or keeping a gratitude diary. And for those looking for a swift creative challenge there will be quick-hit happiness activities throughout the book that can be slotted into any busy day. Journal pages encourage readers to record their thoughts and reflect on their creative journey, wherever they may be on it.

The accessible format of the book allows readers to work their way through the activities in any order that they would like, making it perfect for anyone who is looking for creative inspiration that isn't too involved and doesn't require any specialist equipment.

Author Bio

Lorna Scobie grew up in the depths of the English countryside, climbing trees and taking her rabbit for walks in the fields. She is an illustrator and designer, now based in south London. Growing up surrounded by nature has heavily influenced her illustrations and her work often revolves around the natural world and animal kingdom.

Lorna draws every day, and always has a sketchbook close to hand when she's out and about, just in case. She illustrates her work by hand rather than digitally, as she enjoys the spontaneity and also the 'happy mistakes' that can happen along the way. Her favorite places to draw are museums and botanical gardens.
52 Weeks of Scarves
by Laine

52 Weeks of Scarves is a contemporary collection of 52 patterns for scarves, shawls, wraps, cowls and collars, from Nordic knitting experts Laine.

Nothing brings more comfort than a hand-knitted scarf - from a light wrap for cool shoulders on summer evenings or spring mornings, to a beautiful shawl as the centerpiece of fall outfits, or a cozy collar to be layered under winter coats. Whether you’re creating a shawl for yourself or a cowl for a loved one, there’s care in every stitch. Knitting is more than just knit, knit, purl. It is a feeling.

This stunning book contains a beautiful scarf pattern for every week of the year. The 52 projects have been contributed by leading knitwear designers from across the world and showcase an exceptionally wide range of yarns, techniques and difficulty levels, including two crochet designs. Comprehensive patterns are supported by extra material on the Laine website, and stunning photography and styling evokes the inspiring Nordic lifestyle and slow living. The follow up to the bestselling 52 Weeks of Socks, 52 Weeks of Scarves is destined to become another knitting classic - a book to return to again and again, not just for weeks but for years to come.

Author Bio

Laine is a Nordic knit and lifestyle magazine based in Finland. They cherish natural fibers, slow living, local craftsmanship and beautiful, simple things in life. Their intention is to inspire all to gather and share, and to be part of a community of like-minded knitters, makers and thinkers from near and far.
All Wrapped Up: Adriana Picker
A Wrapping Paper Book
by Adriana Picker

All Wrapped Up by Adriana Picker showcases the artwork of acclaimed artist Adriana Picker. Love the pattern? Rip it out and wrap something up! Includes 20 gift wrapping sheets (measuring 19.8 x 27.3) and a gift stickers sheet. All Wrapped Up is a series of gorgeous stationery books celebrating the work of some of the world’s best and brightest artists.

Author Bio

Adriana Picker is an Australian-born illustrator who currently resides in New York City. At the heart of her work is a lifelong passion for flowers, which she manages to find wherever she goes. As an illustrator, artist and designer, her work encompasses the diverse fields of publishing, fine arts, film and advertising. Adriana’s previous titles include Petal, The Cocktail Garden, Where the Wildflowers Grow and The Garden of Earthly Delights.
The Art of Gifting Naturally
Simple, Handmade Projects to Create For Friends and Family by Angela Maynard

The Art of Gifting Naturally is a unique and contemporary guide to the joy of making gifts by hand. Inspired by the seasons, Angela Maynard showcases more than 25 inspiring projects that are easy to make and perfect to gift to friends and family.

From soothing skincare and fragrance to jam-making and natural dyeing, Angela shows us ways to reconnect with nature and reflect its importance in gift-giving. Consideration is also paid to the ways to wrap your gifts, such as doing away with plastic in favor of reusable materials.

With a focus on sustainability, slow-living and mindful crafting, The Art of Gifting Naturally is a timeless book to be enjoyed and shared with loved ones.

Author Bio

Angela Maynard owns Botany, a concept lifestyle store housing a carefully curated selection of homewares, gifts and curiosities. Through Botany, Angela has done a number of workshops, including a dried flower pop up with & Other Stories, and has featured in Homes & Gardens. Angela has a monthly column with Reclaim Magazine.

Notes

Promotion
AstroAffirmations
Empowering the Zodiac for Positive Change
by Stella Andromeda

AstroAffirmations offers 366 astrological mantras—one for every day of the year—designed to empower, to uplift, to inspire, and to move.

Each affirmation will reflect the astrological weather* of each of the 12 signs of the zodiac, the particular characteristics of the energy they represent, which of the 12 houses they rule, and the planetary impact of each sign’s ruling planet. These snippets of advice will help you to build confidence, challenge negative or unhelpful thoughts, overcome self-sabotage, strengthen self-worth, and cultivate more awareness of the positive things already happening in your life. Even as the world changes (for better or worse), you can use these affirmations to adapt, motivate, and cheer yourself on to rise to whatever the occasion requires.

The perfect bedside table companion, AstroAffirmations will include both a daily and birthday affirmation for each of the 366 days of the year, setting you up for the day ahead, allowing you to be your best self, and to live your best life.

Author Bio
Stella Andromeda has been studying astrology and other esoteric arts, including the Tarot, for over 30 years, believing that a knowledge of the constellations of the skies and their potential for psychological interpretation can be a useful tool. With her sun in Taurus, Aquarius ascendant, and moon in Cancer, she utilizes earth, air, and water to inspire her own astrological journey.
Audrey Hepburn: The Illustrated World of a Style Icon
by Megan Hess

Audrey Hepburn: The Illustrated World of a Fashion Icon is a stunning illustrated biography of legendary fashion icon and actress Audrey Hepburn from internationally renowned fashion illustrator Megan Hess.

Discover the key moments of Hepburn's fascinating life and the iconic looks she pioneered. From Sabrina to Breakfast at Tiffany's, Audrey Hepburn is renowned for her acting skill and fashion style, but less well known is her life in Nazi-occupied Holland or her tireless dedication to helping those less fortunate than herself. Elegantly enclosed by a hardback cover and ribbon, Megan's beautiful illustrations follow Hepburn through three distinct chapters: her early life in World War II Europe, dreaming of becoming a ballerina; her ingenue years as the rising star of Hollywood and her incredible fashion partnership with Hubert de Givenchy; and her private life beyond the silver screen, building a legacy through her humanitarian work.

Audrey Hepburn is a celebration of a woman whose life was as remarkable as the clothes she wore and the movies she starred in, brought to life on the page by the expert hand of Megan Hess.

Author Bio

Megan Hess was destined to draw.

An initial career in graphic design evolved into art direction for some of the world’s leading design agencies. In 2008, Hess illustrated the New York Times number-one selling book Sex and the City, written by Candace Bushnell. She has since illustrated portraits for Vanity Fair and The New York Times, created animations for Prada in Milan, and illustrated the windows of Bergdorf Goodman in New York. Megan has also illustrated live for bespoke fashion shows around the world including Fendi at Milan Fashion Week, Viktor & Rolf and Christian Dior Couture. Her other renowned clients include Givenchy, Tiffany & Co., Louis Vuitton, Montblanc, Yves Saint Laurent, Vogue, Harper’s Bazaar, Prada and Cartier.

Megan is the author of many bestselling books for adults and children.

Visit Megan at meganhess.com
Behind the Bar: Gin
50 Gin Cocktails from Bars Around the World
by Alia Akkam

In Behind the Bar: Gin, Alia Akkam gives a guided tour around bars around the world and their gin cocktails. From the Enzoni Cobbler at the Gin Palace in Melbourne to a Southern riff on the Gin & Tonic at The Gin Joint in Charleston, there is a simple recipe for anyone wanting to whip up a cocktail at home in no time. Along with recipes, Behind the Bar: Gin explores stories surrounding the bars and their cocktails, as well as interesting gin-based nuggets of inspiration - from sloe gins, the Negroni Sbagliato, to guides on tonics and punches, there is a lot to discover! With its beautiful illustrations and accessible style of writing, this will appeal to the armchair traveler as much as the keen home bartender.

Author Bio

Alia Akkam is former managing editor at both Beverage Media and Hospitality Design magazines, where she remains a frequent contributor and continues to immerse herself in the intricacies of the spirits and hotel worlds. Her interest lies in covering the intersection of food, drink, travel and design, and she has written for outlets including Taste, the Wall Street Journal, Four Seasons Magazine, Architectural Digest and Vogue
Blazed Wax
by Ruby Kannava and Emma Cutri

Blazed Wax is a comprehensive guide to contemporary candle making from friends and designers Ruby Kannava and Emma Cutri, with over twenty-five projects for candles that will light up your life.

Candle making is an ancient craft, but modern candle making is all about incredible shapes and surprising color combinations. This book brings together everything you need to start making your own sculptural candles at home - from unique mold-making using everyday items like fruit and vases, to dip-dyed candle-pouring, or even making fun twisted candles from supermarket candles. Including over twenty-five projects for candles and candle holders, with easy instructions, step-by-step photography and guides to materials, scents, safety and styling, Blazed Wax will have you creating in no time.

Beautiful candles are a surprisingly easy art to try at home, the possibilities are endless, and you can always melt your creation down and start again! These unique candles bring warmth and ambience to your home, are perfect for celebrations and gifts, and will become the centerpiece of any dinner table or relaxing ritual. There's something innately magical about how a burning candle brings people together, and Blazed Wax will help you to capture some of that magic in your own hand-made candles.

Author Bio

Emma Cutri moved to Melbourne to study fashion at RMIT, then worked as a teacher before starting her successful label SISTER Studios with her friend Alice six years ago. Ruby Cannava grew up in a house full of artists, studied art at VCA, then fell in love with jewelry while living in New York. She came home to Melbourne to study silversmithing at Melbourne Polytechnic and start her business Kannava Jewels. Emma and Ruby have been friends for a decade and lived together for the last five years, and they both run their businesses from a shared studio space in Brunswick. Their home life consists of looking after their matching poodles Bilbo and Beanie, making their house look beautiful, cooking and doing creative things, including still life painting, ceramics, mosaics and candle making. Blazed Wax is their first venture together.
Cassoulet Confessions

Food, France, Family and the Stew That Saved My Soul

by Sylvie Bigar

Cassoulet Confessions is an enthralling memoir by award-winning food and travel writer Sylvie Bigar that reveals how a simple journalistic assignment sparked a culinary obsession and transcended into a quest for identity. Set in the stunning southern French countryside, this honest and poignant memoir conveys hunger for authentic food and a universal hunger for home. In Cassoulet Confessions, Sylvie travels across the Atlantic from her home in New York to the origin of cassoulet - the Occitanie region of Southern France. There she immerses herself in all things cassoulet: the quintessential historic meat and bean stew. From her first spoonful, she is transported back to her dramatic childhood in Geneva, Switzerland, and finds herself journeying through an unexpected rabbit hole of memories. Not only does she discover the deeper meanings of her ancestral French cuisine, but she is ultimately transformed by having to face her unsettling, complex family history.

Sylvie’s simple but poetic prose immerses us in her story: we smell the simmering aromas of French kitchens, empathize with her family dilemmas, and experience her internal struggle to understand and ultimately accept herself.

Author Bio

Coco Chanel: Style Icon
A Celebration of the Timeless Style of Coco Chanel
by Maggie Davis

Chanel: Style Icon charts Coco Chanel's fashion evolution through 70 beautifully illustrated style moments including pieces from her famous wardrobe, her most iconic looks and her own special kind of styling.

From the invention of the little black dress to pioneering trousers for women and pearls perfect for every occasion, this book showcases how Chanel was a supreme innovator of all things elegant and beautiful. Chanel’s genius wasn’t limited to clothing, her ambitions saw her move into making accessories such as the 2.55 padded flap bag and, of course, the signature Chanel No. 5 perfume. As well as charting Coco’s personal and professional journey into fashion royalty, the book also looks at the legacy of the Chanel brand and the influence of another fashion legend-Karl Lagerfeld.

Tastefully and elegantly illustrated throughout, this volume is a must-have for admirers of Coco Chanel, fashion historians, and fans of fashion illustration.

Author Bio

Maggie Davis is a style journalist and digital editor based in London. After studying at the London College of Fashion in the late ’90s, she went on to work on the fashion desks at Vogue, ES Magazine and Time Out. She has since run a successful kids’ style blog and worked as a consultant for big brands including Marks & Spencer and John Lewis.
Croissants
all day, all night
by Hardie Grant

Forthcoming Hardie Grant cookbook

Author Bio

A creative global publisher of quality, stylish, cutting-edge books.

Hardie Grant
On Sale: Oct 25/22
7.5 x 9.8 • 256 pages
9781784885168 • $58.00 • cl
Cooking / Courses & Dishes / Pastry

Notes

Promotion
Crystals and Energies
The Essential Witch’s Kit for Using Crystals to Find Balance and Well-Being
by Claire Taupin

The crystals reveal their secrets… The Witch’s Apprentice: Crystals & Energies is a pocket spell book, providing everything the modern witch needs to know in order to live in harmony with nature and the elements. Crystals & Energies invites you to discover the power of crystals – crystals that can help us find balance and well-being by responding to our physical and psychic energies.

Learn how to choose crystals according to your needs and how to put together your own ‘crystal first aid kit’. There are also tips for simple rituals to use crystals as part of your daily routine and for taking care of your crystals using different purification techniques.

Author Bio
Claire Taupin runs her own crystal shop and online store, Mysticbox. Having been on the spiritual path for many years, she is proud to call herself a ‘witch’. In Crystals & Energies, she humbly offers her advice to start or develop your own practice with crystals.
DOG
Stories of Dog Ownership
by Julian Victoria

From the team behind the journal, *DOG: An Owners’ Guide* is a fun, frivolous exploration of dog-owning for the modern-day.

Stories from some of the world’s most famous dog owners like fashion designer Dries Van Noten, actor Russell Tovey, singer-songwriter Remi Wolf and Matthew Malin and Andrew Goetz of Malin+Goetz beauty and skincare tell what it’s like to share their lives with these pets.

The book includes informative profiles on breeds such as French and English bulldog, Labrador, Whippet, Border Terrier, Chihuahua, Toy Poodle and many more.

*DOG: An Owners’ Guide* is an homage to the untold joys dogs can bring to our lives.

Author Bio

Julian Victoria is an American photographer and entrepreneur. He is also the founder of *DOG* magazine. He has worked in the media industry all his life, started his career working in TV production for MTV Networks in New York and was transferred to London in 2009 to work for MTV UK. After two years in London, Julian decided to focus on his passion; photography and design. He started freelancing for the publishing industry and contributed to magazines like *Monocle, Hello Mr, Cereal*, just to name few. While working in the independent magazine industry, Julian had an idea of creating a new publication that will gather all the things he enjoyed from the magazine world. At that moment, the independent magazine market was getting a bit populated with new titles so being different was a must. While walking his dog, Julian realized how people were more willing to engage and converse while having his dogs around. With that in mind, the concept of *DOG* was created in 2016.
Everyday Plant Magic
Change Your Life Through the Magical Energy of Nature
by Rachael Cohen

*Everyday Plant Magic* is a modern guide to enhancing your life through the magical energy of nature, from choosing the right plant for your spiritual needs to understanding where best to place it and how to harness its power.

Featuring 45 plant profiles, which will showcase each plant’s magical properties, from healing to stimulating and purifying to energizing, learn how they can be used to cleanse a space of bad energy or added to a potion to help calm the mind.

Also discover how their placement in the home can enhance magical energies like prosperity, good health, success, and relationships. Feng shui tips, along with a highlight on crystal companions for harnessing additional magical energies from nature, are also included.

Whether you position a Snake Plant by the door to ward off bad energy, use Aloe Vera leaves to calm a burn, or add a rose quartz to your Rose Plant to call in more love, this practical guide will equip you with all you need to harness the transformative power of your plants.

Author Bio

Rachael Cohen’s life’s purpose is to connect herself and others with the natural world. Rachael is an author, environmental educator, energy worker and the creator and owner of Infinite Succulent - a botanical styling, art and educational service based out of San Diego, California. She is the author of *Infinite Succulent: Miniature Living Art to Keep or Share* (Countryman Press, 2019) and has over 20k Instagram followers under the handle, Infinite Succulent.
From Scratch
More Than 200 Handmade Pantry Essentials and LifeAffirming Kitchen Miracles
by Fiona Weir Walmsley

From Scratch is a cheerful collection of recipes, and a simple guide to making your own food and staples, starting at the very beginning. If you are looking for a connection with what you eat, then this book is for you. More than 200 straightforward recipes - from basic pantry items and essential dairy products to decadent cakes, tasty dips, crackers, ferments and drinks - will give you the confidence to leave industrialized packaged goods behind. Author Fiona Weir Walmsley paints a beautiful picture of life (and work) at Buena Vista Farm in Gerringong, NSW, and of the joy of making, sharing and enjoying things ‘from scratch’, no matter how busy you are. And, sampling your own mayonnaise, yogurt, kimchi, muesli bars, mustard, ice cream, chai tea, bacon jam, chewy caramel or lemon slice (the list goes on!) might be just what you need to find your happy place.

Complete with stunning images, From Scratch is all about kitchen time being fun, instructions without preachiness, and the deep satisfaction of being able to make all the things yourself - when you have the urge (or when you run out of baking powder)

Author Bio
Fiona Weir Walmsley is a cheesemaker and farmer in Gerringong, NSW. The family have been on the farm since the mid-1800s, when they arrived from Northern Ireland with nothing except a dream, a small amount of dairy farming knowledge and a cooking kettle that is still on their back verandah. Fiona and her husband Adam raise dairy goats, meat chickens, laying hens, pigs and bees, and they make cheese and operate a commercial farm kitchen that produces ferments and other deliciousness. On top of that, they grow coffee and cut flowers and run a cooking school teaching traditional food skills, such as sourdough baking, cheesemaking and fermentation.
Giuseppe’s Italian Bakes
60 Inspired Recipes Like Papa Used to Make
by Hardie Grant

Forthcoming Hardie Grant cookbook

Author Bio

A creative global publisher of quality, stylish, cutting-edge books.
Hip to Be Square

20 Contemporary Crochet Designs Using 5 Simple Squares by Katie Jones

With *Hip to Be Square* learn how to transform five simple granny squares into 20 bold and bright designs featuring size-inclusive garments, stylish accessories and beautiful homewares. All five granny squares can be completed in a wide range of yarn weights, colors, and types; they can be extended to create bigger blocks, and they are interchangeable within the pattern designs, giving the reader unlimited options and inspiration. As well as the easy-to-follow instructions and step-by-step illustrations, Katie also includes tips on how to care for your makes, so they stand the test of time - the perfect antidote to fast fashion.

Author Bio

Katie Jones and her mom, Annie, run a crochet brand that's purpose is to make fun, colorful, hand crocheted pieces, embracing the sustainable practices of an old craft while giving it a new twist. Katie’s designs have been stocked in luxury stores worldwide and featured on the pages of global fashion and craft publications. Her work has been shown at The Victoria and Albert Museum as part of its Fashioned from Nature exhibition, alongside Stella McCartney and Vivienne Westwood. Katie won the Selfridges Bright New Things Award, filling its Oxford Street window with Granny Squares in 2016, and has appeared as a judge on Channel 4’s Kirstie’s Handmade Christmas.
Home By the Sea
The Surf Shacks and Hinterland Hideaways of Byron Bay
by Natalie Walton, by (photographer) Amelia Fullarton

Home by the Sea: The Surf Shacks and Hinterland Hideaways of Byron Bay is a beautiful interiors book that opens the doors to a range of diverse and inspiring homes in the burgeoning creative community of Australia's Byron Bay. Step inside eighteen stunning homes across a range of styles, from interior designer Louella Boitel-Gill's Gypsy Creek home to architect Zana Wright's off-the-grid Quandong Cottage, to fashion designers Lara Fells of St Agni and Candice Rose-O'Rourke of Zulu & Zephyr. Home by the Sea tells the stories of these homes and the people who live there - uncovering, in the process, that there is so much more to Byron Bay than its natural beauty. This is a book about community and creativity, about living intentionally and the value of loving where you live.

Created by locals, including best-selling author Natalie Walton, and showcasing the light-filled interior and lifestyle photography of Amelia Fullarton, Home by the Sea offers a unique and unforgettable taste of what it's like to live in this iconic town.

Author Bio

Natalie Walton is an interior designer and stylist, as well as author of best-selling books This is Home: The Art of Simple Living, Still: The Slow Home and Style: The Art of Creating a Beautiful Home. She teaches students around the world how to create a beautiful and authentic home through her popular masterclasses. Natalie is also the founder and creative director of Imprint House, a concept store and design studio based in Byron Bay. Imprint is her podcast about creating a home and life you live. She lives on a two-acre property in the Byron Bay hinterland.

Amelia Fullarton is one of Byron Bay's most in-demand interiors and lifestyle photographers, known for her beautiful light-filled photographs. Her work has featured in publications such as MilK magazine, Vogue, Harper's Bazaar and Real Living. She lives in a house she designed, in Ewingsdale.
I AM ENOUGH
by Hardie Grant Books

With Power Positivity: I AM ENOUGH break through the walls of self-doubt with empowering quotes, thoughts, kind words and little pick-me-ups when you need them most.

Many people struggle with low confidence and self-esteem. The right words at the right time can do wonders to lift your mood, raise your confidence, control negative feelings and improve your self-esteem.

Featuring words of wisdom from Bradley Cooper, Emma Watson and Brie Larson, this pocket-sized book is guaranteed to brighten your day, remind you that life is good and that you've most definitely got this.

Author Bio
Conceived and edited by Hardie Grant Books.
Power Positivity: I AM STRONG helps you tap into your inner strength and reminds you that you can get through anything with empowering quotes, thoughts, kind words and little pick-me-ups when you need them most.

The right words at the right time can do wonders to lift your mood, raise your confidence, control negative feelings and improve your self-esteem.

Featuring wise words from Janelle Monae, Mark Ruffalo and Lady Gaga, this pocket-sized book is guaranteed to brighten your day, remind you that life is good and that you've most definitely got this.

Author Bio

Conceived and edited by Hardie Grant Books.
JapanEasy Bowls & Bento
Simple and Satisfying Japanese Recipes for All Day, Every Day by Tim Anderson

*JapanEasy: Bowls & Bento* is your essential guide to having super-satisfying Japanese meals 24/7. Tim Anderson shows you how you can build your own delicious bowl from scratch as well as how you can construct your very own bento (Japan’s beloved and beautiful lunch boxes) from the comfort of your own home. Fun to make (and eat) *JapanEasy: Bowls & Bento* celebrates the versatility, simplicity and joy of Japanese food. This is everyday self-care and self-love, in bowl and bento form.

Tim will show you just how easy it is to cook your very own Japanese meals any time of day. You can expect to find everything from soups and noodle bowls to Japanese donburi and curries: warming, filling dishes that can function as either fun, crowd-pleasing dinner party dishes or soothing sofa-based suppers. You will also discover a wide variety of effortless bento recipes that can be made by mixing and matching various small, super-fast dishes prepared in advance (or leftover from dinner)- all of which can also easily be converted into exquisite Japanese breakfasts!

Almost everything in this book can be prepped ahead and eaten later, either cold or re-heated, with no loss in quality, allowing you to have Japanese food for breakfast, lunch, and dinner in a matter of minutes. Because after all, Japanese food is not just for dinner - Japanese food is forever.

**Author Bio**

Tim Anderson is a chef, writer, restaurateur, and MasterChef champion. Born and raised in Wisconsin, Tim has been studying Japanese food culture for more than two decades, first as a hobby, then as a profession. He majored in Japanese Studies at university, where he was awarded a grant to conduct independent research on local food museums in Japan. Subsequently, he lived in Fukuoka prefecture for two years to further develop his knowledge of Japanese food, and then moved to London, where he won MasterChef in 2011. He has since opened the Japanese 'ramen izakaya' restaurant Nanban, which inspired a book, *Nanban: Japanese Soul Food*. He is also the author of *JapanEasy, VeganJapanEasy, Tokyo Stories* for which Tim won the John Avery prize at the Andre Simon Awards, and *Your Home Izakaya*.
Little Magic Rituals
The Essential Witch’s Kit for Reconnecting with Yourself and with Nature
by Oceane Laissouk, with Estelle Modot

Awaken the witch in you… The Witch’s Apprentice: Little Rituals is a pocket spell book, providing everything the modern witch needs to know in order to live in harmony with nature and the elements.

This little guide celebrates ancient magic rituals: rites and ceremonies which can be practised throughout the year, helping you to reconnect with yourself and with the power of the elements.

Learn the basics of Wicca, along with how to put together your witch’s kit and altar and how to prepare your first rituals. Using step-by-step advice, Little Rituals will show you how to follow the rhythm of the sun and the moon, using them to celebrate sabbaths and guiding you towards finding true balance.

Author Bio
Océane Laïssouk is an amulet maker, illustrator and practitioner of Japanese medicine. She draws from her roots, mixing French soil and Berber origins, and her attachment to magic rooted in everyday life, and can be found on her Instagram @almatribal_therapie_

Estelle Modot is an alchemist, herbalist and botanist who is passionate about the dream world. She can be discovered on her Instagram @lespotionsdelitha
Modern Block Printing
Over 15 Projects Designed to be Printed by Hand by Rowan Sivyer

*Moderne Block Printing* explores the ancient craft of printing by hand, through contemporary and simple designs.

Rowan Sivyer demonstrates the versatility of this beautiful medium through 17 easy projects: from greeting cards to printing on fabric and clay, to ideas for making homewares such as cushions and lampshades and even making your own unique Christmas ornaments and gift wrap.

Starting with the techniques, the easy-to-follow instructions take you through every step of the process, including choosing and caring for tools, through design essentials, carving and printing techniques, and even history of this ancient craft.

Rowan is often inspired by nature, particularly in her homelands of New Zealand and Australia. *Modern Block Printing* showcases these influences through Rowan's use of pattern and color, before teaching readers how to transform their prints into beautiful objects to gift or decorate the home with.

With beautiful photography and stunning design, *Modern Block Printing* is the essential modern maker's guide to printing by hand.

Author Bio

Rowan Sivyer, AKA Little Rowan Redhead, is a visual artist who lives in Sydney, Australia. Rowan paints, carves or prints every day. She is fueled by a creative curiosity that has been with her from childhood. Since 2017 Rowan has also shared sharing her passion for printmaking with others teaching workshops in Sydney and beyond and online.
Mushrooms
Over 70 Recipes Which Celebrate Mushrooms
by Martin Nordin

The 70 vegetarian recipes in Mushrooms applaud the versatility of this classic ingredient.

Bestselling author of Fire, Smoke, Green, Martin Nordin, showcases creative and varied ways that mushrooms can be served. From soups and stews, to dumplings, pizzas and pickles, all the recipes draw inspiration from around the world.

Mushrooms features stunning photography, some of which were taken by the author, as well as stylish illustrations.

Author Bio

After spending 20 years in a business that's constantly changing, Martin Nordin has learned how to reinvent himself in his career of advertising. He has now worked in every type of media in every format (print, film, omni-channel marketing content, you name it) for companies like IKEA. Martin lives in Malmo, and now works as a freelance consultant. His unique sense of food photography and food styling have led to his three beautiful and vegetarian cookbooks. He is constantly inspiring his many Instagram followers to cook more vegetarian, to try new things and to cook more at home, not being a professional cook himself.
Orchard
Over 70 Sweet and Savoury Recipes from the English Countryside
by James Rich

In Orchard cook and writer James Rich explores the huge variety of food that can be found in the English countryside; whether that is in the ancient orchards and hedgerows abundant with ingredients or the humble veg patch or kitchen garden verdant with home-grown staples.

Celebrating fruit, including pears, plums, cherries, strawberries, gooseberries, elderflower, blackberries as well and quinces, medlars and apples, James offers more than 70 delightful recipes - both sweet and savory - that are inspired by some of the most famous and delicious home-grown produce from England's ancient gardens.

From Slow-Roasted Pulled Harissa Lamb with Apricot & Chilli Jam or Chicken and Cherry Tray Bake for a special occasion feast, to a simple Apple, Plum and Walnut Cobbler or Pear Rosemary and Caramel Tart Tatin for a warming autumnal pudding, James draws inspiration from seasonal produce that will gently encourage you to explore and cook from your own kitchen gardens.

With a focus on core fruits, vegetables and nuts that are grown in orchards and among hedgerows, but which are also easily accessible for people everywhere, as well as a note on foraging and the kitchen pantry, Orchard is a treasure trove of edible gems that you will return to cook from, time and time again.

Author Bio

James Rich hails from the ancient and beautiful apple country in Somerset, England. A cider-maker's son, he is a passionate home cook who as a child, was encouraged to explore food and flavor in the kitchen by his grandmother, who showed him the basics and helped develop his cooking. Working as a food writer and brand consultant, James explored the world and lived in the bright lights of the city for over a decade before returning back to his roots. He now lives and works at home in Somerset with his husband and cat and their very own orchard and kitchen garden.
Own Your Zone
Maximising Style & Space to Work & Live in the Modern Home
by Ruth Matthews

Create a multifunctional - and stylish - space for working and living at home.

Own Your Zone helps you to create a multifunctional, calm space that works for you and strikes the perfect balance between living and working from home - without compromising on style.

Our home now needs to serve multiple purposes; it needs to be a place we work, work out, wine, dine and chill. With Own Your Zone, learn how to break your home into different zones for work and play. Create an environment that helps you get in the zone at the start of the working day and to easily switch off and wind down when 5.30pm hits.

With more and more of us working from home and it looking likely to become our 'new normal' (firms including Twitter and Facebook have said they will allow employees to work from home forever!), the work-life divide has become hopelessly blurred.

Whether you're working from your bedroom or your kitchen, learn how to carve out a space to help you focus for your 9 to 5, create a book nook for all that important down time or a clutter-free space for yoga - all in the same room.

Author Bio

Ruth Matthews is an Interiors blogger and consultant, stylist and photographer based in London. In 2013, she started her blog Design Soda to document her journey creating a beautiful, small space on a tight budget. Seven years later, she is now the proud owner of a house, but her MO remains the same - to make an interesting and stylish home without breaking the bank. Ruth has collaborated with a number of brands including Anthropologie, Ca’ Pietra, Cox & Cox, Cult Furniture, Desenio, Farrow and Ball, Habitat, John Lewis, Loaf, L’Occitane, MADE, Maison du Monde, Marks & Spencer, Scandiborn, Soho Home, Wayfair, West Elm and The White Company amongst others.
Spending time with our family and friends has never felt so important - and so often this means cooking for the ones you love.

Who better to take inspiration from than Pasta Grannies who have spent their lifetimes plating up comfort and connection. Vicky Bennison, the author of the bestselling Pasta Grannies cookbook, brings you more heart-warming recipes and stories from our favorite Italian grandmothers in this easy-to-follow, crowd-pleasing recipe book that shows you how to make authentic Italian food that everyone will enjoy.

Discover 91 year-old Pina’s chestnut gnocchi with walnut pesto, lovingly made with ingredients she grows around her home in Liguria; or 99 year-old Marietta’s special tagliatelle recipe, which is a not really a recipe at all but a reflection of her vegetable garden, the Calabrian countryside and the changing seasons. As well as meat, seafood and vegetable pasta recipes, chapters cover pizzas, pastries and pies, rice and pulses, dairy and herbs, nuts and spices.

Every recipe is accompanied with a QR code which, once scanned, will take you directly to the YouTube videos of these remarkable women and their recipes. Complete with stunning location and recipe photography throughout, with a clear guide to pasta making by hand, Pasta Grannies: Comfort Cooking is not only a celebration of cooking and feasting together, it is an insight into their lives, and a joyous slice of the Italian way of life.

Author Bio

Vicky Bennison is the creator of the highly successful 'Pasta Grannies', which has nearly two million followers across YouTube, Instagram and Facebook. Vicky's first book, based on its success, has been translated into 6 languages; it won a James Beard Award, the equivalent of the food Oscars in America, for Best Single Subject in 2019; and the German translation was awarded Silver medal by the prestigious Gastronomischen Akademie Deutschlands. Vicky has made live TV appearances on the Rachael Ray Show in America and BBC Breakfast in the UK, and been profiled in the New York Times, Financial Times and Sunday Times among many others. Disney Pixar asked Vicky to support the global launch of their animation Luca, a story of friendship and shared love of pasta. When not travelling through Italy filming grandmothers, Vicky likes gardening and spending time with her family and grandson, Raff.
Pocket Mindful Art
100 creative activities to help you stop, breathe and create
by Lorna Scobie

In Pocket Mindful Art Lorna Scobie, explores how creativity can help you to
develop a deeper connection with yourselves and the world around you.
Featuring 100 art activities that encourage natural flow and help you to relax,
Lorna shows you that finding time to switch-off through art can be healing for
the soul. It is full of activities to help your to slow down and unwind, as well as
kickstart your creativity with easy art prompts that are simple to follow. The
activities have been divided into three categories - relaxing, perception,
imagination - and will help you to seek inspiration in those quiet moments
throughout the day, no matter where you are. Full of tips to help spark creative
ideas as well as personal anecdotes, Pocket Mindful Art shows you how
anyone (not just artists) can enjoy the playful pleasure of drawing and can
experience wellbeing through mark making and creative play.

Author Bio

Lorna Scobie is an illustrator and designer, now based in south London.
Growing up surrounded by nature has heavily influenced her illustrations and
her work often revolves around the natural world. Lorna draws every day, and
always has a sketchbook close to hand when she’s out and about, just in
case.
Rainbow Power
Manifest Your Dream Life with the Creative Power of Color
by Jerico Mandybur

The magical properties of color a.k.a 'color magic', has long been a witch's best friend, and now it's time everyone takes full advantage of its therapeutic, emotional and highly-magical benefits.

Color magic is the intentional use of the color spectrum - each color holds a certain energetic and magical frequency - and within this approachable and highly-accessible guide, Jerico Mandybur walks you through each major colors multifarious meanings and how to incorporate them in spells, candle magic, altar and sacred space-creating, meditation and yoga, art and journalling, boundary-setting and even your beauty routine.

Designed especially for the modern mystic, the witch-curious and all those looking to create a more meaningful life for themselves, you will learn everything there is to know about why colors affect us and how to utilize them in various everyday situations, ranging from self-care to social life, work to home and private ritual to outward self-expression.

Complete with stunning illustrations and a gorgeous design, Rainbow Power will boost your mood, increase your confidence, tap into your intuition and help you live the magical life you dream of.

Author Bio

Jerico Mandybur (they/she) is a neurodivergent author, tarot reader and award-winning creativity coach. With an accomplished background in writing, content strategy and podcasting, Jerico works with creatives to help unlock their intuitive expression and live a more mindful, magical life. Jerico’s work and words have been seen everywhere from New York Magazine, Vogue, LA Times, New York Times, The Guardian, Refinery29, and many more.
Safar: Stories from Muslim Women is a beautifully illustrated gift book that explores the emotional and spiritual aspects of journeying. Through a series of interviews with Muslim women from diverse backgrounds, Australian journalist Sarah Malik considers personal growth and self-knowledge in the context of travel.

Safar is the Urdu and Arabic word for 'journey'. Whether it be travelling to a new country or a new locale, or how these experiences affect the way Muslim women perceive and understand the world, Sarah weaves together her own experiences of travel with the thoughts and feelings of women who share their own adventures and challenges. There are fascinating stories of love and friendship, as well as stories of how travel connects to roots, spirituality, confidence, identity, privilege and inspiration.

Featuring stunning illustrations by Amani Haydar, this is an important and loving book that centers the experiences and perspectives of Muslim women, offering insights for readers of all backgrounds.

Author Bio

Sarah Malik is a Walkley-award-winning Australian investigative journalist, SBS presenter and avid traveler. Her work focuses on asylum, religion, surveillance, technology and its intersection with gender and race - most notably examining domestic violence, gender inequality and migration. She has lived in Jordan and slept under the desert stars in a Bedouin camp in Wadi Ram, climbed Asia’s highest peak Mount Kinabalu in Borneo and Malaysia, and travelled to over a dozen countries including Japan, Turkey, Palestine, Pakistan, India and much of Europe. Sarah graduated from the University of Technology, Sydney, with degrees in law and journalism. She began her career as a cadet journalist and reporter for the Australian Associated Press and has also worked as a journalism lecturer and teacher at Monash and Sydney universities.
Scandi Snowfood
Warming Winter Alpine Dishes
by Lindor Wink

In *Scandi Snowfood*, Chef and skier, Lindor Wink, shares 70 of his favorite winter dishes.

Inspired from the heart of snowy alpine winters, Lindor’s recipes are simple and easy for anyone to follow. These are winter warmers that are perfect to share with family and friends, or just for a cozy night in front of the fire. From nut loaves and crispbreads to winter soups and salads to hearty roasts and pasta plates, *Scandi Snowfood*’s extensive range of crowd-pleasing dishes will gratify from morning to night.

Take the chill off this winter and enjoy a meal by someone who knows how to make winter delicious.

Author Bio

Lindor Wink has worked in the top restaurants of Sweden and with the best chefs: starting at the renowned restaurant Oaxen Krog in the Swedish archipelago, he then worked in Stockholm under top chefs Magnus Ek, Mathias Dahlgren, Adam Dahlberg and Tommy Mylly-maki. Lindor has represented Sweden in culinary contests all over the world and has coached the Swedish Junior National Culinary Team in the Culinary Olympics. He currently works in a restaurant in the alpine town of Engelberg, Switzerland where he enjoys his two great passions, cooking and skiing.
Sew It Yourself with DIY Daisy
20 Pattern-Free Projects (and Infinite Variations) To Make Your Dream Wardrobe
by Daisy Braid

When Daisy Braid started sewing, patterns were out of her budget so she just started DIYing! Sew It Yourself with DIY Daisy is a colorful, size-inclusive and inspiring book for sewers of all stages and abilities, beginners included. It includes guides on everything you need to get started (including equipment, materials and basic techniques) and step-by-step projects with clear instructions, photographs and illustrations that will take the scary out of sewing.

Daisy's designs use simple shapes to create playful, classic and comfortable pieces that can be styled for all occasions, whether that's a picnic date or a WFH day. The book features 10 small accessory projects and 10 more advanced clothing projects, each with a fun variation (but with potential for endless customization). There's no standard sizing - just your own body measurements - and no zips or buttons required! They also encourage intentional sewing practices, with projects that produce minimal waste and can even be made with leftover fabric scraps.

So get out that sewing machine (or borrow one from you granny) - Sew It Yourself with DIY Daisy is all you need to get started on discovering (or rediscovering) sewing and creating something one-of-a-kind. Just remember: sewing is self-care, and you make the rules!

Author Bio

Daisy Braid grew up in a house with a very DIY mentality (her dad built the actual house, and her mum was a self-taught chef). She learned to sew as a teenager on her grandmother's old sewing machine, altering op-shop finds and DIYing new outfits with remnants from her fabulous fashion designer aunt, and wanted to be a fashion designer when she grew up. But sewing took a back seat until a move to New Zealand in 2016 led her back to fashion. She started working for some local labels and was inspired to get behind the machine again, and DIY Daisy was born: an online platform where Daisy shares her simple, pattern-free sewing creations. Daisy moved to Tokyo in 2018 and now lives on the Gold Coast, where she also runs craft workshops. Her teaching philosophy is to make sure people enjoy the process of making and creating.
Simply Chinese
by Suzie Lee

Simply Chinese is a sumptuous collection of classic and modern Chinese home-style recipes that can be made, with ease, in your own home kitchens.

For Suzie Lee, food and Chinese home cooking has always been personal - in Chinese culture, food and family are intertwined. Suzie strives to capture and recreate those cooking traditions she shared with her late mother, her inspiration.

From Lee family favorites, such as Hong Kong style chicken wings, to vegetable classics like Choi sum in fermented soya bean, you'll also find more modern creations like her Blackbean stuffed aubergines and green peppers or Garlicky scallops on glass noodles.

With traditional dishes prepared in non-traditional ways, and with a classic Suzie twist, these recipes are creative and delicious, and celebrate real Chinese home cooking. Unrestrictive and easy to follow, Simply Chinese shows you how to create authentic-tasting pan-Asian dishes using supermarket ingredients, that are readily available.

Author Bio

Suzie Lee is a Chinese cook, the 2020 winner of BBC's Best Home Cook and the presenter of Suzie Lee Home Cook Hero on BBC One and BBC iPlayer. Brought up by her Hong Kong parents in Northern Ireland, Suzie was taught to cook by her mum Celia, who sadly passed away when she was just 16. Even before winning Best Home Cook, Suzie was always being asked for her recipes and top tips in the kitchen. She believes that cooking should be fun, simple and loved by all and so, in this book, has included recipes that are firm family favorites and can be made by people of all skill levels. Suzie gives demonstrations at a range of regional and national food shows around the UK and is working with a leading supermarket in Northern Ireland to develop a range of brand-new ready meals.
Strands of Joy
20 Colourwork Knitting Patterns for Calm
by Laine and Anna Johanna

Strands of Joy features 20 versatile colorwork patterns for challenging and relaxing knitting, from Finnish knitwear designer Anna Johanna and Nordic knitting experts Laine.

No hobby is more mindful than knitting. In strange times, one can be endlessly grateful for the gentle rustle of needles, soft wool sliding between fingers, the calming effect of following a pattern - and the reward of a handmade creation. For this beautiful book, Anna Johanna's background in math has informed her in creating 20 complex and unique colorwork patterns, with designs that evoke Scandinavian scenes and whimsical motifs. The projects include sweaters and cardigans in up to 12 sizes, as well as an elegant dress, a warming hat and a kid's pullover. Each comprehensive pattern is seamlessly worked top down using circular needles, with extra resources and support available on the Laine website. With stunning photography and styling evokes the cozy Nordic lifestyle and slow living, Strands of Joy is a knitting book to bring calm and color to your life. Cast on a mindless two-color project or let your mind find peace in more complicated knits that require you to stay focused. Knitting is more than just knit, knit, purl. It is a feeling.

Author Bio

Laine is a Nordic knit and lifestyle magazine based in Finland. They cherish natural fibers, slow living, local craftsmanship and beautiful, simple things in life. Their intention is to inspire all to gather and share, and to be part of a community of like-minded knitters, makers and thinkers from near and far.

Anna Johanna is a knitwear designer from Muurame, Central Finland. She is known for her often-romantic knits with much love for details, textures and colors. Since 2020, this former statistician has been designing full-time. Strands of Joy is her debut book.
Supper
Recipes Worth Staying in For
by Flora Shedden

Supper is a show-stopping collection of Flora Shedden's best-loved recipes for transforming the often-mundane dining-in experience into something worth staying in for.

For a super-easy mid-week dinner, why not try Ginger Noodles with Chili Oil, ready in just 30 minutes? Or for a wonderfully romantic Friday night feast for two, serve up her Spiced Lamb with Lemony Hummus. Or for a suitably sweet ending, Flora's Brown Sugar Cheesecake is sure to be a hit.

Featuring over 100 delicious and doable recipes, alongside sample menu suggestions, drink ideas and guidance on how to make the most of your leftovers, this book will show home cooks how to elevate even the most ordinary dinners at home, into something joyful and celebratory.

Author Bio

Flora Shedden is the author of Aran, a book based on her bakery of the same name, which focuses on quality and seasonality in baking and cooking. The bakery sells out daily and has been listed in multiple food guides including Scotland the Best and both the Telegraph and Olive Magazines guide to the best bakeries in the UK.

Flora opened her second shop LON Store in 2020. Specializing in good quality local ingredients and excellent store cupboard staples from some of the best independent producers in the UK it has been a huge hit with locals and visitors alike. Its main aim as a store it to inspire people to cook locally and seasonally.
Tava
Eastern European Baking and Desserts From Romania & Beyond
by Irina Georgescu

Tava is a meticulously researched baking book celebrating centuries of diversity and overlapping cultures that form today’s cuisine in Romania. The author’s aim is to also share the story of those dishes that have come to represent the identity of different cultural communities across the country.

