We publish beautiful books that help families live our 9 Habits of Happy Families:

- Love Together
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Did you see our new 9 Habits of Happy Families? Check them out on the inside cover.

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A powerful new sound book brings the inspiring words of world-changing women to life! Find She Spoke on page 2.
We publish beautiful books that help families live our 9 Habits of Happy Families.

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Love Together
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Work Together
Talk Together
Eat Together
Laugh Together

The most important work you will ever do will be within the walls of your own home.

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MEDIA REVIEW COPIES
Please email your media review request to Kate Farrell at publicity@familius.com.
One of my favorite stories is *The Selfish Giant* by Oscar Wilde. I discovered this story in a library near my home when I was very little. I loved to imagine and imitate the giant’s rumbling speech:

“My own garden is my own garden,” I would say in my deepest voice.

And “Who hath dared to wound thee?” I would say. “Tell me, that I may take my big sword and slay him.”

It is a magical story of pride, of change of heart, of redemption, and of forgiveness.

When David Miles, the Familius publishing director, suggested we illustrate a new edition of this classic work, I was immediately engaged. David and I had spent a number of hours together listening to Wilde’s short stories while driving, and we found yet one more thing we had in common. A Wilde short story is an unexpected but now obvious addition to our publishing program.

To publish a new edition of a classic work takes some naiveté as well as courage. We’re not the first publisher to do this with Wilde. But when David suggested we also expand our literary children’s book line and publish Robert Frost’s poem “The Road Not Taken” as a picture book, I thought that a very bold idea, indeed. Based on our research, we believe that Familius is the first publisher to ever do this. Frost is one of my favorite poets, and I have frequently quoted him to my children. This seminal poem that explores the inescapable results of choice might seem an odd choice for a children’s picture book. However, as I read and reread that poem, I believe that children are very capable of understanding that “way leads on to way” and that sometimes we may not “ever come back” to where we started. And as with all great children’s books, they can be read and enjoyed on a child’s adventurous level as well as an adult’s experienced level. Good picture books are a wonderful medium that can span generations.

Perhaps we’ll find as we read these stories that, in addition to simply enjoying them, we can be less selfish and more forgiving of those around us and of ourselves. Perhaps we can find courage to take our own road less traveled by and find that our journey and personal growth has made the difference to ourselves and to our families.
She Spoke
14 Women Who Raised Their Voices and Changed the World

KATHY MACMILLAN AND MANUELA BERNARDI
ILLUSTRATIONS BY KATHRIN HONESTA

When the world tells you to stay quiet, do you listen, or do you speak up? In She Spoke: 14 Women Who Raised Their Voices and Changed the World, readers can hear the words of poet Maya Angelou, activist Malala Yousafzai, scientist Temple Grandin, and more at the touch of a button. Through succinct profiles, stunning portraits by illustrator Kathrin Honesta, and the original voices of these women, She Spoke will inspire readers of all ages to share their own truths and change the world.

Ages 8–12

• Takes the popular women’s biography category for kids, and adds a new and exciting sound feature!
• Female empowerment and strong women role models are increasingly popular topics for children’s books
• Features 14 speeches from diverse women who have made a difference in the world
• This is the first time a sound book has been created on this topic
• Goes beyond a simple biography to give children a chance to hear the speeches that moved people into action

Kathy MacMillan is a nationally certified American Sign Language interpreter, writer, teacher, librarian, and storyteller. She is the author of nine books for parents, librarians, and educators, including Mite’s First Signs (Familius, 2018). Little Hands and Big Hands: Children and Adults Signing Together (K.shar Press, 2013). Her debut young adult novel, Sword and Horse, was published by HarperCollins in January 2016.

Manuela Bernardi is a film and TV writer based in Rio de Janeiro, Brazil, where she was born and raised. In television, she has written for TV Globo, TBS, GMT, Multishow, and the Discovery Channel. In film, she has developed features for Canal+ and collaborated on Os Fins e os Meios, a political thriller by award-winning director Murilo Salles, which was Best Screenplay at Festival do Rio 2014.

Kathrin Honesta is an illustrator based in Jakarta, Indonesia. She illustrates for projects such as advertising campaigns, branding, albums, book covers, and picture books. She has worked with local and international clients such as Samsung, Prudential, HarperCollins, Penguin Random House, Scholastic Asia, and Holiday House Books.
**Little Lacers: 123**

**Lace and Learn Your First Numbers!**

**PETER HINCKLEY**

Little Lacers 123 combines the fun of lacing cards with the portable convenience of a book! Seven lacing cards—each cut into shapes from the numbers 1 through 10—are bound together into this colorful book adorned with delightful woodland characters and scenes. Using three colored shoelaces, children can learn the numbers 1 through 10 by lacing the holes cut around each large number. Little Lacers 123 is the incredible, tactile way to learn, and better yet, the shoelaces conveniently store in a compartment embedded in the front cover! No lost cards, no bulky boxes—just hours of number-lacing fun! **Ages 3+**