Tava means tray in Romanian, a metaphor for how a whole culinary landscape is presented to the reader.

You will find Armenian pakhlava, Saxon plum pies, Swabian poppyseed crescents, Jewish fritters, and Hungarian langoși alongside plăcinte pies, alivenci corn cake, strudels and fruit dumplings. Rice or pearl barley puddings, donuts and gingerbread biscuits come with their own story, while chocolate mousses, meringues in custard sauce and coffee ice cream introduce you to the glamour of famous Romanian and Eastern European pastry shops.

The book is written with integrity and respect towards this rich heritage connecting the past with a present which can be encountered by the reader when travelling in Romania. The recipes are easy to follow, beautifully photographed, and tempt the reader to embrace the unfamiliar as much as the familiar, while enjoying their comforting and homely feel.

Author Bio

Irina Georgescu is a Romanian food writer and author of Carpathia, a book that celebrates Romanian home cooking. Irina's recipes draw on her Eastern European heritage—she has always felt very strongly about exploring the world through food and understanding people through what they eat. Her love and commitment to talking about Romanian culinary traditions encouraged her to pursue her dream to write about Romania, its food, and its heritage.
Tinder Translator
An A–Z of Modern Misogyny
by Aileen Barratt

The Tinder Translator is a dictionary of douchebaggery for the modern dater - and a hilariously sharp read for all feminists - from Aileen Barratt of @tindertranslators. A fun small hardback, it is the perfect gift for friends (or for yourself), and will make you laugh, cry, think, and leave you feeling empowered and resilient. Ten years after the introduction of Tinder, dating apps have changed the terrain of human interaction, but many feel like they've been sent into the wilderness without a guide. For those dating cis-het men especially, the blatant misogyny encountered during every swipe session is depressing and enraging in equal measure. And then there is the not-so-blatant stuff. Scrolling through profile after profile, you'll see the same stock phrases - 'Good vibes only.' 'Must have banter.' 'Just ask.' But what do they actually mean?

The Tinder Translator, aka Aileen Barratt, takes you through an A to Z of terminology that permeates not just the dating world but the wider world. Through her Instagram account, Aileen has heard from thousands of people on their dating experiences, in addition to her own three and half years spent on dating apps after separating from her husband of ten years. This book is part reference, part rant and part rallying cry for anyone navigating the sometimes gross and exhausting experience of dating, but also just for everyone who is sick of the patriarchy, whatever their relationship status.

Author Bio
Aileen Barratt is a writer, commentator and the creator of the @tindertranslators Instagram account. Based in Manchester, UK, she's been deploying her trademark caustic wit and succinct insight in the form of blogs, articles and plays for the past five years. On Instagram, Aileen has carved out a space to write about dating, relationships and the patriarchy in an accessible, comedic format that is proving exponentially popular with her growing following.
Ultimate Road Trips: USA & Canada

by Andrew Collins

Ultimate Road Trips: USA & Canada provides detailed itineraries for 32 amazing driving routes and adventures, from enthralling national parks to charming small towns.

Including epic journeys like California’s Highway 1, the Canadian Rockies, coastal New England, Hawaii and Alaska, each chapter features route maps and color photos. This guide also has descriptions of all the must-see highlights including short hikes, family-friendly attractions and world-class museums, and the best places to eat and sleep, from quirky diners and hip cafes to retro-cool motels, cozy cabins and stylish glamping resorts. You’ll learn the best times to go both for great weather and avoiding the crowds, and find invaluable tips on ensuring a smooth ride. Award-winning travel writer Andrew Collins crisscrossed the region numerous times, having driven through every US state and Canadian province. Car vacations were already gaining in popularity before the pandemic.

Now, with travel picking up again, there’s an even stronger interest in the independent journey; when your significant other, family or a group of friends can just hop into a car, hit the open road, and seek out less-crowded encounters with natural beauty.

Author Bio

Andrew Collins has written and edited dozens of travel guidebooks, mostly for Fodor’s and Moon Travel Guides. An inveterate globetrotter and road-tripper, Andrew lives with his partner, Fernando, in Mexico City, while spending much of his time in the Pacific Northwest and New England regions of the United States. Andrew’s weird travel goal is to travel to every county in the US. Currently, he’s been to 2,296 out of 3,065 counties (including parishes in Louisiana and boroughs in Alaska). He also teaches travel writing and food writing for New York City’s renowned Gotham Writers Workshop. See AndrewsTraveling.com.
Wild Meat
From Field to Plate - Recipes from a Chef who Hunts by Ross O'Meara

Wild Meat is an illustrated guide to game meat for the mindful hunter and cook by respected chef and game harvester Ross O'Meara. This cookbook is ideal for hunters who care as much about what happens in the kitchen as they do in the field, and cooks who want to know more about where their food has come from. Step-by-step harvesting techniques, complete with illustrations, feature alongside more than 80-plus delicious recipes covering a broad range of species, from hare to pig to deer, pheasant and even camel and kangaroo.

Wild Meat will take you back to the meaning of making something from scratch, with sumptuous recipes including Rabbit Terrine, Goat Rendang, Camel & Green Olive Tagine and Crispy Five-spice Goose. The book also includes the ultimate harvester's larder, a dry-ageing guide and how-to instructions for sausage making and charcuterie.

Wild Meat is a rich and useful resource for anyone (hunter or not) who aspires to reduce their consumption of farmed meat in favor of free-range, cruelty-free, organic, hormone-free, grass-fed alternatives.

Author Bio

Ross O'Meara has been a chef for thirty-three years, and has lived in the US, UK, France and all over Australia. He holds a game-harvesting license. Some might call him a hunter, but he prefers game-harvester: he says a hunter shoots for a trophy, a harvester shoots for a meal. After several years pig farming on Tasmania's Bruny Island, he relocated to Mansfield, in north-east Victoria, with his wife and three children, to have access to hunting all year round. He is sought out by chefs across the country as a leading source of local knowledge in the field of game meat harvesting. Ross is also known as one of three hosts of the long-running SBS television series Gourmet Farmer, with Matthew Evans and Nick Haddow. Ross appeared on several series, as well as being co-author of two cookbooks with Evans and Haddow: The Gourmet Farmer Deli Book and The Gourmet Farmer Goes Fishing.
**World Cocktail Adventures**

by Loni Carr and Brett Gramse

*World Cocktail Adventures* is a virtual cocktail tour in book form by creative duo Loni Carr and Brett Gramse of The Whiskey Ginger. With a total of 40 unique cocktail recipes featured, each recipe includes easy-to-access ingredients and a variety of spirits.

What's the travel twist, you ask? Well, each recipe is inspired by a different destination around the world. You'll get a taste of the place's history and tourist attractions with a vintage-style travel poster to match. Then you'll get the real goods with a fun cocktail recipe, tips on glassware and bartending, and an illustration of the final cocktail.

This is a book for cocktail lovers and travel dreamers. You could be enjoying a Desert Road tequila cocktail and imagine yourself in Amarillo, Texas, or sipping on a Fire and Ice whiskey cocktail inspired by Reykjavik, Iceland.

We're asking you to come on an adventure . . . a cocktail world adventure! World Cocktail Adventures mixes travelling and drinking, muddles fantasy with non-fiction, and retells tales never told. Just remember, this book is meant to be used. It's not your mum's white couch. Write in it. Spill a drink on it. Pass it around. Love was poured into the making of it, and you can honor the creators by truly enjoying it.

**Author Bio**

Illustrator Loni Carr and copywriter Brett Gramse are the team behind The Whiskey Ginger, a design studio based in Bozeman, Montana, USA. They specialize in graphic design and vintage-style illustrations and know damn well that a good cocktail is the best lubricant for generations of great ideas. Loni was born and raised in a small, quirky town in central Montana. She first drew inspiration from the characters that would frequent the local tavern. Brett embraced the spirit of seeing America when he moved from the coast of Maine to the wilderness of Montana with nothing but a guitar in hand and a taste for adventure. You'll find him with an old journal and an Old Fashioned, on the hockey rink, or crooning new lyrics by a fireside.
You’ll Be a Wonderful Dad
Advice on Becoming the Best Father You Can Be by Ailsa Wild

You’ll Be a Wonderful Dad is your practical and emotional guide on fatherhood in the lead up and months following the birth of a baby. Once a letter to a dear friend and quickly passed on from dad to dad, Ailsa Wild’s warm and encouraging words of precious love and excitement have expanded into a beautiful hardback book to be shared on the parenting journey.

You’ll Be a Wonderful Dad is a kind and important guide on how dads can be proactive in supporting their partners and family through the lead up to birth and new parenting: from practicing emotional labor and sharing the mental load to embracing play and connection. Complete with illustrations from Bernard Caleo, this is a must-read and perfect gift for new or expecting fathers.

Since writing her original letter, Ailsa has heard from countless families sharing what her words have taught them. Becoming a father is a time of love and learning, when sexism and gender roles can be frustratingly reinforced. But dads belong right in the middle of their families, experiences all the joy and messiness. It’s going to be wonderful. You’re going to be wonderful.

Author Bio

Ailsa Wild was a professional acrobat and whip-cracker who ran away from the circus to become a writer. She is now an author, performer and creative facilitator with a history of deep collaboration. Ailsa is the lead writer of Small Friends Books (CSIRO Publishing), where she works with microbiologists, virologists and other scientists to translate complex science into award-winning narrative picture books. Her work has appeared in Meanjin, The Monthly, ABC online and #MeToo: Stories from the Australian movement. She has written two junior fiction series: Squishy Taylor and The Naughtiest Pixie (Hardie Grant Children’s Publishing); as well as one book for adults: The Care Factor (Hardie Grant Books). She lives with her partner and son in Melbourne.
Copywriting Third Edition
Successful writing for design, advertising and marketing
by Mark Shaw and Gyles Lingwood

Writing copy is often assumed to be a natural talent. However, there are simple techniques you can employ to craft strong written content with ease. This revised edition teaches the art of writing great copy for digital media, branding, advertising, direct marketing, retailing, catalogues, company magazines and internal communications, and aspects of writing for social media are integrated throughout. There are also new interviews and case studies. Using a series of exercises and up-to-date illustrated examples of award-winning campaigns and communication, Copywriting, Third Edition takes you through step-by-step processes that can help you to write content quickly and effectively.

Author Bio

Mark Shaw was a professional copywriter for more than 30 years. He founded UK design agency Jupiter Design, and was President of Liquid Agency Europe, where he managed global brand and messaging for some of the world's leading organizations. He died in 2017.

Gyles Lingwood is Director of Education (Arts) at the University of Lincoln, having previously worked in London's branding and advertising industries. His work has won a number of awards including D&AD, British Interactive Media Association and the US Creativity Awards. He is the author of Read Me: 10 Lessons for Writing Great Copy (Laurence King, 2014)
Creativity Begins With You
31 Practical Workshops to Explore Your Creative Potential
by Andy Neal and Dion Star

Can creativity be “taught”? Or is it simply innate? This book will help you find your creativity through your own unique identity and experience, challenging you to fight those negative voices, get out of your habitual comfort zones and - most importantly - play. Part practical workshop and part provocative guide, Creativity Begins With You is an invaluable companion for any student working across the creative disciplines.

Author Bio

Andy Neal and Dion Star teach at the School of Communication, Falmouth University, UK. This book is the result of over thirty years’ combined experience running creativity workshops at the school.

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Design / General

Notes

Promotion
Essensualism
Shang Xia and the Craft Spirit of Chinese Design
by Charlotte Fiell, Peter Fiell and Jiang Qiong er

This lavish and beautiful book celebrates the long and rich heritage of Chinese crafts and its increasing influence on Chinese contemporary design. Exploring the awakening craft spirit in contemporary Chinese design, it comprehensively introduces the pioneering and inspirational work of one of its leading proponents, Shang Xia. Featured crafts include lacquer and eggshell lacquer, jade and agate carving, silk embroidery, cashmere felt, bamboo carving and weaving, furniture making and porcelain.

Author Bio

Charlotte and Peter Fiell are leading authorities on the history, theory and criticism of design and have written over 60 books on the subject. They are among the leading commentators on contemporary Chinese design having previously written the first comprehensive book on the subject, Contemporary Chinese Furniture Design - A New Wave of Creativity (Laurence King, 2019) and having also curated a major exhibition on the subject in Shanghai in 2019.

Jiang Qiong Er is one of China’s most renowned contemporary designers and is the founder of Shang Xia, a design-led brand that is at the forefront of the emergent arts-and-crafts-inspired ‘New Chinese Design’ movement. Her pioneering work for Shang Xia has been collected by major museums all over the world, including the British Museum, the Victoria & Albert Museum (London) and the Musee des Arts Decoratifs (Paris)
Folding Techniques for Designers Second Edition
From Sheet to Form
by Paul Jackson

Many designers, from jewellers to architects, use folding techniques to make three-dimensional forms from two-dimensional sheets of fabric, cardboard, plastic, metal and other materials. This unique handbook explains key folding techniques, such as pleated surfaces, curved folding and crumpling. It has been updated with a new chapter covering some lesser-known techniques, suggesting yet more creative possibilities. The techniques are accompanied by clear step-by-step drawings, specially commissioned photography and ten new instructional videos.

Author Bio

Paul Jackson has written over 40 books on paper arts and crafts. He has taught the techniques of folding on more than 150 university-level design courses in the UK, Germany, Belgium the US, Canada and Israel. He has also been a ‘folding consultant’ for companies such as Nike and Siemens. He is the founder and director of the Israeli Origami Centre.
Regenerative Fashion
by Safia Minney

*Regenerative Fashion* presents the future of fashion built on the regenerative use of natural resources and the revival of craft in the global South. It shares the stories of our interconnectedness with the natural world - and each other - and the urgency we face in the convergence of crises: the climate crisis and social crisis highlighted by the fight for racial justice.

Fashion has been inspired by nature for hundreds of years. Biomimicry highlights our dependence on nature and why we must shift fashion to respect this. A new commercial approach is possible and Safia Minney shows how it can be done through a regeneration, which goes beyond sustainability.

With dozens of interviews from best practise designers and organizations and initiatives around the worlds, as well as thought pieces from leading figures (Orsola de Castro, Dilys Williams. Kate Fletcher etc)

**Author Bio**

Safia Minney MBE is an award-winning, international social entrepreneur, speaker and advisor. She has over 20 years’ experience as a Global CEO of the company she founded, People Tree, developing the first sustainable and Fair Trade supply chains and standards with advisory roles with industry bodies.
Rituals for Life
A guide to creating meaningful rituals inspired by nature
by Isla Macleod

Rituals are among the most powerful tools we have to create meaning and cultivate wellbeing in our lives. In Rituals for Life, you can learn to live a more intentional life, enriched by your connection with nature. The book explores the essential components of ritual and how to use them to bring happiness and inner peace into your everyday life. Includes instructions for thirty rituals, some for every day and others for specific moments and occasions, that you can adapt for your own needs, as well as an exploration of the roots and purposes of ritual. Beautifully illustrated by Luisa Rivera, this inspiring book is a guide more authentic and soulful way of living.

Author Bio
Isla Macleod is a ceremonialis, celebrant and ritual weaver, creating bespoke journeys and rites of passage to honor natural transitions and life cycles. She runs workshops and festival events throughout the UK.
Tattoo Wonderlands
A Colouring Book
by Cally-Jo Pothecary

Open the door into new worlds ready to complete and color with the first coloring book from international tattoo artist Cally-Jo. Each spread in this original and surprising coloring book takes you into a different world or scene, from tropical floral glasshouses to mystical owls and whimsical lions, underwater treasures to ancient Japanese masks. Escape into your imagination as you complete and color these beautiful pages.

Author Bio

Cally-Jo is a tattoo artist whose clients include Rhianna and Sienna Miller. She has worked in some of the world’s most prestigious tattoo shops, including Bang Bang NYC, Bondi Ink in Sydney Australia, New Wave in London, and starred in hit MTV series Just Tattoo of Us. Now based in Hampshire in the UK, Cally-Jo studied Fine Art and specializes in small, fine-line black and grey tattoos.
The Brand Book
An insider’s guide to brand building for businesses and organizations
by Daryl Fielding

*The Brand Book* provides a straightforward and practical guide to the fundamentals of brands and branding, enabling anyone in business to create their own powerful brand. Entertainingly written in jargon-free language, the author draws on her experiences of creating new brand strategies across a wide range of categories. Real world examples and case studies, including images from well-known brand campaigns, are used to illustrate the principles that underpin the best of brand practice. The final chapter includes handy templates and checklists to help you develop your own brand.

**Author Bio**

Daryl Fielding has held senior roles in marketing, media and advertising. She has created new brand strategies across many categories, from Dove to Cadbury to Vodafone, and is a recognized speaker on brands and marketing leadership. She currently runs The Marketing Academy Foundation, a charity enabling young people from challenging backgrounds to follow in her marketing footsteps to a fulfilling and fun career.
The Little Book of Ick
500 legit reasons to dump them already
by Kitty Winks and Anna Burtt

* When they mistime a beat drop in the car
* When their toenail scrape you in bed
* When they sit at a bar stool and their feet hang awkwardly
* When they run out of what they want to order in a restaurant and they say, ‘I was really looking forward to that’ . . .

You've been dating someone for a while and you notice something about them that turns your stomach. That's the 'ick' - it might be something weird or unremarkable, it might even be something you do yourself. Whatever it is, once you've got the ick there's no going back from it and, for better or worse, it's onto the next swipe.

The Little Book of Ick is a celebration of the dating phenomenon that plagues millions. Split into chapters that chart all the stages of finding love, this book is a collection of 500 hilarious icks: some you'll have already encountered, all ready for you to use when you need to get over someone - qu-ick-ly!

Cutting, relatable, witty, sharp - The Book of Ick will reassure you it's fine to be fussy, it might even soothe your future heartbreak . . . or just make you laugh on the lo

Author Bio

Kitty Winks is one of Instagram's sassiest book bloggers, known for her brutally honest opinions and refusal to conform to the norm. Like many respectable Gen Zs, Kitty now works at a tech startup after having previously worked as a bookseller and museum guide.

Anna Burtt has worked in publishing for almost a decade and is currently Head of Events at a global writing consultancy. She is the host of the Brighton Book Club on Radio Reverb and has run a successful writing group for the last four years. She's recently finished her first novel, which is set in Yorkshire and explores grief, sexuality, intergenerational friendships and drag.
The Short Story of the Universe
by Gemma Lavender

*The Short Story of the Universe* is a new introduction to the subject of the universe. Covering 130 key components that make it up - from dwarf galaxies and spiral arms to red giants and the planets of the solar system - and linking these to the universe's structure and the theories that help us understand it, this book simplifies this riveting yet mind-boggling subject, telling the story of how it came into being and how it will eventually be no more.

Accessible and concise, generously illustrated throughout, and with all the essential information presented without jargon, readers are given all the tools they need to enjoy the fascinating history of the deepest depths of the universe.

Author Bio

Gemma Lavender (Author)
Gemma Lavender is Content Director of Knowledge & Education at Future Plc, Editor of *All About Space* magazine and an Editor at the National Optical-Infrared Astronomy Research Laboratory. She holds a PhD in astrophysics, degrees in astrophysics and the physical sciences and is a researcher in physics education at Cardiff University. She is the author of several books on space and physics, including *Quantum Physics in Minutes*
The Story of Flowers
And How They Changed the Way We Live
by Noel Kinsbury, illustrated by Charlotte Day

Throughout history flowers have been an integral part of human survival and culture - as food, for medicine, to express feelings, as symbols, to commemorate and celebrate, and to decorate. Their shapes, colors, scents and textures have always attracted us, as they do animals and insects.
Flowers are used as luxury spices (saffron), and as coloring and flavoring agents - marigolds fed to chickens make eggs more yellow and lavender was Elizabeth I's favorite flavor of jam. Flowers are full of symbolic meaning: violets represent modesty, daises purity and daffodils unrequited love. And they have always played an important role in culture through myths and legends, literature and the decorative arts. This delightful new book brings together 100 of the world's flowers to tell their remarkable stories. Each flower is richly illustrated in color and accompanied by facts about each species and what role it has played in our culture and history.

Author Bio


Charlotte Day trained first with the Royal Horticultural Society before completing a Master's degree at Chelsea College of Art. Her floral illustration clients include Waterstones, Penguin Random House, The Royal Collections Trust and LUSH Cosmetics.
Curious, innovative, humanitarian Aquarius - your astro-crystal journey starts here!

Harness the energy of the stars with the healing power of crystals to create a deeper connection with yourself for a confident, empowered, high-vibe life.

Leverage the strengths of your Aquarius gifts with unique crystal recommendations for love, friendship, money, work and health, and discover personalized rituals and meditations to help you thrive in your birth month and throughout the astrological year.

Whether Aquarius is your Sun, Moon or Rising sign, or exists elsewhere in your chart, explore your unique astrology to realize your true potential and reach your dreams and goals.

**Author Bio**

Sandy Sitron is an Astrologer and Consulting Hypnotist based in NYC. She writes for *The Numinous* and *Well+Good* and is a wellness practitioner at New York's premier healing center Maha Rose. She can be found at sandysitron.com
Aries
Crystal Astrology for Modern Life
by Sandy Sitron

Essential, vibrant, playful Aries - your astro-crystal journey starts here!

Harness the energy of the stars with the healing power of crystals to create a deeper connection with yourself for a confident, empowered, high-vibe life.

Leverage the strengths of your Aries gifts with unique crystal recommendations for love, friendship, money, work and health, and discover personalized rituals and meditations to help you thrive in your birth month and throughout the astrological year.

Whether Aries is your Sun, Moon or Rising sign, or exists elsewhere in your chart, explore your unique astrology to realize your true potential and reach your dreams and goals.

Author Bio

Sandy Sitron is an Astrologer and Consulting Hypnotist based in NYC. She writes for The Numinous and Well+Good and is a wellness practitioner at New York’s premier healing center Maha Rose. She can be found at sandysitron.com
Cancer
Crystal Astrology for Modern Life
by Sandy Sitron

Nurturing, loving, gentle Cancer - your astro-crystal journey starts here!

Harness the energy of the stars with the healing power of crystals to create a deeper connection with yourself for a confident, empowered, high-vibe life.

Leverage the strengths of your Cancer gifts with unique crystal recommendations for love, friendship, money, work and health, and discover personalized rituals and meditations to help you thrive in your birth month and throughout the astrological year.

Whether Cancer is your Sun, Moon or Rising sign, or exists elsewhere in your chart, explore your unique astrology to realize your true potential and reach your dreams and goals.

Author Bio

Sandy Sitron is an Astrologer and Consulting Hypnotist based in NYC. She writes for *The Numinous* and *Well+Good* and is a wellness practitioner at New York’s premier healing center Maha Rose. She can be found at sandysitron.com

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Capricorn
Crystal Astrology for Modern Life
by Sandy Sitron

Responsible, accomplished, empowered Capricorn - your astro-crystal journey starts here!

Harness the energy of the stars with the healing power of crystals to create a deeper connection with yourself for a confident, empowered, high-vibe life.

Leverage the strengths of your Capricorn gifts with unique crystal recommendations for love, friendship, money, work and health, and discover personalized rituals and meditations to help you thrive in your birth month and throughout the astrological year.

Whether Capricorn is your Sun, Moon or Rising sign, or exists elsewhere in your chart, explore your unique astrology to realize your true potential and reach your dreams and goals.

Author Bio

Sandy Sitron is an Astrologer and Consulting Hypnotist based in NYC. She writes for The Numinous and Well+Good and is a wellness practitioner at New York's premier healing center Maha Rose. She can be found at sandysitron.com

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Promotion
Gemini
Crystal Astrology for Modern Life
by Sandy Sitron

Sparkling, lively, quick-witted Gemini - your astro-crystal journey starts here!

Harness the energy of the stars with the healing power of crystals to create a deeper connection with yourself for a confident, empowered, high-vibe life.

Leverage the strengths of your Gemini gifts with unique crystal recommendations for love, friendship, money, work and health, and discover personalized rituals and meditations to help you thrive in your birth month and throughout the astrological year.

Whether Gemini is your Sun, Moon or Rising sign, or exists elsewhere in your chart, explore your unique astrology to realize your true potential and reach your dreams and goals.

Author Bio

Sandy Sitron is an Astrologer and Consulting Hypnotist based in NYC. She writes for The Numinous and Well+Good and is a wellness practitioner at New York’s premier healing center Maha Rose. She can be found at sandysitron.com

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Big-hearted, fun-loving, courageous Leo - your astro-crystal journey starts here!

Harness the energy of the stars with the healing power of crystals to create a deeper connection with yourself for a confident, empowered, high-vibe life.

Leverage the strengths of your Leo gifts with unique crystal recommendations for love, friendship, money, work and health, and discover personalized rituals and meditations to help you thrive in your birth month and throughout the astrological year.

Whether Leo is your Sun, Moon or Rising sign, or exists elsewhere in your chart, explore your unique astrology to realize your true potential and reach your dreams and goals.

Author Bio

Sandy Sitron is an Astrologer and Consulting Hypnotist based in NYC. She writes for The Numinous and Well+Good and is a wellness practitioner at New York’s premier healing center Maha Rose. She can be found at sandysitron.com
Libra
Crystal Astrology for Modern Life
by Sandy Sitron

Breezy, graceful, intelligent Libra - your astro-crystal journey starts here!

Harness the energy of the stars with the healing power of crystals to create a deeper connection with yourself for a confident, empowered, high-vibe life.

Leverage the strengths of your Libra gifts with unique crystal recommendations for love, friendship, money, work and health, and discover personalized rituals and meditations to help you thrive in your birth month and throughout the astrological year.

Whether Libra is your Sun, Moon or Rising sign, or exists elsewhere in your chart, explore your unique astrology to realize your true potential and reach your dreams and goals.

Author Bio

Sandy Sitron is an Astrologer and Consulting Hypnotist based in NYC. She writes for The Numinous and Well+Good and is a wellness practitioner at New York’s premier healing center Maha Rose. She can be found at sandysitron.com
Glimmering, gossamer, compassionate Pisces - your astro-crystal journey starts here!

Harness the energy of the stars with the healing power of crystals to create a deeper connection with yourself for a confident, empowered, high-vibe life.

Leverage the strengths of your Pisces gifts with unique crystal recommendations for love, friendship, money, work and health, and discover personalized rituals and meditations to help you thrive in your birth month and throughout the astrological year.

Whether Pisces is your Sun, Moon or Rising sign, or exists elsewhere in your chart, explore your unique astrology to realize your true potential and reach your dreams and goals.

**Author Bio**

Sandy Sitron is an Astrologer and Consulting Hypnotist based in NYC. She writes for *The Numinous* and *Well+Good* and is a wellness practitioner at New York's premier healing center Maha Rose. She can be found at sandysitron.com
Sagittarius
Crystal Astrology for Modern Life
by Sandy Sitron

Wild, wise, unsinkable Sagittarius - your astro-crystal journey starts here!

Harness the energy of the stars with the healing power of crystals to create a
deeper connection with yourself for a confident, empowered, high-vibe life.

Leverage the strengths of your Sagittarius gifts with unique crystal
recommendations for love, friendship, money, work and health, and discover
personalized rituals and meditations to help you thrive in your birth month and
throughout the astrological year.

Whether Sagittarius is your Sun, Moon or Rising sign, or exists elsewhere in
your chart, explore your unique astrology to realize your true potential and
reach your dreams and goals.

Author Bio

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Scorpio
Crystal Astrology for Modern Life
by Sandy Sitron

Deep, passionate, perceptive Scorpio - your astro-crystal journey starts here!

Harness the energy of the stars with the healing power of crystals to create a deeper connection with yourself for a confident, empowered, high-vibe life.

Leverage the strengths of your Scorpio gifts with unique crystal recommendations for love, friendship, money, work and health, and discover personalized rituals and meditations to help you thrive in your birth month and throughout the astrological year.

Whether Scorpio is your Sun, Moon or Rising sign, or exists elsewhere in your chart, explore your unique astrology to realize your true potential and reach your dreams and goals.

Author Bio

Sandy Sitron is an Astrologer and Consulting Hypnotist based in NYC. She writes for The Numinous and Well+Good and is a wellness practitioner at New York’s premier healing center Maha Rose. She can be found at sandysitron.com

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Taurus
Crystal Astrology for Modern Life
by Sandy Sitron

Steady, lush, sensual Taurus - your astro-crystal journey starts here!

Harness the energy of the stars with the healing power of crystals to create a deeper connection with yourself for a confident, empowered, high-vibe life.

Leverage the strengths of your Taurus gifts with unique crystal recommendations for love, friendship, money, work and health, and discover personalized rituals and meditations to help you thrive in your birth month and throughout the astrological year.

Whether Taurus is your Sun, Moon or Rising sign, or exists elsewhere in your chart, explore your unique astrology to realize your true potential and reach your dreams and goals.

Author Bio

Sandy Sitron is an Astrologer and Consulting Hypnotist based in NYC. She writes for The Numinous and Well+Good and is a wellness practitioner at New York's premier healing center Maha Rose. She can be found at sandysitron.com
Virgo
Crystal Astrology for Modern Life
by Sandy Sitron

Sensible, devoted, subtle Virgo - your astro-crystal journey starts here!

Harness the energy of the stars with the healing power of crystals to create a deeper connection with yourself for a confident, empowered, high-vibe life.

Leverage the strengths of your Virgo gifts with unique crystal recommendations for love, friendship, money, work and health, and discover personalized rituals and meditations to help you thrive in your birth month and throughout the astrological year.

Whether Virgo is your Sun, Moon or Rising sign, or exists elsewhere in your chart, explore your unique astrology to realize your true potential and reach your dreams and goals.

Author Bio

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Lonely Planet's Best in Travel 2023
The best destinations, journeys and experiences for the year ahead
by Lonely Planet

This annual list ranks the hottest, must-visit countries, regions, cities and best value destinations for 2023. Drawing on the knowledge and passion of Lonely Planet’s staff, authors and online community, we present a year’s worth of inspiration to take you out of the ordinary and into the unforgettable. As self-confessed travel geeks, we regularly ask ourselves: where are the best places in the world to visit right now? It’s a very hotly contested topic at Lonely Planet and generates more discussion than any other. Best in Travel is our definitive answer.

Inside Best in Travel 2023 you will discover:
• Lonely Planet's top 10 countries, cities and regions to visit in 2023
• Inspiration and guidance for every destination to help travellers make it happen
• Expert advice on how to protect the areas you visit on your travels

About Lonely Planet: Lonely Planet is a leading travel media company, providing both inspiring and trustworthy information for every kind of traveller since 1973. Over the past four decades, we’ve printed over 145 million guidebooks and phrasebooks for 120 languages, and grown a dedicated, passionate global community of travellers. You’ll also find our content online, and in mobile apps, videos, 14 languages, armchair and lifestyle books, ebooks, and more, enabling you to explore every day.

'Lonely Planet guides are, quite simply, like no other.' - New York Times
'Lonely Planet. It's on everyone's bookshelves; it's in every traveller's hands. It's on mobile phones. It's on the Internet. It's everywhere, and it's telling entire generations of people how to travel the world.' - Fairfax Media (Australia)
Epic Road Trips of the Americas
Explore the Americas' most thrilling driving adventures by Lonely Planet

Buckle up for the next installment in our Epic series and the follow-up to Epic Drives of the World. Showcasing 50 of the Americas' greatest road trips across North and South America as well as the Caribbean, you'll discover classic drives including the Pacific Coast Highway, Gaspesie Loop in Canada and the Hana Highway in Hawaii, plus lesser-known routes. We cover a huge variety of themes and experiences across drives that range from a few hours to a week or more.

Each of the featured drives include:
• First-person accounts from writers who have completed the drive
• Challenge level grading: easy / harder / epic
• Inspirational photography, maps and practical information to follow the writer's journey
• Driving factbox: when is the best time to drive, vehicle hire information, how to get there, what to take
• Expert travel advice: where to stay, recommended detours, the best places to eat
• Suggestions for similar drives

With a vibrant cover illustrated by Ross Murray, this beautiful hardback continues this collectible series. Whether you're a regular road tripper or just want to explore your destination in a new way, Epic Drives of the Americas will inspire a lifetime of adventures out on the open road.

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'Lonely Planet guides are, quite simply, like no other.' - New York Times

'Lonely Planet. It's on everyone's bookshelves; it's in every traveller's hands. It's on mobile phones. It's on the Internet. It's everywhere, and it's telling entire generations of people how to travel the world.' - Fairfax Media (Australia)
Islands have long been a source of fascination for travellers and there's an endless variety to explore: from storm-battered Faroes to the sort of tropical islands where long-gone pirates may have buried their treasure hauls. Following a similar format to Lonely Planet's iconic pictorial The Travel Book, The Islands Book presents 150 of the world's most unique and enchanting islands. All are notable for their history, wildlife or cultural qualities, and have been selected according to how unique and fascinating they are. All island profiles will feature:

- An overview of the island's backstory
- Beautiful photography that provides an insight into life on the island
- Large-scale detailed maps that highlight the island's top 5 points of interest, from landmarks to volcanoes, beaches and wildlife
- Practical information so that you can plan your visit
- Bespoke illustrations

Featuring stunning cover artwork by Taiwanese illustrator, Whooli Chen, and presented in a premium hardcover format, The Islands Book provides endless ideas for future seaside escapes or makes an inspirational gift for a special traveller in your life.

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Offbeat
101 Amazing Places Away from the Tourist Trail
by Lonely Planet

Avoid the crowds and discover 75 amazing places away from the tourist trail. Prior to 2020’s COVID-19 outbreak, some of the world’s greatest destinations were faced with the challenge of over-tourism and the negative impact that it was having on their local communities. As travellers have become increasingly aware of this issue, many are looking for alternatives where their visit can be a force for good and benefit the local people and environment. Whether it’s finding astonishing Roman ruins in Algeria, a thriving wine culture in Moldova or world-class dive sites in Djibouti, Lonely Planet’s Offbeat will inspire you to take the road less travelled and discover incredible experiences in under-the-radar destinations. Presented in a beautiful hardcover format, the book features vibrant photography, practical planning information and handy maps.

For each of the 75 destinations profiled, we tell you:
• Why you should go
• Popular destinations that it provides an alternative to
• How to get there
• When to go
• Tips for first timers
• Amazing crowd-free experiences

Whether you’re planning your next adventure or are looking for a gift to give to a traveller in your life, Lonely Planet’s Offbeat provides an exciting range of ideas to get off the beaten track.

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Route 66 Road Trips
Escapes on the Open Road
by Andrew Bender, Cristian Bonetto and Mark Johanson

Inside Lonely Planet’s Route 66 Road Trips:
Up-to-date information - all businesses were rechecked before publication to ensure they are still open after 2020’s COVID-19 outbreak
Lavish color and gorgeous photography throughout
Itineraries and planning advice to pick the right tailored routes for your needs and interests
Get around easily - easy-to-read, full-color route maps, detailed directions
Insider tips to get around like a local, avoid trouble spots and be safe on the road - local driving rules, parking, toll roads
Essential info at your fingertips - hours of operation, phone numbers, websites, prices
Honest reviews for all budgets - eating, sleeping, sightseeing, hidden gems that most guidebooks miss
Useful features - including Stretch Your Legs, Detours, Link Your Trip
Covers Los Angeles, Chicago, St Louis, Kansas, California, Albuquerque, Santa Fe, Arizona, New Mexico, Texas, Oklahoma, Missouri, Illinois and more

The Perfect Choice: Lonely Planet Route 66 Road Trips is perfect for exploring Route 66 in the classic American way - by road trip!
Planning a Route 66 trip sans a car? Lonely Planet’s USA guide, our most comprehensive guide to the USA, is perfect for exploring both top sights and lesser-known gems.
Looking for a guide focused on a specific Route 66 city? Check out (…)

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Promotion
Swahili Phrasebook & Dictionary
by Lonely Planet

Lonely Planet's Swahili Phrasebook & Dictionary is your passport to the most relevant Swahili phrases and vocabulary for all your travel needs. Learn that the word for stranger in Swahili is also the same word for guest, make the most of your wildlife safari with our special sustainable travel section, while learning the names of some of the animals you're likely to see—all with your trusted travel companion. With language tools in your back pocket, you can truly get to the heart of wherever you go, so begin your journey now!

Get More From Your Trip with Easy-to-Find Phrases for Every Travel Situation!

• Feel at ease with essential tips on culture, manners, idioms and multiple meanings
• Order with confidence, explain food allergies, and try new foods with the menu decoder
• Save time and hassles with vital phrases at your fingertips
• Never get stuck for words with the 3500-word two-way, quick-reference dictionary
• Be prepared for both common and emergency travel situations with practical phrases and terminology
• Meet friends with conversation starter phrases
• Get your message across with easy-to-use pronunciation guide

• Covers • Basics - time, dates, numbers, amounts, pronunciation, reading tips, grammar rules
• Practical - travel with kids, disabled travellers, sightseeing, business, banking, post office, internet, phones, repairs, bargaining, accommodation, directions, border crossing, transport
• Social - meeting people, interests, feelings, opinions, going out, romance, culture, activities, weather
• Safe Travel - emergencies, police, doctor, chemist, dentist, symptoms, conditions
• Food - ordering, at the market, at the bar, dishes, ingredients

The Perfect Choice: Lonely Planet's Swahili Phrasebook & Dictionary, a pocket-sized comprehensive language guide, provides on-the (...
Under the Stars USA 1
The Best Campgrounds, Cabins, Glamping and Wild Camping Across America
by Lonely Planet

From wild camping to curling up in a cabin, discover 200 amazing places to sleep under the stars in the USA. Lonely Planet's experts have scoured the nation to recommend the best campsites, wild camping spots, huts, cabins and refuges across the country, providing practical advice about how to plan your trip, when to go, how to get there, and what to take. In each regional profile we provide an introduction to the destination and an overview of rules and regulations around camping, accompanied by a curated list of our favourite spots with reviews of the best campsites, cabins, huts and wild camping locations. Discover everything you need to know with essential information including location details, the number of camping pitches, availability of cabins, and electricity and water facilities. After a night under the stars, make the most of your day with comprehensive coverage of the best outdoor activities to experience in the vicinity, from hiking and biking to climbing, canoeing and wildlife watching.

Whether you're an experienced camper, or a first-timer wanting to escape the crowded city for a wilderness cabin, Under the Stars can guide you to the best places in the USA to pitch your tent.

About Lonely Planet: Lonely Planet is a leading travel media company, providing both inspiring and trustworthy information for every kind of traveller since 1973. Over the past four decades, we've printed over 145 million guidebooks and phrasebooks for 120 languages, and grown a dedicated, passionate global community of travellers. You'll also find our content online, and in mobile apps, videos, 14 languages, armchair and lifestyle books, ebooks, and more, enabling you to explore every day.

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Inside Lonely Planet's *Canadian Rockies’ Best Road Trips*:
- Itineraries for classic road trips plus other lesser-known drives
- With expert advice to pick the routes that suit your interests and needs
- Full-color route maps - easy-to-read, detailed directions
- Detours - delightful diversions to see the Canadian Rockies’ highlights along the way
- Link Your Trip - cruise from one driving route to the next
- Insider tips - get around like a local, avoid trouble spots and be safe on the road - local driving rules, parking, toll roads
- Stretch Your Legs - the best things to do outside the car
- Essential info - at your fingertips - hours of operation, phone numbers, websites, prices
- Honest reviews for all budgets - eating, sleeping, sightseeing, hidden gems that most guidebooks miss
- Lavish color photography provides inspiration throughout

**Covers** the Icefield Parkway, Radium Hot Springs, Emerald Lake, Marble Canyon, Banff National Park, Spiral Tunnels, Yoho National Park, Lake Louise, Kootenay Lake, Kimberley Alpine Resort and more.

**The Perfect Choice:** Lonely Planet’s *Canadian Rockies’ Best Road Trips* is perfect for exploring the Canadian Rockies via the road and discovering sights that are more accessible by car.

Planning a Canadian trip sans a car? *Lonely Planet’s Canada*, our most comprehensive guide to Canada, is perfect for exploring both (…)

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Lonely Planet Canada’s Best Road Trips 2
by Regis St Louis, Ray Bartlett and Oliver Berry

Inside Lonely Planet’s Canada’s Best Trips:
- **Up-to-date information** - all businesses were rechecked before publication to ensure they are still open after 2020’s COVID-19 outbreak
- **Lavish color** and gorgeous photography throughout
- **Itineraries and planning advice** to pick the right tailored trips for your needs and interests
- **Get around easily** - easy-to-read, full-color route maps, detailed directions
- **Insider tips** to get around like a local, avoid trouble spots and be safe on the road - local driving rules, parking, toll roads
- **Essential info at your fingertips** - hours of operation, phone numbers, websites, prices
- **Honest reviews for all budgets** - eating, sleeping, sightseeing, hidden gems that most guidebooks miss
- **Useful features** - including Stretch Your Legs, Detours, Link Your Trip

Covers British Columbia & Yukon Territory, Alberta, Saskatchewan & Manitoba, Ontario, Quebec, Nova Scotia, New Brunswick & Prince Edward Island, and more

**The Perfect Choice:** Lonely Planet Canada’s Best Trips is perfect for exploring Canada via the road and discovering sights that are more accessible by car.

Planning a Canada trip sans a car? Lonely Planet’s Canada, our most comprehensive guide to Canada, is perfect for exploring both top sights and lesser-known gems.

Looking for a guide focused on a specific destination? Check out Lonely Planet’s Montreal and Quebec City (…)

Notes

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by Lonely Planet, Isabel Albiston and Oliver Berry

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Itineraries and planning advice to pick the right tailored trips for your needs and interests
Get around easily - easy-to-read, full-colour route maps, detailed directions
Insider tips to get around like a local, avoid trouble spots and be safe on the road - local driving rules, parking, toll roads
Essential info at your fingertips - hours of operation, phone numbers, websites, prices
Honest reviews for all budgets - eating, sleeping, sightseeing, hidden gems that most guidebooks miss
Useful features - including Stretch Your Legs, Detours, Link Your Trip
Covers Italy, France, Great Britain, Ireland, Spain, Portugal, Germany, Switzerland, Austria and more

The Perfect Choice: Lonely Planet’s Europe’s Best Trips is perfect for exploring Europe via the road and discovering sights that are more accessible by car.
Planning a Europe trip sans a car? Lonely Planet’s Europe guide, our most comprehensive guides to Europe, are perfect for exploring both top sights and lesser-known gems.
Looking for a guide focused on a specific country? Check out Lonely Planet’s Great Britain, France, Ireland, Spain, Portugal, Germany, Switzerland, Austria or Italy guides for a comprehensive look at all that these countries have to offer.
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Lonely Planet France’s Best Road Trips
by Jean-Bernard Carillet, Alexis Averbuck and Oliver Berry

Inside Lonely Planet’s *France’s Best Road Trips*:
- **Lavish colour** and gorgeous photography throughout
- **Itineraries and planning advice** to pick the right tailored routes for your needs and interests
- **Get around easily** - easy-to-read, full-colour route maps, detailed directions
- **Insider tips** to get around like a local, avoid trouble spots and be safe on the road - local driving rules, parking, toll roads
- **Essential info at your fingertips** - hours of operation, phone numbers, websites, prices
- **Honest reviews for all budgets** - eating, sleeping, sightseeing, hidden gems that most guidebooks miss
- **Useful features** - including Stretch Your Legs, Detours, Link Your Trip

**Covers**
- Paris, Alsace, Normandy, Brittany, the Loire Valley, the Auvergne, Burgundy, the Rhone Valley, Provence, the Basque Country, the Pyrenees, and more.

The Perfect Choice:
*Lonely Planet France’s Best Road Trips* is perfect for exploring France via the road and discovering sights that are more accessible by car.

Planning a French trip sans a car? *Lonely Planet’s France* guide, our most comprehensive guide to France, is perfect for exploring both top sights and lesser-known gems.

Looking for a guide focused on a specific French city? Check out the *Paris* guide for a comprehensive look at all that the city has to offer, or *Pocket Paris, Pocket Bordeaux*, and (...)

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Lonely Planet Spain & Portugal’s Best Road Trips 2
by Gregor Clark, Duncan Garwood and Anthony Ham

Inside Lonely Planet’s Spain & Portugal’s Best Trips:
- Lavish colour and gorgeous photography throughout
- Itineraries and planning advice to pick the right tailored trips for your needs and interests
- Get around easily - easy-to-read, full-colour route maps, detailed directions
- Insider tips to get around like a local, avoid trouble spots and be safe on the road - local driving rules, parking, toll roads
- Essential info at your fingertips - hours of operation, phone numbers, websites, prices
- Honest reviews for all budgets - eating, sleeping, sightseeing, hidden gems that most guidebooks miss
- Useful features - including Stretch Your Legs, Detours, Link Your Trip

Covers Madrid, Basque Country, Barcelona, Andalucia, Portugal and more

The Perfect Choice: Lonely Planet’s Spain & Portugal’s Best Trips is perfect for exploring Spain & Portugal via the road and discovering sights that are more accessible by car.

Planning a Spain & Portugal trip sans a car? Lonely Planet’s Spain guide or Portugal guide, our most comprehensive guides to Spain & Portugal, are perfect for exploring both top sights and lesser-known gems.

Looking for a guide focused on a specific city? Check out Lonely Planet’s Madrid guide or Barcelona guide for a comprehensive look at all that these cities have to offer, or Pocket Lisbon or Pocket Porto, handy-sized guides focused (...)

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Travel / Europe / Spain & Portugal
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Notes

Promotion
Midwest & Great Lakes Best Road Trips

by Lonely Planet

Inside Lonely Planet’s Midwest & Great Lakes Best Road Trips:
- Itineraries for classic road trips plus other lesser-known drives with expert advice to pick the routes that suit your interests and needs
- Full-color route maps - easy-to-read, detailed directions
- Detours - delightful diversions to see the Midwest & Great Lakes' highlights along the way
- Link Your Trip - cruise from one driving route to the next
- Insider tips - get around like a local, avoid trouble spots and be safe on the road - local driving rules, parking, toll roads
- Stretch Your Legs - the best things to do outside the car
- Essential info at your fingertips - hours of operation, phone numbers, websites, prices
- Honest reviews for all budgets - eating, sleeping, sightseeing, hidden gems that most guidebooks miss
- Lavish color photography provides inspiration throughout

Covers Michigan’s Gold Coast, the Great River Road, Highway 61, Chicago, Oklahoma’s Tribal Trails, the Pioneer Trails, the Black Hills, St Louis, Kansas City, Omaha, and more.

The Perfect Choice: Lonely Planet’s Midwest & Great Lakes Best Road Trips is perfect for exploring the Midwest & Great Lakes via the road and discovering sights that are more accessible by car.

Planning a US trip sans a car? Lonely Planet’s USA, our most comprehensive guide to the USA, is (…)

Notes

Promotion
Ontario & Quebec Best Road Trips 1
by Lonely Planet

Inside Lonely Planet's Ontario & Quebec's Best Road Trips:
Itineraries for classic road trips plus other lesser-known drives with
expert advice to pick the routes that suit your interests and needs
Full-color route maps - easy-to-read, detailed directions
Detours - delightful diversions to see Ontario and Quebec's highlights along
the way
Link Your Trip - cruise from one driving route to the next
Insider tips - get around like a local, avoid trouble spots and be safe on the
road - local driving rules, parking, toll roads
Stretch Your Legs - the best things to do outside the car
Essential info at your fingertips - hours of operation, phone numbers,
websites, prices
Honest reviews for all budgets - eating, sleeping, sightseeing, hidden gems
that most guidebooks miss
Lavish color photography provides inspiration throughout
Covers Lake Superior, the Niagara Peninsula, the Kawarthas, the Thousand
Island Parkway, Toronto, Ottawa, the Laurentians, Montreal, Quebec City,
Saguenay Fjord National Park, the Gaspe Peninsula, and more.

The Perfect Choice: Lonely Planet's Ontario & Quebec's Best Road Trips
is perfect for exploring Ontario and Quebec via the road and discovering
sights that are more accessible by car.
Planning a Canadian trip sans a car? Lonely Planet's Canada, our most
comprehensive guide to Canada, is perfect for exploring both (...)
Lonely Planet Chicago 10
by Ali Lemer and Karla Zimmerman

Inside Lonely Planet's Chicago Travel Guide:

What's NEW in this edition?

Up-to-date information - all businesses were rechecked before publication to ensure they are still open after 2020's COVID-19 outbreak
Highlights and itineraries help you tailor your trip to your personal needs and interests
Eating & drinking in Chicago - we reveal the dishes and drinks you have to try
Color maps and images throughout
Insider tips to save time and money and get around like a local, avoiding crowds and trouble spots
Honest reviews for all budgets - eating, sleeping, sightseeing, going out, shopping, hidden gems that most guidebooks miss
Cultural insights give you a richer, more rewarding travel experience - history, people, music, landscapes, wildlife, politics
Over 42 maps
Covers the Loop, Navy Pier, Gold Coast, Lincoln Park, Old Town, Lake View, Wrigleyville, Andersonville, Uptown, Lincoln Square, Ravenswood, Wicker Park, Bucktown, Ukrainian Village, Logan Square, Humboldt Park, Pilsen, Hyde Park and more.

The Perfect Choice: Lonely Planet's Chicago, our most comprehensive guide to Chicago, is perfect for both exploring top sights (…)

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Lonely Planet Dubai & Abu Dhabi 10
by Andrea Schulte-Peevers and Kevin Raub

Inside Lonely Planet's *Dubai and Abu Dhabi* Travel Guide:

**What's NEW in this edition?**

- **Up-to-date information** - all businesses were rechecked before publication to ensure they are still open after 2020's COVID-19 outbreak
- **Highlights and itineraries** help you tailor your trip to your personal needs and interests
- **Eating & drinking in Dubai and Abu Dhabi** - we reveal the dishes and drinks you have to try
- **Dubai and Abu Dhabi’s beaches** - whether you’re looking for relaxation or activities, we break down the best beaches to visit and provide safety information
- **Colour maps and images throughout**
- **Insider tips** to save time and money and get around like a local, avoiding crowds and trouble spots
- **Honest reviews for all budgets** - eating, sleeping, sightseeing, going out, shopping, hidden gems that most guidebooks miss
- **Cultural insights** give you a richer, more rewarding travel experience - history, people, music, landscapes, wildlife, politics
- **Over 32 maps**
- **Covers** Deira, Bur Dubai, Downtown Dubai, Jumeirah & Around, Dubai Marina & Palm Jumeirah, Abu Dhabi, Sharjah, Al Ain, UAE East Coast

**The Perfect Choice:** Lonely
Inside Lonely Planet’s *New Orleans* Travel Guide:

**What’s NEW in this edition?**

- **Up-to-date information** - all businesses were rechecked before publication to ensure they are still open after 2020’s COVID-19 outbreak
- **NEW top experiences feature** - a visually inspiring collection of New Orleans’ best experiences and where to have them
- **Highlights and itineraries** help you tailor your trip to your personal needs and interests
- **Eating & drinking in New Orleans** - we reveal the dishes and drinks you have to try
- **Color maps and images throughout**
- **Insider tips** to save time and money and get around like a local, avoiding crowds and trouble spots
- **Honest reviews for all budgets** - eating, sleeping, sightseeing, going out, shopping, hidden gems that most guidebooks miss
- **Cultural insights** give you a richer, more rewarding travel experience - history, people, music, landscapes, wildlife, politics
- **Over 27 maps**
- **Covers** the French Quarter, Mardi Gras, Faubourg Marigny, Bywater, the CBC and Warehouse District, Garden, Central City, Uptown, Riverbend, Mid-City, Bayou St John, Treme-Lafitte and more.

*The Perfect Choice: Lonely Planet* (...)

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**Notes**

**Promotion**
Lonely Planet Washington, DC 8
by Karla Zimmerman and Virginia Maxwell

Inside Lonely Planet's *Washington, DC* Travel Guide:

What's NEW in this edition?

**Up-to-date information** - all businesses were rechecked before publication to ensure they are still open after 2020's COVID-19 outbreak

**Highlights and itineraries** help you tailor your trip to your personal needs and interests

**Eating & drinking in Washington, DC** - we reveal the dishes and drinks you have to try

**Color** maps and images throughout

**Insider tips** to save time and money and get around like a local, avoiding crowds and trouble spots

**Honest reviews for all budgets** - eating, sleeping, sightseeing, going out, shopping, hidden gems that most guidebooks miss

**Cultural insights** give you a richer, more rewarding travel experience - history, people, music, landscapes, wildlife, politics

**Over 31 maps**

**Covers** Upper Northwest DC, Georgetown, Adams Morgan, Dupont Circle, Kalorama, Downtown DC, Penn Quarter, the White House Area, Foggy Bottom, the National Mall, Capitol Hill, Logan Circle, U Street, Columbia Heights, Northern Virginia and more.

**The Perfect Choice:** Lonely Planet's *Washington, DC*, our most comprehensive guide to Washington, DC, is (…)
Experience California 1
by Lonely Planet

Inside
Lonely Planet's *Experience California*: Unique experiences to string together an unforgettable trip. Inspiring full-color travel photography and maps throughout. Highlights and trip builders to help tailor a trip to your personal needs and interests. Fresh perspectives to surprise you with things you hadn't thought of, as well as fresh takes on the well-known sights. Insider tips help you discover hidden gems and get around like a local. Expert insights take you to the heart of the place - California wine culture, San Francisco souvenirs, stunning hikes, outdoor splendour, Mexican cuisine, getting the most out of Yosemite, famous drives and desert escapes, and the magic of Hollywood.

Practical info and tips on money, getting around, unique and local ways to stay, and responsible travel.

Covers San Francisco & the Bay Area, Napa Valley & Sonoma, Northern California & the Redwood Coast, Northern Mountains, Central Coast, Highway 1, Sacramento, Lake Tahoe, Santa Barbara, Los Angeles, Orange County, San Diego, Palm Springs & the Deserts, Yosemite & the Sierra Nevada.

The Perfect Choice: Lonely Planet's *Experience California*, our inspiring guide, filled with local tips and fresh perspectives focuses on California’s best experiences to string together for an unforgettable trip. Looking for a comprehensive guide that recommends both popular and offbeat experiences, and extensively covers all the country has to offer? Check out Lonely Planet's *California* guide. Looking for a (...)
Experience East Coast Australia
by Sarah Reid, Cristian Bonetto and Caoimhe Hanrahan-Lawrence

Inside Lonely Planet's *Experience East Coast Australia*:
- **Unique experiences** to string together an unforgettable trip
- Inspiring **full-colour travel photography** and **maps** throughout
- **Highlights** and **trip builders** to help tailor a trip to your personal needs and interests
- **Fresh perspectives** to surprise you with things you hadn't thought of, as well as fresh takes on the well-known sights
- **Insider tips** help you discover hidden gems and get around like a local
- **Expert insights** take you to the heart of the place - Indigenous culture, coral reefs, beaches, new Australian cuisine, Melbourne's art scene, Sydney, the Daintree rainforest, hiking, water sports, Australian wildlife, Fraser Island, wineries
- **Practical info and tips** on money, getting around, unique and local ways to stay, and responsible travel

**Covers**
- Sydney, Byron Bay & North Coast New South Wales, Canberra & South Coast New South Wales, Melbourne, Coastal Victoria, Brisbane, the Gold Coast, Noosa & the Sunshine Coast, Fraser Island, Capricorn Coast & the Southern Reef Islands, Whitsunday Coast, Townsville to Mission Beach, Cairns, the Daintree Rainforest

The Perfect Choice: Lonely Planet's *Experience East Coast Australia*, our inspiring guide, filled with local tips and fresh perspectives focuses on East Coast Australia's best experiences to string together for an unforgettable trip. Looking for a comprehensive guide that recommends both popular and offbeat experiences, and extensively covers all the country has to offer? Check out *Lonely* (...)
Experience Great Britain
by Lonely Planet

Inside
Lonely Planet's Experience Great Britain:
- **Unique experiences** to string together an unforgettable trip
- **Inspirational full-colour travel photography and maps** throughout
- **Highlights and trip builders** to help tailor a trip to your personal needs and interests
- **Fresh perspectives** to surprise you with things you hadn't thought of, as well as fresh takes on the well-known sights
- **Insider tips** help you discover hidden gems and get around like a local
- **Expert insights** take you to the heart of the place - food, nature, hiking, breweries & distilleries, history
- **Practical info and tips** on money, getting around, unique and local ways to stay, and responsible travel

**Covers**
London and surrounding areas, the Southwest of England, Birmingham & the Midlands, the North of England, Cardiff, Wales, Edinburgh, Glasgow & South Scotland, Stirling, Inverness, Scotland’s Highlands & Islands

**The Perfect Choice:** Lonely Planet's Experience Great Britain, our inspiring guide, filled with local tips and fresh perspectives focuses on Great Britain's best experiences to string together for an unforgettable trip.
Looking for a comprehensive guide that recommends both popular and offbeat experiences, and extensively covers all the country has to offer? Check out Lonely Planet's Great Britain guide.

**eBook Features:** (Best viewed on tablet devices and smartphones)
- **Downloadable PDF and offline maps** prevent roaming and data charges
- **Effortlessly navigate** (…)

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Travel / Europe / Great Britain
Series: Experience

Notes

Promotion
Experience Hawaii
by Lonely Planet

Inside Lonely Planet's Experience Hawaii:

- Unique experiences to string together an unforgettable trip
- Inspiring full-color travel photography and maps throughout
- Highlights and trip builders to help tailor a trip to your personal needs and interests
- Fresh perspectives to surprise you with things you hadn't thought of, as well as fresh takes on the well-known sights
- Insider tips help you discover hidden gems and get around like a local
- Expert insights take you to the heart of the place - surfing, traditional crafts, island cuisine, stargazing, wildlife, hiking
- Practical info and tips on money, getting around, unique and local ways to stay, and responsible travel

Covers Honolulu, O'ahu, Maui, the Big Island, Kaua'i

The Perfect Choice: Lonely Planet's Experience Hawaii, our inspiring guide, filled with local tips and fresh perspectives focuses on Hawaii's best experiences to string together for an unforgettable trip.

Looking for a guide for Honolulu? Check Pocket Honolulu, a handy-sized guide focused on the can't-miss experiences for a quick trip.

eBook Features: (Best viewed on tablet devices and smartphones)
- Downloadable PDF and offline maps prevent roaming and data charges
- Effortlessly navigate and jump between maps and experiences
- Add notes to personalize your guidebook experience
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Bookmarks and speedy search capabilities get you to key (…)

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Travel / US / West / Pacific
Series: Experience

Notes

Promotion
Experience New England 1
by Mara Vorhees, Robert Curley and Anastasia Mills Healy

Inside Lonely Planet's *Experience New England*:
- **Unique experiences** to string together an unforgettable trip
- **Inspiring full-color travel photography** and **maps** throughout
- **Highlights** and **trip builders** to help tailor a trip to your personal needs and interests
- **Fresh perspectives** to surprise you with things you hadn't thought of, as well as fresh takes on the well-known sights
- **Insider tips** help you discover hidden gems and get around like a local
- **Expert insights** take you to the heart of the place - food, drink, hiking, skiing, revolutionary history, live music
- **Practical info and tips** on money, getting around, unique and local ways to stay, and responsible travel

**Covers** Boston, Massachusetts, Rhode Island, Connecticut, Vermont, New Hampshire, Maine

The Perfect Choice: Lonely Planet's *Experience New England*, our inspiring guide, filled with local tips and fresh perspectives focuses on New England's best experiences to string together for an unforgettable trip. Looking for a comprehensive guide that recommends both popular and offbeat experiences, and extensively covers all the country has to offer? Check out Lonely Planet's *New England* guide. Looking for a guide for Boston? Check out Lonely Planet's *Boston* guide for a comprehensive look at all the city has to offer, or *Pocket Boston*, a handy-sized guide focused on the can't-miss experiences for (…)

Lonely Planet
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Travel / US / Northeast / New England
Series: Experience

Promotion
**Experience New Zealand**

by Lonely Planet

Inside **Lonely Planet's Experience New Zealand**:

*Unique experiences* to string together an unforgettable trip
*Inspirational full-colour travel photography* and *maps* throughout
*Highlights* and *trip builders* to help tailor a trip to your personal needs and interests
*Fresh perspectives* to surprise you with things you hadn't thought of, as well as fresh takes on the well-known sights
*Insider tips* help you discover hidden gems and get around like a local
*Expert insights* take you to the heart of the place - nature, history, outdoors, sustainable tourism, indigenous culture, wine
*Practical info and tips* on money, getting around, unique and local ways to stay, and responsible travel
*Covers* Auckland region, Bay of Islands, Northland, Taupo, Waikato, Coromandel Peninsula, Rotorua, Bay of Plenty, East Coast, Taranaki, Whanganui, Wellington Region, Christchurch, Canterbury, West Coast, Nelson, Marlborough, Dunedin, Otago, Fiordland, Southland, Queenstown, Wanaka

The Perfect Choice: **Lonely Planet's Experience New Zealand**, our inspiring guide, filled with local tips and fresh perspectives focuses on New Zealand's best experiences to string together for an unforgettable trip. Looking for a comprehensive guide that recommends both popular and offbeat experiences, and extensively covers all the country has to offer? Check out **Lonely Planet's New Zealand** guide.

**eBook Features:** (Best viewed on tablet devices and smartphones)
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Travel / Australia & Oceania
Series: Experience

Notes

Promotion
Experience Pacific Northwest 1
by Bianca Bujan, Lara Dunning and Megan Hill

Inside Lonely Planet's *Experience the Pacific Northwest*:
- **Unique experiences** to string together an unforgettable trip
- **Inspiring full-color travel photography** and **maps** throughout
- **Highlights** and **trip builders** to help tailor a trip to your personal needs and interests
- **Fresh perspectives** to surprise you with things you hadn't thought of, as well as fresh takes on the well-known sights
- **Insider tips** help you discover hidden gems and get around like a local
- **Expert insights** take you to the heart of the place - Native American culture, Portland food carts, craft beer, coffee culture, wine culture, Orca spotting, hiking the Cascades
- **Practical info and tips** on money, getting around, unique and local ways to stay, and responsible travel

**Covers** Seattle, Northwestern Washington & San Juan Islands, Washington Coast, Washington Cascades, Portland, Willamette Valley, Columbia River Gorge, Oregon Coast, Central Oregon & the Oregon Cascades, Vancouver, British Columbia

The Perfect Choice: Lonely Planet's *Experience Pacific Northwest*, our inspiring guide, filled with local tips and fresh perspectives focuses on Pacific Northwest's best experiences to string together for an unforgettable trip. Looking for a comprehensive guide that recommends both popular and offbeat experiences, and extensively covers all the country has to offer? Check out Lonely Planet's *Washington, Oregon & the Pacific Northwest* guide.

**eBook Features:** (Best viewed on tablet devices and smartphones)
- **Downloadable PDF and offline maps** prevent roaming and data (...)

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Travel / US / West / Pacific
Series: Experience
Experience Tasmania 1
by Lonely Planet, Andrew Bain and Ruth Dawkins

Inside Lonely Planet's Experience Tasmania:
Unique experiences to string together an unforgettable trip
Inspiring full-colour travel photography and maps throughout
Highlights and trip builders to help tailor a trip to your personal needs and interests
Fresh perspectives to surprise you with things you hadn't thought of, as well as fresh takes on the well-known sights
Insider tips help you discover hidden gems and get around like a local
Expert insights take you to the heart of the place - food, wildlife, hiking, cycling, history, cultural attractions, breweries & distilleries
Practical info and tips on money, getting around, unique and local ways to stay, and responsible travel
Covers Hobart, the Tasman Peninsula, Port Arthur, the Southeast, Midlands, the Highlands, Bay of Fires, the East Coast, Launceston, Tamar Valley, Devonport, the Northwest, Cradle Country

The Perfect Choice: Lonely Planet's Experience Tasmania, our inspiring guide, filled with local tips and fresh perspectives focuses on Tasmania's best experiences to string together for an unforgettable trip. Looking for a comprehensive guide that recommends both popular and offbeat experiences, and extensively covers all the country has to offer? Check out Lonely Planet's Tasmania guide.

eBook Features: (Best viewed on tablet devices and smartphones)
Downloadable PDF and offline maps prevent roaming and data charges
Effortlessly navigate and jump (...
Experience Thailand
by Barbara Woolsey, Amy Bensema and Megan Leon

Inside Lonely Planet's Experience Thailand:
Unique experiences to string together an unforgettable trip
Inspiring full-colour travel photography and maps throughout
Highlights and trip builders to help tailor a trip to your personal needs and interests
Fresh perspectives to surprise you with things you hadn't thought of, as well as fresh takes on the well-known sights
Insider tips help you discover hidden gems and get around like a local
Expert insights take you to the heart of the place - authentic street food, Thai cuisine, adventure sports, water sports, beaches, Buddhist temples, Bangkok, Chiang Mai, the Islands, underwater wonders, nature & wildlife, Thai culture
Practical info and tips on money, getting around, unique and local ways to stay, and responsible travel
Covers Bangkok, Central Thailand, Northern Thailand, Chiang Rai, Chaing Mai, Northeastern Thailand, Ko Chang & the Eastern Seaboard, Hua Hin & the Upper Gulf, Ko Samui & the Lower Gulf, Phuket & the Andaman Coast

The Perfect Choice: Lonely Planet's Experience Thailand, our inspiring guide, filled with local tips and fresh perspectives focuses on Thailand's best experiences to string together for an unforgettable trip.
Looking for a comprehensive guide that recommends both popular and offbeat experiences, and extensively covers all the country has to offer? Check out Lonely Planet's Thailand guide.
Looking for a guide for Bangkok? Check out Lonely Planet's Pocket Bangkok, a handy-sized guide focused (..)
Experience Vietnam
by Lonely Planet

Inside Lonely Planet's *Experience Vietnam*:
- **Unique experiences** to string together an unforgettable trip
- Inspiring **full-colour travel photography and maps** throughout
- **Highlights** and **trip builders** to help tailor a trip to your personal needs and interests
- **Fresh perspectives** to surprise you with things you hadn't thought of, as well as fresh takes on the well-known sights
- **Insider tips** help you discover hidden gems and get around like a local
- **Expert insights** take you to the heart of the place - food, coffee and cafe culture, wildlife, caves, nature, history
- **Practical info and tips** on money, getting around, unique and local ways to stay, and responsible travel

**Covers** Hanoi, Northern Vietnam, Central Vietnam, Southeast Coast, Southwest Highlands, Ho Chi Minh City, Mekong Delta

The Perfect Choice: Lonely Planet's *Experience Vietnam*, our inspiring guide, filled with local tips and fresh perspectives focuses on Vietnam's best experiences to string together for an unforgettable trip.

Looking for a comprehensive guide that recommends both popular and offbeat experiences, and extensively covers all the country has to offer? Check out Lonely Planet's *Vietnam* guide.

**eBook Features:** (Best viewed on tablet devices and smartphones)
- **Downloadable PDF and offline maps** prevent roaming and data charges
- **Effortlessly navigate** and jump between maps and experiences
- **Add notes** to personalise your guidebook (...)

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Travel / Asia / Southeast
Series: Experience

**Notes**

**Promotion**
Experience West Coast Australia 1
by Lonely Planet, Fleur Bainger and Anthony Ham

InsideLonely Planet's Experience West Coast Australia:
Unique experiences to string together an unforgettable trip
Inspiring full-colour travel photography and maps throughout
Highlights and trip builders to help tailor a trip to your personal needs and interests
Fresh perspectives to surprise you with things you hadn't thought of, as well as fresh takes on the well-known sights
Insider tips help you discover hidden gems and get around like a local
Expert insights take you to the heart of the place - food, drink, hiking, outdoor activities, indigenous culture, wildlife, history, surfing
Practical info and tips on money, getting around, unique and local ways to stay, and responsible travel
Covers Perth, Rottnest Island, Margaret River, the Southwest, South Coast, Monkey Mia, Batavia Coast, Shark Bay, Ningaloo Coast, the Pilbara, Broome, the Kimberley

The Perfect Choice: Lonely Planet's Experience West Coast Australia, our inspiring guide, filled with local tips and fresh perspectives focuses on West Coast Australia's best experiences to string together for an unforgettable trip.
Looking for a comprehensive guide that recommends both popular and offbeat experiences, and extensively covers all the country has to offer? Check out Lonely Planet's West Coast Australia guide.

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Travel / Australia & Oceania
Series: Experience

Notes

Promotion
Lonely Planet Pocket Austin 2
by Amy C Balfour and Stephen Lioy

Inside Lonely Planet's Pocket Austin:
- Up-to-date information - all businesses were rechecked before publication to ensure they are still open after 2020's COVID-19 outbreak
- Full-color maps and travel photography throughout
- Highlights and itineraries help you tailor a trip to your personal needs and interests
- Insider tips to save time and money and get around like a local, avoiding crowds and trouble spots
- Essential info - at your fingertips - hours of operation, phone numbers, websites, transit tips, prices
- Honest reviews for all budgets - eating, sightseeing, going out, shopping, hidden gems that most guidebooks miss
- Convenient pull-out Austin map (included in print version), plus over 18 color neighborhood maps
- User-friendly layout with helpful icons, and organized by neighborhood to help you pick the best spots to spend your time
- Covers the Warehouse District, Red River, 6th St, University of Texas campus area, SoCo and more

The Perfect Choice: Lonely Planet's Pocket Austin, an easy-to-use guide filled with top experiences - neighborhood by neighborhood - that literally fits in your pocket. Make the most of a quick trip to Austin with trusted travel advice to get you straight to the heart of the city.
Looking for more extensive coverage? Check out Lonely Planet's Texas guide for a comprehensive look at all that the region has to offer.

eBook Features: (Best viewed on ...)
Lonely Planet Pocket Charleston & Savannah 2
by Ashley Harrell and MaSovaida Morgan

Inside Lonely Planet’s Pocket Charleston and Savannah:
- Up-to-date information -all businesses were rechecked before publication to ensure they are still open after 2020’s COVID-19 outbreak
- Full-color maps and travel photography throughout
- Highlights and itineraries help you tailor a trip to your personal needs and interests
- Insider tips to save time and money and get around like a local, avoiding crowds and trouble spots
- Essential info at your fingertips - hours of operation, phone numbers, websites, transit tips, prices
- Honest reviews for all budgets - eating, sightseeing, going out, shopping, hidden gems that most guidebooks miss
- Convenient pull-out Charleston and Savannah map (included in print version), plus over 19 color neighborhood maps
- User-friendly layout with helpful icons, and organized by neighborhood to help you pick the best spots to spend your time

Covers:
- Historic District, Forsyth Park, Midtown, Victorian District, East Savannah & the Islands, Southside, Moon River District, Harleston Village, Upper King, Cannonborough, Elliottborough, French Quarter, East Side, NoMo, Hampton Park, Charleston County Sea Islands, and more.

The Perfect Choice: Lonely Planet’s Pocket Charleston and Savannah, an easy-to-use guide filled with top experiences - neighborhood by neighborhood - that literally fits in your pocket. Make the most of a quick trip to Charleston and Savannah with trusted travel advice to get you straight to the heart of the (...)
Lonely Planet Pocket Chicago 5
by Ali Lemer and Karla Zimmerman

Inside Lonely Planet's Pocket Chicago:
- **Up-to-date information** - all businesses were rechecked before publication to ensure they are still open after 2020's COVID-19 outbreak
- **Full-color maps** and travel photography throughout
- **Highlights and itineraries** help you tailor a trip to your personal needs and interests
- **Insider tips** to save time and money and get around like a local, avoiding crowds and trouble spots
- **Essential info at your fingertips** - hours of operation, phone numbers, websites, transit tips, prices
- **Honest reviews for all budgets** - eating, sightseeing, going out, shopping, hidden gems that most guidebooks miss
- **Convenient pull-out Chicago map** (included in print version), plus over 20 color neighborhood maps
- **User-friendly layout** with helpful icons, and organized by neighborhood to help you pick the best spots to spend your time
- **Covers** the Loop, Navy Pier, Lincoln Park, Old Town, Lake View, Wrigleyville, Wickerpark, Bucktown, Ukrainian Village, Pilsen and more

The Perfect Choice: Lonely Planet's Pocket Chicago, an easy-to-use guide filled with top experiences - neighborhood by neighborhood - that literally fits in your pocket. Make the most of a quick trip to Chicago with trusted travel advice to get you straight to the heart of the city.

Looking for a comprehensive guide that recommends both popular and offbeat experiences, and extensively covers all of Chicago's neighborhoods? Check out Lonely Planet's Chicago city (…)

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4.13 x 6 • 160 pages
9781788688567 • $19.99 • pb
Travel / US / Midwest / East North Central
Series: Pocket

Notes

Promotion
Lonely Planet Pocket Dubai 6
by Andrea Schulte-Peevers and Kevin Raub

Inside Lonely Planet's Pocket Dubai:
Up-to-date information - all businesses were rechecked before publication to ensure they are still open after 2020's COVID-19 outbreak
Full-colour maps and travel photography throughout
Highlights and itineraries help you tailor a trip to your personal needs and interests
Insider tips to save time and money and get around like a local, avoiding crowds and trouble spots
Essential info at your fingertips - hours of operation, phone numbers, websites, transit tips, prices
Honest reviews for all budgets - eating, sightseeing, going out, shopping, hidden gems that most guidebooks miss
Convenient pull-out Dubai map (included in print version), plus over 9 colour neighbourhood maps
User-friendly layout with helpful icons, and organised by neighbourhood to help you pick the best spots to spend your time
Covers Deira, Bur Dubai, Jumeirah, Burj al Arab & Around, Downtown Dubai, Dubai Marina & Palm Jumeirah, Abu Dhabi, and more

The Perfect Choice: Lonely Planet's Pocket Dubai, an easy-to-use guide filled with top experiences - neighbourhood by neighbourhood - that literally fits in your pocket. Make the most of a quick trip to Dubai with trusted travel advice to get you straight to the heart of the city.

Looking for more extensive coverage? Check out Lonely Planet's Oman, UAE & the Arabian Peninsula guide for a comprehensive look at all that the (...)

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4.13 x 6 • 160 pages
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Travel / Middle East / General
Series: Pocket

Notes

Promotion
Pocket Ibiza 3
by Isabella Noble

InsideLonely Planet's Pocket Ibiza:
Up-to-date information - all businesses were rechecked before publication to ensure they are still open after 2020’s COVID-19 outbreak
Full-colour maps and travel photography throughout
Highlights and itineraries help you tailor a trip to your personal needs and interests
Insider tips to save time and money and get around like a local, avoiding crowds and trouble spots
Essential info at your fingertips - hours of operation, phone numbers, websites, transit tips, prices
Honest reviews for all budgets - eating, sightseeing, going out, shopping, hidden gems that most guidebooks miss
Convenient pull-out Ibiza map (included in print version), plus over 18 colour neighbourhood maps
User-friendly layout with helpful icons, and organised by neighbourhood to help you pick the best spots to spend your time
Covers Ibiza Town, Santa Eularia des Riu, Sant Antoni de Portmany, Formentera and more

The Perfect Choice: Lonely Planet’s Pocket Ibiza, an easy-to-use guide filled with top experiences - neighbourhood by neighbourhood - that literally fits in your pocket. Make the most of a quick trip to Ibiza with trusted travel advice to get you straight to the heart of the island.

eBook Features: (Best viewed on tablet devices and smartphones)
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Add (…)

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Travel / Europe / Spain & Portugal
Series: Pocket

Notes

Promotion
Lonely Planet Pocket Montreal & Quebec City 2
by Regis St Louis, Steve Fallon and Phillip Tang

Inside Lonely Planet's Pocket Montreal & Quebec City:
- Up-to-date information - all businesses were rechecked before publication to ensure they are still open after 2020's COVID-19 outbreak
- Full-color maps and travel photography throughout
- Highlights and itineraries help you tailor a trip to your personal needs and interests
- Insider tips to save time and money and get around like a local, avoiding crowds and trouble spots
- Essential info at your fingertips - hours of operation, phone numbers, websites, transit tips, prices
- Honest reviews for all budgets - eating, sightseeing, going out, shopping, hidden gems that most guidebooks miss
- Convenient pull-out Montreal map (included in print version), plus over 13 color neighborhood maps
- User-friendly layout with helpful icons, and organized by neighborhood to help you pick the best spots to spend your time
- Covers Old Montreal, Downtown Montreal, Rue St-Denis, the Village, Plateau Mont-Royal, Montreal's Little Italy, Mile End, Outremont, Lachine Canal, Little Burgundy, Quebec City's Old Town and more

The Perfect Choice: Lonely Planet's Pocket Montreal & Quebec City, an easy-to-use guide filled with top experiences - neighborhood by neighborhood - that literally fits in your pocket. Make the most of a quick trip to Montreal and Quebec City with trusted travel advice to get you straight to the heart of each city.

Looking for a comprehensive guide that recommends (…)

Notes

Promotion
Lonely Planet Pocket New Orleans 4
by Lonely Planet

Inside Lonely Planet's Pocket New Orleans:
Up-to-date information - all businesses were rechecked before publication to ensure they are still open after 2020's COVID-19 outbreak
Full-color maps and travel photography throughout
Highlights and itineraries help you tailor a trip to your personal needs and interests
Insider tips to save time and money and get around like a local, avoiding crowds and trouble spots
Essential info at your fingertips - hours of operation, phone numbers, websites, transit tips, prices
Honest reviews for all budgets - eating, sightseeing, going out, shopping, hidden gems that most guidebooks miss
Convenient pull-out New Orleans map (included in print version), plus over 27 color neighborhood maps
User-friendly layout with helpful icons, and organized by neighborhood to help you pick the best spots to spend your time
Covers the French Quarter, Faubourg Marigny & Bywater, the CBD and Warehouse District, Uptown & Riverbed, Garden, Lower Garden & Central City, Mid-City, Bayou St John, Treme-Lafitte and more
The Perfect Choice: Lonely Planet's Pocket New Orleans, an easy-to-use guide filled with top experiences - neighborhood by neighborhood - that literally fits in your pocket. Make the most of a quick trip to New Orleans with trusted travel advice to get you straight to the heart of the city.
Lonely Planet Pocket Philadelphia 2
by Simon Richmond

Inside Lonely Planet’s Pocket Philadelphia:
- Up-to-date information - all businesses were rechecked before publication to ensure they are still open after 2020’s COVID-19 outbreak
- Full-color maps and travel photography throughout
- Highlights and itineraries help you tailor a trip to your personal needs and interests
- Insider tips to save time and money and get around like a local, avoiding crowds and trouble spots
- Essential info at your fingertips - hours of operation, phone numbers, websites, transit tips, prices
- Honest reviews for all budgets - eating, sightseeing, going out, shopping, hidden gems that most guidebooks miss
- Convenient pull-out Philadelphia map (included in print version), plus over 20 color neighborhood maps
- User-friendly layout with helpful icons, and organized by neighborhood to help you pick the best spots to spend your time
- Covers the Old City, Society Hill, Chinatown, Rittenhouse Square, Logan Square, Fairmount, Fishtown, the Northern Liberties, University City and more

The Perfect Choice: Lonely Planet’s Pocket Philadelphia, an easy-to-use guide filled with top experiences - neighborhood by neighborhood - that literally fits in your pocket. Make the most of a quick trip to Philadelphia with trusted travel advice to get you straight to the heart of the city.

Looking for more extensive coverage? Check out Lonely Planet’s New York & the Mid-Atlantic guide for a comprehensive look at all that the region(...)
Lonely Planet Pocket Portland & the Willamette Valley
by Celeste Brash and MaSovaida Morgan

Inside Lonely Planet's Pocket Portland & the Willamette Valley:
- **Up-to-date information** - all businesses were rechecked before publication to ensure they are still open after 2020's COVID-19 outbreak
- **Full-color maps and travel photography throughout**
- **Highlights and itineraries** help you tailor a trip to your personal needs and interests
- **Insider tips** to save time and money and get around like a local, avoiding crowds and trouble spots
- **Essential info at your fingertips** - hours of operation, phone numbers, websites, transit tips, prices
- **Honest reviews for all budgets** - eating, sightseeing, going out, shopping, hidden gems that most guidebooks miss
- **Convenient pull-out Portland & the Willamette Valley map** (included in print version), plus over 23 color neighborhood maps
- **User-friendly layout** with helpful icons, and organized by neighborhood to help you pick the best spots to spend your time
- **Covers** Portland's Downtown, Old Town Chinatown, Northwest & the Pearl District, Northeast and Southeast and Willamette Valley’s McMinnville, Newberg & Dundee, Salem and more

**The Perfect Choice:** Lonely Planet's Pocket Portland & the Willamette Valley, an easy-to-use guide filled with top experiences - neighborhood by neighborhood - that literally fits in your pocket. Make the most of a quick trip to Portland & the Willamette Valley with trusted travel advice to get you straight to the heart of the city.

Looking for more extensive coverage? Check out Lonely Planet's Pocket Portland & the Willamette Valley.
Inside Lonely Planet's Pocket Seattle:
- Up-to-date information - all businesses were rechecked before publication to ensure they are still open after 2020's COVID-19 outbreak
- Full-color maps and travel photography throughout
- Highlights and itineraries help you tailor a trip to your personal needs and interests
- Insider tips to save time and money and get around like a local, avoiding crowds and trouble spots
- Essential info at your fingertips - hours of operation, phone numbers, websites, transit tips, prices
- Honest reviews for all budgets - eating, sightseeing, going out, shopping, hidden gems that most guidebooks miss
- Convenient pull-out Seattle map (included in print version), plus over 21 color neighborhood maps
- User-friendly layout with helpful icons, and organized by neighborhood to help you pick the best spots to spend your time
- Covers Downtown Seattle, Pike Place, the Waterfront, Pioneer Square, the International District, SoDo, Belltown, Queen Anne, Lake Union, Capitol Hill, Fremont, Green Lake, Ballard, Georgetown and more

The Perfect Choice: Lonely Planet's Pocket Seattle is an easy-to-use guide filled with top experiences - neighborhood by neighborhood - that literally fits in your pocket. Make the most of a quick trip to Seattle with trusted travel advice to get you straight to the heart of the city. Looking for a comprehensive guide that recommends both popular and offbeat experiences, and extensively covers (...
Pocket Tenerife 3
by Lucy Corne

InsideLonely Planet's Pocket Tenerife:
Up-to-date information - all businesses were rechecked before publication to ensure they are still open after 2020's COVID-19 outbreak
Full-colour maps and travel photography throughout
Highlights and itineraries help you tailor a trip to your personal needs and interests
Insider tips to save time and money and get around like a local, avoiding crowds and trouble spots
Essential info at your fingertips - hours of operation, phone numbers, websites, transit tips, prices
Honest reviews for all budgets - eating, sightseeing, going out, shopping, hidden gems that most guidebooks miss
Over 20 colour neighbourhood maps
User-friendly layout with helpful icons, and organised by neighbourhood to help you pick the best spots to spend your time
Covers Santa Cruz de Tenerife, La Laguna, Puerto de la Cruz, La Orotava, Los Cristianos, Playa de las Americas, Costa Adeje and more

The Perfect Choice: Lonely Planet's Pocket Tenerife, an easy-to-use guide filled with top experiences - neighbourhood by neighbourhood - that literally fits in your pocket. Make the most of a quick trip to Tenerife with trusted travel advice to get you straight to the heart of the island.

Looking for more extensive coverage? Check out Lonely Planet's Canary Islands guide for a comprehensive look at all that the region has to offer.

eBook Features: (Best viewed on (...)
Lonely Planet Pocket Toronto 2
by Liza Prado

Inside Lonely Planet’s Pocket Toronto:
Up-to-date information - all businesses were rechecked before publication to ensure they are still open after 2020's COVID-19 outbreak
Full-color maps and travel photography throughout
Highlights and itineraries help you tailor a trip to your personal needs and interests
Insider tips to save time and money and get around like a local, avoiding crowds and trouble spots
Essential info at your fingertips - hours of operation, phone numbers, websites, transit tips, prices
Honest reviews for all budgets - eating, sightseeing, going out, shopping, hidden gems that most guidebooks miss
Convenient pull-out Toronto map (included in print version), plus over 18 color neighborhood maps
User-friendly layout with helpful icons, and organized by neighborhood to help you pick the best spots to spend your time
Covers the Waterfront, the Entertainment & Financial Districts, Old Town, Corktown, Downtown Yonge, Kensington Market, Chinatown, Yorkville, the Annex, West End, Rosedale, Niagara Falls and more

The Perfect Choice: Lonely Planet’s Pocket Toronto, an easy-to-use guide filled with top experiences - neighborhood by neighborhood - that literally fits in your pocket. Make the most of a quick trip to Toronto with trusted travel advice to get you straight to the heart of the city.
Looking for more extensive coverage? Check out Lonely Planet’s Canada guide for a comprehensive look at all that the (...)

Notes

Promotion
Lonely Planet Pocket Vancouver 4
by John Lee

Inside Lonely Planet's Pocket Vancouver:
Up-to-date information - all businesses were rechecked before publication to ensure they are still open after 2020's COVID-19 outbreak
Full-color maps and travel photography throughout
Highlights and itineraries help you tailor a trip to your personal needs and interests
Insider tips to save time and money and get around like a local, avoiding crowds and trouble spots
Essential info at your fingertips - hours of operation, phone numbers, websites, transit tips, prices
Honest reviews for all budgets - eating, sightseeing, going out, shopping, hidden gems that most guidebooks miss
Over 21 color neighborhood maps
User-friendly layout with helpful icons, and organized by neighborhood to help you pick the best spots to spend your time
Covers Downtown, West End, Gastown, Chinatown, Yaletown, Granville Island, Main Street, Fairview, Kitsilano, University of British Columbia and more

The Perfect Choice: Lonely Planet's Pocket Vancouver, an easy-to-use guide filled with top experiences - neighborhood by neighborhood - that literally fits in your pocket. Make the most of a quick trip to Vancouver with trusted travel advice to get you straight to the heart of the city.

Looking for a comprehensive guide that recommends both popular and offbeat experiences, and extensively covers all of Vancouver and Victoria's neighborhoods? Check out Lonely Planet's Vancouver & Victoria city guide.

Looking for more extensive coverage? Check (?)
Lonely Planet Pocket Washington, DC 4
by Karla Zimmerman

Inside Lonely Planet's Pocket Washington, DC:
Up-to-date information - all businesses were rechecked before publication to ensure they are still open after 2020's COVID-19 outbreak
Full-color maps and travel photography throughout
Highlights and itineraries help you tailor a trip to your personal needs and interests
Insider tips to save time and money and get around like a local, avoiding crowds and trouble spots
Essential info at your fingertips - hours of operation, phone numbers, websites, transit tips, prices
Honest reviews for all budgets - eating, sightseeing, going out, shopping, hidden gems that most guidebooks miss
Convenient pull-out Washington, DC map (included in print version), plus over 14 color neighborhood maps
User-friendly layout with helpful icons, and organized by neighborhood to help you pick the best spots to spend your time
Covers the National Mall, White House Area, Foggy Bottom, Georgetown, Capitol Hill, Downtown DC, Penn Quarter, Logan Circle, Dupont Circle, Adams Morgan and more

The Perfect Choice: Lonely Planet's Pocket Washington, DC, an easy-to-use guide filled with top experiences - neighborhood by neighborhood - that literally fits in your pocket. Make the most of a quick trip to Washington, DC with trusted travel advice to get you straight to the heart of the city. Looking for a comprehensive guide that recommends both popular and offbeat experiences, and extensively covers all (...)