**Acetate storage compartment with 3 laces**


Novelty board book with 3 colored shoelaces and 10 drilled numbers for lacing! Laces store conveniently in front-cover compartment. 9 5/8 x 7 3/4, 14 pages

**• The first book to bind popular lacing cards into one convenient book!**

**• Includes ten numbers to lace and three colored shoelaces**

**• Large, kid-friendly package**

**• Lacing helps to improve child’s motor skills, dexterity, and hand eye coordination**

**• Filled with adorable foxes, rabbits, bears, and other trendy woodland animals**

**• Shoelaces store snuggly in a convenient compartment built into the front cover**

**Peter Hinckley** is child number five in a family of seven children. He has been writing and drawing since he was a kid, though back then that was mostly on the back of church bulletins. Peter lives in California with his family.
Let’s Make Yoga Magic

**HEATHER LEAH**

**ILLUSTRATIONS BY SANDIE SONKE**

Make yoga magic with the most beautiful and interactive kids’ yoga book out there! Pull the levers, turn the wheels, and watch as 13 adorable children come to life to act out 13 yoga poses and create other yoga magic. Kids will delight in seeing the sun rise over the mountain pose, boats float beneath the bridge pose, and branches magnificently blossom when a child makes the tree pose. A perfect tool for instructing and inspiring little yogis of all ages. **Ages 3–6**

- Interactive elements show the movement of each pose
- Yoga for children has never been more popular!
- Magical changing images give children a fun way to remember each pose name and helps to hold their attention during teaching
- Yoga encourages children to relax and be mindful
- Early introduction to yoga encourages healthy habits and body awareness

Price: $14.99 (USD)  
Includes interactive wheels, sliders, and rockers, 7.5 X 8.5, 14 pages

**Ships: April 2019**

Heather Leah is a poet, teacher, behavior analyst, community organizer, and children’s yoga guide in Washington, DC. She loves to play with paint, words, trees, and her friends. Being outside with her pup, Snoop, is her favorite activity. Raised in Connecticut, she has loved planting roots in the nation’s capital since 2013. When she is not working with children, she organizes yoga and healing spaces across the DC area through her organization, WithLoveDC. Her mission is to spread love and smiles everywhere she goes.

Sandie Sonke is an illustrator living in Rancho Cucamonga, California. She graduated with a B.A in Studio Art from Cal State University Fullerton in 2010. Winner of many hats, Sandie is a freelance illustrator, writer, and mom to two inspired souls. When she is not drawing, you can find her playing legos with her kids or sipping coffee with her husband.

Let’s Make Yoga Magic
Color Train

BY DAVID MILES

All aboard the Color Train! Join Frida Kahlo, Vincent van Gogh, Claude Monet, and the rest of the world’s most famous artists on a colorful train ride that teaches both essential colors and iconic works of art. This adorable two-in-one board book unfolds into a 56” train (perfect for playtime or room decor)! A handy velcro clasp keeps everything snugly shut when reading time is over. Ages 3–6


Ships: February 2019

• Learn your colors with help from the world’s greatest artists!
• Unfolds into a 56” train
• Playful two-in-one format: read as a book or play as a train
• Includes a famous artist and work of art for each color
• Wrap-around cover and velcro snap keep book snug and protected when not in use
• Interactive and visually stimulating for small hands

Don’t miss Alphatrain!

Alphatrain


David Miles makes books for a living. He also reads books, writes books, sells books, shelves books, thinks about books, drives to books, shops to books, and cooks from books, but he doesn’t eat books (which is fortunate). He is the author of Book, Unicorn (and Horse), and Allegro and has illustrated multiple series. David graduated from Brigham Young University with a BS in business management. He and his wife and son live in California where they enjoy lots of tacos, donuts, and, well . . . books.

Unfolds into a 56” train!
Join Mary, Dickon, and Colin on their heartwarming journey of friendship and gardening magic. Filled with interactive wheels and pull-tabs, and lavishly illustrated, *The Secret Garden* is an unprecedented kid’s introduction to Frances Hodgson Burnett's beloved classic novel. Unlike many board books that tackle the classics, Lit for Little Hands tells the actual story in simple, engaging prose. Gorgeous springtime illustrations transport the reader to the gardens and halls of Misselthwaite Manor, while tons of interactive elements invite kids to help Mary discover the secret garden, make friends, and help Colin walk! Fans of the novel will be delighted by the book’s attention to detail and clever use of original text and dialogue. And the book’s super-sturdy board means everyone can enjoy this tale over . . . and over . . . and over again! The magic of the secret garden will return each time you read!

**Ages 3–6**

**Tells the whole story—**not just a primer!

**Adorable illustrations, simple text, and original dialogue bring this beloved classic to life for young kids**

**Built with sturdy board and packed with interactive pulls, wheels, and sliders**

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**THE SECRET GARDEN**

One day, a friendly robin chirped and hopped around near Mary. She looked closely at the ground under him and noticed something buried in the dirt—a key!