Notes

Promotion
Southeast Asia
by Lonely Planet

Lonely Planet's Southeast Asia is your passport to the most relevant, up-to-date advice on what to see and skip, and what hidden discoveries await you. Explore the Temples of Angkor, Halong Bay's hidden lagoons, and Bangkok's nightlife; all with your trusted travel companion.

Inside Lonely Planet's Southeast Asia:

- Up-to-date information - all businesses were rechecked before publication to ensure they are still open after 2020's COVID-19 outbreak
- Colour maps and images throughout
- Honest reviews for all budgets - eating, sleeping, sightseeing, going out, shopping, hidden gems that most guidebooks miss
- Highlights and itineraries help you tailor your trip to your personal needs and interests
- Insider tips to save time and money and get around like a local, avoiding crowds and trouble spots
- Essential info at your fingertips - hours of operation, phone numbers, websites, transit tips, prices
- Cultural insights give you a richer, more rewarding travel experience - history, art, literature, cinema, landscapes
- Colour maps and images throughout
- Covers Brunei, Cambodia, Indonesia, Laos, Malaysia, Myanmar, Philippines, Thailand, Timor-Leste, Singapore, Vietnam, and more

The Perfect Choice: Lonely Planet's Southeast Asia, our most comprehensive guide to Southeast Asia, is perfect for both exploring top sights and taking roads less travelled.

Looking for just a few of the destinations included in this book? Check out the relevant Lonely Planet destination guides.
Where to Go When 2
by Lonely Planet

In this second edition of Where to Go When, Lonely Planet once again answers the perennial question of the traveller - where is the best place to visit during every season of the year? Fully updated with new content and covering every corner of the globe, it presents 25 recommendations of destinations that are at their best during each month, whether due to their climate, or value or because there's a lot going on.

The suggestions feature every flavour of travel experience from culture-rich city breaks and tropical beach holidays to adventurous road trips and wildlife-watching expeditions.

The book is organised by month. At the start of each chapter a flowchart guides you through the options so readers can filter the recommendations according to their interests. Whether you're into beaches, trying the local specialities or backpacking off the beaten path, there will be suggestions for you. Diagrams also depict the climate, value for money and family friendliness of each suggestion in the month.

About Lonely Planet: Lonely Planet is a leading travel media company, providing both inspiring and trustworthy information for every kind of traveller since 1973. Over the past four decades, we've printed over 145 million guidebooks and phrasebooks for 120 languages, and grown a dedicated, passionate global community of travellers. You'll also find our content online, and in mobile apps, videos, 14 languages, armchair and lifestyle books, ebooks, and more, enabling you to explore every day.

'Lonely Planet guides are, quite simply, like no other.' - New York Times

'Lonely Planet. It's on everyone's bookshelves; it's in every traveller's hands. It's on mobile phones. It's on the Internet. It's everywhere, and it's telling entire generations of people how to travel the world.' - Fairfax Media (Australia)
Calming Coloring Pages by TheLatestKate
by Kate Allan

A follow-up to Kate Allan’s You Deserve Nice Things: Calming Coloring Pages by TheLatestKate, this gently supportive and encouraging coloring book by Kate Allan, creator of TheLatestKate and author of YOU CAN DO ALL THINGS, is perfect for those dealing with anxiety.

Soothing art therapy from an empathetic source. Kate draws strengths from her own struggles with depression and anxiety. Each design gently argues against negativity that can come from low self-esteem and helps you on your journey towards managing anxiety.

Experience real anxiety relief through art therapy activities. Each page of this coloring book offers a supportive animal friend with a message of comfort, understanding, and mindfulness. Find inner peace and tranquility while coloring these uplifting, cute animals.

Inside, you’ll find:
• 96 coloring pages, full of inclusive illustrations suitable for all ages and skill levels.
• A collection of fun and sweet drawings that sparkle with comfort and provide anxiety relief
• Stress-relieving art therapy activities that will help you find relaxation from the daily grind of life

Author Bio

Kate Allan is an author and illustrator from Washington State. She writes and draws about painful things but aims to make it okay with bright colors and sparkles. Under the handle The Latest Kate, she has a social media following of more than 400,000 people. Her work has been featured in THE HUFFINGTON POST, THE MIGHTY, MY MODERN MET, WEAR YOUR VOICE MAG, THE PATREON BLOG, SPARKLIFE, and more.

Promotion
The Latest Kate has 400K+ followers on social media, a significant percentage of which are likely to purchase a book. Over 50K+ The Latest Kate items have been sold on merchandising website, Redbubble. The artwork has a colorful style reminiscent of popular 1990s illustrator Lisa Frank; nostalgic buyers will be interested. Those who struggle with mental illness will be encouraged and validated by these captioned illustrations. Her work has been featured in The Huffington Post, The Mighty, My Modern Met, Wear Your Voice Mag, The Patreon Blog, Sparklife, and more. Her books have sold over 60,000 copies.
Collecting The Simpsons
The Unofficial Simpsons Memorabilia Guide to Embiggen the Most Noble Collector!
by Warren Evans, James Hicks and Lydia Poulteney

The Simpsons is the world's most beloved and longest running television show in history. It is also the "most successfully licensed TV show," according to brandlicensing.eu survey. In this deluxe book, The Simpsons Theory, the largest Simpsons YouTube channel, and Warren Evans, podcaster and renowned Simpsons Collector, unite to tell the story of the acclaimed show, from the perspective of its merchandise.

This full colour book will feature high quality photos of the products and never before seen interviews from the toys' creators, writers, actors, and producers, offering keen insights into the genesis of a show that inspired millions of young minds.

This quirky book will unleash the entire story of The Simpsons memorabilia, spanning decades. From action figures, video games, comics, lunch boxes, and yes, even cookie jars. It will be bursting with '90s nostalgia, and explore the explosion of "Simpsonsmania."

It will not only be a history of the Simpsons merchandise, but also the show itself, using Warren's extensive collection to inform the narrative on the making and stories of the show.

This book isn't just for fans of The Simpsons. It's for fans of timeless colour stories, design and graphics... that just happen to contribute to the colourful lives of Matt Groening's dear Springfieldians.

Author Bio

Warren Evans has a background in music and graphic design. I was always sort of hyper tuned in to the details of production behind things that I like, and that led me down a path to researching and learning more about Simpsons Merchandise as it became a main hobby of mine after I stopped touring as a musician. I started posting my collection online in 2014, and it quickly gained a following as it was one of the first social media accounts of its kind on the internet. That following has grown to over 70k followers on Instagram and has led to several partnerships and promotional giveaways with brands like Vans, Kid Robot, and Igloo.

James Hicks holds a Bachelor of Arts in Media Production from the University of Lincoln. He is an avid film lover, and an insatiable reader. James is the co-creator of The Simpsons Theory YouTube channel and driving force of the channel, ensuring Lydia is awake, content is written and that every moment Moleman has bitten the dust is counted! The Simpsons Theory was built with the aim to create a virtual love-letter to the show that provided a slice of escapism during Lydia and James' childhoods (every night at 6pm) as well as
Eating Well to Win
Inspired Living Through Inspired Cooking
by Richard Ingraham, foreword by Dwayne Wade

1 New Release in Individual Chefs & Restaurants - The Best Cookbook for Peak Performance Living

Peak performance eating from Chef Richard - chef to the stars: Chef Richard Ingraham has been personal chef for NBA star Dwyane Wade for more than a decade. The Miami native is also a Chopped contender and the founder of the private chef network, ChefRLI, which caters to professional athletes. Now this chef to star athletes is ready to share the secrets of cooking for a peak performance lifestyle. He’s worked with top tier athletes in all the major sports including Asante Samuels, Santana Moss, Antrel Rolle and Michael Oher from the National Football League, Manny Machado and Jon Jay from Major League Baseball and NBA stars Patrick Ewing, John Wall and of course, Dwyane Wade. Chef RLI has also worked with top entertainers such as Gabrielle Union and Kelly Rowland. The company’s corporate clients include the Food Network and Walmart.

How you can have a peak performance diet and learn the benefits of eating well to win: Chef Richard’s book is designed for those who want to change their diet to achieve peak performance, whether that be at the gym or the office. This is an insider’s guide to how it really happens. Step-by-step in 90 recipes he will show the CrossFit enthusiast, the working mom and the weekend golfer how to eat for optimum performance because he knows all of the secrets, and it’s not all kale smoothies and grilled chicken. In addition to his recipes, Chef Richard will share what he’s learned about eating well to (…)

Author Bio
Chef Richard Ingraham was born and raised in Miami, Florida and became a culinary enthusiast at an early age. His culinary training took place at the Art Institute of Atlanta. A few years later, he was offered what is now his current position as private chef for the NBA's Dwyane Wade. He has been responsible for the diet that keeps the star fit, toned, and healthy on and off the court for the past thirteen years. In 2010, he leveraged his world-class training and passion for fine cuisine into a culinary-business partnership with Soley Gonzalez and created a network of private chefs called ChefRLI. The company has served dozens of NBA, NFL, MLB, and entertainment clients.
Exploring Mars
The Year by Year Narrative of Space Science-from the First Mars Landing and Beyond
by Tanya Harrison and Danny Bednar

With Exploring Mars, astrologer, NASA scientist, and self-proclaimed "professional martian" Dr. Tanya Harrison and Canada's second-best space geographer and researcher Danny Bednar have compiled a year-by-year anthology of humanity's exploration of Mars. Tapping into a large network of active and retired scientists, astronauts, writers, and TV personalities, Exploring Mars manages to be both a handy reference and fun fodder for any space enthusiast.

The Mars Landing and More for Space-Enthusiast Memelords

Go on a 60-year journey from the earliest Mars landing attempts to the missions active there today—told by the people, memes, and media of the time through the lens of today's top scientists.

Learn fun facts about space exploration and answer the most asked questions about Mars. From the search for little green men to live bacteria, we've all entertained the idea of extraterrestrial life. But where did this idea come from? What have the Mars robots found, and how has it shaped science today? Written and researched by one of the best Canadian space geographers, Danny Bednar, and NASA scientist/professional martian herself, Dr. Tanya Harrison, Exploring Mars answers these questions and more.

It's not just rocket science—it's fun. A solar system gift perfect for anyone interested in space exploration, aerospace, or even science-fiction, this coffee-table beauty is different from other books about space. Tapping into a large network of active and retired scientists, astronauts, writers, and TV personalities, the authors craft a year-by-year anthology of humanity's exploration of Mars that will launch with national news as the private and public race to Mars takes flight. Authors will be exploring both the scientific discoveries along the way, as well as the impacts of Mars exploration missions on today's movers and shakers in the space industry with the support of NASA.

Author Bio

Dr. Tanya Harrison calls herself a "professional martian." She has spent over a decade working as a scientist and in mission operations on multiple NASA Mars missions, including the Curiosity and Opportunity rovers. Her specialty lies in geomorphology: the study of a planet's evolution based on its surface features. Before Mars, however, Tanya had her head in the stars as an astronomer studying the metal content of star clusters and recurring novae systems. She holds a Ph.D. in Geology from the University of Western Ontario, a Masters in Earth and Environmental Sciences from Wesleyan University, and a B.Sc. in Astronomy and Physics from the University of Washington. Tanya is also an advocate for advancing the status of women in science and for accessibility in the geosciences. You can find her prolifically...
Flavor Lab Concoctions
A Mixologist Guide to Unique Drink Recipes
by Logan Richardson

Discover the Science of Unique Drinks with this Mixologist Guide

Are you a novice mixologist? Are you a soda lover, or a connoisseur of unique alcoholic drinks? Would you like to know the science behind your favorite cocktail, mocktail, or coffee drinks? Well, this is the cocktail recipe book for you!

Find your next favorite drink. In, FLAVOR LAB CREATIONS Logan Richardson, the creator of Flavor Lab, combines cooking with science in a fun and accessible way. Richardson takes a mixologist approach and shares detailed recipes with scientific facts. This book explains the origins of unique drinks and the yummy nontraditional ingredients.

A mixologist guide to drinks from cocktails to strawberry milkshakes. FLAVOR LAB CREATIONS goes beyond the simple spirit and mixed drinks options, Richardson takes us directly to unique options like a soda drink called Oleo Saccharum and a fermented cocoa bean chocolate tea.

Inside FLAVOR LAB CREATIONS, you'll find:
• Curious drinks such as the Viking Blaand
• Mixologist recipes in this coffee and cocktail cookbook
• Scientifically fun approaches to unique drinks and alcoholic drinks

If you enjoyed books like COCKTAILS MADE SIMPLE, MOCKTAIL PARTY or THE COFFEE RECIPE BOOK you'll love FLAVOR LAB CREATIONS

Author Bio

Logan Richardson is a physicist, currently working in a research lab, specializing in the areas of gravitation and atom optics. He also really loves food, cooking, and experimenting. He is the creator and host of Flavor Lab. It started as a hobby when he was getting a PhD in Hannover, Germany, during which time he got to experience quite a different world of living and eating. He now lives in the United States.
Girls Rule
Women who defy social standards
by Chiara Pasqualetti Johnson, illustrated by Alessandro Ventrella

Women are taking over the world. They're breaking down prejudices, overturning cliches, and raising their voices. They're dreaming big and aiming for a better, more equal future. Girls Rule is a collection that highlights extraordinary lives, recounting the challenges, struggles, and victories of women like Misty Copeland, Chiara Ferragni, Michelle Obama, Emma Watson, Samantha Cristoforetti, Billie Eilish, Oprah Winfrey, and many others. Indomitable and brave, they are the protagonists of a revolution destined to change the future forever, breaking barriers across the world.

Author Bio
Chiara Pasqualetti Johnson is a journalist who writes about travel, art, and lifestyle for Dove and Bell'Italia magazines and for special publications. She has edited books and modern art history series for Electa and Rizzoli. For White Star, she has published The Most Influential Women of Our Time, a bestselling volume dedicated to the most influential female figures of the 20th Century.

Alessandro Ventrella studied Graphic Design at the Accademia di Belle Arti of Macerata and at the CFP Bauer in Milan, where he attended their illustration course. He is a professional illustrator, working with several publishing houses.
Holistic Homesteading
A Guide to a Sustainable and Regenerative Lifestyle
by Roxanne Ahern

Learn to Live Holistically, Sustainably, and Intentionally

Make healthier life choices to heal yourself and the environment through self-sufficiency. HOLISTIC HOMESTEADING by Roxanne Ahern provides the tools for living slowly, intentionally, and better through permaculture, edible gardening, and organic farming.

Live the Homestead Life. Ahern’s book guides new and seasoned homesteaders in improving personal and environmental health. HOLISTIC HOMESTEADING is geared toward people who are interested in pursuing intentional lifestyles and organic farming methods. It is both for those who have access to land and those who are interested in retrofitting urban and suburban lifestyles and landscapes to shift towards sustainability.

Utilize Sustainable Organic Farming Techniques. Learn about permaculture design, holistic nutrition, and sustainable farming in rural and urban settings. HOLISTIC HOMESTEADING covers how to use organic soil and zero chemicals to grow the best vegetables and fruits, responsible and humane animal husbandry that improves the ground and carbon sequestration, as well as the best canning and preserving techniques. Ahern also provides tips on safely foraging for flowers and mushrooms.

Read HOLISTIC HOMESTEADING and learn:
• Permaculture practices that can be used in rural and urban spaces
• How to get the most out of your food through holistic nutrition
• The best techniques for canning and preserving your fruits and vegetables

If you enjoyed books such as THE MODERN HOMESTEAD GARDEN, THE ENCYCLOPEDIA OF COUNTRY LIVING, and BEGINNER’S GUIDE TO PRESERVING, your next read should be HOLISTIC HOMESTEADING

Author Bio
Roxanne Ahern is a writer, homesteader, holistic nutritionist, and permaculture designer. She consults with clients on nutrition, edible gardening, homesteading, and farming.
It's a Good World Because You're In It
A Book to Help with Anxiety and Depression
by Kate Allan

You are Enough with these Inspiring Affirmations
YOU ARE ENOUGH is a collection from The Latest Kate of cute animal drawings with affirming messages to inspire. Each page motivates you to take care of yourself and fosters greater self-acceptance.

Fight depression back. Kate Allan shares her personal stories on how she was able to fight and win on her darkest days. YOU ARE ENOUGH is a book full of timely messages, cute animal drawings, and art for anxiety relief.

Inspirational words from The Latest Kate. Take power away from depression with this self-affirmation book for women. Take this positive affirmations book with you everywhere and go to it whenever you start to feel anxious.

Inside, you'll find:
• Timely messages and reminders that will motivate
• Cute animal drawings that boost mindfulness and starve depression
• Gifts for friends who need depression and anxiety relief

YOU ARE ENOUGH is a great gift for anyone who enjoyed YOU CAN DO ALL THINGS, SWEATPANTS & COFFEE, or the THERAPEUTIC CARD DECK

Author Bio
Kate Allan is an author and illustrator from Washington State. She writes and draws about painful things but aims to make it okay with bright colors and sparkles. Under the handle The Latest Kate, she has a social media following of more than 400,000 people. Her work has been featured in THE HUFFINGTON POST, THE MIGHTY, MY MODERN MET, WEAR YOUR VOICE MAG, THE PATREON BLOG, SPARKLIFE, and more.
Journey to Same-Sex Parenthood
Firsthand Advice, Tips and Stories from Lesbian and Gay Couples
by Eric Rosswood

An Indispensable Toolset for Same-Sex Parenthood
"An absolute 'must-have' for any LGBT couple engaged in family planning!" - Midwest Book Review

First published in 2016 and winner of four literary awards. Now updated and packed with valuable information and more powerful stories of same-sex parents achieving and navigating parenthood.

Yes, you do have options. Same-sex couples (gay dads, lesbian moms, or other queer couples) are faced with many different options when choosing to have a family that includes beautiful children. In JOURNEY TO SAME-SEX PARENTHOOD, author, activist and father Eric Rosswood guides and helps prospective LGBTQIA parents explore adoption, foster care, assisted reproduction, surrogacy and co-parenting.

Create your own happy family unit. Each section includes a description of a specific family-building approach, followed by personal stories from same-sex couples and individuals who have chosen that particular path. Learn strategies for dealing with challenges you will encounter on this parenting journey.

Inside find:
• Strategies for successfully navigating same sex parenthood
• Firsthand accounts combined with critical tips and advice
• Updated information about adoption, foster care, assisted reproduction, surrogacy and co-parenting

If you benefited from Eric Rosewood's bestselling WE MAKE IT BETTER or his ULTIMATE GUIDE FOR GAY DADS; or have read parenting books like RAISED BY UNICORNS, RAISING GOOD HUMANS, or THE BOOK YOU WISH YOUR PARENTS HAD READ, you'll want to read JOURNEY TO SAME-SEX PARENTHOOD.

* Winner of the 2017 IAN Book of the Year Awards in the Parenting/Family/Relationships category.
* Winner of the 2017 Readers' Favorite International Book Awards in the Parenting category; the 2017 Readers' Favorite International Book Awards in the Parenting category; the 2017 Best (…)

Author Bio

Eric Rosswood is an author and commentator on LGBTQ issues including civil rights, parenting, marriage, and politics. He has led panels on LGBTQ parenting issues for organizations such as the Family Equality Council and the Modern Family Alliance.
Les 7 Habitudes des gens efficaces
Journal de bord
by Stephen R. Covey and Sean Covey

Appliquez les principes du best seller international LES 7 HABITUDES DES GENS EFFICACES grace à son journal de bord et gagnez en productivité.

Votre gestion du temps n'est pas satisfaisante et cela impacte votre productivité et votre réussite ? Que vous ayez du mal à atteindre vos objectifs ou que vous soyez à la recherche de nouvelles habitudes performantes, LES 7 HABITUDES DES GENS EFFICACES vous fournira toutes les méthodes à mettre en application et vous guidera vers la réussite.

Atteignez facilement tous vos objectifs. LES 7 HABITUDES DES GENS EFFICACES est l'un des livres les plus inspirants jamais écrits et a change la vie de nombreux lecteurs. Decouvrez des a présent sa version journal qui vous donnera la possibilité de transformer vos visions en actions concretes. Son format concis est accessible et facile à suivre. Chaque habitude est transformée en objectifs hebdomadaires, vous permettant ainsi de gagner en motivation, prendre confiance en vous et stimuler votre réussite personnelle.

Cultivez le succès et l'épanouissement personnel. Ce journal vous livrera les clés du succès grâce à ses cas pratiques, ses exercices et ses citations inspirantes. Apprenez à développer votre réflexion, gérer le temps et être efficace pour atteindre tous vos objectifs.

Dans ce journal, vous trouverez:
• Des citations inspirantes de développement personnel vous permettant de renforcer la confiance et l'estime de soi.
• Des méthodes et cas pratiques pour une gestion du temps optimale.
• Des conseils, des exercices et des défis motivants pour gagner en productivité, être organisé, gerer son stress et atteindre ses objectifs.

Author Bio

Expert mondialement reconnu en matière de leadership, le Dr. Stephen Covey (1932-2012) était également enseignant, auteur et consultant. Il a vendu plus de 30 millions de livres, traduits dans 50 langues, et LES 7 HABITUDES DES GENS EFFICACES a été designé comme le livre d'affaires le plus influent du vingtième siècle. Il est titulaire d'un MBA de Harvard et d'un doctorat de l'université Brigham Young. Il vivait avec sa femme et sa famille dans l'Utah.

Sean Covey est Vice-Président Senior des Innovations et des Produits chez FranklinCovey, une entreprise de renommée mondiale qui se consacre à aider
Make Every Move a Meditation
Mindful Movement for Mental Health, Well-Being, and Insight
by Nita Sweeney

Grow by Using Exercise as Meditation

Praise for her past work includes "A great narrative on how moving your body can actually transform your brain! " - Richard C. Davis PhD, BCN, Psychologist and Brain Trainer

In MAKE EVERY MOVE A MEDITATION, learn how to find freedom using the mind-body connection as you transform movement into a powerful practice of mindful movement.

Exercise can be meditation. What do you think of when you hear the word meditation? A quiet room filled with monks? An instagram influencer? What about moving meditation? Yoga? Tai Chi? For too long, meditation in books has focused on specific periods of meditation, rather than mediation through fitness or daily activities. What if lifting weights, dancing with your love, or walking across a room counted? What if you could use exercise as meditation? What if you could make every move a meditation?

Connect with the present moment in each movement. In MAKE EVERY MOVE A MEDITATION, award-winning author, meditation leader, and mental health advocate Nita Sweeney shows readers that fitness can be mindfulness. She teaches readers how to bring meditation and mindfulness into any activity by incorporating centuries-old techniques. Studies show that both exercise and meditation reduce anxiety, stabilize blood pressure, improve mood and cognition, and lead to a deeper self-relationship (…) 

Author Bio

Nita Sweeney is the award-winning wellness author of the running and mental health memoir, DEPRESSION HATES A MOVING TARGET: HOW RUNNING WITH MY DOG BROUGHT ME BACK FROM THE BRINK and co-creator of the writing journal, YOU SHOULD BEWRITING: A JOURNAL OF INSPIRATION & INSTRUCTION TO KEEP YOUR PEN MOVING. A certified meditation leader, mental health advocate, ultramarathoner, and former assistant to writing practice originator Natalie Goldberg, Nita founded the groups "Mind, Mood, and Movement" to support well-being through meditation, exercise, and writing practice, and "The Writer's Mind," to share using writing practice to produce publishable work. Nita also publishes the writing resource newsletter, "Write Now Columbus." Nita lives in central Ohio with her husband, Ed, and their yellow Labrador retriever, Scarlet. Head to her website https://www.thenitaskweeney.com to learn more about her work. 

Promotion

Nita has a proven marketing track record which includes landing promotional opportunities. While she pursues media placements, as her reputation as a wellness author has grown, people now reach out to her. For example, Mindful Working recently contacted her to write for them. Her many contacts in the meditation, movement, writing, and wellness community combined with her passion for these topics make her a recognized wellness authority and an excellent podcast and interview guest. Nita's launch action plan for EVERY MOVE includes:

- Speaking/Classes/Workshops: Nita plans to offer more than 25 in person and virtual events beginning in August 2021 and leading up to the release. These will include bookstore readings, movement meditation workshops, sporting event expos, continuing education programs on wellness in various fields, keynote speeches, and more. The Book Loft of German Village has agreed to host the launch reading at their store.
- Social Media Launch Campaign: Nita's
Modern Embroidery
A Book of Stitches to Unleash Creativity
by Rachael Dobbins

Make Your Embroidery Pop with 3-D Techniques

Follow author and needlework artist Rachael Dobbins as she teaches you how to embroider flowers, portraits, and other 3-D patterns that make your art pop—literally. Using a combination of traditional and unconventional stitching and macrame techniques, CONTEMPORARY EMBROIDERY takes traditional embroidery design to the next level while truly encouraging readers to think outside the box.

How to embroider flowers, portraits, and more—like an artist. Embroidery doesn’t have to be flat or about perfection. It can be interpretive, with innovative textures, unconventional color gradients, and movement throughout. In CONTEMPORARY EMBROIDERY, Rachel goes back to basics in order to push the boundaries of traditional needlework. Designed to take you from beginner to intermediate artist, this inspired guide contains new techniques and twenty jaw-dropping embroidery patterns.

Textured hand embroidery made easy. An embroidery book like no other, CONTEMPORARY EMBROIDERY makes a unique craft gift or coffee table accessory for anyone passionate about art in new mediums. In addition to beautiful patterns, you’ll discover how to start embroidery projects and how to apply the same techniques to home decor, clothing items, and much more.

Inside CONTEMPORARY EMBROIDERY, find step by step embroidery instructions, as well as advice on:
• How turn photographs or sceneries into embroidery templates
• How to create depth and movement
• How to use color palettes to think outside (...)

Author Bio

Rachael Dobbins started the Used Threads Instagram as a creative outlet, somewhere she could document her progress and get into the swing of embroidering again, originally giving its name from gifted vintage cotton strands and threads, a collection of beautiful treasures from different eras. She stitches a range of things - from retro mid-century interiors and accessories to thread-painted landscapes and seascapes, from quirky 3D stitches that flow from the hoop to embroidered seventies-inspired clothing. Stitching from a very young age, Rachael followed in the steps of her grandmother. After going down the fine art route and teaching herself to stitch, Rachael realized that embroidery was her main passion and graduated with a
More Money Now
A Millennial's Guide to Financial Freedom and Security
by Nicole Victoria

Enjoy Financial Freedom and Discover the Money Management Rules for More Money Now
The author of MORE MONEY NOW, Nicole Victoria, is a CEO, money coach, and financial literacy advocate. She didn’t grow up with wealth. But she learned the secrets to financial freedom and now specializes in helping 20 and 30 something women effortlessly manage their money and build bank accounts that never stop growing.

Money isn’t everything, but everything takes money. Maybe you have debt (hellooo student loans + credit cards). You feel like you’ll always be playing catch up. Maybe you’ve tried to get help before, tried to budget, followed traditional advice... but it just doesn’t work for you. You’re stressed and overwhelmed, feeling stuck because you don’t know where things went wrong.

The bad news first. The advice that worked for our parents doesn’t work for us. Times have changed. The average person in their 20s has racked up $23,872 in debt, and this number jumps to $62,658 in their 30s. And it gets worse:
- 79% who budget fail
- 54% live from paycheck-to-paycheck
- 80% of Americans are in debt
- 40% could not handle a $400 unexpected expense
- 64% don’t have enough money to retire

Now, the good news. Maybe for you, money has always seemed complicated. Maybe you believe that because you’re not good with math, you couldn’t be good with money. But, to be good with money and build wealth, you don’t need to be good at math, you don’t need to be born rich, and (...)

Author Bio
Nicole Victoria is a CEO, Money Coach and financial literacy advocate who specializes in helping 20 and 30 something women effortlessly manage their money and build bank accounts that never stop growing.

Nicole knew there had to be more to life than living in a perpetual cycle of not having enough money at the end of the month, with $0 in the bank - so she got to work. She learned everything she could about personal finance, and was able to go from broke as a joke ($40,000 in debt with 0 dollars in savings) to a $500,000 net worth in her 20s (that has now grown to over $1M at 30) - and that’s how NO BUDGET BABE was born.

She made it her mission to help teach other women how to take control of...
Positively Badass
Affirmations and Words of Positivity for Empowered Women by Becca Anderson

Nurture Your Inner Badass with Inspirational Quotes for Women
In our tumultuous times, more than ever we need affirmations and encouragement, and that is exactly what you'll find in POSITIVELY BADASS.

You have to think badass to be badass! Following the extraordinary success of Becca Anderson's bestselling BADASS AFFIRMATIONS, Becca presents POSITIVELY BADASS, offering more motivational quotes to uplift and empower women.

Strengthen and nurture your inner badass. Affirmations are positive statements that you make aloud every day to help you shift your mindset in a positively productive way. One of the main benefits of affirmations is that they help you to change how you think over time.

Strong women quotes can change your life. Pick up POSITIVELY BADASS, randomly open to a quote, and let those words be your guiding thought for the day. If you are REALLY resonating to this power-thought, keep using it every day and let it become your mantra. Discover the extraordinary life-enhancing benefits of POSITIVELY BADASS.

Own this book of motivational quotes and:
• Learn the value of affirming yourself daily
• Empower yourself and strengthen your self-esteem
• Get encouragement from words of wit and wisdom

Readers of affirmations books and positive quote books for women like LET THAT SH*T GO, A YEAR OF POSITIVE THINKING, or BEAUTIFULLY SAID will love the strong women quotes in Becca Anderson's POSITIVELY BADASS

Author Bio

Becca Anderson is an author, teacher and writing instructor living in the San Francisco Bay Area. Originally from Ohio, Becca's background in women's studies has given her a lifelong passion for empowering women through their own herstory. The author of The Book of Awesome Women, Becca Anderson credits her first grade teacher as a great inspiration and runs several popular classes and workshops including "How to Put Your Passion on Paper."
Re-Wild
50 "Paths" to Reconnect with Nature
by Stefano Luca Tosoni, illustrated by Virginia Taroni, foreword by Valeria Margherita Mosca

Re-Wild contains fifty simple and accessible practices to help you reconnect with nature. From the most simple practices, like going on a walk and identifying any "thing" you see, to more challenging ones like swimming in a cold lake, this book enables readers to return to nature - our roots - in both a literal and metaphorical sense. By reclaiming our connection with nature, we can fight anxiety and stress and gain physical and emotional benefits!

Author Bio

Stefano Luca Tosoni was a marketing manager for companies like Sony Television and Discovery Italy for twelve years. He changed his life and perspective when he discovered Wooding Food Lab, a scientific laboratory focused on researching wild food and human nutrition, where he became marketing director and manager of special projects, aimed at the disclosure of research on the protection of botanical biodiversity in Italy and the world. He works closely with Valeria Margherita Mosca, who curated the foreword.

Virginia Taroni is a freelance illustrator based in Rome, Italy.
Savory and Sweet
Delicious Dishes and Desserts for Every Occasion
by Shalean LaBerge and Stephanie Ghitis

A mash-up of trendy, viral, and fun sweet and savory treats in a beautifully photographed cookbook! Use this book for hosting gatherings, parties, game nights, date nights, etc. Savory and Sweet will not only include recipes but tips and tricks along the way to encourage readers to get into the kitchen, develop a passion for trying new things, and step out of their comfort zone.

Author Bio

Shalean LaBerge and Stephanie Ghitis are the founders of SoFloFooodie, a fully licensed food and beverage blog which launched in 2016. They have amassed over 3 million followers on TikTok, as well as 281K on Instagram, and 10 million monthly views on Pinterest. They create accessible recipes that the everyday food lover can create. They have been featured in several online news publications and were also announced as one of the top 10 food creators on TikTok during 2020.

Promotion

Marketing plan
The authors are the founders of @SoFloFooodie across platforms: TikTok verified account (2.8M), Instagram (291K), Pinterest (10M views monthly). The authors have had a lot of success with giveaways on their page, so being able to do a book giveaway (where one of the required entry steps is to tag friends to increase awareness about the book) would be beneficial. The authors would like to do a fun photo/video shoot to announce the book and get followers interested/excited for the upcoming book.

The authors have had merch in the past and can create a piece of merch specific to the book launch and encourage preorders by giving readers this specific merch product if they preorder. The authors would push that the book contains a number of never-before-seen recipes (including the viral unicorn cheesecake). They have shared versions of it, but never the actual recipe which they plan to do in the
The Secret Lives of Royal Women
Fascinating Vignettes of Phenomenal Women
by Marlene Wagman-Geller

Enjoy this engaging collection of biographical vignettes highlighting the secret lives of royal women like Queen Anne, Queen Noor, Princess Grace Kelly, and many other phenomenal women.

Royal family secrets revealed. Page after page features the intimate and historically accurate details of some of history's most privileged women. Learn from the life stories of Empress Nagako, Queen Marie-Jose, Queen Elizabeth II, Princess Margaret, and many others. Each story will make you want to read more.

Inside, you'll find:
• The inside scoop to the secret lives of phenomenal women
• Potentially life-changing lessons from these royal vignettes
• A book on royals packed with new and empowering historical stories

If you enjoy reading autobiographies, motivational books for women or historical nonfiction books like VANDERBILT, WOMEN OF MEANS, or RECIPES FOR A SACRED LIFE, you'll love THE SECRET LIVES OF ROYAL WOMEN

Author Bio

Marlene Wagman-Geller is the author of several phenomenal books, including Fabulous Female Firsts, Women Who Launch, Once Again to Zelda, Behind Every Great Man, Still I Rise, Great Second Acts, and Women of Means. Her books have been reviewed by The New York Times, The Chicago Tribune, and The Washington Post. Wagman-Geller received her BA from York University and her teaching credentials from the University of Toronto and San Diego State University. She currently teaches high school English in National City, California, and lives with her family—along with cat Moe and dog Harley—in San Diego.
Spot Tofu Ninja
Find the Hidden Object - A Little Tofu in a Big World
by Jon Yong

A Tofu-Tastic Find The Hidden Objects Adventure
Wander the world, explore the internet, and travel through the '90s as you spot Tofu Ninja in this homage to find-Waldo(R)-type books. Full of interesting details, easter eggs, and captivating art, this unique book is sure to be a delight to open and (attempt to) find the hidden objects time and time again.

Tofu Ninja, Where Are You? When Tofu Ninja goes missing in a busy fish market, it's up to you to get him home in this unexpected find-the-hidden-objects adventure. Travel through space, time, and social media to seek and find your favorite characters from the Young Yong YouTube channel and more.

Finally, a fascinating find-it book! SPOT TOFU NINJA is fully illustrated by Jon Yong, creator of the incredibly popular Young Yong YouTube channel. Perfect for all readers, he takes care to include incredible details that any internet-savvy, video game playing, or art appreciating person would enjoy. With so much insanity all in one book, there is always more to see and do.

Inside SPOT TOFU NINJA, you'll find the hidden objects in creative spaces like:
• Homages of your favorite shows and games, such as Yu-Gi-Oh!(R) and League of Legends(C)
• A zoo, a fish market, and other places around the world
• Parodies of popular websites and social media platforms
• Lands of the cryptids, like an Atlantis world, a spirit world, and a forest to find bigfoot

If you like find the hidden objects books like HOUSEPLANTS AND HOT SAUCE, THE BIG BOOK OF SEARCH AND FIND, or WHERE IS IT? THE ULTIMATE HARD HIDDEN PICTURE BOOK, you'll love SPOT TOFU NINJA

Author Bio
Jon Yong is best known online as YOUNG YONG TALES, an Asian American YouTuber who talks about his life stories and animates them. Jon started his channel while he was a full time college student, and uses Tofu as a character to represent himself.
The Art of Calligraphy Letters
Creative Lettering for Beginners illustrated by Laura Toffaletti

Learn How to Create Calligraphy Letters—Easily
Learn the art of beautiful calligraphy writing from an Italian master in this jam-packed workbook and guide to the art of calligraphy.

Hand lettering for beginners or experienced writers. Each page has a step-by-step guide showing you how to easily perfect your lettering, calligraphy writing, or cursive handwriting skills. Practice and find your own unique modern calligraphy writing style.

Calligraphy practice and fun for all levels. Enjoy creating beautiful and calming designs. Delight in forming cute letters. Find peace as you go at your own pace of learning. Craft your own beautiful personalized cards, placeholders, agendas, notes, and other works of art.

Inside, you’ll find:
• Pages full of step-by-step instructions on how to do calligraphy
• An assortment of calligraphy letter designs
• Tips for quickly building your calligraphy and cursive handwriting skills

If you liked creative lettering and enjoyed calligraphy books such as THE ULTIMATE GUIDE TO MODERN CALLIGRAPHY & HAND LETTERING, THE LOST ART OF HANDWRITING WORKBOOK, or MODERN LETTERING, you’ll love Laura Toffaletti’s THE ART OF CALLIGRAPHY LETTERS

Author Bio

Laura Toffaletti is an accomplished Italian illustrator and calligrapher who lives and works in Verona, Italy. She teaches calligraphy courses in Verona and has provided her talents to numerous publishing houses, film makers, and other commercial enterprises. She has written several books on the subject of calligraphy and has exhibited her art.
The Best New True Crime Stories: Unsolved Crimes & Mysteries
by Mitzi Szereto

Sometimes the most mystifying and enticing stories are those without an ending. Mitzi Szereto's latest collection, The Best New True Crime Stories: Unsolved Crimes & Mysteries, profiles the true crime stories that have mystified us for years, teasing us with possibilities and unpredictable suspects. This collection of true crime stories will have you on the edge of your seat as you, along with Szereto's talented pool of writers, dig deep into cold cases and look into missed leads and new evidence.

Acclaimed author and anthologist Mitzi Szereto has curated a tantalizing collection of original crime stories from an international list of award-winning crime writers, journalists, and experts in the dark crimes field, THE BEST NEW TRUE CRIME STORIES: UNSOLVED CRIMES & MYSTERIES is a must-read for any true crime addict.

Author Bio

MITZI SZERETO (mitziszereto.com) is an internationally acclaimed author and anthology editor whose books encompass multiple genres, ranging from her popular true crime franchise THE BEST NEW TRUE CRIME STORIES to crime fiction, gothic fiction, horror, cozy mystery, satire, sci-fi/fantasy, erotic fiction, and general fiction and nonfiction titles. Her books include THE BEST NEW TRUE CRIME STORIES: CRIMES OF PASSION, OBSESSION & REVENGE; THE BEST NEW TRUE CRIME STORIES: WELL-MANNED CROOKS, ROGUES & CRIMINALS; THE BEST NEW TRUE CRIME STORIES: SMALL TOWNS; THE BEST NEW TRUE CRIME STORIES: SERIAL KILLERS; FLORIDA GOTHIC; PRIDE AND PREJUDICE: HIDDEN LUSTS, and many other titles. Her anthology EROTIC TRAVEL TALES 2 is the first anthology of erotica to feature a Fellow of the Royal Society of Literature. Mitzi has appeared internationally on radio and television and at major literature festivals and has taught creative writing around the world. Mitzi's Web TV channel MITZI TV has attracted an international audience. Segments have ranged across chatting about classic cars with Formula 1 race car driver/BBC TV presenter Tiff Needell and couture shoe designer Jimmy Choo, joining in a lively pub singalong, and covering a teddy bear festival with her ursine sidekick, Teddy Tedaloo. Other on-screen credits include portraying herself in the pseudo-documentary British film, LINT: THE MOVIE. Follow Mitzi on Twitter and Instagram @mitziszereto.

Notes

Promotion
<ul><li>Her titles, which have sold in the region of 300,000 copies, have been published in print, digital, audio and CD formats as well as book club editions.</li><li>Her books and short fiction have been translated into multiple languages.</li><li>Mitzi has appeared at literature festivals worldwide including Miami Book Fair International, Wordplay Book Festival (Scotland), Cambridge Literary Festival (England) and The Cheltenham Festival of Literature (England).</li><li>She has an aggregate social media following of 55,000, encompassing multiple presences on sites such as Twitter, Facebook, YouTube, Goodreads, LinkedIn, Crimespace etc. plus newsletter subscribers.</li><li>She maintains a blog of personal essays at Errant Ramblings: Mitzi Szereto's Weblog and created/presented the London-based Web TV channel Mitzi TV.</li><li>She's lectured in creative writing at several British universities and teaches writing from
The Cottage Fairy Companion
A Cottagecore Guide to Slow Living, Connecting to Nature, and Becoming Enchanted Again
by Paola Merrill

A Cottagecore Inspired Guide For Mindful Living Anywhere

THE COTTAGE FAIRY COMPANION is your accessible and beautiful guide to mindful living. It teaches the fundamentals of cottagecore style through the practices of The Cottage Fairy's daily life.

Romanticize your life anywhere. THE COTTAGE FAIRY COMPANION helps readers open their eyes to the everyday magic right in front of them. It gives a new perspective by revealing the lessons nature teaches about finding beauty through the good times and the bad. Everyone - from city-dwellers to country bobkins - can find delight in this book. It shows that you do not need a cottage in the rustic countryside to achieve a cottagecore aesthetic, or to apply aspects of slow living to your daily life.

Use mindfulness for healing and fulfillment. Paola Merrill, author and creator behind the popular YouTube channel THE COTTAGE FAIRY, left a hectic life in the city for the rural mountains in search of a deeper connection to herself and the world. She learned that nature is the biggest teacher of all - if we open our eyes to its wisdom. Mindful living can be applied in most walks of life, and Merrill's writing encourages you to find healing and fulfillment, wherever you are.

Inside this enchanting book on mindful living, you'll find:
• Insight to creating a cozy and inspiring space, living in alignment with natural cycles and seasons, and gardening and making tea
• Original illustrations and breathtaking photos of (...)

Author Bio

Paola Merrill is a Puerto Rican American living in rural NE Washington State. She is an English literature student, and has worked as a magazine editor and writer for several years. The philosophy behind her popular Youtube channel, The Cottage Fairy, was to bring people from all backgrounds together and develop a greater awareness of nature preservation and sustainable living. Her videos are artistic representations of daily life. They are intended to be meditative and have a calming effect on the viewers.

As for past examples of her work, she is an English literature student who worked as a magazine editor and writer for several years.
There's a wealth tsunami coming, with a massive intergenerational money transfer of US$68 trillion in the US changing hands from baby boomers to the next generations.

With more than half our population unaware of what to do with their finances as the economic landscape changes, now, more than ever, we need to start having real conversations about money before it's too late.

This book is the go-to handbook to ignite "financial flashpoints." These are positive shifts in peoples’ mindset about money that enable them to have the important conversations to make meaningful and lasting change. But this is no dry finance book. Vanessa Stoykov is a savvy, passionate and very accessible money commentator, who makes talking about money fun and inspiring and the style and tone of the book reflects that.

**Author Bio**

Vanessa Stoykov is on a mission to help people "get real about money". With over two decades of experience in the wealth creation space, Vanessa knows how important it is to have courageous conversations in order to achieve financial freedom.

Vanessa has a high profile financial services and advice expert in Australia, is hugely connected in the finance industry and C Suite and known to general consumers through her media activities and publicity. In Australia, Vanessa has a broad media following, with a reach of over 21 million via her education in mainstream press and she and her production company, evolution media group, have won many awards, most recently an International Business Award (STEVIE) for their series for network TV, the Secrets of the Money Masters. She regularly appears in Australia in News.com.au, Sydney Morning Herald, BC and The Today Show as a financial educator.

Vanessa has created learning for some of the world’s most successful investment houses, including Blackrock, Fidelity, Japans Nikko AM and swiss giant UBS Asset Management, as well as producing and interviewing literary legends Bryce Courtenay and Jeffrey Archer.

From her 22-year history of owning a financial services education-focused media business, Evolution Media Group, Vanessa has a deep understanding of the finance world and has the unique ability to communicate this in a way that everyday people can understand. She does this through storytelling, and...
Watercolour Lessons
How to Paint and Unwind in 20 Tutorials
by Emma Lefebvre

A Watercolour How-To Book for the Whimsical Creative

Take a walk down the path of translucent pastels and delicate wet washes with WATERCOLOUR LESSONS. Filled with engaging exercises this vibrant guide contains step-by-step instructions on how to paint with watercolours. For beginners and those looking to improve their technique, WATERCOLOUR LESSONS brings artistic inspiration to any home.

A watercolour guide book that is uniquely you. Follow author and artist Emma Lefebvre as she teaches the fundamentals of this simple-to-use painting medium. With an emphasis on developing skills and style, WATERCOLOUR LESSONS offers the necessary tools to produce paintings anyone would be proud to display, gift, or to keep for themselves.

Learn how to paint with watercolours. For beginners and mavens alike, WATERCOLOUR LESSONS offers straight-forward lessons to help anyone develop their craft and unique artistic style. From color theory to tool sets, it explores watercolour basics while helping painters - old and new - gain confidence in themselves and their work.

Inside, you'll find:
• A list of essential watercolour tools and how to use them
• An easy-to-understand explanation of watercolour techniques and theories
• Charmingly simple watercolor painting projects with step-by-step instructions
• Notes on common mistakes and how to fix them

If you're looking for creative art therapy exercises, want to learn how to paint with watercolors for beginners or intermediate artists, or enjoy books such as WATERCOLOR WORKBOOK, WATERCOLOR WITH ME IN (...)

Author Bio
Emma Lefebvre has been dabbling in art since she began doodling in her binder at grade school. She attended an arts high school for 3 years, where her love for visual arts started to dwindle. Then came a time where she lost her love for it. It wasn't until she began struggling with depression and anxiety that the only thing that seemed to get her out of the house was the idea of walking through an art store. She came home one day with a cheap set of watercolours and started to paint.
It wasn't long until Emma found an amazing art community on Instagram that...
Adapting to Change with the Science of Behavioral Economics by Melina Palmer

A Science-Based Organizational Change Roadmap for Managers
Adapting to change is part of life. In our highly competitive world, organizational change in the workplace is more and more essential for business success. Unfortunately for many of us, change is hard and managing change is even harder.

First, understand how the brain works. Because we really don't know how the brain works, we and our employees don't know what will make us more receptive to change. Employees can't tell their managers what they need to "get on the train", and managers don't know either.

How to get your team on board. In her first book, WHAT YOUR CUSTOMER WANTS AND CAN'T TELL YOU, author and behavioral economics specialist Melina Palmer, applies the science of behavioral economics to unlocking what is behind customer decisions. Behavioral economics combines elements of economics and psychology to understand how and why people behave the way they do in the real world. Now, in her sequel, WHAT YOUR EMPLOYEES NEED AND CAN'T TELL YOU: MANAGING CHANGE WITH THE SCIENCE OF BEHAVIORAL ECONOMICS, she offers a highly actionable roadmap to business executives and managers faced with the task of instituting successful organizational change.

Actionable behavioral economics for successful change management. WHAT YOUR EMPLOYEES NEED AND CAN'T TELL YOU delivers insights and research from behavioral economics and the greater behavioral sciences, presented in an enjoyable way (...)

Author Bio

Melina Palmer is founder and CEO of The Brainy Business, which provides behavioral economics consulting to businesses of all sizes from around the world. Her podcast, THE BRAINY BUSINESS: UNDERSTANDING THE PSYCHOLOGY OF WHY PEOPLE BUY, has downloads in over 160 countries and is used as a resource for teaching applied behavioral economics for many universities and businesses. Melina obtained her bachelor’s degree in business administration: marketing and worked in corporate marketing and brand strategy for over a decade before earning her master’s in behavioral economics. She has contributed research to the Association for Consumer Research, Filene Research Institute, and runs the Behavioral Economics & Business column for INC MAGAZINE. She began teaching applied behavioral economics at The University of British Columbia and Columbia University as well as other institutions around the world.
WORK LIFE BALANCE
SURVIVAL GUIDE
How to Find Your Flowstate and Create a Life of Success
by Jessica Holsman

Find Your Flow * Increase Your Productivity * Feel Great
Whether you are striving for better work-life balance, ways to stress less, or need help getting organized and finding your flowstate, you’ve come to the right place!

Workflow and productivity tips for an organized life. Jessica (studywithjess) Holsman, author of the bestselling HIGH SCHOOL SURVIVAL GUIDE, has helped thousands of her fans study smarter, improve their grades, and get the most out of their high school experience. Now, in FIND YOUR FLOWSTATE, Jess is showing her high achievers how to thrive and succeed as college students, successfully enter the working world, and/or navigate a career shift.

A daily guide to finding your flow and increasing your productivity. In FIND YOUR FLOWSTATE discover a step-by-step daily process for finding your flow zone, increasing your productivity, and effectively setting up your day for success.

Potential life-changing skills in FIND YOUR FLOWSTATE include:
• How to create a productive morning routine
• Tips on finding your flow
• Work life balance advice to avoid burnout and brain fog
• Self-care habits including yoga poses to nourish the body
• Ways to break up the work day and sustain productivity
• Optimal night routines for ending your work day
• Ways to prepare for the next day
• Weekly reflection exercises to enter a new week with a new intention

If you have read and liked books such as DEEP WORK, HOW TO CHANGE, or TINY HABITS, you will want to read FIND YOUR FLOWSTATE

Author Bio
Jessica Holsman is an Australian based content creator, entrepreneur, and best-selling author. Jess is best known online for her study tips, productivity hacks, and wellbeing advice. With a passion for education and mental health, and over 26 million views on her YouTube channel 'Study With Jess', Jess continues to harness the power of social media to help her community increase their motivation and productivity, boost their mental health and create a successful life. Jess is also the founder of the educational stationery line for students; Educationery, and the author of the best-selling study skills book, THE HIGH SCHOOL SURVIVAL GUIDE. She has formed numerous partnerships with globally renowned brands across her social media channels.
Adult Daughters of Narcissistic Mothers
Quiet the Critical Voice in Your Head, Heal Self-Doubt, and Live the Life You Deserve
by Stephanie M. Kriesberg, PsyD

Were you raised by a narcissist? This essential guide will show you how to stop feeling invisible, quiet your critical inner voice, and start living life on your own terms.

Did you grow up with a mother who was controlling or manipulative? Was she emotionally or psychologically abusive toward you? Did she make you feel ashamed, rejected, or crazy? Did it all about her, all of the time? When your mother is a narcissist, it can damage and invalidate your sense of self, and leave you with lasting anxiety, insecurity, self-doubt, and a relentlessly critical internal voice. But there are tools you can use to move forward in your adult life with confidence. The evidence-based skills in this book will help you heal the scars of growing up with a self-absorbed and narcissistic mother.

Written by a psychologist and expert in narcissism, Adult Daughters of Narcissistic Mothers offers proven-effective strategies drawn from cognitive behavioral therapy (CBT), dialectical behavior therapy (DBT), and acceptance and commitment therapy (ACT) to help you reduce anxiety, build confidence, overcome self-criticism, and live the life you deserve. You'll also find tons of practical tips to help you build healthy, trusting relationships; stop apologizing for the failures of others; and start trusting your own good judgment.

If you were raised by a narcissistic mother and are struggling with the lingering effects of a toxic upbringing, this is the road map you need to heal the past and thrive in the present and future.

Author Bio
Stephanie M. Kriesberg, PsyD, has practiced clinical psychology for twenty-five years, with a focus on treating children, teens, and adults. She trained with Karyl McBride, author of Will I Ever Be Good Enough: Healing the Daughters of Narcissistic Mothers, after which she began treating daughters of narcissistic mothers. In addition, she is trained in the practice of clinical hypnosis, and was recently elected to the board of the New England Society of Clinical Hypnosis, which involves training new students in hypnosis.
Helping Your Anxious Child
A Step-by-Step Guide for Parents
by Ronald Rapee, PhD, Ann Wignall, DPsych and Susan Spence, PhD

With more than 150,000 copies sold, this fully revised and updated edition of the classic self-help guide for parents offers cutting-edge, proven-effective techniques for helping your child overcome anxiety and thrive.

Most children are afraid of the dark. Some fear monsters under the bed. But at least ten percent of children have excessive fears and worries—phobias, separation anxiety, panic attacks, social anxiety, or obsessive-compulsive disorder—that can hold them back and keep them from fully enjoying childhood. If your child suffers from any of these forms of anxiety, this book offers new, practical, and evidence-based proven tools that can help.

Now in its third edition, Helping Your Anxious Child has been expanded and updated to include the latest research and techniques for managing child anxiety, and includes new information on helping very young children and adolescents; as well as anxiety in children with behavioral problems, learning difficulties, or medical conditions. The book offers proven-effective skills based in cognitive behavioral therapy (CBT), exposure therapy, and mindfulness and relaxation techniques to aid you in helping your child overcome intense fears and worries. You’ll also find out how to relieve your child's anxious feelings while parenting with compassion.

Parents will learn:
• How to help your child practice detective thinking* to recognize irrational worries
• What to do when your child becomes frightened
• How to expose your child gently and gradually to challenging situations
• How to help your child learn important social skills

Also included are links to a free downloadable workbook for parents, and an activity book for kids. The kid-friendly, illustrated activity book will help your child take an active role (…)

Author Bio

Ronald M. Rapee, PhD, is currently professor in the Department of Psychology at Macquarie University in Sydney, Australia, and director of the Centre for Emotional Health. He has been involved in an advisory capacity with the DSM-IV and DSM-V, and he is a member of the US-government-sponsored Project Liberty, which works to develop anxiety management programs for children affected by disasters. He is on the scientific advisory committee for the Swiss Etiological Study of Adjustment and Mental Health, and the editorial board of several international journals.
Intuitive Eating for Life
How Mindfulness Can Deepen and Sustain Your Intuitive Eating Practice
by Jenna Hollenstein, MS, RD, CDN

For anyone who struggles with food, eating, and body image, *Intuitive Eating for Life* presents easy and effective mindfulness skills to enhance, sustain, and deepen your intuitive eating practice!

Intuitive eating is a great way to get off the diet roller coaster, stay healthy, build confidence in your body, and take the guesswork out of mealtime. But if you’re like many people, you may have trouble staying on track. Enter mindfulness! Based on the popular anti-diet book program, *Intuitive Eating*, renowned nutrition therapist and meditation teacher Jenna Hollenstein provides powerful mindfulness tools to help you find stability, discover self-awareness, and self-regulate—so you can respect your body and honor your health.

In this step-by-step guide, you’ll learn to practice intuitive eating using the Four Foundations of Mindfulness, a classic Buddhist framework. The Four Foundations include:

- **Mindfulness of body**, in which you will examine how the body awareness enhances your ability to practice the principles of intuitive eating—honor your hunger, respect your fullness, and exercise.
- **Mindfulness of feeling**, in which you will explore the ways that mindfulness and meditation can provide stability and self-awareness, allowing you to experience the full spectrum of your emotions in real time.
- **Mindfulness of mind**, in which you will examine your own beliefs and misconceptions about eating and the body and respond to them with compassion.
- **Mindfulness of dhammas** (or phenomena), in which you will learn how phenomena such as the impermanence of life can shift our focus from improving our bodies to caring for them.

Using these simple and easy-to-remember foundations, you’ll discover that you can easily stay on track with your (...)
Mindfulness for Preschool and Kindergarten
The OpenMind Program to Boost Social Emotional Learning and Classroom Engagement
by Monica Moore Jackman, OTD, MHS, OTR/L, foreword by Nirbhay N. Singh, PhD, BCBA-D

A powerful SEL mindfulness program to help kids self-regulate, foster social and academic engagement, and bring peace back into the classroom.

As a teacher, you know that preschool and kindergarten are difficult periods of transition in kids’ lives. This is true now more than ever, as young children in our world face increasing life challenges—including adverse childhood experiences, trauma, social disconnection, systematic discrimination, and a global pandemic. Students are struggling to balance their emotions and adapt to a classroom environment, the tools outlined in this mindfulness guide can help.

Mindfulness for Preschool and Kindergarten offers an effective, adaptable, multisensory, and skills-based social emotional learning (SEL) program to help preschool and kindergarten-aged children learn to self-regulate, ensuring a peaceful and prosocial learning environment in the classroom. The hands-on OpenMind program in this book will help kids cope with stress and trauma, process and understand difficult emotions, and interact positively with others. Kids will also learn how to bounce back from challenges, build resilience, and experience greater social and academic engagement.

The OpenMind program’s five foundations go well beyond sequenced lesson plans and strategies to help promote a positive classroom experience. These include:

• Wellness and mindfulness training for teachers
• Practices to help kids build self-regulation, executive function, and engagement
• Planned practices and lessons in response to arising individual and learning environment needs that are anchored to social and academic content
• Scaffolding and modification of practices and lessons to promote learning and active mindful engagement
• A process for transforming challenging behaviors into opportunities for learning, growth, autonomy, and agency

You are on the frontlines of helping kids face some of life's most difficult (...)

Author Bio

Monica Moore Jackman, OTD, MHS, OTR/L, is an occupational therapist and owner of Little Lotus Therapy. She has a doctorate in occupational therapy from Chatham University and undergraduate and Master of Health Sciences degrees from the University of Florida. Monica has authored book
Out of the Fire
Healing Black Trauma Caused by Systemic Racism Using
Acceptance and Commitment Therapy
by Jennifer Shepard Payne, PhD, LCSW, afterword by Robyn D. Walser, PhD

Learn to pull yourself out of the fire of pain and live a life of meaning and purpose.
As Black people, we are more likely to face a traumatic experience or suffer from post-traumatic stress disorder (PTSD). But being Black is about more than the violence that has been perpetrated against us. It also means living a life of dignity and self-worth. We can pull ourselves out of the fire of painful experiences and gain the psychological flexibility needed to thrive, not just survive. This book will help guide you.

In Out of the Fire, Black clinician and professor, Jennifer Shepard Payne presents culturally tailored acceptance and commitment therapy (ACT) skills to help you heal from trauma, so you can live a meaningful life that is in tune with your own values. The ACT approach in this guide is empowering, strength-based, and non-pathologizing. As you read, you will come to understand that your suffering is not a sign of dysfunction, but rather a product of circumstances and your experience. Once you face the pain of trauma head on, you will discover the tools needed to feel whole.

Recovering from trauma in all its forms is something that we desperately need as Black people. Whether you are experiencing mental pain as a result of race-based trauma, or have lived through a personal traumatic experience, this book can help you take the first steps needed to heal and live the life you deserve.

Author Bio
Jennifer Shepard Payne, PhD, LCSW, is the founder and owner of DTG Counseling and Consulting, a private practice where she provides acceptance and commitment therapy (ACT) counseling and coaching primarily to African Americans of faith suffering from anxiety or trauma. For several years, Payne has been working on culturally tailoring ACT for African American communities, both clinically and via research. She is the co-coordinator for the Executive Committee of the Diversity, Equity, and Inclusion Special Interest Group within the Association for Contextual Behavioral Science (ACBS). For more information, her website is www.drjspayne.com. She lives in Baltimore, Maryland.

Robyn D. Walser, PhD, is director of TL Consultation and Psychological Services, and codirector of Bay Area Trauma Recovery Clinical Services. She works at the National Center for PTSD, developing and disseminating innovative ways to translate science into practice; and serves as assistant
Overcoming Parental Anxiety
Rewire Your Brain to Worry Less and Enjoy Parenting More
by Debra Kissen, PhD, Micah Ioffe, PhD and Hannah Romain, LCSW

Be the calm and collected parent you aspire to be with this powerful, neuroscience-based guide.
Do you worry about your child all the time? Maybe they are behind on certain milestones, struggling in school, having difficulty making friends, or heading off to college and away from home for the first time. Their problems or struggles become your own, and you end up feeling so anxious that you forget what it's like to just enjoy being their parent. The good news is that you can rewire your parent brain* to respond differently to these challenges. This book will show you how to replace parental anxiety with parental effectiveness.
In Overcoming Parental Anxiety, three anxiety specialists team up to help you change your anxious brain using the core principles of neuroscience and exercises from cognitive behavioral therapy (CBT) and mindfulness. You'll learn how to overcome worry by identifying your parental values, paying attention to the moment, and cultivating self-compassion. Most importantly, you'll find targeted exercises to help minimize parenting related worry and anxiety, so you can live more fully and enjoy the shared experiences you have with your children.
Thanks to the brain's lifelong ability to create new neural connections, you can achieve that coveted and elusive sense of calm that seems to come so easily to some parents. And by practicing the simple neuroscience-based skills in this book, you can overcome your parental anxiety, stress less, and be more present with your kids. Why not get started now?

Author Bio
Debra Kissen, PhD, is CEO of Light on Anxiety CBT Treatment Center. Kissen specializes in cognitive behavioral therapy (CBT) for anxiety disorders, and has a special interest in the principles of mindfulness and their application for anxiety disorders. She is coauthor of The Panic Workbook for Teens, and is an active contributor to HuffPost, where she regularly shares information on the empirically supported treatment for anxiety and related disorders. Kissen is cochair of the Anxiety and Depression Association of America (ADAA) Public Education Committee. She often serves as a media psychologist, and is available for press inquiries.

Micah Ioffe, PhD, is a clinical psychologist who specializes in the treatment of youth anxiety disorders. She earned her PhD in clinical psychology from Northern Illinois University, with an emphasis on child and adolescent development. Ioffe utilizes both CBT and acceptance and commitment therapy (ACT) in her work with teens to help them move through anxious moments.
Overcoming Stress-Induced Brain Fog
10 Simple Ways to Find Focus, Improve Memory, and Feel Grounded
by Jill Weber, PhD

Brain fog is real—and it can cloud your thinking, sap your creativity and motivation, and take the joy right out of life. This book offers quick, proven-effective solutions to help you cut through the haze and think clearly.

Do you ever feel spaced out or stuck in a rut, like you just can't think, or you're moving in slow motion? Perhaps you feel detached or disengaged, defeated and hopeless, or just not fully yourself. If you're struggling with a lack of mental clarity, energy, and belief in yourself and your capabilities, you may be experiencing the dreaded brain fog—a very real issue that can result from the exhaustion, overstimulation, and the stress of modern life.

All of us struggle to find the get-up-and-go we need sometimes, but when prolonged stress and anxiety begin to affect your ability to focus, concentrate, remember, solve problems, or communicate effectively on a regular basis, these symptoms may point to something more than just a stressful week. It's time to clear away the fog and reclaim your motivation, passion, self-worth, zest, and meaning in life.

Based on cutting-edge research, Overcoming Stress-Induced Brain Fog offers quick solutions you can put to work right away, including exercises based in awareness, mindfulness and acceptance, and self-compassion. With these ten easily accessible tools, you'll find your way out of the haze toward clarity, improved memory, and a greater presence to enjoy life.

Author Bio

Jill P. Weber, PhD is a clinical psychologist in private practice in Washington, DC, working with people managing varying degrees of anxiety. She is author of Be Calm, writes a blog for Psychology Today, and has appeared as a psychology expert in USA Today, The Washington Post, and on CNN. For more information, visit drjillweber.com.
Raising Adventurous Eaters
Practical Ways to Overcome Picky Eating and Food Sensory Sensitivities
by Lara Dato, MS, OTR/L, foreword by Suzanne Mouton-Odum, PhD and Ruth Goldfinger Golomb, LCPC

Help kids develop a positive relationship with food, so they can become healthy and adventurous eaters for life!
Is your child a picky eater? Do they insist on having the same foods served over and over again? Be it chicken nuggets, pizza, pancakes, or French fries - if your child is only eating a few foods regularly, their diet may be seriously lacking in the nutrition and vitamins they need to grow and be healthy. And you may feel stressed out and frustrated at mealtime. For many kids, picky eating is a sensory issue—whether it’s the smell, taste, texture, or appearance of food. So, how can you help your child overcome these sensory sensitivities and ensure that they get the nourishment they need?

Written by a pediatric occupational therapist with a specialty certification in feeding, eating, and swallowing, Raising Adventurous Eaters offers eight evidence-based sensory strategies to help kids foster a healthy relationship with food. You’ll learn all about how picky eating can be caused by sensory processing differences, and find step-by-step strategies for dealing with each sense. By learning to lean into their senses, children will better understand what’s going on in their bodies. This fosters an intuitive eating approach, teaching kids to listen to their body’s hunger and fullness cues and respect and respond to those cues appropriately.

Whether or not your child has a diagnosis of sensory processing disorder (SPD), or simply has sensory sensitivities when it comes to food, this book will help you set your child up for successful mealtimes, turning the most stressful time of the day into a time that your family can spend relaxing and (...)

Author Bio

Lara Dato, MS OTR/L, SC-FES, is a pediatric occupational therapist with a specialty certification in feeding, eating, and swallowing, one of approximately fifty professionals with these credentials in America. In addition to years as a feeding therapist, she has taught courses on feeding therapy across the country. Her passion is helping picky eaters and their families find joy in adventurous eating!

Suzanne Mouton-Odum, PhD, is a licensed psychologist and expert in treating children with anxiety disorders, behavioral disorders, and sensory-based issues since 1995. She holds faculty positions at both Baylor College of Medicine, and the University of Houston. She is author of four other books, and director of Psychology Houston, PC in Houston, TX.

Ruth Goldfinger Golomb, LCPC, is a senior clinician, supervisor, and
Stop Overthinking Your Relationship
Break the Cycle of Anxious Rumination to Nurture Love, Trust, and Connection with Your Partner
by Alicia Munoz, LPC, foreword by Linda Carroll, LMFT

It’s time to stop overthinking your relationship! The four-step approach in this book will help you move beyond excessive rumination, so you can rediscover joy, ease, and meaningful connection with your partner. Rumination—obsessive thinking about an idea, situation, or choice that can interfere with normal life—is a common and destructive issue that can negatively impact romantic relationships, whether you’re just starting out or have been in a committed relationship for years. If you overthink your relationship and get stuck in cycles of anxiety, blame, or doubt, your negative thinking and judgments about your partner may be unfounded, unwanted, and may even threaten to tear apart an otherwise healthy relationship. You may feel anxious, worried, hopeless, and frustrated, but even if you know your overthinking is a problem, it can be seriously hard to stop.

In Stop Overthinking Your Relationship, certified couples therapist Alicia Munoz draws from cognitive behavioral therapy (CBT) and mindfulness to offer an effective, four-step approach to reduce rumination and change negative thinking patterns. By understanding both your own unique attachment style—as well as your partner’s—you’ll learn how to communicate more effectively, meet each other’s needs, and focus on what really matters in your relationship.

Using the SLOW approach, you’ll learn how to:
• **See** rumination in process
• **Label** your rumination cycle
• **Open** yourself and make space
• **Welcome** blocked experiences

This powerful blend of evidence-based psychology and practical guidance will help you overcome the unwanted thoughts and rumination that get in the way of trust and authenticity in your relationship. The book also includes individual and shared exercises, so you can choose your own adventure* by working with the (…)

**Author Bio**

Alicia Munoz, LPC, is a certified couples therapist, and author of three relationship books. She has provided individual, group, and couples therapy in clinical settings over the past fourteen years, including Bellevue Hospital in New York. Munoz currently works as a couples counselor in private practice. She connects with her readers and followers through monthly blogs, newsletters, podcasts, and radio shows, as well as through Instagram at @aliciamunozcouples, and Facebook and Twitter at @aliciamunozlpc. Munoz
Surviving Teacher Burnout
A Weekly Guide to Build Resilience, Deal with Emotional Exhaustion, and Stay Inspired in the Classroom
by Amy L. Eva, PhD

A teacher's self-care guide for building resilience, boosting emotional strength, and finding hope in the face of daily stress and overwhelming challenges.

If you're an educator who works with children, you often face intense pressure in the classroom. This was true before the pandemic, but now you may be feeling it even more. You aren't alone. From having to adapt to remote learning on the spot, to balancing the impacts of the pandemic on your personal life, many teachers are experiencing record levels of stress, trauma, and burnout. In addition, as an entire generation of students struggle to meet the academic and social emotional learning (SEL) challenges caused by a extended remote learning, you may be dealing with kids who are anxious, traumatized, and likely a year or two behind developmentally as they return to the classroom. It's a lot to manage, and you may feel like you are at your breaking point.

Written by an educational director at the Greater Good Science Center, Surviving Teacher Burnout is a 52-week self-care guide for teachers that features simple, low-lift strategies for increasing resilience and fostering greater well-being, confidence, and hope. Grounded in research-based positive psychology, the book offers tons of practical activities and journal-style prompts to help you cultivate feelings of gratitude, optimism, mindfulness, forgiveness, empathic joy, self-compassion, purpose, and curiosity-so you can return to your classroom each day with renewed energy and inspiration.

You'll also find doable strategies to share with other educators to help infuse more positive energy in classrooms and schools, and create more supportive systems that promote a sense of meaning, belonging, and connectedness (…)

Author Bio

Amy L. Eva, PhD, is associate education director at the Greater Good Science Center at the University of California, Berkeley. As an educational psychologist and teacher educator with decades of experience in classrooms, she writes and speaks about teacher well-being and resilience. She is one of the key developers of Greater Good in Education, which features science-based practices for creating kinder, happier schools. She has also helped to develop free online resources for educators across California while facilitating statewide social-learning communities of practice for educators in collaboration with Sacramento and Orange Counties' district leaders.
The Assertiveness Workbook
How to Express Your Ideas and Stand Up for Yourself at Work and in Relationships
by Randy J. Paterson, PhD

Stand up and be heard! With more than 100,000 copies sold, this fully revised and updated self-help classic by psychologist Randy J. Paterson—author of How to Be Miserable—will help you get started today.

Do you feel uncomfortable in situations where you disagree with others? Do you struggle to express your opinions or assert your boundaries? If you've ever felt paralyzed by confrontation, or have bitten your tongue rather than offer an opposing point of view, you know that a lack of assertiveness can leave you feeling marginalized and powerless. Assertiveness is a critical skill that not only influences your professional success, but also your personal happiness! So, how can you make sure your voice is heard?

The Assertiveness Workbook contains powerfully effective skills grounded in cognitive behavioral therapy (CBT) to help you communicate more effectively, improve social interactions, and express yourself with confidence and clarity. You'll learn how to set and maintain personal boundaries while staying connected, and discover ways to be more genuine and open in your relationships. Finally, you'll learn to defend yourself calmly if you're unfairly criticized or asked to submit to unreasonable requests.

Fully revised and updated—this new edition includes information on the impact of social media, mini-dialogs to help you navigate tricky social interactions, and skills to shift your behaviors to be more assertive—so you can improve your communication skills, and your life!

Author Bio

Randy J. Paterson, PhD, is a psychologist and director of Changeways Clinic—a private psychotherapy service—in Vancouver, BC, Canada. He is author of The Assertiveness Workbook, How to Be Miserable, and Your Depression Map; and coauthor of the free online Antidepressant Skills Workbook. He presents lectures and workshops internationally on topics, including mental health policy, cognitive behavioral therapy (CBT), the nature and treatment of depression and anxiety disorders, and the failure-to-launch phenomenon. For more information, visit www.randypaterson.com
The Beyond Addiction Workbook for Family and Friends
Evidence-Based Skills to Help a Loved One Make Positive Change
by Carrie Wilkens, PhD, Jeffrey Foote, PhD and Kenneth Carpenter, PhD

A practical and evidence-based approach that focuses on family members and friends as positive, crucial instruments of change—you can help your loved one with addiction.

When you have a loved one who is addicted to alcohol or drugs, their addiction impacts the whole family—emotionally, financially, and physically. And with the widespread misuse of substances today, too many family members are experiencing its devastating effects. Research also shows that family involvement in helping a loved one with addiction is a powerful predictor of positive outcome. So, how can you help someone you love overcome addiction and create a better life?

From the authors of Beyond Addiction, this healing workbook offers practical, effective, and evidence-based skills for family members who want to understand what drives their loved one’s addictive behavior, learn how to discuss it without conflict, and gain the tools and strategies necessary to cope and transform the situation and their lives. This comprehensive guide will empower you to be a crucial instrument of change.

Using the authors’ Invitation to Change approach, you’ll learn:
• What drives addiction, and how to address it without condemnation
• How to open lines of communication and discuss substance use without an argument
• How your behavior interacts with and changes the behavior of your loved one
• How your self-awareness and self-compassion are key to helping the person you care about
• How to reward positive change, set respectful limits, and discourage negative behavior
• How to find peace with your own complicated feelings, like sorrow and anger
• Concrete ways to help on a daily basis

You don't have to try a tough love” approach, or wait for your loved (…)

Author Bio

Jeffrey Foote, PhD, is cofounder of the Center for Motivation and Change (CMC) outpatient programs in New York City, NY; Long Island, NY; and Washington, DC; and residential program CMC: Berkshires in Western Massachusetts. He is also cofounder and executive director of the CMC:
For sufferers of chronic pain and addiction, this one-of-a-kind workbook blends mindfulness training, cognitive behavioral therapy (CBT), and positive psychology principles into an effective, integrative treatment strategy.

Chronic pain is difficult enough on its own. Combine it with addiction, and you may find yourself in a vicious cycle—using substances for pain relief, only to have your pain return, sometimes amplified, and accompanied by negative thoughts and intense emotions. Pain drives addiction, and that's why you need a pain management program that works hand in hand with addiction recovery.

The Chronic Pain and Addiction Workbook presents a new approach to help you reduce your pain, strengthen your recovery, and improve your quality of life: Mindfulness-Oriented Recovery Enhancement, or MORE. Specifically designed to treat the complex challenges faced by people struggling with both chronic pain and addiction, MORE is centered around three key therapeutic processes or skills:

- **Mindfulness**—to disengage from unhealthy cognitive and behavioral habits
- **Reappraisal**—to develop new, more helpful beliefs and actions
- **Savoring**—to provide positive motivational energy and the sense of reward needed to drive and sustain behavioral change

Using the integrative approach in this workbook, you'll learn how to change the way you respond to pain, and find the tools you need to maintain recovery, stay mindful and present in the moment, and build resilience.

If you're suffering from both chronic pain and addiction, it's time to do MORE to reclaim a sense of healthy pleasure, joy, and meaning in your life. This workbook can help you get started today.

**Author Bio**

Adam W. Hanley, PhD, is a psychologist specializing in developing and refining mindfulness-based interventions that can be embedded in medical settings to treat pain and addiction, as well as improve quality of life. He is assistant professor at the Center on Mindfulness and Integrative Health Intervention Development (C-MIIND) in the University of Utah's College of Social Work.

Eric L. Garland, PhD, LCSW, is Distinguished Endowed Chair in research, professor, and associate dean for research in the University of Utah's College of Social Work; director of the Center on Mindfulness and Integrative Health Intervention Development (C-MIIND); and associate director of integrative...
A powerful, evidence-based, and integrative approach to help you cope with and heal from complex post-traumatic stress disorder (C-PTSD). If you have experienced complex or repeated trauma-including childhood abuse or neglect, domestic violence, gaslighting, emotional abuse, a suicidal family member, or a family member being incarcerated—you may struggle to find a sense of healing. You probably have intense emotions, such as anger and distrust toward others. You may avoid situations or people that trigger your symptoms, and struggle with low self-esteem. And you may have gone through your whole life feeling like your reactions are crazy or outsized. If you are suffering in these ways, you should know that there is help. It's time to take a new approach to improve your mental health and well-being.

This evidence-based workbook offers an integrative model for coping with and healing from complex trauma using cognitive behavioral therapy (CBT), acceptance and commitment therapy (ACT), dialectical behavior therapy (DBT), mindfulness, and more. With this workbook, you’ll learn the most effective skills for managing your symptoms, find tools for building confidence, and step-by-step guidance to help you reclaim your life.

This empowering workbook will help you:
• Understand the cause of your C-PTSD
• Explore emotions and reactions such as anger, fear, hypervigilance, and avoidance
• Know what to do when emotions interfere with daily life
• Develop healthier coping strategies
• Find social support, or support and guidance for a loved one

Confidence comes from knowing what you want and need and that your feelings are valid, and having the tools you need to cope with and heal from painful experiences. This workbook will help (...)

**Author Bio**

**Tamara McClintock Greenberg, PsyD**, is a clinical psychologist and renowned expert in the treatment of depression, anxiety, trauma, and more. Her work has been published in *The Huffington Post*, *Psych Central*, *Psychology Today*, *The San Francisco Chronicle*, and she has been featured in *Forbes*, *USA Today*, *Newsweek*, and *Next Avenue* (PBS). She has been interviewed by major radio stations, including KQED’s Forum.
The Emotionally Exhausted Woman
Why You're Feeling Depleted and How to Get What You Need
by Nancy Colier

Are you feeling emotionally exhausted? Do you worry about being likable (at all cost)? Are you trying to do it all and be it all—all the time? This radically different self-care guide will help you find the courage needed to express your deepest needs, nurture self-awareness, and be yourself in a world that expects you to be everything to everyone.

If you're like countless other women today, you probably feel overwhelmed, emotionally exhausted, anxious, stressed, frustrated, or unsatisfied. Or all of the above! In addition to managing your own career and running a household, you may be taking on an abundance of emotional labor—tending to others' needs at the expense of your own. If you've spent your whole life trying to please and manage other peoples' experience, it's time to speak your truth out loud, stand in your own shoes, and live an authentic life—rather than just behave.

Written by therapist and spiritual teacher Nancy Colier, The Emotionally Exhausted Woman offers the validation, emotional support, and empowering skills you've been craving. You'll discover insights grounded in self-respect and awareness, to help you be on your own side and 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 (...)

Author Bio

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 Huff Post. 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. You can learn more about her at https://www.nancycolier.com
The Pain We Carry
Healing from Complex PTSD for People of Color
by Natalie Y. Gutierrez, LMFT, foreword by Jennifer Mullan, PsyD

It's time to heal the invisible wounds of complex trauma and reclaim your mind, body, and spirit.

If you are a person of color who has experienced repeated trauma—such as discrimination, race-related verbal assault, racial stigmatization, poverty, sexual trauma, or interpersonal violence—you may struggle with intense feelings of anger, mistrust, or shame. You may feel unsafe or uncomfortable in your own body, or struggle with building and keeping close relationships. Sometimes you may feel very alone in your pain. But you are not alone. This groundbreaking work illuminates the phenomena of complex post-traumatic stress disorder (C-PTSD) as it is uniquely experienced by people of color, and provides a much-needed path to health and wholeness.

In The Pain We Carry, you'll find powerful tools to help you understand and begin healing from repeated trauma. You'll discover ways to feel safer in your body, build self-compassion and resilience, and reclaim your health and wellness by reconnecting with your sense of self and your ancestral wisdom. You'll learn how trauma is connected to grief, how it can affect both the mind and the body, and how it can persist from one generation to the next. Most importantly, you'll find the validation you need to begin mending your heart, and the skills you need to live a life of intention—even in the midst of an oppressive system.

It's time to find relief from the trauma and burdens you have been carrying and start celebrating and rediscovering who you are. With this guide, you will uncover your own strength in order to work toward healing C-PTSD within the external constraints (...)

Author Bio

Natalie Y. Gutierrez, LMFT, is founder of Mindful Journeys Marriage & Family Therapy, and a licensed marriage and family therapist working primarily with BIPOC (Black, Indigenous, People of Color) adult survivors of complex trauma who have experienced sexual trauma, attachment trauma, poverty trauma, and migrant trauma. She was a clinical research coordinator at Mount Sinai School of Medicine’s psychiatry department. She is a member of the International Association of Trauma Professionals, Manhattan Institute for Psychoanalysis, Latinx Therapy, and Inclusive Therapists. She is currently being nominated by Peter Fraenkel for a scholarship and award at the American Family Therapy Academy Conference in June for her work with communities of color. She has more than 24K followers on Instagram, where she shares her journey of healing and empowerment.
The Traumatic Stress Recovery Workbook
40 Brain-Changing Techniques You Can Use Right Now to Treat Symptoms of PTSD and Start Feeling Better
by Jennifer Sweeton, PsyD

40 simple, brain-changing neuroscience techniques for overcoming trauma.

I can't ever calm down. I am emotionally numb. I can't stop thinking about what happened. I don't want to go anywhere. I can't sleep.

If you've experienced trauma, you may feel emotionally numb. You may have moments where you can't calm down," or get to sleep. You might replay the traumatic event over in your mind. And you may even isolate yourself from others. You should know that you are not alone. Many people will live through a potentially traumatic event at some point in their lives, and some will even develop symptoms of post-traumatic stress disorder (PTSD). If you're struggling with symptoms, you need effective relief-right now. This workbook can help you find it.

In The Traumatic Stress Recovery Workbook, trauma and neuroscience expert Jennifer Sweeton provides forty brain-changing techniques for overcoming PTSD that you can begin using right away to build resilience, boost self-confidence, and develop self-efficacy. You'll learn what happens in your brain after experiencing trauma, and why it reacts in ways that cause even more distress. You'll also discover evidence-based strategies grounded in cutting-edge neuroscience to manage psychological and physical-or somatic-symptoms so you can get back to your life.

Using the practical and integrative approach in this workbook, you can address symptoms at your own pace. And by making small lifestyle changes, you'll carve new neural pathways in your brain and jump-start the healing process.

Author Bio

Jennifer Sweeton, PsyD, is a clinical and forensic psychologist, author, and internationally recognized expert on trauma, post-traumatic stress disorder (PTSD), and the neuroscience of mental health. She is a sought-after expert who has trained more than 15,000 mental health professionals in all fifty US states and in over twenty countries. She is author of Trauma Treatment Toolbox. She resides in the greater Kansas City, MO, area.
Thriving in Relationships When You Have OCD
How to Keep Obsessions and Compulsions from Sabotaging Love, Friendship, and Family Connections
by Amy Mariaskin, PhD, foreword by Kimberley Quinlan, LMFT

Don't let OCD be the third wheel in your relationships! This practical guide will help you build and nurture the connections you deserve.

If you have obsessive-compulsive disorder (OCD), you may seek constant reassurance from others, lose time to compulsions, struggle with unwanted thoughts and intense emotions, or act out in ways that are ineffective. These symptoms can put a major strain on your relationships—whether it's with family, friends, partners, or other relationships. And you may feel alone, embarrassed, and ashamed of your symptoms, which can lead to further withdrawal and social isolation. So, how can you reduce the impact of OCD on your relationships?

Drawing on evidence-based practices grounded in cognitive behavioral therapy (CBT), exposure and response prevention therapy (ERP), acceptance and commitment therapy (ACT), and mindful self-compassion, psychologist Amy Mariaskin offers a comprehensive guide for managing your toughest symptoms before they hijack your relationships. With this book, you'll find hands-on skills to move toward what you truly want in your relationships and strengthen feelings of intimacy, trust, and connectedness. And finally, you'll learn how to cultivate self-compassion, mindfulness, and curiosity—all while challenging the beliefs and behaviors that keep you feeling stuck in isolation. If you're tired of OCD sabotaging your relationships, this book will help you take control of your symptoms and your life.

Author Bio

Amy Mariaskin, PhD, is a licensed clinical psychologist with fifteen years of experience treating obsessive-compulsive disorder (OCD), anxiety, and related disorders. She is founding director of the Nashville OCD & Anxiety Treatment Center, faculty of the International OCD Foundation's Behavior Therapy Training Institute, and adjunct professor at Vanderbilt University. Mariaskin has worked across the southeast with adults, adolescents, children, and families affected by these disorders. She strives to create a sensitive and affirming therapeutic experience for her clients and incorporates humor and creativity into evidence-based practice.

Kimberley Quinlan, LMFT, is a psychotherapist in private practice specializing in the treatment of obsessive-compulsive disorder (OCD) and related disorders. She has been practicing meditation and mindfulness for many years, and has a special interest in the integration of mindfulness and self-compassion principles with cognitive behavioral therapy (CBT) for OCD, anxiety disorders, and eating disorders. Kimberley is host of the Your Anxiety Toolkit podcast, and founder of www.cbtschool.com—an online...
Buoyant
The Entrepreneur's Guide to Becoming Wildly Successful, Creative, and Free
by Susie deVille

The strongest lifeline is the one that leads you back to the gut of who you truly are

You're burned out, lost, and rudderless. Susie deVille was where you may be now: drowning in debt, in the grip of unhealthy habits, with a marriage and business that had come crashing against the rocks.

Today she is thriving. Not only did she dig out from debt, she paid for her children's educations in cash, funded her retirement, and embraced a healthy and joyful lifestyle. Most of all, by reconnecting with her creativity, she reclaimed her confident, true self and discovered how to draw her ideal clients right to her. And in Buoyant, she teaches how you, too, can tap into your innate creativity to find your way back to feeling more alive as you effortlessly connect with and captivate your market.

In this transformational guide, deVille shares life-changing insights and exercises, along with her personal journey and those of clients, to take you on a Creative Rebel’s Voyage™. As you travel this path, you'll discover how to transmute feelings of overwhelm and fear into decisive action and confidence.

The prevalent advice to entrepreneurs is broken: go all-in, maximize productivity at all costs, and live to work. There is a much easier path to success, joy, and flow. It's time to wake up, stir your soul, and reach your intuitive longings. Will you accept the grand adventure of living your inspired, true nature?

Author Bio

Susie deVille is dedicated to helping entrepreneurs build wildly successful businesses by rediscovering their creativity and leveraging the power of their true nature. An author, coach, and entrepreneur who built and sold a highly profitable real estate firm, she has been researching innovation and creativity since 2005. She is the founder and CEO of the Innovation & Creativity Institute and trained as a coach with Dr. Martha Beck. She lives in Highlands, NC. innovationandcreativityinstitute.com
How to Listen
Discover the Hidden Key to Better Communication
by Oscar Trimboli

If you want to be heard, you need to know how to listen.

Communication isn't all about what you say. It's about what you hear, how you react to it, and respond. In short: it's about how you listen. And despite the fact that leaders typically spend upwards of eighty percent of their day listening, only two percent of them have ever had training in how to listen effectively.

At a time when we are more technologically linked than ever, our conversations have never been more fractured and disconnected—because most don't know how to truly listen.

The result? You constantly fight to be "heard" over all the noise and distraction. You feel frustrated, confused, and ignored and feel like no one is paying attention to you. You are tired of repeating yourself over and over again. At work and home, conversations leave you feeling drained.

In *How to Listen*, Oscar Trimboli, host of the Apple award-winning podcast *Deep Listening*, shows you how to unlock your listening superpowers to have more impactful conversations at work and home. Through stories, exercises, and tips, Trimboli shares invaluable insights to help you notice when you aren't listening—and what to do about it.

As you develop your listening skills, you'll not only reduce the conflict, and confusion (…)

Author Bio

Oscar Trimboli is an author, host of the Apple award-winning podcast *Deep Listening* and a sought-after keynote speaker. He is passionate about using the gift of listening to bring positive change in homes, workplaces and cultures around the world.

Through his work with chairs, boards of directors and executive teams in local, regional and global organisations, Oscar has experienced firsthand the transformational impact leaders and organisations can have when they listen beyond the words.

He believes that leadership teams need to focus their attention and their listening on building organisations that have impact and create powerful legacies for the people they serve – today and, more importantly, for future generations.
Leading Inclusion
Drive Change Your Employees Can See and Feel
by Gena Cox, Ph.D.

In this groundbreaking new book, organizational psychologist and executive coach Gena Cox shows how to lead an inclusive organization from the top down. Cox supports leaders in meeting new expectations for inclusive leadership by offering solutions drawn from psychological science, leaders’ experiences in building inclusive organization cultures, and diversity, equity, and inclusion (DE&I) practitioners’ insights. She seasons those messages with eye-opening truths from her own 20-plus-year experience as a leader in corporate America. Cox proposes that leaders make inclusion (especially race- and ethnicity-based inclusion) central to overall leader effectiveness expectations. She helps you understand the key questions you should ask, the constituents you must address, and the difficult but necessary actions you must take to build an inclusive organization.

In this book, you will learn:
• the historical facts that created, reinforce and maintain, many of the awkward interpersonal patterns that exist in work-life today between managers and those they lead;
• how, as a top leader, to balance your personal beliefs regarding DE&I issues with your obligations as a leader of the overall organization;
• what you must do to gain an accurate picture of the current experience of all your employees; and
• science- and experience-based insights to define meaningful actions for addressing inclusion issues in your unique organization. Your organization can become a haven for inclusion, even if it is not so today. Leading Inclusion will empower you with the historical, psychological, and practical knowledge to change your organization—and America—one employee at a time.

Author Bio
Gena Cox is an organizational psychologist and executive coach. Gena advises executives how to build and lead inclusive workplace cultures that work for all employees, not just a lucky few. Gena is active in the Society of Industrial and Organizational Psychology and serves on advisory boards at the University of South Florida and the University of Tampa. She contributes to national publications, including Harvard Business Review, and holds a Ph.D. in Industrial & Organizational Psychology.
MaxQ
Leadership Lessons from Mission Control
by Sandy Marshall

In the world of space exploration, MaxQ means Maximum Dynamic Pressure.

When rockets pass through MaxQ, they have to slow down.

When people work through MaxQ, they have to listen.

When leaders and professionals began working remotely, they created their own versions of mission control...all without a training manual.

Enter MaxQ, an entrepreneurial flight plan at the intersection of business, leadership, space exploration, and improvisation.

Featuring stories and perspectives from legendary astronauts, mission controllers, and other well-known scientific and creative professionals working to solve problems and avoid failure, MaxQ shows how successful leaders and teams manage risk, adapt to change, build teams, and improvise when collaborating under maximum dynamic pressure.

Because when business has to go faster...it's time to slow down.

Curated in collaboration with the Cosmosphere International Science Center and Space Museum, a Smithsonian Affiliate

Author Bio

Sandy Marshall is a business columnist for the Financial Post, co-creator of REACH: A Space Podcast for Kids, and Chicago Emmy-nominated writer/producer with 20+ years of experience in business, improvisation, and TV/Film. He holds a B.A. in History from Drake University (where he later served on the Board of Trustees), and volunteers as a Solar System Ambassador for NASA’s Jet Propulsion Laboratory. He lives in Toronto.
No Regrets
How to Live Today for Tomorrow’s Emotional Well-Being
by Dr. Bill Howatt

Lifelong mental health can be yours

Happiness, career satisfaction, and resilience aren’t only available to a select few. Mental health isn’t something you’re born with—it’s something you can cultivate, nurture, and strengthen, no matter your background or life experiences.

In the third installment of his Globe and Mail bestselling Break Through series, organizational psychologist and addictions counselor Dr. Bill Howatt—one of Canada's foremost authorities on mental health—gives you six ingredients that will strengthen your mental fitness today, so you can be prepared to take on anything that life throws at you.

Drawing on positive psychology research, client stories, and his own experiences overcoming adversity, Dr. Howatt provides you with activities, exercises, and insights to build the components of mental health so you can live a life that aligns with who you are and what you value.

A powerful interactive guide for anyone feeling stuck, lacking confidence, or caught in a cycle of bad decisions, No Regrets offers you the tools, and the instructions on how to use them, to build a life that finally feels good.

Author Bio

Known as one of Canada’s top experts in mental health issues in the workplace, Dr. Bill Howatt has 30-plus years' experience in mental health and addictions counselling, HR, and leadership. He is a regular columnist for the Globe and Mail and the Chronicle Herald, an instructor for the University of New Brunswick, and the author of over 400 articles and 40 books.
Once Upon a Leader
Finding the Story at the Heart of your Leadership
by Rick Lash and Christine Miners

Take charge of your leadership story—and write a new chapter

There are moments in just about every leadership journey when the path forward suddenly feels unclear. Struck by uncertainty and a lack of confidence, your sense of self—and your clarity of purpose—is out of balance. It's as if you have ceased to be the hero in your own story. At times of periods of disruption and transition like these, you need a rewrite.

As a senior leader, what holds you back is often not a lack of skills or knowledge, but a fragmented and patchy leadership narrative that is frozen in time. A growing body of research suggests that many leaders are guided by a core narrative that defines not only how they see themselves, but that acts as a key source of personal motivation, drive and action. When your leadership stalls, it's a sign that your story has taken you as far as it can—and it's time to reauthor a new leadership narrative.

In this transformative guide to leadership development, executive coaches and leadership experts Rick Lash and Christine Miners illuminate how your internal narrator acts as the operating system of your mind—and how, like any OS, it can become outdated and overstretched (because it was mainly installed in your teens and early 20s). Through engaging stories, research-backed insights, and techniques, you'll gain the tools to re-engage and update the story that (...)

Author Bio

Rick Lash has worked for over three decades as a trusted advisor and executive coach to Fortune 500 executives and their teams. Valued for his deep expertise and thoughtful, creative approach, he has written for the Harvard Business Review, the Ivey Business Journal, Chief Executive magazine, The Wall Street Journal, Forbes, and the Globe and Mail’s Leadership Lab series. He received his Ph.D. in psychology from the University of Toronto. He lives in Toronto.

Christine Miners has over two decades of experience, holding senior leadership roles across multiple industries including technology, health care, consumer packaged goods, telecommunications, and professional services. Valued for her depth of expertise, practical approach, and authentic style, Christine is a sought-after advisor, facilitator, and speaker. She has delivered leadership programs in Canada, the US, and Latin America, and is a Niagara Institute faculty member. She lives in Toronto.
You know your company is amazing. You say your company is amazing. But why should your customers believe you? In a crowded consumer courtroom full of shady advertisers all claiming to be the best, the fastest, the most caring, your brand is literally on trial—and that means you better deliver the proof.

In Prove It, StoryFuel founder Melanie Deziel and master of influence Phil M. Jones show you how to leverage every content marketing tool in the box to blast through doubt and win the case with your customers. Using real-world examples from trusted brands across dozens of industries, they'll walk you step-by-step through the process of identifying and categorizing your business promises—even the ones you don't realize you're making—gathering the right evidence, and backing up each style of claim. You'll learn how to apply strategies like corroboration, demonstration, and education to a marketing context to show—not tell!—the convenience of your offerings, your comparability with the competition, your connection to your community, your competence in your industry, and your commitment to your values. And you'll discover the right format and platform to deliver each type of evidence to make sure your "jury of consumers" connects with your case.

It's time to stand out from all the brands that shout "trust us, we're great!" at a skeptical audience. Your customers are waiting for you to prove it. So pick up this book and find out how.

Author Bio

Melanie Deziel is director of content at Foundation and the author of the best-selling marketing and business communications book The Content Fuel Framework: How to Generate Unlimited Story Ideas. She is an international keynote speaker, skilled virtual presenter, and is recognized as one of the world's leading experts in native advertising and branded content.

Phil M. Jones is a master of influence and persuasion. He is the author of the best-selling "Exactly" book series—with over 1 million copies sold—and producer of the "Most Listened To" non-fiction audiobook of all time. Phil has been an entrepreneur since the age of 14, and is now a trusted advisor for some of the world's biggest brands.
What if every conversation you had was a great one?

Sometimes, that promising lead turns out to be a bust. That first date doesn't lead to a second. The sales pitch fails to land the client. But what if they could? What if you knew the steps to “set up” each conversation to increase the likelihood that you connect, engage and win?

Welcome to Speak Easy. Unlike prohibition-era speakeasies—underground bars with secret knocks, where people spoke quietly to avoid detection—there's no bathtub gin here. But inside these covers you'll find some of the best-kept secrets of elite interviewers and conversationalists.

Your host, Lou Diamond, is a storyteller, podcaster, and professional speaker who has studied how content can connect and engage audiences. He has analyzed, edited, and broken down thousands of interviews and great conversations. Through him, you now have exclusive access to proven strategies, tactics, and lessons to make more of your conversations lead to great connections.

Discover the mindset you should strive to be in before, during, and after you have a conversation, and how to maximize and continue a great one. Learn how to steer a conversation to connect with prospects; engage with partners, clients and colleagues; and win in business and in life. Find tips, techniques and best practices used by some of the world’s greatest communicators and leaders. Step inside, grab a stool, and learn something new.

Author Bio

Lou Diamond is a dynamic speaker and master connector who will energize and motivate your organization to explode your sales, retain your clients and build a thriving culture. For over 25 years he has been a top sales performer, keynote speaker and performance mentor. Lou is a consultant; best-selling author; podcast & TV host; and CEO of Thrive, helping businesses, leaders and brands thrive through the power of connecting. LouDiamond.net
Up for the Fight
How to Advocate for Yourself as You Battle Cancer—from a Five-Time Survivor
by Bill Potts

The essential guide to navigating your cancer journey—from a five-time survivor

Every year, 18 million people worldwide are diagnosed with cancer. If you, or your loved one, is one of them, you know exactly how overwhelming, scary, and confusing it is to navigate the journey through diagnosis, treatment, prognoses, and all their accompanying emotions.

Entrepreneur, business leader, IRONMAN triathlete, and five-time cancer survivor Bill C. Potts has waged a 20-year battle against the disease. In this valuable patient and caregiver guide, he shares his personal cancer story, and those of others, outlining everything you need to know to take on this fight.

With empathy and honesty, Potts explains exactly what to expect, and shares lessons and important tips you can put into action all the way from diagnosis, to treatment, to remission, to cure—and how to face setbacks on your road to recovery.

You'll learn how to advocate for yourself, how to pick and manage your care team, and how to care for yourself emotionally and mentally. You'll find out how to make your treatment days more comfortable, manage side effects, and understand test results. You'll also find important information on diet, exercise, wellness, and staying active, as well as insights on how treatment and disease affects your immune system.

With special sections for people wanting to support a loved one with cancer, facing and making peace with death, and recalibrating your priorities to get (...)

Author Bio

Bill C. Potts is a motivational speaker, creative business leader, and dedicated community builder. He has held executive positions at the IRONMAN Group and the Clearwater Marine Aquarium, and lectures on marketing at Tulane University, where he earned his MBA. He is the co-founder and a managing director of marketing agency Remedy 365, an IRONMAN triathlete, and a five-time cancer survivor. He is a proud Advisory Board Member of the Halo House Foundation, which provides affordable housing for cancer patients, and a long-time volunteer at his local homeless shelter. Bill lives in St. Petersburg, FL, where he and his wife, parents of three
What We Give
From Marine to Philanthropist: A Memoir
by Terry Salman

We make a living by what we get, but we make a life by what we give." — Winston Churchill

What makes a soldier? What makes a business mind? What makes a philanthropist? In this rich memoir, Canadian icon of mining finance and public service Terry Salman reflects on his remarkable life, offering inspiration and mentorship for others seeking to build their own legacies.

Salman traces his journey from his modest beginnings in Montreal as the son of a Turkish immigrant father and Quebec-born mother, to the traumas of the Vietnam War, to his rise up the Canadian business world, and the growing dedication to service that earned him the Order of Canada.

He recounts the moments that shaped him: the brotherhood of the U.S. Marines and the lifelong duty of loyalty and community they instilled in him; the traumas he endured as a young sergeant in Vietnam; his return to Canada and the mentors who helped guide his success; and his many roles in helping others.

As he climbs the corporate ladder, his deep-seated faith and commitment to social responsibility grows. He takes on leadership roles, including chairman of the Vancouver Public Library Foundation and the St. Paul's Hospital Foundation—where he helped fund a hospice for AIDS patients—and Honorary Consul General of the Republic of Singapore.

Offering an inside view at the Canadian business, political, and philanthropic landscape, What We Give is a must-read for (...)

Author Bio
Terry Salman, OC, is one of Canada’s most dedicated philanthropists. Born in Montreal, he served as a sergeant with the US Marines during the Vietnam War before becoming a legend in mining finance. Terry worked with Nesbitt Thomson before leaving to form financial advisory firm Salman Partners, where he served as president, CEO, and co-director of research. Today, he is president and CEO of Salman Capital, Chair Emeritus of the Vancouver Public Library Foundation, and Honorary Consul General of the Republic of Singapore. Terry holds a BA from Chaminade University of Hawaii, an MBA from the University of Hartford, and an honorary doctorate from the B.C. Institute of Technology. He received the Order of Canada in 2020 and the Public Service Star from the Office of the President of Singapore in 2021. The
You, Me, We
Why We All Need a Friend at Work (and How to Show Up as One!)
by Morag Barrett, Eric Spencer and Ruby Vesely

From a trio of authors, best friends, and leadership development consultants, Better Work Together is a book for leaders who want to improve—at leading, yes, but also at their lives. How so? By building deep, long-lasting relationships that set everybody up for success.

One of the most important indicators of individual, team, and organizational success is the presence of an ally mindset. When we have best friends at work—people who are with us, in good times and bad, and who help ensure we make it through together—we thrive. When we don't, we flail, and eventually crash and burn, leaving only a smoking hulk of debris behind as evidence that they were ever even there.

Through their extensive work with clients that include Google, National Geographic, Microsoft, and many more, the authors have discovered the framework for an ally mindset includes five key parts:

- Abundance and generosity
- Connection and compassion
- Courage and vulnerability
- Candor and debate
- Action and accountability

In You, Me, We, they share valuable lessons on each of these aspects, to show you how to be a better friend at work, and how doing so leads to greater happiness, collaboration, and business outcomes.

Author Bio

Morag Barrett is a keynote speaker, leadership development expert, and Dr. Marshall Goldsmith Top 100 Coach. She is Founder & CEO of SkyeTeam, a boutique leadership development firm with clients around the globe.

Eric Spencer, SkyeTeam COO, has spent 20+ years shaping HR for organizations, from startups to Fortune 100 companies.

Ruby Vesely, SkyeTeam CSO, is a leadership development expert, executive coach, and HR consultant with 20+ years' experience in a range of industries and organizations.
60-Second Cocktails
Amazing Drinks to Make at Home in a Minute
by Joel Harrison and Neil Ridley

60 great cocktails that you can put together in the time it takes to open and pour a bottle of wine, from award-winning drinks writers and TV presenters Joe Harrison and Neil Ridley.

Award-winning and internationally known drink writers Joe Harrison and Neil Ridley show you why making and mixing at-home cocktails doesn't have to be time consuming. Featuring sixty simple and delicious cocktail recipes across spirits—including tequila, gin, rum, whiskey, vodka, and more—60-Second Cocktails is divided into three chapters:

• No Shake, Sherlock: the easiest to make, using standard spirits and mixers. Includes a Simple Paloma, Sloe Gin & Soda, Douro Spritz, and the Berliner, made with wheat beer.
• Shaker Maker: slightly more complex drinks requiring a quick shake or a stir. Includes a Bellini, a Firecracker Margarita, Wonder Mint Julep, and a new Classic Sour.
• Dress to Impress: special cocktails requiring a little more prep or an unusual ingredient here and there. Includes the Best Ever Pina Colada, an Elderflower Gimlet, and the Sazerac.

Author Bio
Joel Harrison is a multi-award winning drinks writer and presenter who specializes in fine spirits and cocktails. His work has been published in over 20 countries, across 17 different languages.

Neil Ridley is an award-winning professional drinks writer and presenter with over 15 years' experience. He has authored and co-authored over a dozen books on spirits and cocktails and hosted hundreds of events in over 20 countries around the world.
Eating Together, Being Together
How a Chef Dad and Psychologist Mom Encourage Family Connection
by Julian Clauss-Ehlers and Caroline Clauss-Ehlers

Grow closer as a family through mealtime bonding. Explore more than eighty recipes, essays, tips, and activities for the whole family that show how cooking together and sharing family meals can help build healthy relationships with food and with each other.

With unique insights from a New York Times-starred chef dad and an award-winning psychologist mom, Eating Together, Being Together is much more than a cookbook. It teaches parents and children from toddlerhood to the teen years how to engage around cooking and mealtime. Each chapter offers easy-to-make recipes accompanied by thoughts and tips on using mindfulness to deal with picky-eating, listening skills, academic stress, and more. This structure allows preparing and eating meals together to be meaningful, where kids and their parents can learn from one another and grow closer.

Recipes include a range of food options to accommodate varying tastes with accessible step-by-step instructions for parents and kids. Activities for each chapter tie in key themes for cooking and for life and are presented in a developmentally thoughtful way for young children, preteens, teens, and grownups. From eating mindfulness and having honest food conversations to building rituals that support togetherness, this book explores how the family meal, whether cooking or eating, can bring families closer together.

Whether it's kids sharing their feelings while they mix batter, or adults telling stories of their childhood while enjoying a favorite recipe, a special kind of bonding happens around food. Eating Together, Being Together gives you the recipes and activities for that bonding experience and helps set the table for (...)

Author Bio

Julian Clauss-Ehlers is a classically trained Executive Chef who has cooked in five Michelin starred restaurants. Currently he is the Executive Chef at Butcher and Banker and Trattoria Bianca at the New Yorker Hotel in Manhattan.

Dr. Caroline Clauss-Ehlers is an internationally known award-winning psychologist whose research, teaching, and writing have focused on supporting children, adolescents, and their families. Dr. Clauss-Ehlers is a licensed psychologist in New York and a professor at Long Island University, Brooklyn.
Everything Else is Bric-a-brac
Notes on Home
by Akiko Busch, illustrated by Aurore de La Morinerie

A collection of 60 short essays by best-selling author and culture and design critic Akiko Busch, in her classic style of observation, that reflect on the human condition and offer the promise of calm and insight.

Akiko Busch writes on the topics of culture, design, and nature. She was a contributing editor at Metropolis magazine for 20 years and has also written regular columns and essays for such publications as The New York Times, House & Garden, Architectural Record, Dwell, New York Magazine, and Travel & Leisure, among others.

She offers intimate, reflective observations of the human condition in this collection of short works, touching on themes of faith, love, loss, disaster, anticipation, obscurity, and utility. These sixty short pieces explore the mystery of place, memory, and what it is about domestic life that is both settling and unsettling alike. In a world of text messages and instant information, Busch's style of observation reminds the reader to slow down, take in, and live in the moment.

Author Bio

Akiko Busch writes about design, culture, and nature for a variety of publications. She was a contributing editor at Metropolis magazine for twenty years, and her essays have appeared in numerous national magazines, newspapers, and exhibition catalogues. Currently she is on the faculty of the MA Design Research program at the School of Visual Arts.

Aurore de La Morinerie is a French artist and illustrator who works and lives in Paris. She first began taking calligraphy and Chinese painting classes while studying Fashion design at the Ecole superieure des Arts appliques Duperre, in Paris. She collaborates with world-renowned brands and is a regular contributor to the New York Times' T Magazine, the American and British issues of Harper's Bazaar, AD Magazine, ELLE France, as well as Le Monde 's weekly supplement issue.
Growing Up Underground
A Memoir of Counterculture New York
by Steven Heller

Award-winning designer and writer Steven Heller comes of age at the center of New York's youth culture in the mid-1960s to the mid-1970s.

Steven Heller has written a memoir. This is no chronological trek through the hills and valleys of his comparatively normal" life, but instead, a coming of age tale whereby with luck and circumstance, he found himself in certain curious places at critical times during the early to late 1960s and later throughout the 80s in New York City.

This story is both entertaining and enlightening and follows Heller between the ages of 16 and 23 as he solidified his work as art director, graphic designer, cartoonist and writer, through stints at the New York Review of Books, Sex, Screw, and The New York Free Press, until becoming the youngest art director (and occasional illustrator) for The New York Times OpEd page at age 23.

Author Bio

Steven Heller was an art director at the New York Times for 33 years, originally on the OpEd Page and for almost thirty of those years with the New York Times Book Review. Currently, he is co-chair of the SVA/NYC MFA Designer as Entrepreneur Department, is the author and co-author of 200 books on graphic design, satiric art and illustration, and writes The Daily Heller* column for Printmag.com. He lives in New York City.
Holding Space
Life and Love Through a Queer Lens
by Ryan Pfluger

The first book by one of the most in-demand photographers of our time, Holding Space shares one hundred stunning photographs of queer, inter-racial couples, with first-person text about their relationships in this current time period.

After the May 2020 murder of George Floyd, and during the Covid pandemic, photographer Ryan Pfluger set out to capture queer, inter-racial couples across the US. It was (and is) a time of intense upheaval and reckoning and Ryan wanted to capture that in the lives and on the bodies of these friends and strangers. The photographs, and the people in them, can be startling in their vulnerability, playful in their poses, and tender to the core. The interviews produce a range of short, revealing stories about the couples.

Author Bio

Ryan Pfluger (he/they) is a renowned photographer whose work often deals with recreating memories, memorializing objects, and how sexuality and gender influences image making. He received his MFA from SVA in Photo Video and Related Media. An artist and advocate, his work deals with visibility for all aspects of the queer community. He was born and raised in Queens, New York, and now resides in Los Angeles with his dog Sarah Connor.
Making the Movement
How Activists Fought for Civil Rights with Buttons, Flyers, Pins, and Posters
by David L. Crane, contributions by Silas Munro

A history of the Civil Rights Movement from Emancipation through the 1980s, told through 200 objects (buttons, badges, posters, leaflets, and more) created by activists as tools to advance the fight for justice and freedom.

From Reconstruction through Jim Crow, through the protest era of the 1960s and ‘70s to current-day resistance and activism, the material culture of the Civil Rights Movement has been integral to its goals and tactics. During decades of sit-ins, marches, legal campaigns, boycotts, and demonstrations, objects such as buttons, flyers, and posters have been key in the fight against racism, oppression, and violence.

Making the Movement presents more than 200 of these nonviolent weapons alongside the story of the activists, organizations, and campaigns that defined and propelled the cause of civil rights. It is a must-read for anyone seeking to learn about Black history in the United States, and about strategies to combat racism and the structures that support it.

Author Bio

David L. Crane is the founder of the traveling exhibition Making the Movement: Civil Rights Museum. He is on the faculty of the history department of Alamance Community College. Crane lives with his wife, Jennifer, in Elon, North Carolina.
Mamacita
Recipes Celebrating Life as a Mexican Immigrant in America
by Andrea Pons, illustrated by Matt Ogle

A love letter to author Andrea Pons's native Mexico, this beautiful cookbook weaves stories of her family's immigration to the U.S. with 75 delicious recipes from three generations of women in her family.

Author and food stylist Andrea Pons started this Mamacita project in 2018 to document the recipes she grew up eating in Mexico, and she found it quickly became a way to reconnect with her family and Mexican heritage.

During the COVID-19 pandemic, Andrea and her family found themselves navigating the U.S. immigration system in order to avoid deportation and to be able to stay in the country that had been their home for over twenty years, this book also became a rallying cry. Andrea sold self-published copies to fund her family's significant legal fees.

More than a beautiful cookbook, this book is a love letter to Andrea's home country of Mexico and an inspiring celebration of her adopted home in the U.S, highlighting three generations of women's cooking in her family. Recipes include Elote Mexicano (Mexican Street Corn), Sopa de Fideo (Mexican Noodle Soup), Albondigas en Chipotle (Meatballs in Chipotle Sauce), the famous Rosca de Naranja (Orange Bundt Cake) from Andrea's grandmother's bakery in Mexico, and many more.

Author Bio
Andrea Pons is a Seattle based production manager and food stylist. She has worked for restaurants and companies including Le Creuset and Starbucks. Born in Guanajuato, Mexico, and raised in the United States, Andrea and her work can be found at oioepepe.com.

Matt Ogle is a designer based in Seattle.
My Body Created a Human
A Love Story
by Emma Ahlqvist

A graphic novel style memoir about the weirdness and wonder of pregnancy and early motherhood, told with humor and frankness. The perfect gift for new parents, parents-to-be, or anyone interested in the experience of bringing a new human into today's world.

Emma Ahlqvist's graphic memoir about the birth and early moments of raising her first child is a wry and resonant portrayal of both the challenges and excitement of pregnancy, birth, breastfeeding, and embracing the experience of motherhood. Told with black-and-white drawings and short, frank captions, Ahlqvist considers everything from lactation woes, anxieties about late capitalism and global warming, the challenges of sharing labor equally as a couple—and the genuine rewards of bringing a human into the world.

Unflinching, relatable, and funny, My Body Created a Human invites laughter, emphatic nods, and exclamations of You too?" Organized into thematic chapters like "Postpartum" and "A Mother and an Artist," her drawings can be enjoyed all at once, or browsed and savored during late-night and early-morning wake-ups.

Author Bio

Born in Sweden and based in Scotland, Ahlqvist is a graduate of Edinburgh College of Art and mother of two. Her illustrations have appeared in The Guardian and elsewhere, and her work on motherhood has been featured on Moms and Proud, Bumpdated, @breastfeedingart, and more. In 2017, she published a graphic novel in Swedish, Ta mig harifran (I'm Leaving Soon...
Posters for the Planet
Tear, Paste, Protest: 50 Recyclable and Reusable Posters
by Princeton Architectural Press

50 tear-out posters, each designed by a unique artist or designer, that convey the urgency of needing to take action to help prevent climate change.

The Intergovernmental Panel on Climate, a body of scientists convened by the United Nations, recently reported that an even hotter climate is certain as a result of the burning coal, oil and gas, the planet has already heated by approximately 2 degrees Fahrenheit and the window of time to avoid additional impacts is closing. Heat waves, water shortages, and large-scale animal and plant die-offs are now inevitable. However, changing this course is still possible through collective action.

Historically, posters are one of the most common mediums of communication for dissent or social change. Posters for the Planet is a collection of 50 posters, each from a unique artist or designer (selected from an international call), that convey the urgency of needing to take action to prevent climate change. The posters are 11 x 14 in, printed on FSC paper, and intended to be used by activists, students, and anyone interested in enacting change.
Puppy Life
The First Eight Weeks of Bonding, Playing, and Growing
by Traer Scott

Award-winning animal photographer Traer Scott traces the stages of puppy development of five litters of puppies across breeds from birth through eight weeks through full-color photographs and text.

In Traer Scott’s newest book, she photographs five litters of puppies from birth to approximately three months, providing a visual diary of how dogs mature and grow as well as information about each of the different stages a puppy goes through before going to its forever home.

Each of the litters will represent a different breed/size/group of dog. Intro texts to each litter explain the breed and its characteristics and where the puppies were born. The book includes five different dog breeds:
• English Setters
• Great Pyrenees
• Cavalier King Charles Spaniels
• Labradors
• and mixed breed

Author Bio

Traer Scott is an award-winning photographer and best-selling author of ten books, specializing in animal photography, the human/animal bond and conservation-themed fine art photography. Scott’s work has been exhibited around the world and has appeared in National Geographic, Time, La Monde, Life Magazine, Der Stern, The New York Times, LensBlog and dozens of other national and international publications.
The Amazing Baby Name Book
A (Possibly) Helpful and Slightly Amusing Guide from A-Z
by Amy Ephron, Maia Wapnick and Anna Ephron Harari

From A to Z and Everything in Between

What's in a name? Everything!

In this fun, charming, and wonderfully curated collection of baby names, authors Amy Ephron and her daughters, Anna and Maia, share inspired and witty ideas that will spark your imagination, providing parents-to-be with moments of humor, historical context, factual tidbits, and highly opinionated takes on the most creative names from Abacus to Zuzu!

Celebrating inspiration, inclusion, hope, and love—with a little bit of lighthearted attitude thrown in for good measure—this bundle of joy is the perfect gift for you or someone you love.

Author Bio

Amy Ephron is a bestselling author. She has three children and two step-children. She lives in the Los Angeles area.

Maia Wapnick is a brand consultant and Amy Ephron’s oldest daughter. Maia has two children of her own. She lives in the Los Angeles area.

Anna Ephron Harari is a writer and Amy Ephron’s middle child. Anna also has two children. She lives in the Los Angeles area.

Jennifer Bricking is an illustrator of children’s books and video games. When she isn’t drawing, she likes to skateboard, bike and travel. She lives in Seattle.
The Greening of America's Building Codes
Promises and Paradoxes
by Aleksandra Jaeschke

A deeply researched introduction to sustainability in the context of residential building codes, financial incentives, design, construction, planning, and public policy. An extraordinary timeline outlines the history and evolution of building codes and environmental legislation.

As severe weather events and other environmental conditions have an increasingly direct impact on our homes, a greater understanding of the codes and regulations meant to protect us is essential. Ecology of the American House investigates the history of building codes and regulations as it analyzes the legally binding regulations responsible for the environmental impact of contemporary construction practices.

Architecture and sustainable design professor Aleksandra Jaeschke traces the coevolution of US residential building codes and environmental regulations to expose how the socioeconomic forces that influenced early code development continue to define the character of current building codes and by extension determine how we regulate environmental impact and define sustainability today.

Author Bio

Aleksandra Jaeschke is an architect and assistant professor of architecture and sustainable design at The University of Texas at Austin. Born in Poland, she earned a doctoral degree from the Harvard University Graduate School of Design (GSD) and an AA Diploma from the Architectural Association in London. Jaeschke is the GSD's 2019 Wheelwright Prize winner.
The Rules We Break
Lessons in Play, Thinking, and Design
by Eric Zimmerman

Games and exercises to help designers understand how people think, how systems work, and how a design process can unfold.

Exercises in Play, Systems, and Design is a collection of hands-on, real-world exercises for designers of all kinds. Games and play can help designers understand how people think, how systems work, and how a design process can unfold. The exercises are sometimes played on a tabletop, and sometimes are physical and social games, but they are all thought-provoking and (of course!) very fun to play. The book is divided into three sections, games that can be played in 30 minutes, 2 hours, and a day or more. They are valuable for anyone who wants to know more about how people think, how systems work, how to create meaningful experiences, and how to redesign the world for the better.

Short, inspirational essays begin each section, where readers learn about productive collaboration, creative problem solving, how to communicate ideas, and analyzing how systems work.

Author Bio

Eric Zimmerman is a game designer and Professor of Game Design at the NYU Game Center, a program he helped design at NYU's Tisch School of the Arts.
The Third Act
Reinventing Your Next Chapter
by Josh Sapan

Flipping conventional retirement on its head, this beautifully illustrated book showcases and celebrates what people are doing after the job, kids, and an increasing longer middle age.

Many people are experiencing the most productive and thrilling part of their lives past the age of 70. Third Act profiles more than sixty men and women who are redefining old age, who challenge the convention of retirement, and who inspire by their rich and various experiences, enterprises, projects, pursuits, and accomplishments in the latter part of their lives.

Stories of people’s third act include Ida Keeling (b. 1915) who has set running records for her age group, Robert Redford’s (b. 1936) who continues to work as an environmentalist and activist, Carl Butz (b. 1946) who bought a small town newspaper, Freeman Vines (b. 1942) who began making guitars in his retirement, Dolores Huerta (b. 1930) who continues to work for the poor and marginalized, and George Takei (b. 1937) who champions for LGBTQ equality. The profiles are from a wide range of people of different backgrounds (with a diversity of gender, race, and socio-economic background).

Author Bio

Josh Sapan is President & Chief Executive Officer of AMC Networks Inc. where he oversees a portfolio of entertainment brands including AMC, BBC AMERICA, IFC, SundanceTV, and WE tv; subscription video on demand services Acorn TV, Shudder, Sundance Now and UMC; film distribution company IFC Films; as well as AMC Studios and AMC Networks International.
From beloved indie musician Andrew McMahon comes a searingly honest and beautifully written memoir about the challenges and triumphs of his childhood and career, as seen through the lens of his personal connection to three pianos.

Andrew McMahon grew up in sunny Southern California as a child prodigy, learning to play piano and write songs at a very early age, stunning schoolmates and teachers alike with his gift for performing, and his unique ability to emotionally connect with audiences. Andrew would go on to become the lead singer and songwriter for Something Corporate and Jack’s Mannequin, and release his debut solo album, Andrew McMahon in the Wilderness, in 2014.

But behind this seemingly optimistic and quintessential American story of chasing big dreams come true lies a backdrop of overwhelming challenges that Andrew has faced—from navigating chronic family dysfunction to his very public battle with leukemia in 2005 at the age of twenty-three, as chronicled in the intensely personal documentary Dear Jack.

Overcoming those odds, Andrew has found solace and hope in the things that matter most, including the healing power of music and the one instrument he’s always turned to: his piano. Three Pianos takes readers on a beautifully rendered and bittersweet American journey, one filled with inspiration, heartbreak, and an unwavering commitment to shedding away our past in order to create a better future.

Author Bio

Andrew McMahon is an American singer-songwriter. He was the vocalist, pianist, and primary lyricist for the bands Something Corporate and main songwriter for Jack’s Mannequin and performs solo both under his own name as well as his moniker, Andrew McMahon in the Wilderness. He is also the founder of the Dear Jack Foundation. McMahon lives in Southern California with his wife and daughter.
Why Am I Like This?
The Science Behind Your Weirdest Thoughts and Habits
by Jen Martin, illustrated by Holly Jolley

Why Am I Like This? offers explanations to 32 common questions that tap into the global millennial aesthetic, covering popular themes such as FOMO/JOMO (fear of missing out/joy of missing out), overcoming anxiety, is coffee healthy for you, and cute baby animals.

In Why Am I Like This?, Dr. Jen Martin delves into the science behind our strangest thoughts and habits, from why smells make us homesick to why we stick our tongues out when we're concentrating. Explaining the quirks and oddities of our daily lives in a comprehensive yet accessible way, this book is the perfect gift for anyone who has ever stopped to wonder why?

Author Bio

Dr. Jen Martin is an award-winning educator with a PhD from the University of Melbourne, Australia, where she founded and leads the highly acclaimed Science Communication Teaching Program. She writes the blog espressoscience.com and has a popular weekly radio segment-Weird Science-on Australia's largest independent radio station, Triple R.

Holy Jolley is a Chilean-British freelance illustrator and designer based in Santiago. She spends her days painting, reading, and drinking tea surrounded by her collection of books, glittery shoes, and flea market treasures. Her work ranges from editorial illustration to prints, brand collaborations, patterns, and art direction.
Bake It. Slice It. Eat It.
One Pan, Over 90 Unbeatable Recipes and a Lot of Fun
by The Exploding Bakery and Oliver Coysh

One pan, over 90 unbeatable recipes and a lot of fun.

A whole load of tasty cake recipes - from knockout carrot cake, banana bread, tiffin, crumble cake and cheesecake to an irresistible array of brownies - awaits you here and they're all made in one size of brownie pan.

Start simple and work your way up to experimenting with new flavor combinations, different flours and seasonal ingredients if the mood takes you. What's important is that these recipes are for everyone who's serious about delicious cake.

If you’re after homemade cake, but without the need for fancy equipment, expert decorating skills and five spare hours, Bake It. Slice It. Eat It. is the cookbook for you. There are gluten-free options, healthier ideas, and more advanced ones, too, so there's something for every occasion.

Author Bio

Tom and Ollie are the duo behind Exeter’s The Exploding Bakery, a cafe born out of frustration with the average coffee shops in the UK. They tore up the recipe book and made their own cakes and brownies, to pave the streets with proper slabs of cake, made with honest ingredients. Today they continue to provide great cakes to the food service industry, but also make brownies designed to be posted through a letterbox. They are an environmentally and socially conscious brand, getting features in Vogue, Tatler, Vanity Fair, The Times and the Guardian.
The Cocktail Edit
Everything You Need to Know About How to Make All the Drinks that Matter
by Alice Lascelles

Cocktails should be simple. Acclaimed drinks writer Alice Lascelles knows everything there is to know about making delicious drinks at home with minimal equipment and fuss.

The Cocktail Edit is built around a 'capsule collection' of 12 classic cocktails - each of these is followed by six twists, plus tips and inspiration for creating many more. The book also offers essential advice on getting your home bar set up - and shows how easy it is to make amazing cocktails with just a few basic tools, ingredients and techniques.

It's a guide brimming with trade secrets on everything from choosing the best-value spirits to making cocktails for a party; written in a conversational style, and illustrated with beautiful photography, The Cocktail Edit is practical, opinionated and fun.

Author Bio

Alice Lascelles is an award-winning journalist, author, presenter and drinks expert, who has been covering the drinks industry in all its forms for almost 20 years. She writes the drinks column for Financial Times How to Spend It magazine and is also a regular contributor to FT Weekend. Before moving to the Financial Times, she was drinks columnist for The Sunday Times and The Times. Alice is a regular on BBC Radio 4 programmes including The Food Programme and Kitchen Cabinet. She is a former winner of Fortnum & Mason Drinks Writer of the Year and IWSC Spirits Communicator of the Year, and a former runner-up in the Guild of Food Writers Awards and the Louis Roederer Wine Writer Awards.
The Complete Chinese Takeout Cookbook
Over 200 Takeout Favorites to Make at Home by Kwoklyn Wan

The definitive collection of 200 of Kwoklyn Wan's best recipes, developed over a lifetime of cooking in Chinese restaurant kitchens.

In The Complete Chinese Takeout Cookbook Kwoklyn offers 150 of his most popular recipes, with everything from Crispy Duck Salad, BBQ Chicken Ribs, Tom Yum Soup and Sesame Seed Shrimp Toast to speedy Egg-Fried Rice, Spring Rolls and Tofu Ramen. Plus, there are 50 brand-new and delicious recipes that you won't find anywhere else.

Packed with easy, step-by-step instructions and Kwoklyn's foolproof tips, this comprehensive collection of classic recipes is the ultimate Chinese cookbook.

Author Bio

Kwoklyn Wan is a professional chef, restaurateur and Kung Fu instructor. He frequently teaches and demos Chinese cooking. Kwoklyn is the brother of television celebrity Gok Wan, and the two brothers grew up working in their family's Cantonese restaurant in the Midlands, UK. He is the author of The Chinese Takeout Cookbook (2019), The Veggie Chinese Takeout Cookbook (2020), Chinese Takeout in 5 (2021) and 10-Minute Chinese Takeout (2022), and presents his own show on Amazon Prime, Kwoklyn's Chinese Takeaway Kitchen.
Spice
A Cook's Companion
by Mark Diacono

Spice is a vibrant exploration of flavor, fragrance and heat that majors on the kitchen, with a celebration of over 50 spices that will fill your kitchen with a wealth of heady aromas and tastes. Packed with ideas for enjoying and using spices, Spice is much more than your average recipe book. Mark Diacono shares the techniques at the heart of sourcing, blending and using spices well, enabling you to make delicious food that is as rewarding in the process as it is in the end result. The book will explore the many origins of spice, when and how to use them effectively, and how, through the use of spice, we can applaud and appreciate cuisines from around the globe.

Focusing on the familiars including cumin, turmeric, vanilla, pepper and cinnamon, Spice will also open the door to some lesser-known spices. The recipes build on bringing your spices alive - whether that's creating blends to easily enhance your food when short of time on a weekday evening, or in infusing and blooming spices to bring out the very best of these treasured ingredients. The reader will become familiar with the differences in flavor intensity, provenance, nutritional benefits and more.

Beginning with a guide to 50 of Mark's much-loved spices and blends, including their legacy and main culinary affinities, the book then offers over 100 innovative recipes that make the most of your new spice knowledge. With additions throughout from chefs and food writers of whom spices are an integral part of their cooking identity, Spice is sure to inspire and uplift.

Author Bio

Mark Diacono is lucky enough to spend most of his time eating, growing, writing and talking about food. His A Year at Otter Farm and A Taste of the Unexpected both won Food Book of the Year, for Andre Simon and the Guild of Food Writers, respectively. His book Sour was Food Book of the Year 2019 in The Sunday Times and Daily Mail, and nominated for a James Beard Award in the US. Known for growing everything from Szechuan pepper to pecans to Asian pears, Mark's refreshing approach to growing and eating has done much to inspire a new generation to grow some of what they eat.

He was involved with River Cottage, appearing in the TV series, running courses and events at River Cottage HQ, and he has written four River Cottage books. Mark also writes regularly for a range of publications including The Telegraph and Country Life, and his features have appeared in The Observer, Guardian, National Geographic, and others.
The Italian Pantry
10 Ingredients, 100 Recipes – Showcasing the Best of Italian Home Cooking
by Theo Randall

Elevate your cooking and eating the easy way with The Italian Pantry. World-renowned chef Theo Randall shares his 10 pantry staples and reveals his favorite ways to cook with them through 100 fabulous recipes covering Tomatoes, Porcini Mushrooms, Parmesan, Lemons, Leafy Greens, Ricotta, Polenta, Pine nuts, Honey and Breadcrumbs. From simple pasta dishes and more extravagant dinners for when you have people over, to delectable desserts and classic Italian cakes, you’ll delight in Theo’s take on the very best of Italian home cooking.

Packed with flavor and stunning photography, this is an essential cookbook and a modern take on the best of Italian ingredients.

Author Bio
Theo Randall started working at the River Cafe in 1989. After a brief stint at Chez Panisse under Alice Waters, he returned to London to take up the role of Head Chef at the River Cafe, and remained there for 15 years. He left in 2006 to launch his first restaurant, Theo Randall at the Intercontinental, which now has two more locations in Hong Kong and Bangkok. Theo has appeared on Saturday Kitchen on numerous occasions, Masterchef, Sunday Brunch, Lorraine, Chef's Protege, and My Kitchen Rules. He also works with high-profile brands including Natoora, Coco Di Mama and Ask Italian. He has written three previous cookbooks, Pasta, My Simple Italian and The Italian Deli Cookbook.
Pierogi
Over 50 Recipes to Create Perfect Polish Dumplings by Zuza Zak

The bible of Polish dumplings, Pierogi is the essential cookbook for learning about this popular food.

With over 15 million people of Polish descent in the United States alone, pierogi have become a ubiquitous and instantly recognizable comfort food.

Both traditional and modern, Pierogi is divided into ten chapters across 50 recipes. In North, South, East, West and Central we delve deep into the regions of Poland, along with the dumplings, traditions and stories that define them. In the Modern, Vegan, Festive, Creative and Gluten-free chapters, we find a fun take on dumplings for a contemporary audience. Throughout, the recipes are interspersed with mini-essays on some of the key ingredients used to make pierogi.

With beautiful location photography, thoughts on the history and development of pierogi, and tips and tricks for perfecting them, Pierogi is a deep-dive into this compelling and culturally significant food.

Author Bio

Zuza Zak calls herself a Storyteller-Cook and her aim is to inspire the world to cook and eat more food from Eastern Europe. Zuza's interest lies in the culture and history of food and as such she uses storytelling as a medium for delving into another cuisine and through it, into another culture. Both in her writing and her food-focused PhD at the School of Slavonic and East European Studies (UCL), Zuza explores food as a cultural anthropologist, in the context of identity, society and culture. Passionate about instilling an appreciation for food from an early age, she is now passing on her culinary love to her daughters. Zuza is the author of Polska (Quadrille, 2016) and Amber & Rye (Murdoch, 2021), this is her third book.
Foolproof Veggie One-Pot
60 Delicious Dishes, From Weekend Slow Cooks to Easy-Going Traybakes
by Alan Rosenthal

Whether you’re a vegetarian or flexitarian or just looking to cut down on meat, you’ll find plenty of options for tasty, practical veggie dishes for every lifestyle in *Foolproof Vegetarian One-Pot*.

Celebrate the essence and simplicity of one-pot cooking with everything from creamy pastas and risottos to fragrant curries and stir-fries, with 60 delicious and modern vegetarian recipes that are full of flavor.

The Foolproof series celebrates the simple ways to cook, eat and enjoy different dishes and techniques, and offers amazing new ways to elevate classics, as well revealing new sure-to-be favorites. The series includes: One-Pot, BBQ, Freezer, Fish, Picnic

Author Bio

Alan Rosenthal is a chef, recipe writer, cookery teacher and supper club host. He has also launched a food brand in supermarkets and worked for Brindisa and Providores as well as heading up the food team at the recipe box company, Gousto. He is the author of *Stewed!* (2010), *Ultimate One-Pot Dishes* (2015) and *Foolproof One-Pot* (2021) and has been teaching one-pot cooking courses at Leith’s School of Food and Wine since 2010.
The Little Book of Aperitifs
50 Classic Cocktails and Delightful Drinks
by Kate Hawkings

The Little Book of Aperitifs offers 50 recipes for everything from the perfect Gin and Tonic, classic Martini, effervescent Bellini, refreshing Spritz, to the beloved Negroni - all made with panache and minimal ingredients, and illustrated with gorgeous color photos.

A well-made drink before dinner is the height of sophistication and the perfect way to start an evening with friends. Whether you're a gin lover or a Campari queen, these little glassfuls of nectar will get your taste buds geared up for a night to remember. There's also a chapter of non-alcoholic aperitifs to whet your whistle. With fascinating facts about your favorite tipples, as well as easy step-by-step instructions, it's time to relax, get comfortable and enjoy The Little Book of Aperitifs

Author Bio

Kate Hawkings has a monthly drinks column in Olive magazine, and has written on food, travel and interiors for publications including the Guardian, Independent, Telegraph, Sunday Times, and Elle Deco. Kate is a restaurant and wine consultant and is current Chair of the Guild of Food Writers.

Notes

Promotion
Hoppers: The Cookbook
Dishes and Stories from Sri Lanka and South India
by Hardie Grant

Forthcoming Hardie Grant 2022 Cookbook

Author Bio
A creative global publisher of quality, stylish, cutting-edge books.

Quadrille
On Sale: Sep 27/22
8 x 10 • 320 pages
9781787138704 • $62.00 • cl
Cooking / Asian

Notes

Promotion
Foolproof Slow Cooker
60 Modern Recipes That Let The Cooker Do The Work
by Rebecca Woods

Foolproof Slow Cooker features 60 exciting recipes - all mouth-watering and easily achievable.

Beginning with clear instructions and top tips for how to get the most out of this humble appliance (like salting your meat ahead of time and pre-heating your slow cooker beforehand), followed by delicious and practical recipes that will transform the way you use your slow cooker; you’ll find everything from juicy Korean Barbecue Brisket to Maple Bacon Beans, and Butternut and Pomegranate Tagine to a comforting Seafood Chowder, or convenient Overnight Shakshuka. The Foolproof series celebrates the simple ways to cook, eat and enjoy different dishes and techniques, and offers amazing new ways to elevate classics, as well revealing new sure-to-be favorites. The series includes: One-Pot, BBQ, Freezer, Fish, Picnic

Author Bio

Rebecca Woods is a food stylist, recipe writer and developer, and cookery editor based in London and Hastings. She is the author of Nourish Soups, Posh Potatoes and Foolproof Freezer published by Quadrille.
Hardie Grant Book 2
Over 100 Recipes for Fuss-Free, Delicious Meals
by Hardie Grant

Forthcoming Hardie Grant cookbook

Author Bio

A creative global publisher of quality, stylish, cutting-edge books.
Easy Speedy Vegan
100 Quick Plant-Based Recipes
by Katy Beskow

Simple, straightforward and delicious - Easy Speedy Vegan is the ultimate guide for plant-based mealtimes, bringing you 100 new recipes from bestselling author Katy Beskow.

Easy to prepare, quick to cook and using readily available ingredients, this book is not only the go-to cookbook for new and established vegans, but also for home cooks looking for effortless ways to bring plant-based meals into their kitchen. The modern world of vegan cooking can often be confusing, but with a list of easy-to source store-cupboard essentials, useful kitchen equipment, details on common vegan substitutions and demystifying explanations of increasingly popular vegan ingredients (such as jackfruit and silken tofu) you'll be able to produce delicious food, every time hunger calls.

Whether you've got 10, 20 or 30 minutes, there's something to satisfy at any time of the day, no matter how little time you have. This is feel-good, effortless food by an expert in vegan cooking - and the only plant-based cookbook you'll ever need.

Author Bio

Astro Power
A Simple Guide to Prediction and Destiny, for the Modern Mystic
by Vanessa Montgomery

Astro Power is a simple, practical and revealing handbook that reloads the wisdom of classic astrological signs for the modern mystic. It will show you how to use the planets and stars to forecast what, when and where in your life to expect the unexpected, utilize challenges and plan for changes.

Through easy-to-follow chapters, this book breaks down all you need to know to understand your cosmic calendar. You’ll be able to tap into the cosmic universe to see what life has in store for you, and how you can adapt and change within various transits, time periods or moon phases to get the most out of life and avoid missing out.

Use this book to understand your cyclical evolution, predict your destiny, and plan ahead to make the most of a particularly favorable period. Discover when cosmic periods of your life will begin and end, and what you can do to get the most out of them. Understand which archetypal themes are at play, what areas, moods or industries will rise and fall, and work out the best times to go for something, or when to be patient yet persistent when challenges arise.

Author Bio

Vanessa Montgomery is a professional astrologer based in Australia. She specializes in psychological astrology and works with clients to cast light on, help heal and transform relationships, finance, career, self-belief and, most importantly, mental and physical health. Her personal motto is: free your mind, own your power, change your world. She’s the official astrology expert at Glamour magazine U.S. with the weekly column It’s Cosmic! and appears regularly in the media and on podcasts. Her previous books Star Power (2018) and Cosmic Power (2020) were published by Quadrille; this is her third book in the ‘Power’ trilogy.
Candles
A Modern Guide to Making Soy Candles
by Ebi Sinteh and Emmanuel Sinteh

Candles is a celebration of candles and the making process, showing you how to create a collection of 17 sustainable, seasonal candles to be enjoyed all year-round.

Ebi and Emmanuel will teach you everything you need to know about soy wax, essential oils, wicks and scent blending. Once you have mastered the techniques, put your knowledge to the test through the 17 projects featured in this book. From taper candles and scented tea-lights for summer evenings to fragrant aromatherapy candles and crackling wood wicks for autumnal mornings - there is something for every occasion.

Candles help us create calm in our homes. They are a symbol of warmth and can transport us to far off places with their scent. Discover the secret of blending scents that suit your mood and be inspired by beautiful lifestyle photography that captures the very essence and joy of making your own.

This is a craft for all so snuggle up and make candles you can enjoy when seeking a moment of coziness.

Author Bio

Ebi and Emmanuel Sinteh are the founders of Our Lovely Goods, a candle shop using only the best quality and purest ingredients. Their candles have been featured in numerous publications such as ELLE Decoration, Grazia and Ideal Homes and are loved by customers around the world.
CIY: Crochet-It-Yourself
15 Modern Crochet Designs to Stitch and Wear
by Emma Wright

With 15 beautiful designs, CIY: Crochet-It-Yourself takes you through all the steps and techniques that you need to master and refine your crochet skills.

In this fresh and modern guide to crochet, Emma Wright shows you how to create your own stylish crochet collection. Once you have mastered the basics, Emma will show you how to confidently play with color and pattern to make clothes that suit you style and add your own creative flair to.

Through the chapters (Sweaters, Cardigans and Accessories), learn how to build on your technique and move away from crochet for the home. Emma offers up hints and tips, as well as clear step-by-step images to help refine your skill as you take on this new challenge.

Through Emma’s clear instructions and expert tips, CIY: Crochet-It-Yourself will show you how to enter the wonderful world of crochet, whether you are new to the craft or already have a couple of projects under your belt.

Author Bio

Emma Wright is a designer of all things knit and crochet. She is heavily influenced through fashion, color and floral, which is reflected through the playfulness of her designs. In 2015, she turned emmaknitted into a full-time business and was subsequently awarded ‘Britains Next Top Knitwear Designer’ by Lovecrafts. Over the years, she has worked with a collection of brands and designers within the knit and crochet industry, as well as within the fashion world, including designing a collection of ‘woodland cup cosies’ for Oasis. Emma has been featured in an array of publications including Knitting Magazine, Inside Crochet and most recently Vogue Knitting. Her first book KIY: Knit-It-Yourself published autumn last year.
The Crystal Year
Crystal Wisdom Through the Seasons
by Claire Titmus

In *The Crystal Year*, Claire Titmus, Advanced Crystal healer and owner of The Crystal Bar, shares crystal wisdom to support you through the seasons.

Split into the 12 months, *The Crystal Year* teaches you how to harness the properties of all the crystals lurking in your collection by aligning them with key dates and seasons. In January, learn how carnelian can support your New Year goals; in February, find out if rose quartz will help you find your Valentine. As the evenings get darker, discover just why emerald is the perfect crystal to help you survive Scorpio season. As well as key crystals for the month, Claire guides you through symbols and superstitions from the natural world, and shares self-care rituals, meditations and affirmations to support you through each phase of the year. Tune into nature and discover the magic of crystals in every season with *The Crystal Year*.

Author Bio

Claire Titmus has been obsessed with crystals since the age of 8, when she was gifted two lucky stones by a passing Romany traveler. When Claire turned 40, she decided to follow her passion for all things crystals and opened The Crystal Bar, an online shop dedicated to sourcing and selling ethically sourced crystals. Far from just advertising her own products, Claire uses her social media channels to share daily crystal wisdom, as well as to teach her following about the properties and uses of different crystals. She is also a certified Advanced Crystal Healer.
Face Yoga
The Revolutionary Massage and Exercise Technique for Healthy, Glowing Skin
by Onuma Izumi

Face Yoga features 40 facial yoga exercises compiled by Izumi Foraste Onuma, a specialist in this self-care practice from Japan.

Face yoga combines exercises and massage techniques to work different areas of the face and enhance your skin's overall firmness and luminosity. With exercises to reduce bags and dark circles, to lift the eyelids and open up the eyes, or to reduce a double chin or lines around the lips, each movement is illustrated with step-by-step illustrations and accompanying photos.

The Japanese practice of facial yoga is the simple, cheap and natural way to reduce wrinkles and maintain smooth skin. Face Yoga can produce amazing results within just a few weeks and takes only a few minutes every day.

Author Bio
Izumi Foraste Onuma is a half-Japanese, half-Spanish beauty and self-care specialist. Her Spanish YouTube channel demonstrating her facial yoga techniques has over 220,000 subscribers.
The Happiness Year
How to Find Joy in Every Season
by Tara Ward

The Happiness Year encourages you to explore different ways of discovering happiness through each season and shows you how to nurture this in your everyday life. Seasons tend to be associated with certain behaviors: spring with hope, summer with sociable relaxation, autumn with harvesting, winter with hibernating. The Happiness Year features a host of tips and exercises to encourage you to break away from certain patterns, including mindful breathing and meditation exercises to help you recharge and reflect, as well as simple projects and seasonal affirmations.

This uplifting book is for anyone seeking joy and wanting to explore the true meaning of happiness.

Author Bio

Tara Ward is a best-selling author on personal development and spiritual well-being with sales of more than half a million copies worldwide. She has worked in more than 40 countries across five continents, developing new ways to improve communication between all cultures: physically, mentally, emotionally and spiritually. Tara has published fourteen books including Mindful Journaling, The Healing Handbook: A spiritual guide to healing yourself and others, Discover Meditation & Mindfulness, and The Book of Healing. She also runs workshops and gives talks on meditation and mindfulness.
Icelandic Knits
by Pirjo Iivonen, Tiina Kaarela and Annika Konttaniemi

Icelandic patternwork has always been popular in the knitting world and now so much more than ever!

_Icelandic Knits_ features 8 trending Finnish knitwear designers and featuring their own interpretations of the famous lopapeysa sweater. The designs include a mix of the more traditional as well as some designs with a modern twist, such as addition of a hood or creating a cardigan instead of a sweater. There are also instructions for hand-dyeing the yarn to personalize your look.

Including a collection of 18 sweater designs for women, men and children. The instructions are presented with clear diagrams and stunning photographs showcasing the stunning landscapes of Lapland that will make you yearn for cozy sweaters and Nordic Noir.

**Author Bio**

_Icelandic Knits_ brings together eight popular Finnish authors, who have made their own interpretations of the traditional lopapeysa sweater.
The Little Book of Courage
Strong. Brave. Bold
by Joanna Gray

Find the strength to be brave with The Little Book of Courage.

With inspirational quotations, practical guides and thoughtful exercises, The Little Book of Courage will guide you to be brave and face your fears.

The Little Book of series has sold 1 million copies worldwide, with titles like The Little Book of Mindfulness, The Little Book of Gratitude and The Little Book of Love.

What would life be if we had no courage to attempt anything?" - Vincent Van Gogh

Author Bio

Joanna Gray is the author of The Little Book of Positivity, The Little Book of Hope and The Little Book of Unity. She runs festival events and educational programs for Wimbledon BookFest and co-ordinates the Jane Gardam Short Story Award.
The Little Book of Joy
Spread Good Cheer
by Joanna Gray

With joyful tasks, words of wisdom and simple yet practical tips for looking on the bright side of life, *The Little Book of Joy* will show you how to sprinkle an extra serving of happiness into your everyday.

The Little Book of series has sold 1 million copies worldwide, with titles like *The Little Book of Mindfulness, The Little Book of Gratitude* and *The Little Book of Love*.

I find ecstasy in living; the mere sense of living is joy enough.” - Emily Dickinson

**Author Bio**

Joanna Gray is the author of *The Little Book of Kindness, The Little Book of Gratitude* and *The Little Book of Positivity*. She runs festival events and educational programs for Wimbledon BookFest and co-ordinates the Jane Gardam Short Story Award.
Marbling
Projects, Design Ideas and Techniques for a More Colourful Life
by Zeena Shah

*Marbling* will show you how to create and transfer colorful patterns onto things you own while inspiring you to live a more colorful life.

Throughout this book, Zeena Shah will help you to find your own eye for color through marbling. Color is intrinsically linked to our mood, and this book will explore how this can be translated into your craft.

All you need is some inks and paper to start. Discover how accessible marbling can be as you learn to upcycle objects you already own and give them a new lease of life by playing with color.

Including a collection of 20 projects from dyeing postcards and envelopes to scrunchies, picture frames and a patchwork cushion, as well as a section on seasonal projects including baubles and Easter eggs - this book covers everything you need to know to marble.

Learn how to find your color confidence and uncover your love of marbling with this modern guide for craft lovers everywhere.

**Author Bio**

Zeena Shah is an Art Director, Stylist, Designer, Illustrator and Author based in East London. A textile designer by training, having studied at Chelsea School of Art & Design, and author of *How to Print Fabric* (2015, David and Charles), Zeena's love of surface pattern continues with her series of DIY craft tutorials and Sunday Crafternoon's over on her @heartzeena Instagram feed. Her mission is to spread the craft bug with her colorful and creative style.
Rude Science
Everything You Want to Know About the Science No One Ever Talks About
by Stefan Gates

Scientist and presenter Stefan Gates is back, answering the questions that everyone is too shy to ask!

*Rude Science* follows in the flatulent footsteps of *Fartology*, taking on those unmentionable body substances with which we're all so familiar, but rarely talk about in polite company. Stefan tackles eternal questions such as:

- How much snot can a person produce in one day?
- Why do men have nipples?
- What's ear wax for?
- What is toe cheese?

It's packed with weird and wonderful facts about our bodies and the disgusting goops and gunks we ooze every single day. Reclaim your bodily functions with fun and scientific facts that will fascinate kids and adults alike.

Author Bio

Stefan Gates has spent years researching revolting science and experimenting on himself for TV, books and live tours including *Fartology* and his *Utterly Revolting Science* family shows staged at venues including the Royal Academy. He has made over 20 TV series and written nine books including *Fartology* (2018), *Catology* and *Dogology* (2021).
Hailed as ‘the most influential female designer of the twentieth century’, Coco Chanel pioneered classic easy-to-wear fashion for the modern woman. She arrived on the fashion scene when feathers, lace, and ostentatious beads were favorites, and proceeded to re-invent couture using new materials, like jersey, for outfits that were suitable for everyday wear yet still elegant. With original illustrations and images from celebrated photographers, such as Cecil Beaton, Bronwyn Cosgrave traces the story of Coco Chanel’s iconic designs and glamorous, racy life. In 1921 Coco opened her Chanel boutique in Paris - still a destination store today - and launched her first perfume, Chanel No.5. Perhaps her most important contribution to the fashion world was the simple, much-imitated 'little black dress' which made its debut in 1926. Other landmark creations include the Chanel suit and the quilted handbag. A testament to her lasting influence, these legendary designs remain as popular today as when they first appeared. British Vogue, the international fashion bible, has charted the careers of designers through the decades. Its unique archive of photographs, taken by the leading photographers of the day from Cecil Beaton to Mario Testino, and original illustrations, together with its stable of highly respected fashion writers, make Vogue the most authoritative and prestigious source of reference on fashion. With a circulation of over 160,000 and a readership of over 1,400,000, no brand is better positioned to present a library on the great fashion designers of the modern age.

Author Bio

Bronwyn Cosgrove is a curator, broadcaster, luxury brand consultant and the successful author of acclaimed fashion history books. She is the former features editor of British Vogue, and a regular contributor to international editions of Vogue.
Vogue on: Cristóbal Balenciaga
by Susan Irvine

In 1936, Cristóbal Balenciaga opened a fashion house in Paris, after fleeing the Spanish civil war; within a couple of seasons he had raised fashion to the level of art.

Christian Dior called Balenciaga 'the master of us all', while Coco Chanel claimed that he alone was 'a couturier in the truest sense of the word... the others are simply fashion designers'.

In the Fifties he revolutionized women's silhouette, experimenting with the semi-fitted shape, the sack dress, the cocoon and the babydoll. His innovative designs were famously easy to wear, with one diplomat's wife quipping that she could play golf in her Balenciaga gown. In the Sixties, despite the waning power of couture, he created some of his most imaginative clothes, culminating in the bold, fluid lines of his last two collections. Always something of an enigma, he preferred to let his clothes speak for themselves.

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Author Bio

Susan Irvine has written on fashion and beauty for Vogue, The Sunday Telegraph, and other newspapers and magazines, and for nine years was beauty director of Conde Nast Asia Pacific. She is the author of Perfume: The Creation and Allure of Classic Fragrances and The Perfume Guide.
Vogue on: Elsa Schiaparelli
by Judith Watt

Shocking, witty and eccentric, the designs of Elsa Schiaparelli are among the most innovative and influential in the history of fashion.

Black gloves with golden fingernails, buttons shaped like lips, trompe l'oeil images, brightly colored zips and perfume bottles in the shape of a torso would not be out of place in fashion today, but they were created by Schiaparelli in the 1930s.

A true original, she collaborated with artists such as Salvador Dali and Man Ray, pioneered the runway show and designed costumes for film-stars from Mae West to Marlene Dietrich. She used film and stage as a publicity vehicle for her label, and her advertising graphics were far ahead of their time. Through the photographs and illustrations of Vogue that championed Schiaparelli from the first picture of her revolutionary Bow-knot sweater in 1927 to the Surrealist Tears dress and Shoe hat of the late 1930s, Elsa Schiaparelli presents the enduring legacy of this daring and visionary designer.

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Author Bio

Judith Watt is a fashion historian, writer and broadcaster. She is Course Director of the Fashion Journalism MA at Kingston University and teaches the history of dress on the Fashion Communication and Promotion BA at Central Saint Martins College of Art and Design. She is the Editor of the Penguin History of 20th Century Fashion Writing and author of Ossie Clarke: 1965 - 1974 and Dogs in Vogue.
"Christian, I've been yours since I said yes." I scoot forward, cupping his beloved face in my hands. "I'm yours. I will always be yours, husband of mine. Now, I think you're wearing too many clothes."

When unworldly student Anastasia Steele first encountered the driven and dazzling young entrepreneur Christian Grey it sparked a sensual affair that changed both of their lives irrevocably. Shocked, intrigued, and, ultimately, repelled by Christian's singular erotic tastes, Ana demands a deeper commitment. Determined to keep her, Christian agrees.

Now, Ana and Christian have it all—love, passion, intimacy, wealth, and a world of possibilities for their future. But Ana knows that loving her Fifty Shades will not be easy, and that being together will pose challenges that neither of them would anticipate. Ana must somehow learn to share Christian's opulent lifestyle without sacrificing her own identity. And Christian must overcome his compulsion to control as he wrestles with the demons of a tormented past.

Just when it seems that their strength together will eclipse any obstacle, misfortune, malice, and fate conspire to make Ana's deepest fears turn to reality.

Discover the world of Fifty Shades of Grey:
• An Instant #1 New York Times Bestseller
• More than 165 Million Copies Sold Worldwide
• One of 100 Great Reads in the Great American Read
• 133 Weeks on the New York Times Bestseller List

This book is intended for mature audiences.

E L James is an incurable romantic and a self-confessed fangirl. After twenty-five years of working in television, she decided to pursue a childhood dream and write stories that readers could take to their hearts. The result was the controversial and sensuous romance Fifty Shades of Grey and its two sequels, Fifty Shades Darker and Fifty Shades Freed. In 2015, she published the #1 bestseller Grey, the story of Fifty Shades of Grey from the perspective of Christian Grey, and in 2017, the chart-topping Darker, the second part of the Fifty Shades story from Christian's point of view. She followed with the #1 New York Times bestseller, The Mister in 2019. Her books have been published in fifty languages and have sold more than 165 million copies worldwide.

E L James has been recognized as one of Time magazine's Most Influential People in the World.
Queen of Myth and Monsters
by Scarlett St. Clair

The next book in the epic fantasy series by USA Today bestselling author Scarlett St. Clair.

Isolde, newly coronated queen, has finally found a king worthy of her in the vampire Adrian. But their love for each other has cost Isolde her father and her homeland. With two opposing goddesses playing mortals and vampires like chess pieces against one another, Isolde is uncertain who her allies are in the vampire stronghold of Revekka.

Now, as politics in the Red Palace grow more underhanded and a deadly blood mist threatens all of Cordova, Isolde must trust in the bond she’s formed with Adrian, even as she learns troubling information about his complicated past.

Author Bio

Scarlett St. Clair is the bestselling author of the HADES X PERSEPHONE SAGA, the HADES SAGA, KING OF BATTLE AND BLOOD, and WHEN STARS COME OUT. She has a Master's degree in Library Science and Information Studies and a Bachelors in English Writing. She is obsessed with Greek Mythology, murder mysteries, and the afterlife. You can find pictures of her adorable dog Adelaide on her Instagram at authorscarlettstclair, and updates on her books at www.scarlettstclair.com.
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The Night and Its Moon
by Piper CJ

An addictive fantasy romance from TikTok sensation Piper CJ, now newly revised and edited. Two orphans grow into powerful young women as they face countless threats to find their way back to each other.

Farleigh is just an orphanage. At least, that's what the church would have the people believe, but beautiful orphans Nox and fae-touched Amaris know better. They are commodities for sale, available for purchase by the highest bidder. So when the madame of a notorious brothel in a far-off city offers a king's ransom to purchase Amaris, Nox ends up taking her place - while Amaris is drawn away to the mountains, home of mysterious assassins.

Even as they take up new lives and identities, Nox and Amaris never forget one thing: they will stop at nothing to reunite. But the threat of war looms overhead, and the two are inevitably swept into a conflict between human and fae, magic and mundane. With strange new alliances, untested powers, and a bond that neither time nor distance could possibly break, the fate of the realms lies in the hands of two orphans - and the love they hold for each other.

Author Bio

Piper C.J., author of the bisexual fantasy series The Night and Its Moon, is a photographer, hobby linguist, and french fry enthusiast. She has an M.A. in Folklore, and a B.A. in Broadcasting, which she used in her former life as a morning show weather girl, hockey podcaster, and in audio documentary work. Now when she isn't playing with her dogs, Arrow and Applesauce, she's making tiktoks, studying Vietnamese, or writing fantasy very, very quickly.
Black Hollywood
Reimagining Iconic Movie Moments
by Carell Augustus, foreword by Forest Whitaker

"Carell Augustus is a genius." - Karamo Brown

A visionary photography book that brings together the best of classic Hollywood with today's iconic Black entertainers for an immersive experience unlike anything you've ever seen before.

Features a foreword by Academy Award winner Forest Whitaker and an afterword by beloved entertainer Niecy Nash!

Black Hollywood is a groundbreaking reimagining of Hollywood's most beloved films, including Breakfast at Tiffany's, Singin' in the Rain, Mission: Impossible, Forrest Gump, and more. Visionary photographer Carell Augustus has created a "who's who" of today's Black entertainers recreating iconic cinematic scenes, renewing readers' appreciation of the past while asking questions about representation in media and inspiring the artists of the future.

Compiled over the course of more than ten years and highlighting more than sixty-five stars such as Vanessa L. Williams, Dule Hill, Karamo Brown, Shermar Moore, and others, Carell Augustus says, "Black Hollywood is not just a book for Black people—it's a book for all people about Black people. About the dreams we were never told we could achieve. About the places we were never told we could go. And now, finally, about how we can get there.

Author Bio

CARELL AUGUSTUS is a Los Angeles-based photographer whose career has taken him around the world to shoot some of the biggest stars on the planet. His celebrity clients have included Viola Davis, Beverly Johnson, Mariah Carey, Elizabeth Banks, Pierce Bronson, Meghan Markle, Serena Williams, Snoop Dogg, and more.
 Laws of Depravity
A Martyr Maker Novel
by Eriq La Salle

From actor, director, producer and award-winning author Eriq La Salle comes the first in a heart-pounding crime thriller series that will leave you on the edge of your seat, frantically questioning the blurred lines between good and evil.

30 years. 36 priests butchered. His bloodiest masterpiece is yet to come.

Every ten years, for the past 30 years, a dozen clergymen are killed, brutally murdered in twisted scenes emulating the deaths of Jesus and his disciples. It is the work of a serial killer known as “The Martyr Maker.” And in 2011, he set his mark on New York City.

NYPD detectives Quincy Cavanaugh and Phee Freeman, along with F.B.I. agent Janet Maclin know that they have very little time to catch this monster before he completes his final cycle of killing and disappears forever. But the investigation is made even more difficult when they discover that the seemingly unrelated clergymen are anything but the symbols of godliness they would have their community believe.

Praise for Laws of Depravity:

"Laws of Depravity may be the most engrossing book you read this year, bar none." - Lee Ashford, Reader's Favorites

"... an utterly compelling and riveting thriller with echoes of the dark master, Thomas Harris. Here, La Salle also adds a surprising twist by weaving in a spiritual component (…)"

Author Bio

ERIQ LA SALLE is an actor, director, producer, and author best known to worldwide television audiences for his portrayal of the commanding Dr. Peter Benton in the award-winning, critically acclaimed medical drama, E.R. He was raised in Hartford, Connecticut, and educated at Juilliard and NYU's Tisch School of the Arts.
There are thirteen knives. One by one they begin to disappear.

Nora didn't expect Hidden Lake Camp to be in a state of ruin. Dock full of rotten boards, smashed windows, cabins falling apart. To her new husband, Paul, the camp is the past he'd just as soon bury. Nora agreed to drive north with him to get his elderly parents settled while he makes enough repairs to sell the property. Only a few months, Paul said. The summer camp, however, and its deep lake have other plans.

After Nora's first meal with his difficult family, one knife—part of a prized collection—goes missing. By the time the fourth and fifth vanish from behind locked doors and out from under watchful eyes, Nora can barely sleep. There's talk of ghosts, secret rooms and someone at the summer camp found dead in the tall grass.

Unsettling, gripping, and totally original, Book of Knives is a literary thriller that shows how one person's unraveling can bring the whole house down.

"Lise Haines, in Book of Knives, as in all her work, is an astute psychologist, a cool, unsentimental investigator of humans, who often locates the hard truths. In a time of circumspection, her bracing recognition of a more complex human consciousness hits the spot. I admire her work and her sensibility." - Rick Moody, author of Ice Storm and Hotels of North America

"Book of Knives is a beautifully written, richly compelling (...)"

Author Bio

A past finalist for the PEN Nelson Algren Fiction Award, LISE HAINES is Senior Writer in Residence at Emerson College and a former Briggs-Copeland Lecturer at Harvard University. On a free afternoon, you will find her writing, curled up with a novel, lost in a museum, at the movies, out in nature or exploring the city. Her favorite travels have taken her to Kyoto, Paris and Venice. She is the author of several novels.
Much later, as he sat with his back against an inside wall of a Motel 6 just north of Phoenix, watching the pool of blood lap toward him, Driver would wonder whether he had made a terrible mistake. Later still, of course, there'd be no doubt. But for now Driver is, as they say, in the moment. And the moment includes this blood lapping toward him, the pressure of dawn's late light at windows and door, traffic sounds from the interstate nearby, the sound of someone weeping in the next room. . . ."

Thus begins *Drive* by one of the nation’s most respected and honored authors. Set mostly in Arizona and L.A., the story is, according to Sallis, "about a guy who does stunt driving for movies by day and drives for criminals at night. In classic noir fashion, he is double-crossed and, though never before has he participated in the violence (I drive. That's all.), he goes after the ones who double-crossed and tried to kill him."

Drive is full of sly humor, poetic details and plenty of rude violence. . . The novel is a terrific ride." - Los Angeles Times
"A perfect piece of noir fiction." - New York Times
"Sallis's lean mystery and flat-voiced prose are refreshing, even startling. A lovely piece of work." - Washington Post
"One stark and stunning tale of murder, treachery, and deceit . . . [Drive] packs a wallop." - Boston Globe
"Imagine the heart of Jim Thompson beating in the poetic chest of James Sallis and you'll have some idea of the beauty, sadness and power of Drive. . . [It] has more thought ("

**Author Bio**

James Sallis has published fourteen novels, multiple collections of short stories, poems and essays, the definitive biography of Chester Himes, three books of musicology, and a translation of Raymond Queneau’s novel *Saint Glinglin*. The film of *Drive* won Best Director award at Cannes; the six Lew Griffin books are in development. Jim plays guitar, banjo, mandolin, fiddle and Dobro both solo and with the band Three-Legged Dog.
Gallows Hill
A Novel
by Darcy Coates

Darcy Coates brings you a brand-new horror novel that'll take your breath away. . . Gallows Hill is perfect for fans of Jennifer McMahon, Simone St. James, lovers of ghost stories and anyone mesmerized by the twisted secrets of the past.

The Hull family has owned the Gallows Hill Winery for generations. The sprawling old house has long been perched on top of a hill overlooking the nearby town, jealously guarding the estate's secrets. Their wine wins awards. Their business prospers. Their family thrives: until Hugh and Maria Hull enter the dark halls of Gallows Hill one last time. . . and are found dead the next morning.

People whisper that the curse has awakened once more.

It's been more than a decade since Margot Hull last saw her childhood home. She was young enough when she was sent away that she barely remembers its dark passageways and secret corners. But now she's returned to bury her parents and reconnect with the winery that is her family's legacy—and the bloody truth of exactly what lies buried beneath the crumbling estate. Alone in the sprawling, dilapidated building, Margot is forced to come face to face with the horrors of the past—and realize that she may be the next victim of a house that never rests. . .

Also By Darcy Coates:
The Haunting of Leigh Harker
From Below
The Whispering Dead
The Haunting of Ashburn House
The Haunting of Blackwood House
Craven Manor
The House Next Door
Voices in the Snow

Author Bio

Darcy Coates is the USA Today bestselling author of Hunted, The Haunting of Ashburn House, Craven Manor, and more than a dozen horror and suspense titles. She lives on the Central Coast of Australia with her family, cats, and a garden full of herbs and vegetables. Darcy loves forests, especially old-growth forests where the trees dwarf anyone who steps between them. Wherever she lives, she tries to have a mountain range close by.
"It boiled down to a white cop and black me, and he had the 'difference' in his hand."

Toussaint Moore is a college-educated, decorated war veteran. Because he's also a Black man, his employment options are limited, so he ekes out a living as a private eye serving Black clients in and around Harlem where he lives. When he's hired by producers of a television reality show called "You - Detective!" to keep tabs on the whereabouts of an accused child molester until the episode airs, the gig goes quickly south; Touie finds the man murdered, and himself framed for the deed. Needing to flee, he goes to the small Ohio town where the deceased was wanted for his crime, thinking the key to the murder may lie there. As Virgil Tibbs would experience years later in John Ball's IN THE HEAT OF THE NIGHT, Touie encounters a whole new level of resistance and racism as a Black man asking questions in a small-minded, predominantly white town.

As Scott Adlerberg states in his Feb. 2019 article for Criminal Element: "What Lacy does in Room to Swing is consider a question Walter Mosely would more fully explore years later in his Easy Rawlins books. Lacy asks whether a black man (in the late fifties) can go everywhere he needs to, with the freedom his job requires, in order to conduct the investigation necessary to crack a case

Author Bio

Ed Lacy (August 25, 1911 - January 7, 1968), born Leonard S. Zinberg, was an American writer of crime and detective fiction.
Secret Lives
by Mark de Castrique

Everybody has something to hide.

At 75-years-old, Ethel Fiona Crestwater is used to being underestimated. She looks like someone’s grandma, though she’s never married or had children; petite and a bit frail, she’s not a threat to anyone. Or is she...? Ethel runs a boarding house for government agents, and when someone murders one of her boarders, she springs into action—much to the surprise of her distant cousin Jesse, who has recently come to stay with her while he attends university. As he watches her photograph the crime scene, conceal evidence, and speed-dial the Secret Service Director, Jesse realizes that there’s much more to Ethel than appearances suggest.

But when Jesse is assaulted and the gym bag full of cash Ethel had hidden is stolen from the basement, the pair decides it’s time to launch their own unofficial investigation. With no one to trust but each other, these double-first-cousins-twice-removed form an unlikely bond, and learn that the only thing truly worth risking your life for is family.

Author Bio

Mark de Castrique grew up in the mountains of western North Carolina where many of his novels are set. He’s a veteran of the television and film production industry, has served as an adjunct professor at the University of North Carolina at Charlotte teaching The American Mystery, and he’s a frequent speaker and workshop leader. He and his wife, Linda, live in Charlotte, North Carolina. www.markdecastrique.com
The Christmas Murder Game
by Alexandra Benedict

Twelve clues. Twelve keys. Twelve days of Christmas. But how many will die before Twelfth Night?

The annual Christmas Game is afoot at Endgame House, the Armitages’ grand family home. This year's prize is to die for-deeds to the house itself—but Lily Armitage has no intention of returning. She hasn’t been back to Endgame since her mother died, twenty-one years ago, and she has no intention of claiming the house that haunts her dreams.

Until, that is, she receives a letter from her aunt promising that the game’s riddles will give her the keys not only to Endgame, but to its darkest secrets, including the identity of her mother's murderer.

Now, Lily must compete with her estranged cousins for the twelve days of Christmas. The snow is thick, the phone lines are down, and no one is getting in or out. Lily will have to keep her wits about her, because not everyone is playing fair, and there’s no telling how many will die before the winner is declared.

Including additional scavenger hunts for the reader, this clever murder mystery is the perfect gift for fans of classic mysteries, festive Christmas books, and armchair detective work.

Author Bio

ALEXANDRA BENEDICT studied English at Cambridge and creative writing at Sussex. As A.K. Benedict, she published the critically acclaimed The Beauty of Murder and The Evidence of Ghosts. She composed film and television soundtracks and performed as a musician before becoming a full-time writer in 2012.
How far would you go to protect the ones you love?
Jamie and Victoria are off for a last quick vacation before the arrival of their first baby. The remote country guesthouse Victoria chose seems like the perfect retreat—miles away from the distractions of work and their regular life. And the older couple that run the establishment, Barry and Fiona, are more than accommodating.

But when Jamie and Victoria awake on their first morning, they find the house deserted. Barry and Fiona are nowhere to be seen. All the doors are locked. And their cell phones and car keys have disappeared.

Even though it's a few weeks before the baby's due date, Victoria feels the contractions starting. The baby is coming... and there's no way out.

The Guest House is an unputdownable thriller with an explosive beginning and shocking twists perfect for fans of Lucy Foley and Ruth Ware.

A tense thriller with a tense twist! Morgan-Bentley has hit on a chilling scenario that kept me rapt and tearing through the pages. His writing is vivid and utterly engaging with shrewd character observations that really brought Victoria and Jamie's nightmare to life. The dual timelines ramped up the tension and intrigue, gradually revealing what actually happened and setting the scene for a killer twist. Highly recommended!" - K.L. Slater, author of The Widow"

Robin Morgan-Bentley is a master of the reader's comment of, 'I didn't see that coming!'" - Joy Ellis, bestselling author of The Night Thief"A gripping must-read, tightly (...)"

**Author Bio**

ROBIN MORGAN-BENTLEY is an Editorial Manager at Audible. He runs the Audible Sessions podcast and has interviewed multiple authors including Clare Mackintosh, Ian Rankin, and Anthony Horowitz.
Daily Creative
A Practical Guide for Staying Prolific, Brilliant, and Healthy
by Todd Henry

From the bestselling author of The Accidental Creative and Die Empty comes an inspirational guide that helps spark creative energy—day in and day out. Even if you don’t think of yourself as creative, you’d probably be surprised by how many creative tools you use every day. You solve problems, design, write, invent, or in other words—create. But the pressure we feel to continually create value with our minds can cause tremendous stress and eventually neutralize our ability to be effective in our roles long term. The Daily Creative is a daily reader for busy professionals, creative and otherwise, designed to help you gain focus for your day and advance toward your goals.

Each daily reading is:
• Quick: Takes less than 5 minutes to complete
• Focused: Centers around a specific theme
• Inspiring: Includes a quote from great thinkers and creatives throughout history
• Actionable: Wraps with a daily action to help you achieve results

Combat burnout with this daily toolkit that can help you feel reenergized and ready for innovation!

Author Bio

TODD HENRY is the founder of Accidental Creative, a company that works with teams to foster creativity. He speaks frequently on productivity and leadership.
Make Space for Happiness
How to Stop Attracting Clutter and Start Magnetizing the Life You Want
by Tracy McCubbin

It’s time to make room in your life for happiness to blossom. Do you feel like you have too much stuff? A cluttered space isn’t just inconvenient—the truth is it’s hard to lead a joyful, purposeful life when the things around you detract from your relationships, habits, and goals. But decluttering is more than getting rid of the stuff you already have. To make real change in your home, you need to look at how these excess possessions got there in the first place. This book examines the acquisition cycles that keep our homes overcrowded and distract us from going after the meaningful things we really want in our lives.

Make Space for Happiness gives you a seven-step roadmap to clearing your life and opening yourself up to all the good meant to come your way. Renowned decluttering expert Tracy McCubbin will help you revolutionize your living space and your mindset by focusing on clutter clearing as a path to positivity in every area of your life, helping you to manifest:

- True connection
- Self-confidence
- Free time
- Big Love
- Self-respect
- Real Purpose
- Lasting Wisdom

We all want to live in homes that are functional, comfortable, and that bring us happiness rather than detract from it. Make Space for Happiness provides flexibility, support, and inspiration as you re-envision your home as the starting point of the joyful life that’s waiting for you.

Author Bio

Tracy McCubbin is author of Making Space, Clutter Free: The Last Book On Decluttering You’ll Ever Need (June 4th, 2019). She has always referred to herself as Obsessive Compulsive Delightful,” but who knew she could turn that trait into a booming business? While working for a major television director in Los Angeles, Tracy discovered she had the ability to see through any mess and clearly envision a clutter-free space. Coupled with keen time-management and organizational skills, Tracy soon found more and more people were asking her for help. Before she knew it, dClutterfly was born.

Ten years and thousands of clients later, dClutterfly is Los Angeles’ premier organizing and decluttering company. Tracy is a regularly featured expert on
The Red Widow
The Scandal that Shook Paris and the Woman Behind it All
by Sarah Horowitz

Sex, corruption, and power: the rise and fall of the Red Widow of Paris

Paris, 1889: Margeurite Steinheil is a woman with ambition. But having been born into a middle-class family and trapped in a marriage to a failed artist twenty years her senior, she knows her options are limited.

Determined to fashion herself into a new woman, Meg orchestrates a scandalous plan with her most powerful resource: her body. Amid the dazzling glamor, art, and romance of bourgeois Paris, she takes elite men as her lovers, charming her way into the good graces of the rich and powerful. Her ambitions, though, go far beyond becoming the most desirable woman in Paris; at her core, she is a woman determined to conquer French high society. But the game she plays is a perilous one: navigating misogynistic double-standards, public scrutiny, and political intrigue, she is soon vaulted into infamy in the most dangerous way possible.

A real-life femme fatale, Meg influences government positions and resorts to blackmail—and maybe even poisoning—to get her way. Leaving a trail of death and disaster in her wake, she earns the name the "Red Widow" for mysteriously surviving a home invasion that leaves both her husband and mother dead. With the police baffled and the public enraged, Meg breaks every rule in the bourgeois handbook and becomes the most notorious woman in Paris.

An unforgettable true account of sex, scandal, and (…)

Author Bio

SARAH HOROWITZ has a PhD in modern European history from UC Berkeley and is core faculty in Women’s, Gender, and Sexuality Studies at Washington and Lee University.
**Time for Me**
Self Care & Simple Pleasures for Women Who Do Too Much
by Helene Lerner

Women are notorious for taking care of everyone else first, exhausting themselves. *Time for Me* is for any woman who feels stretched too thin, burnt out, or ready to find a better work-life balance.

Author Helene Lerner helps women figure out if they're doing too much, and then provides four Power Keys to living a more joyful and balanced life. For women who are out in the trenches every day, this book offers simple pleasures to nourish your spirit and ingenious solutions to find time for yourself.

**Author Bio**

Helene Lerner is the founder of Creative Expansions, creating television programming that empowers women and girls. She has been nominated for and won multiple Emmys. She lives and works in Manhattan.
Too F*cking Cute
A Collection of Unnecessarily Adorable Animals
by Sourcebooks and Olive Michaels

How can an animal even be this d*mn cute? This adorable gift book is the perfect gift for the animal lover in your life. Packed with sweary captions and fun f*cking facts, this laugh out loud package will help you get out all that so-cute-I-can't-handle-it aggression! Get ready to tell adorable hedgehogs to take a f*cking hike and snoozing sloths to stop that cute sh*t already!
What the Ear Hears (and Doesn't)
Inside the Extraordinary Everyday World of Frequency
by Richard Mainwaring

For readers of Neil deGrasse Tyson and Bill O'Neill, What the Ear Hears (and Doesn't) is a fascinating science book for adults that explores the physics principle of frequency and the (sometimes weird) role it plays in our everyday lives.

What do the world's loneliest whale, a black hole, and twenty-three people doing Tae Bo all have in common?

In 2011, a skyscraper in South Korea began to shake uncontrollably without warning and was immediately evacuated. Was it an earthquake? An attack? No one seemed quite sure. The actual cause emerged later and is utterly fascinating: Twenty-three middle-aged folks were having a Tae Bo fitness class in the office gym on the twelfth floor. Their beats had inadvertently matched the building's natural frequency, and this coincidence-harnessing a basic principle of physics-caused the building to shake at an alarming rate for ten minutes. Frequency is all around us, but little understood.

Musician, composer, TV presenter, and educator Richard Mainwaring uses the concept of the Infinite Piano to reveal the extraordinary world of frequency in a multitude of arenas—from medicine to religion to the environment to the paranormal—through the universality of music and a range of memorable human (and animal) stories laced with dry humor. Whether you're science curious, musically inclined, or just want to know what a Szechuan pepper has to do with physics, What the Ear Hears (and Doesn't) is an immensely enjoyable read filled with "did you know?" trivia you'll love to share with friends.

Author Bio

Richard Mainwaring is a performing musician, composer, TV presenter and educator. He has composed music for Netflix, the BBC, and the International Space Station. He is a classically trained multi-instrumentalist, and has worked with artists as diverse as Hugh Laurie, Larry Adler, Eartha Kitt, Hayley Westenra and Tom Odell. He has also presented over fifty short films for the BBC.
A Curse of Queens
by Amanda Bouchet

Discover an all-new adventure in USA Today Bestselling author Amanda Bouchet's thrilling, white-hot fantasy series, The Kingmaker Chronicles!

The queen has been cursed, and no one knows who's behind the plot to threaten the realm's fragile peace. Desperate to help, Jocasta hatches a plan to find Circe's Garden, a fabled island where she hopes to discover an antidote. But she can't do it alone. She needs the strong arm and unflinching bravery of the warrior she's loved since childhood-her brother's right-hand-man and captain of the guard, Flynn of Sinta.

Together they can do the impossible. Yet with treachery brewing on Mount Olympus, one thing is clear: Thalyria and its new royals are still pawns in an epic game of power-one that might end in a War of Gods.

The Kingmaker Chronicles:
A Promise of Fire (Book 1)
Breath of Fire (Book 2)
Heart on Fire (Book 3)

Readers are raving about the Kingmaker Chronicles:
"Give this to your Game of Thrones fans."-Booklist STARRED Review
"Loved it!"-ELOISA JAMES, New York Times bestselling author
"Utterly breathtaking!"-DARYNDA JONES, New York Times bestselling author
"Masterful worldbuilding."-Kirkus STARRED Review
"Absolutely fabulous."-C.L. WILSON, New York Times bestselling author
"Easily my favorite book of 2016!"-Bookriot
"Delivers with both heat and heart-loved it!"-JEFFE KENNEDY, award-winning author

Author Bio

Amanda Bouchet is a USA Today bestselling author of Fantasy Romance and Sci-fi Romance. She was a Goodreads Choice Awards top 10 finalist for Best Debut in 2016. For more about Amanda's books with equal parts adventure and kissing, connect with her at www.amandabouchet.com.
Chasing Your Tail
by Kate McMurray

Head to Brooklyn's Whitman Street Cat Cafe: the coffee is strong, the desserts are delicious, kitten cuddles are never out of stock and finding love is guaranteed.

Pastry chef Brad Marks is the new hot thing at the Whitman Street Cat Cafe; he makes tasty treats for both the human and feline guests at the cafe. All the patrons love him, and freelance writer Lindsay Somers understands why; five years ago, she was smitten by his charms too—until Brad broke her heart. Lindsay is happy with her new gig at a trendy weekly magazine, but when her boss assigns her to do a story on the cat cafe, she's thrown back into Brad's orbit yet again...

Praise for Kate McMurray:
McMurray's love scenes are crackling!—Entertainment Weekly
"A rom-com that offers both sensual heat and snappy humor...literary catnip."—Booklist for Like Cats and Dogs
"McMurray offers up some irresistible animal magnetism in this quirky romance...the leads' convincing chemistry give this romance its sizzle."—Publishers Weekly for Like Cats and Dogs

Author Bio

KATE McMURRAY writes smart, savvy romantic fiction. She likes creating stories that are brainy, funny, and, of course, sexy. She advocates for romance stories by and for everyone. When she's not writing, Kate edits textbooks, watches baseball, plays violin, crafts things out of yarn, and wears a lot of cute dresses. Kate lives in Brooklyn, NY, with two cats and too many books.
Court of the Vampire Queen
by Katee Robert

Three Powerfully Alluring Vampire Men
And One Queen to Rule Them All
All Mina ever wanted was to escape her father's control. Half human, half
vampire, she lived eternally torn between two worlds, never fully experiencing
the pleasures of either-until her father chose her as the pawn in his latest
political move, gifting her to the darkly powerful and dangerously seductive
Malachi Zion. Malachi is not a vampire to be trifled with. He rules with an iron fist and has a
reputation for the darkest of sins. But the longer Mina spends with him, the
more she realizes he's not the monster she first thought-and as fear bleeds
into lust, then trust, then something more, Malachi opens Mina up to a world
she never knew could be hers for the taking: including the love of Malachi's
two closest friends and companions. Now surrounded by all three men, the center of their shockingly seductive
world, Mina may finally have the power to face down her father and take back
the life-and crown-that by all rights should be hers.

LONG LIVE THE QUEEN.

Author Bio

KATEE ROBERT is a New York Times and USA Today bestselling author of
contemporary romance and romantic suspense. Entertainment Weekly calls
her writing "unspeakably hot." Her books have sold over a million copies. She
lives in the Pacific Northwest with her husband, children, a cat who thinks he's
a dog, and two Great Danes who think they're lap dogs.
After two failed marriages, Leanne Vanderpol is here for a good time, not for a long time. She only loves the witches in her coven, and she cares more about her career than happily ever after. A difficult past makes her skittish, and she doesn't trust relationships to stick. But when she decides to run for city council instead of wasting her talents cleaning up messes for the mayor's office, she fears her past could be used against her. Unless she can find the right husband to shore up her political career. . .

Trevor Montgomery might have peaked in high school. He was popular then, and in college as well, but he partied away his future, met the wrong person, and everything fell apart. Now he's jobless, dateless, and hopeless, at least according to his toxic family. Then a chance meeting with the redhead of his dreams offers an unexpected ray of light just when he needs it most.

Can a woman who doesn't believe in forever find true love with a man who's stopped believing in anything at all?

Author Bio

ANN AGUIRRE is a New York Times and USA Today bestselling author. Before she began writing, she was a clown, a voice actress, and a savior of stray kittens. Ann writes genre fiction, with more than forty novels to date. She grew up in a yellow house across from a cornfield, but now lives in Mexico with her family.
The Holiday Trap
by Roan Parrish

For fans of Alexandria Bellefleur and Casey McQuiston comes a charming, hilarious, and heartwarming LGBTQIA+ romcom about two separate couples finding love over the holidays from acclaimed author Roan Parrish!

FROM A COZY NEW ENGLAND HAVEN
Greta Russakoff loves her tight-knit family and tiny Maine hometown, but they can't seem to understand what it's like to be a lesbian living in such a small world. When an act of familial meddling goes way too far, she realizes just how desperately she needs space to figure out who she is.

TO THE HEART OF NEW ORLEANS
Truman Belvedere's heart is crushed when he learns that his boyfriend has a secret life including a husband and daughter. Reeling, all he wants is a place to lick his wounds far, far away from Louisiana.

COMES ONE HOLIDAY THAT'LL CHANGE THEIR LIVES
Enter a mutual friend with a life-altering idea: swap homes for the holidays. For one perfect month, Greta and Truman will have a chance to experience a whole new world... and maybe fall in love with the partner of their dreams.
But all holidays must come to an end, and eventually these two transplants will have to decide whether the love (and found family) they each discovered so far from home is worth fighting for.

Author Bio
Roan Parrish lives in Philadelphia, where she is gradually attempting to write love stories in every genre. When not writing, she can usually be found cutting her friends' hair, meandering through whatever city she's in while listening to torch songs and melodic death metal, or cooking overly elaborate meals. She loves bonfires, winter beaches, minor chord harmonies, and self-tattooing. One time she may or may not have baked a six-layer chocolate cake and then thrown it out the window in a fit of pique.
There’s Something About Merry
by Codi Hall

Root for friends to lovers to happily ever after in this charming, heartfelt holiday rom-com, in print for the first time!

Curl up this Christmas with a fun, festive romcom featuring:
• Irresistible single dad hero
• Heartwarming second chance at love story
• The healing magic of the holiday season
• Warm nights on the family Christmas tree farm

A guarded single dad. A woman scared to love. Clark Griffin and Merry Winters are determined to be friends and nothing more. But they’ve been anonymously flirting with each other online, and with a little Christmas magic and the help of a precocious kid, these two might just get their one wish this year.

Codi Hall brings all the feels."-Monica Murphy, New York Times bestselling author

Author Bio

CODI HALL loves writing small town romances with big feels. She enjoys movie marathons with her family, cuddling with her furbabies, creating funny TikToks to share with the world, and snuggling under a blanket with a good book! She also writes contemporary and paranormal romance under the pen name Codi Gary. Learn more at authorcodihall.com.

Sourcebooks
On Sale: Sep 6/22
5.5 x 8.25 • 416 pages
9781728265599 • $22.99 • pb
Fiction / Romance / Contemporary
When Life Gives You Vampires  
by Gloria Duke

A paranormal Dumplin’ for adults, When Life Gives You Vampires is part a journey of body positivity, part a story about learning how to accept love at face value, and part a hysterical romcom told through a paranormal lens.

Twenty-five year old Lily Baines is used to waking up hungover, overweight, and underemployed. Waking up with fangs? Not so much. But when a little light necking has more serious consequences than she ever imagined, Lily's determined to get to the bottom of it, or die (again) trying.

Tristan hadn't meant to turn Lily—it's against vampire law—but now that she's here, they need to team up to save both their hides. They strike an uneasy truce, fending off other vampires, Lily's work-rival-turned-slayer, and her mother's tone-deaf romance and fitness advice... all while Lily faces down her insecurities about the fact that she lives in a diet-obsessed world with a body that will never age, never die, and never change.

Falling for her maddeningly gorgeous sire? Easy. Surviving an ancient vampire Master determined to see her twice-dead? Piece of cake. But can Lily ever truly learn to love the woman she'll be forever more?

Author Bio

Gloria Duke writes contemporary and paranormal romance fiction. Her HEA is out there—but for now, she just lives with a cat and a chihuahua.
You're a Mean One, Matthew Prince
by Timothy Janovsky

An effervescent (Rachel Lynn Solomon) Christmas LGBTQIA+ New Adult RomCom, perfect for fans of Schitt's Creek and Red White & Royal Blue. Bring a little joy to the world? Not today, Santa.

Matthew Prince is young, rich, and thoroughly spoiled. So what if his parents barely remember he exists and the press is totally obsessed with him? He's on top of the world. But one major PR misstep later, and Matthew is cut off and shipped away to spend the holidays in his grandparents' charming small town hellscape. Population: who cares?

It's bad enough he's stuck in some festive winter wonderland—it's even worse that he has to share space with Hector Martinez, an obnoxiously attractive local who's unimpressed with anything and everything Matthew does.

Just when it looks like the holiday season is bringing nothing but heated squabbles, the charity gala loses its coordinator and Matthew steps in as a saintly act to get home early on good behavior. . . with Hector as his maddening plus-one. But even a Grinch can't resist the unexpected joy of found family, and in the end, the forced proximity and infectious holiday cheer might be enough to make a lonely Prince's heart grow three sizes this year.

People Are Raving About Timothy Janovsky:
*This book made my queer heart so very (...

**Author Bio**

TIMOTHY JANOVSKY is a queer, multidisciplinary storyteller from New Jersey. He holds a degree in theatre and dance from Muhlenberg College. His work as a humor writer has been featured on Points in Case, The Broadway Beat, and Well Mannered Grump, and his fiction short story debut was published by Voyage YA Journal. When he's not daydreaming about a young Hugh Grant, he's writing the queer rom-coms he wished he had as a teenager. Never Been Kissed is his first novel.
A Very Typical Family
A Novel
by Sierra Godfrey

A propulsive contemporary women’s fiction debut with dark humor and messy yet warm-hearted family dynamics, perfect for fans of Claire Lombardo’s The Most Fun We Ever Had and Emma Straub’s All Adults Here.

All families are messy. Some are disasters.

Natalie Walker is the reason her older brother and sister went to prison over 15 years ago. She fled California shortly after that fateful night and hasn’t spoken to anyone in her family since. Now, on the same day her boyfriend steals her dream job out from under her, Natalie receives a letter from a lawyer saying her estranged mother has died and left the family’s historic Santa Cruz house to her. Sort of. The only way for Natalie and her siblings to inherit is for all three adult children to come back and claim it-together.

Natalie drives cross-country to Santa Cruz with her willful cat in tow expecting to sign some papers, see siblings Lynn and Jake briefly, and get back to sorting out her life in Boston. But Jake, now an award-winning ornithologist, is missing. And Lynn, working as an undertaker in New York City, shows up with a teenage son. While Natalie and her nephew look for Jake-meeting a very handsome marine biologist who immediately captures her heart-she unpacks the guilt she has held onto for so many years, wondering how (or if) she can salvage a relationship with her siblings after all this time.

A Very Typical Family navigates the messy yet warm-hearted journey of a family struggling to find each other again. Written with (...)

Author Bio

Sierra Godfrey is a tech editor by day who loves writing stories about complex relationships. She lives in the foggy wastelands of the San Francisco Bay Area with her husband, sons, and a bevy of animals, all of which seemed like a good idea at the time.
Always the First to Die
A Novel
by R.J. Jacobs

For fans of Riley Sager with a classic slasher twist, Always the First to Die follows a former horror movie actress as she returns to the set of her most iconic film, only to find that the strange circumstances begin to resemble the plot of her most famous film.

After her husband’s death, Lexi has refused to return to the Pinecrest Estate on the Florida Keys, too many hard memories on that strip of land. Memories of meeting her husband on the set of an iconic horror movie. Of being cast as an extra, of watching herself get killed on screen. And of scoffing at the rumors of the Pinecrest Estate curse,” until she witnessed a cast member die that very summer. But when her daughter sneaks away to visit her grandfather, legendary horror movie director Rick Plummer, Lexi is forced to face her past. That’s when a Category Four hurricane changes course, and hits the southern coast.

Unable to get through to her daughter, Lexi drives to the Keys in the wake of the storm. What she finds is an island without cell service, without power, and with limited police presence. A desolate bit of land, with only a few remaining behind: the horror director, the starlet once cast as the final girl, the young teenager searching for clues of her father, the mother determined to get off the island, and... the person picking them off one-by-one.

Soon enough Lexi’s life begins to resemble Rick’s most famous horror film, and she must risk her life to save her daughter before someone, or something, destroys them all.

Author Bio

R.J. JACOBS has practiced as a psychologist since 2003. He maintains a private practice in Nashville, and he’s the author of And Then You Were Gone and Somewhere in the Dark. Find out more at rjjacbsauthor.com.
Cradles of the Reich
A Novel
by Jennifer Coburn

Three women, a nation seduced by a madman, and the Nazi breeding program to create a so-called master race

At Heim Hochland, a Nazi breeding home in Bavaria, three women's fates are irrevocably intertwined. Gundi is a pregnant university student from Berlin. An Aryan beauty, she's secretly a member of a resistance group. Hilde, only eighteen, is a true believer in the cause and is thrilled to carry a Nazi official's child. And Irma, a 44-year-old nurse, is desperate to build a new life for herself after personal devastation. All three have everything to lose.

Based on untold historical events, this novel brings us intimately inside the Lebensborn Society maternity homes that actually existed in several countries during World War II, where thousands of racially fit babies were bred and taken from their mothers to be raised as part of the new Germany. But it proves that in a dark period of history, the connections women forge can carry us through, even driving us to heroism we didn't know we had within us.

"I loved Cradles of the Reich, Jennifer Coburn's fascinating and incredibly well-researched look at this little-known Nazi breeding program and three women whose lives intersect there. Don't miss this wonderful historical fiction debut!" - Martha Hall Kelly, New York Times bestselling author of The Lilac Girls and Sunflower Sisters

"With this novel Jennifer Coburn gives compelling and necessary literary voice to those impacted the (...)"

Author Bio

Jennifer Coburn is the author of Cradles of the Reich, a historical novel about three very different women living at a Nazi Lebensborn breeding home at the start of World War II.

She has also published a mother-daughter travel memoir, We'll Always Have Paris, as well as six contemporary women's novels. Additionally, Jennifer has contributed to five literary anthologies, including A Paris All Your Own.

Jennifer lives in San Diego with her husband, William. Their daughter, Katie is currently in graduate school. When Jennifer is not going down historical research rabbit holes, she volunteers with So Say We All, a live storytelling organization, where she is a performer, producer, and performance coach.
**Her Hidden Genius**  
A Novel  
by Marie Benedict

Fans of historical fiction will devour this complex portrait of a brilliant and trailblazing genius and the price she paid to advance the frontiers of science.**”** - Beatriz Williams, New York Times bestselling author of Our Woman in Moscow  
The new novel from the New York Times bestselling author of The Mystery of Mrs. Christie!  
She changed the world with her discovery. Three men took the credit. Rosalind Franklin has always been an outsider—brilliant, but different. Whether working at the laboratory she adored in Paris or toiling at a university in London, she feels closest to the science, those unchanging laws of physics and chemistry that guide her experiments. When she is assigned to work on DNA, she believes she can unearth its secrets. Rosalind knows if she just takes one more X-ray picture—one more after thousands—she can unlock the building blocks of life. Never again will she have to listen to her colleagues complain about her, especially Maurice Wilkins who’d rather conspire about genetics with James Watson and Francis Crick than work alongside her. Then it finally happens—the double helix structure of DNA reveals itself to her with perfect clarity. But what unfolds next, Rosalind could have never predicted. Marie Benedict's powerful new novel shines a light on a woman who sacrificed her life to discover the nature of our very DNA, a woman whose world-changing contributions were hidden by the men around her but (...)

**Author Bio**

Marie Benedict is a lawyer with more than ten years' experience as a litigator at two of the country's premier law firms and for Fortune 500 companies. She is a magna cum laude graduate of Boston College with a focus in history and art history and a cum laude graduate of the Boston University School of Law. Marie, the author of The Other Einstein, Carnegie’s Maid, The Only Woman in the Room, and Lady Clementine, views herself as an archaeologist of sorts, telling the untold stories of women. She lives in Pittsburgh with her family.
Something from Tiffany's
by Melissa Hill

Soon to be a Hello Sunshine/Prime feature film, from international bestselling author Melissa Hill comes an adorable holiday romance about taking chances, falling in love, and trusting destiny.

New York City at Christmas and a visit to Tiffany's is a recipe to sweep a girl off her feet unless fate has other plans . . .

When Ethan Greene lost his wife, he never thought he would be able to replace her, until one woman stepped in and showed him how to be happy again. Now, on a romantic Christmas trip to New York City, he has a plan to show Vanessa just how important she is to him and maybe even to give his daughter, Daisy, a complete family again. He's going to propose with a perfect ring from Tiffany's.

Gary Knowles and his girlfriend, Rachel, are on the trip of a lifetime in New York at the most magical time of year. The only thing missing is Gary's gift for Rachel, since as usual, he's left his shopping far too late. On a last-minute Christmas Eve visit to Tiffany's, he quickly picks out a charm bracelet for her and heads back to their hotel. But, in a moment, one small mistake changes everything.

Author Bio

MELISSA HILL is the #1 international bestselling author of more than ten novels, including The Truth About You, Please Forgive Me, Before I Forget and The Last to Know. Her books have been translated into twenty-five different languages. She lives in Wicklow, Ireland.
Something from Tiffany's - Movie Tie-In
by Melissa Hill

Movie Tie-In Edition

Soon to be a Hello Sunshine/Prime feature film, from international bestselling author Melissa Hill comes an adorable holiday romance about taking chances, falling in love, and trusting destiny. New York City at Christmas and a visit to Tiffany’s is a recipe to sweep a girl off her feet unless fate has other plans . . .

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Author Bio

MELISSA HILL is the #1 international bestselling author of more than ten novels, including The Truth About You, Please Forgive Me, Before I Forget and The Last to Know. Her books have been translated into twenty-five different languages. She lives in Wicklow, Ireland.
The Banned Bookshop of Maggie Banks
A Novel
by Shauna Robinson

I, Maggie Banks, solemnly swear to uphold the rules of Cobblestone Books. If only, I, Maggie Banks, believed in following the rules.

When Maggie Banks arrives in Bell River to run her best friend's struggling bookstore, she expects to sell bestsellers to her small-town clientele. But running a bookstore in a town with a famously bookish history isn't easy. Bell River's literary society insists on keeping the bookstore stuck in the past, and Maggie is banned from selling anything written this century. So, when a series of mishaps suddenly tip the bookstore toward ruin, Maggie will have to get creative to keep the shop afloat.

And in Maggie's world, book rules are made to be broken.

To help save the store, Maggie starts an underground book club, running a series of events celebrating the books readers actually love. But keeping the club quiet, selling forbidden books, and dodging the literary society is nearly impossible. Especially when Maggie unearths a town secret that could upend everything.

Maggie will have to decide what's more important: the books that formed a small town's history, or the stories poised to change it all.

Author Bio

Shauna Robinson's love of books led her to try a career in publishing before deciding she'd rather write books instead. Originally from San Diego, she now lives in Virginia with her husband and their sleepy greyhound. Shauna is an introvert at heart-she spends most of her time reading, baking, and figuring out the politest way to avoid social interaction.
The Invincible Miss Cust
A Novel
by Penny Haw

Must-read historical fiction for fans of Marie Benedict and Tracey Enerson Wood, based on the real life of Britain's first woman veterinary surgeon.

Aleen Cust has big dreams. And no one—not her family, society, or the law—will stop her. Born in Ireland in 1868 to an aristocratic English family, Aleen knows she is destined to work with animals, even if her family is appalled by the idea of a woman pursuing a veterinary career. Going against their wishes but with the encouragement of the guardian assigned to her upon her father's death, Aleen attends the New Veterinary College in Edinburgh, enrolling as A. I. Custance to spare her family the humiliation they fear. At last, she is on her way to becoming a veterinary surgeon! Little does she know her biggest obstacles lie ahead.

The Invincible Miss Cust is based on the real life of Aleen Isabel Cust, who defied her family and society to become Britain and Ireland's first woman veterinary surgeon. Through Penny Haw's meticulous research, riveting storytelling, and elegant prose, Aleen's story of ambition, determination, family, friendship, and passion comes to life. It is a story that, even today, women will recognize, of battling patriarchy and an unequal society to realize one's dreams and pave the way for other women in the face of seemingly insurmountable odds.

"I loved this gripping and inspirational book! Aleen Cust's... courage and independence of spirit shine through on every beautifully-written page as she faces life's triumphs and tragedies." - Fiona (...)

Author Bio

Penny Haw worked as a journalist and columnist for more than three decades, writing for many leading South African newspapers and magazines before yielding to a lifelong yearning to create fiction. Her stories feature remarkable women, illustrate her love for nature, and explore the interconnectedness of all living things. The Invincible Miss Cust is Penny's debut historical fiction. She lives near Cape Town with her husband and three dogs, all of whom are well-walked.
Last Party
A Novel
by Clare Mackintosh

By midnight, one of them is dead. By morning, all of them are suspects...

Tucked into the mountains of North Wales, the village of Cwm Coed is bordered by a shimmering lake on one side and an army of pine trees on the other. But the tranquility is shattered when homegrown celebrity Rhys Lloyd returns to develop a luxury resort on the shore opposite the village.

Old resentments begin to rise to the surface, and new tensions emerge between the locals and the outsiders. Still, when the resort throws open its doors for a New Year's Eve party, with champagne flowing through the night, none of the villagers can resist the invitation.

The next morning, a body is found floating in the lake—and it's Rhys. Ffion Morgan is summoned to investigate, but with her deep ties to the village she dreads what she might find out about her neighbors, friends, and family. And what about her own link to the victim?

"I loved everything about The Last Party. Taut, pacey and so atmospheric with brilliantly executed twists and wonderfully written characters. DC Ffion Morgan is my new favorite detective. An absolute triumph." - Claire Douglas, author of The Couple at No. 9

"Superb. A compelling murder mystery told with warmth, humor and enough red herrings to keep even the most seasoned crime reader guessing." - C.L. Taylor, author of Sleep

"Expertly plotted and relentlessly gripping, a perfectly executed murder mystery. The (...)"

Author Bio

CLARE MACKINTOSH is the multi-award-winning author of four Sunday Times bestselling novels. Translated into forty languages, her books have sold more than two million copies worldwide, have been New York Times and international bestsellers, and have spent a combined total of 50 weeks on the Sunday Times bestseller chart. Her most recent novel is Hostage. Mackintosh lives in North Wales with her husband and their three children. She can be found at claremackintosh.com, facebook.com/ClareMackWrites, or on Twitter @ClareMackint0sh.
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The Storyteller's Death
A Novel
by Ann Davila Cardinal

From International Latino Book Award-winning author Ann Davila Cardinal comes a gorgeously written family saga about a Puerto Rican teenager who finds herself gifted (or cursed?) with a strange ability.

There was always an old woman dying in the back room of her family's house when Isla was a child. . .

Isla Larsen Sanchez's life begins to unravel when her father passes away. Instead of being comforted at home in New Jersey, her mother starts leaving her in Puerto Rico with her grandmother and great-aunt each summer like a piece of forgotten luggage.

When Isla turns eighteen, her grandmother, a great storyteller, dies. It is then that Isla discovers she has a gift passed down through her family's cuentistas. The tales of dead family storytellers are brought back to life, replaying themselves over and over in front of her.

At first, Isla is enchanted by this connection to the Sanchez cuentistas. But when Isla has a vision of an old murder mystery, she realizes that if she can't solve it to make the loop end, these seemingly harmless stories could cost Isla her life.

"Ann Davila Cardinal is back to captivate us with The Storyteller's Death, a striking novel about secrets so restless they're dangerous. Isla, the book's spirited protagonist, will endear herself to all of those who have stumbled upon those terrible truths that make our beloved families that much more complicated, flawed, and human." - Rigoberto Gonzalez, author and literary critic

Author Bio

ANN DÁVILA CARDINAL is a novelist and Director of Recruitment for Vermont College of Fine Arts (VCFA). She also helped create VCFA's winter MFA in Writing residency in Puerto Rico. She comes from a long line of Puerto Rican writers, including father and son poets Virgilio and José Antonio Dávila, and her cousin, award-winning fiction writer Tere Dávila. Dávila Cardinal's first novel, Sister Chicas was co-written with Jane Alberdeston Coralin and Lisa Alvarado. One of her two YA horror novels was nominated for a Bram Stroker Award. She lives in Vermont.
The Ways We Hide
A Novel
by Kristina McMorris

From the New York Times bestselling author of Sold On A Monday—over a million copies sold!—comes a sweeping World War II tale of an illusionist whose recruitment by British intelligence sets her on a perilous, heartrending path.

As a little girl raised amid the hardships of Michigan's Copper Country, Fenna Vos learned to focus on her own survival. That ability sustains her even now as the Second World War rages in faraway countries. Though she performs onstage as the assistant to an unruly escape artist, behind the curtain she's the mastermind of their act. Ultimately, controlling her surroundings and eluding traps of every kind helps her keep a lingering trauma at bay.

Yet for all her planning, Fenna doesn't foresee being called upon by British military intelligence. Tasked with designing escape aids to thwart the Germans, MI9 seeks those with specialized skills for a war nearing its breaking point. Fenna reluctantly joins the unconventional team as an inventor. But when a test of her loyalty draws her deep into the fray, she discovers no mission is more treacherous than escaping one's past.

Inspired by stunning true accounts, The Ways We Hide is a gripping story of love and loss, the wars we fight—on the battlefields and within ourselves—and the courage found in unexpected places.

"A riveting tale of intrigue and illusion, danger and historical mystery, but at its heart the story of one woman's struggle to escape her own past. While using her remarkable skills to help captured soldiers, Fenna finds herself face-to-face with what she loves most (...)"

Author Bio

Kristina McMorris is a New York Times bestselling author of two novellas and six novels, including the runaway bestseller Sold on a Monday. Initially inspired by her grandparents' WWII courtship letters, her works of fiction have garnered more than twenty national literary awards. Prior to her writing career, she owned a wedding-and-event planning company until she had far surpassed her limit of YMCA and chicken dances. She also worked as a weekly TV-show host for Warner Bros. and an ABC affiliate, beginning at age nine with an Emmy Award-winning program. A graduate of Pepperdine University, she lives near Portland, Oregon, where (ironically) she's entirely deficient of a green thumb and doesn't own a single umbrella.
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When Franny Stands Up
by Eden Robins

A delightful coming-of-age story about a Jewish woman in post-WWI Chicago breaking boundaries, finding her voice, and healing her and her family's trauma through laughter.

Franny Steinberg knows there’s powerful magic in laughter. She’s witnessed it. With the men of Chicago off fighting WWII on distant shores, Franny has watched the women of the city taking charge of the war effort. But amidst the war bond sales and factory shifts, something surprising has emerged, something Franny could never have expected. A new marvel that has women flocking to comedy clubs across the nation: the Showstopper.

When Franny steps into Chicago’s Blue Moon comedy club, she realizes the power of a Showstopper—that specific magic sparked when an audience laughs so hard, they are momentarily transformed. And while each comedian’s Showstopper is different, they all have one thing in common: they only work on women.

After a traumatic flashback propels her onstage in a torn bridesmaid dress, Franny discovers her own Showstopper is something new. And suddenly she has the power to change everything... for herself, for her audience, and for the people who may need it most.

Author Bio

EDEN ROBINS loves novels best, but they take forever so she also writes short stories and self-absorbed essays. She co-hosts a science podcast called No Such Thing As Boring with an actual scientist, and produces a monthly live lit show in Chicago called Tuesday Funk. She lives in Chicago, Illinois, has been to the bottom of the ocean, and will never go to space. This is her first novel.
Accidents in North American Climbing 2022
by American Alpine Club

• Beginners and expert climbers alike rely on the stories and analysis in Accidents to become safer climbers
• Know the Ropes and Essentials articles, written by experts, provide focused how-to advice throughout the book
• New: more avalanche reports for backcountry travelers

Since 1948, the American Alpine Club has documented the year's most teachable climbing accidents, providing invaluable lessons to climbers. In Accidents in North American Climbing, each incident is thoroughly analyzed to help climbers avoid similar mistakes in the future. In the Know the Ropes and Essentials sections, professional guides and other experts offer in-depth instruction and copious illustration to help prevent avoidable accident

Author Bio

Produced jointly by the Safety Committees of the American Alpine Club and the Alpine Club of Canada, Accidents in North American Mountaineering details what happened and analyzes what went wrong in each situation to give mountaineers the opportunity to learn from others' mistakes.
All and Nothing
Inside Free Soloing
by Jeff Smoot

• An insider's perspective on free soloing
• From the author of the critically acclaimed Hangdog Days
• Examines what motivates people to climb without a rope

Once considered a fringe activity, climbing without a rope has entered the mainstream consciousness, largely because of the Oscar-winning documentary Free Solo featuring professional climber Alex Honnold. Yet climbers have been free soloing all along - motivated by reasons as varied as the climbers themselves.

All and Nothing delves into the cultural history of free soloing, ranging across the storied climbing cultures of the Alps, Rocky Mountains, Sierra Nevada, Joshua Tree, Yosemite, the Gunks, Eldorado Canyon, and several other locales. Writer and climber Jeff Smoot explores the interplay of climbing and risk, as well as psychological theories, evolving ethics, the effect of media coverage (particularly the portrayal of extreme sports), and shares original interviews with dozens of free soloists. Smoot also recounts his personal experiences climbing without a rope in the same era as talented climbers like Mark Twight and Peter Croft.

From inside his complex connection to free soloing, he examines our relationship with risk, how we perceive our sense of control, and our perspective on mortalit

Author Bio

Jeff Smoot is an outdoor adventure writer and photographer. His memoir Hangdog Days: Conflict, Change, and the Race for 5.14 chronicling rock climbing in the 1980s was a finalist for the Boardman Tasker award. A Seattle native, he resides in Hawaii. Find him online at jeffsmoot.wixsite.com/website.
The Art of Shralpinism
Lessons from the Mountains
by Jeremy Jones

- Includes stories, lists, and prescriptive guidance based on Jones's experiences as well as those of other well-known adventurers
- Anecdotal and experiential approach for creating a resilient mountain life
- Features original art by the author

Not a technical guide on snowboarding but, rather, a very personal approach to how to think about mountains, snow, and adventure, The Art of Shralpinism reflects the remarkable journey of snowboarding superstar Jeremy Jones. Drawing on the hundreds of journals he has kept over the years, Jones offers intriguing snapshots of time and place that include his own on-the-slope stories and white-out moments, as well as those of other prominent adventurers such as Jimmy Chin, Zahan Billimoria, and Christina Lusti.

Shralpinism is a compendium of lessons hard won: quick tips, sound advice, and impactful stories. Learn which aspects of avalanche training are most crucial to absorb, ways to anticipate slope behavior or recognize clean lines, how to cut a cornice or develop safety protocols, how to build a fitness routine, the art of the turn, and keys to developing terrain and skills progression. Jones discusses the importance of mentors, the necessity and intensity of practice, the nature of risk, and the shape of failure.

But at its heart, The Art of Shralpinism revels in the power of experience, the impact of stoke, and the beauty that underscores all outdoor adventure.

Author Bio

Jeremy Jones is an award-winning snowboarder, the owner of Jones Snowboards, and the founder of Protect Our Winters, a global nonprofit that unites passionate outdoor people to protect the places they love from climate change. The recipient of eleven Big Mountain Rider of the Year awards from Snowboarder Magazine and a National Geographic Adventurer of the Year, Jones has starred in dozens of snowboard films including his highly acclaimed trilogy, Deeper, Further, and Higher.
The Avalanche Handbook
4th Edition
by David McClung

• More than 75,000 copies sold of previous editions
• New chapter on risk management
• Includes new photographs and updated illustrations

The Avalanche Handbook needs no introduction. For this new fourth edition of the course-adopted and internationally recognized book, David McClung has completed an in-depth review and update of the entire text, as well as consulted outside experts in explosives, search and rescue, and other key topics. Comprehensive sections cover the formation, character, effects, and control of avalanches; avalanche terrain and forecasting; safety and rescue; risk management, preventive and protective measures; and more.

Technical yet accessible and with extensive photos, illustrations, graphs, and charts throughout, The Avalanche Handbook will continue to be essential reading for avalanche professionals and serious winter backcountry adventurer.

Author Bio

Dr. David McClung is Professor Emeritus in the Department of Geography at the University of British Columbia. He has been doing avalanche research and consulting for over 50 years in Canada, the United States, and Norway. He lives in Vancouver, British Columbia. Visit him online at geog.ubc.ca/avalanche/index.html.
Colorado Campgrounds
The 100 Best and All the Rest
by Gil Folsom

• Features 400-plus Colorado campgrounds
• At-a-glance rating system and photos take the guesswork out of finding a great spot
• Intel you won’t find online, including prime sites and maps

A great campground makes all the difference between a so-so trip and a getaway you’ll treasure for a lifetime. But with so many campgrounds in Colorado, how do you choose? *Colorado Campgrounds: The 100 Best and All the Rest* does the footwork for you, offering a candid, critical look at the finest the Centennial State has to offer. Rating key factors such as scenery, shade, and privacy, with information on facilities and proximity to local adventures, this indispensable guide - now in a completely updated 5th edition - shares the 100 top campgrounds in Colorado, along with 300-plus other noteworthy spots. With insider tips, maps, and color photos, *Colorado Campgrounds* is all you need to start planning your picture-perfect Colorado camping tri

Author Bio

Gil Folsom is a longtime Colorado resident and has been an avid camper since his early years as a Boy Scout. He has camped all over the world, from Alaska to New Zealand, and continues to explore the globe on foot, bicycle, kayak, car, and RV in search of the very best campsites on offer.
Coloring More of Colorado
by Jesse Crock

• Second coloring book in a series by Colorado artist Jesse Crock
• Iconic landscape and outdoor adventure scenes from around the state
• Great for all ages

Coloring More of Colorado features drawings of some of the treasures of the Centennial State such as the Fourteeners, the Buffalo Overlook, iconic buildings, famous hot springs, native animals, and the much-loved wooden troll in Breckenridge. For outdoor adventure lovers, there are scenes of snow biking, rafting, kayaking, mountaineering, and more! Fun for anyone from age 3 to 93, this coloring book is printed on white paper with perforated pages that can be easily torn out and displayed. While many people will want Coloring More of Colorado for themselves, it also makes a wonderful gift.

Author Bio

Jesse Crock is a Golden, Colorado-based artist with a love of cycling, fishing, and the outdoors. As an outdoor enthusiast, he brings the viewer’s eye to places that are not often painted. The rich colors and sharp contrast found in his acrylic paintings attempt to capture the vibrant Colorado landscape. He is also an elementary art teacher who finds that he often connects his work with the playfulness of his students and is inspired by the energy they bring to the classroom. Find him online at jessecrockart.com.
Fall Color Hikes: Washington
by Tami Asars

- 45 detailed hiking routes to fall color
- 8 colorful scenic drives with lookout or walk-to viewing points
- Stunning full-color photographs throughout

Fall color isn't just for New England leaf peepers; hit these trails in autumn to see that the Evergreen State also explodes with vibrant reds and golds. In Fall Color Hikes: Washington, expert hiker and guidebook author Tami Asars shares the best hikes and drives for experiencing and - photographing - the full glory of fall color in Washington.

Each of the 45 hike descriptions highlights trail particulars as well as what foliage hikers can expect to see, while the 8 scenic drives guide you along the roads in different parts of the state that offer plenty of opportunities to pull over and marvel at nature's beauty. Introductory text includes suggestions for getting the best photos of the eye-popping colors and tips for planning for fall and winter outings when days are shorter and colder. Featured flora includes big-leaf maples, dogwoods, gingkoes, huckleberry bushes, larches, mountain ash, Oregon grape, vine maples, witch hazel, and much more.

Author Bio

Tami Asars is an outdoor writer and nature photographer living in the Cascade foothills of Washington with her husband, Vilnis, and her rough collie, Scout. She is the author of four hiking guides, including Hiking the Wonderland Trail and Hiking the Pacific Crest Trail: Washington, as well as a contributor for outdoor publications and online hiking resources. Her work has appeared in several magazines, including Alaska Airlines, City Dog, Washington Trails, and Washington Magazine. Find her online at tamiasars.com.
Fungalicious Fruits of the Forest
A Field Guide to Northwest Edible Mushrooms
by Daniel Winkler

- Key characteristics for each species to aid in identification
- Full-color photographs depicting each featured species
- Includes recipes for simple backcountry fare to elaborate dishes

With details for harvesting everything from the ever-popular golden chanterelles to the red-cracked bolete, Fungalicious Fruits of the Forest will appeal to both the novice and the avid mushroom hunter. Lifelong mushroom educator and expert Daniel Winkler presents more than 200 edible wild mushrooms that flourish across our region, from Northern California to British Columbia. Comprehensive yet accessible and full of personality, this full-color field guide features habitat and seasonality, how to store and prep different varieties, tips for differentiating look-alike species, and much more.

Not only does Winkler have vast experience finding, identifying, and collecting mushrooms, he has also spent decades preparing various species in all sorts of meals. He presents a few dozen recipes, ranging from Chanterelles in Cream Sauce to Bold Bolete Quiche, Breaded Saffron Milkcaps to Candy Cap Butter Cookies. Winkler shares notes on mushroom culture around the world, tips on foraging, ideas for preserving mushrooms, and suggestions for medicinal teas and extracts. With Fungalicious Fruits of the Forest in hand, a delicious world of fungi tastes awaits.

Author Bio

A mushroom educator, trained ecologist, and award-winning photographer, Dan Winkler grew up collecting mushrooms in the Alps. Winkler has been foraging for more than 25 years in the Pacific Northwest, in addition to South America and High Asia, where he is involved in ethno-mycological fieldwork. He served as vice president of the Puget Sound Mycological Society, who recognized his lifetime of service with their Golden Mushroom Award. Through his travel agency, Mushroaming, Winkler runs mushroom-focused eco-tours to Tibet, Bhutan, the Amazon, Colombia, and the Austrian Alps as well as in the Northwest. He lives in Kirkland, Washington. Find him online at mushroaming.com.
Mushroom Logbook

• Includes space for spore printing
• Prompts and data points to fill in about found mushrooms
• Compact size makes it easy to take on hikes and foraging trips

Expert and novice mushroom hunters alike will enjoy using this journal to track all their fungal finds. The Mushroom Logbook includes space to collect important data points, such as cap and stalk characteristics, nearby plants and wildlife, habitat, weather, and other notes. The textured cover will stand up to the elements and has a metallic decorative title and Morel mushroom icon to draw the eye.

The Mountaineers Books
On Sale: Sep 1/22
5 x 7 • 128 pages
textured cover, rounded corners
9781680516333 • $16.50 • journal/diary/blank book
Nature/Mushrooms • Non Returnable

Notes

Promotion
The Naturalist’s Companion
A Field Guide to Observing and Understanding Wildlife
by Dave Hall

• Practical guidance on how to achieve a deeper level of nature observation
• From the co-founder of Primitive Pursuits, renowned nature awareness program
• Provides concrete tools for improving the depth and quality of outdoor experiences

*The Naturalist's Companion* fills an important void in outdoor education by teaching readers how to become more learned and patient observers and, ultimately, more proficient naturalists.

Through exhaustive time in the field, author Dave Hall has developed a comprehensive understanding of nature awareness and refined his skills to enhance any time spent outdoors and to foster closer, more respectful encounters with wildlife. Through personal anecdotes and detailed explanations, Hall teaches the principles and ethics of stealth walking, calling, tracking, interpreting basic animal behavior, and much more. Each chapter concludes with a list of exercises, prompting readers to study and put these skills into use, while introductory sections discuss gear, safety, ethics, and thoughtful engagement.

*The Naturalist's Companion* will deepen readers’ connection with the outdoors and help them to establish and maintain consistent, intimate, and informed wildlife observation

**Author Bio**

Dave Hall is the co-founder of Primitive Pursuits, a youth-focused nature awareness program offered in partnership with Cornell Cooperative Extension of Tompkins County, New York. He has worked as a naturalist and guide in Massachusetts and New York and has served as an instructor with the Adirondack Mountain Club, the State University of New York at Cortland, Cornell Outdoor Education, and Ithaca College. Dave is co-author of *Winter in the Wilderness: A Field Guide to Primitive Survival Skills* and lives in Willseyville, New York, with his family and two dogs.
Trees of the West
An Artist's Guide
by Molly Hashimoto

- Illustrated throughout with art in a variety of mediums: pencil, pen, and wash sketches; block prints; studio watercolors; and intaglio etchings
- Includes a rich natural history and brief ethnobotanical notes for each featured species
- Features poems and quotes from other writers and artists celebrating our connection to trees

Artist Molly Hashimoto has appreciated trees all her life - they have shaped her as a hiker, outdoors lover, gardener, traveler, and artist. She pays homage to them through her art, working in many different media, each revealing different aspects of these stalwart companions: crisp lines, imposing silhouettes, and the subtle-or sometimes brilliant - hues of foliage. Hashimoto also delves into the process of creating art, discussing the mediums she used in the featured pieces and the reasons she chose them, as well as sidebars with tips and techniques.

As in her popular Colors of the West and Birds of the West, Hashimoto emphasizes her personal experiences with nature, telling stories about her encounters with trees everywhere from her backyard to national parks and forests throughout the West. She focuses primarily on native trees, rather than cultivars, with a special interest in 45 major species found across the region, ranging from the stately Coast redwoods to the diminutive but distinctive Fishhook Barrel Cactus.

Rooted in place, trees offer endless opportunities for observation, admiration, relaxation, and inspiration. Trees of the West invites us to pause and appreciate these sentinels in all their quiet glory.

Author Bio

Molly Hashimoto is dedicated to connecting people of all ages to nature through hands-on art experiences. She teaches and leads plein air watercolor workshops around the West, including at the North Cascades Institute, Yellowstone Forever Institute, and Sitka Center for Art and Ecology. Molly lives in Seattle, Washington. Visit her online at www.mollyhashimoto.com.
Unraveled
A Climber’s Journey Through Darkness and Back
by Katie Brown

As a teenager in the 1990s, Katie Brown was one of climbing’s first comp kids” - a young natural who, along with her peers, redefined the image of a strong and successful climber. After climbing for less than two years, Brown won her first junior national title. The next year she became the Junior World Champion at age 14 in Laval, France. In 1996 she won both the Rock Master - a prestigious international contest in Arco, Italy - and the esteemed X-Games. From 1996 on, Brown won every US Adult National that she entered, as well as a World Cup Title in France in 1999.

Yet even as she reigned on the podium, Brown felt her life begin to unravel. A quiet child, she struggled with a home life that was very different behind closed doors than it seemed on television. A fundamentalist version of Christianity was at the center of the household, and Brown fought to live according to rules that were strict, ever-changing, and irrational. Isolated and feeling hopeless, Brown latched onto food as something she could control. She quit competitive climbing and bounced in and out of the industry, eventually disappearing in her late twenties.

Now, more than two decades later, Brown is ready to share her story. *Unraveled* answers the question thousands of fans worldwide have wondered: “What ever happened to Katie Brown?”

**Author Bio**

Recognized as one of the greatest female rock climbers in history, Katie Brown began climbing at age 12 and soon dominated national and international competitions. She mastered the discipline of climbing hard outdoor sport routes quickly, often on the first try. Retired from climbing, Brown is a writer, make-up artist, and mom. Find her on Instagram @katiebrownclimbs.