Behind the key on the wall, she discovered a wooden door with a tiny iron lock. The key was a perfect fit!

**Pull down the flap to reveal the hidden key! And pull the slider to the right to uncover the secret door.**

**Turn the wheel and watch as the garden magically blooms!**

**Pull the slider and a sulky Mary appears in the carriage window.**

**Pull the tab to make the plant magically grow!**

**Tells the real story with beautiful illustrations and actual dialogue.**

**Built with sturdy board for little hands**

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Don’t miss the other interactive classics in this exciting series!


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**THIS BOOK HELPS FAMILIES:***

- Tells the whole story—not just a primer!
- Adorable illustrations, simple text, and original dialogue bring this beloved classic to life for young kids
- Built with sturdy board and packed with interactive pulls, wheels, and sliders

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**Read Together**

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**ISBN 13: 9781641701051**

Price: $12.99 (USD)

Includes interactive wheels, sliders, and rocker, 6.5 X 7.5, 20 pages

**Ships: February 2019**

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If There Never Was a You
Amanda Rowe
Illustrations by Olga Skomorokhova
Price: $10.99 (USD)
Board book with padded cover, 8 x 8, 20 pages
Ships: February 2019

If there never was a you, how empty life would be!
Who would make me smile and laugh and keep me company?
Filled with heartwarming messages of love, belonging, and togetherness, If There Never Was a You gently reassures children that the place they hold in their parents’ hearts can never be filled by anything else.

• A heartfelt illustrated poem to show children how important they are in the world
• Bunny illustrations make this a great addition to any Easter basket or Easter display

Amanda Rowe lives in New Jersey with her two beloved children. She is a freelance writer, an academic administrator, an amateur chef, a travel enthusiast, and a book hoarder. Amanda loves anything with peanut butter as an ingredient and is determined to make the world a better place. Visit her at www.amandarowewrites.com.

Olga Skomorokhova was born and grew up in Russia. She specializes in magazine and book illustrations and other commissioned and personal projects. Olga is inspired by travel and people, thus you can see a lot of botanical, architectural, and animalistic topics in her art.

Made for Me
Zack Bush
Illustrations by Gregorio De Lauretis
Price: $10.99 (USD)
Board book with padded cover, 8 x 8, 20 pages
Ships: February 2019

From a child’s first uttered “Dada” to his or her first unsteady steps, nothing can adequately convey the joy and awe of watching the birth and growth of a new child. Filled with adorable illustrations and the refrain, “You are the one made just for me,” Made for Me is a winning presentation of tender moments that tie a father and his new child together—forever.

• The board book of the bestselling picture book!
• Original book has been featured as a Publisher’s Weekly best seller, Amazon #1 title for New Baby, People Magazine’s Kid Pick for April 2018 and as a full-sized billboard in NYC Times Square!
• Captures the rich, poignant emotions of becoming a parent for the first time and watching a child grow.

Zack Bush is the owner of Ball & Chain, a historic live-music venue on Miami’s famed Calle Ocho, in the heart of Little Havana. Zack and his partners renovated and restored the nearly forgotten gem, famous for hosting 20th-century jazz greats like Chet Baker, Count Basie, and Billie Holiday. Today, musicians from around the world perform live on the Ball & Chain stage. Zack’s other passion is books. A devoted reader and writer, Zack’s lifetime desire to become an author has found a refreshed source of inspiration as the father of two-year-old son Ace and baby daughter Ava.

Gregorio De Lauretis studied at the Academy of Art in Florence and graduated in Teramo. Since then he has studied graphic design and web design at Nemo NT Academy of Digital Arts where he awarded a scholarship from the famous character designer Stephen Silver. Gregory works digitally but begins with drawing with ink on paper. He then scans the work on his computer where he exalts the piece with his colors and finishing touches. He currently works as freelance illustrator based in Florence, where he lives.
Kyle Kershner has loved drawing since he was a tot. He graduated from the Savannah College of Art and Design with a BFA in sequential art. He spends his days doing what he loves most, illustrating children’s books and making kid-friendly art. Kyle resides in Northeast Ohio with his wife and son.

**100 First Words for Little Artists**

Are you an artist? Then of course your baby will inherit your creative genes! But how to get your prodigy started on the path of complementary colors and 2-point perspectives?

Introducing 100 First Words for Little Artists, an artistic primer for kids learning their first words! Forget apple and dog. Little artists are ready for CMYK, caricature, and ceramics. With terms from across the spectrum of visual arts, this is a must-have collection of words every budding artist needs in his or her vocabulary (even at the age of 2). Packed with fun illustrations and 100 words every prodigy should know, 100 First Words for Little Artists is the perfect board book for artistic families everywhere. Ages 2–4

 Kyle Kershner has loved drawing since he was a tot. He graduated from the Savannah College of Art and Design with a BFA in sequential art. He spends his days doing what he loves most, illustrating children’s books and making kid-friendly art. Kyle resides in Northeast Ohio with his wife and son.

**Amazing Animals Who Changed the World**

From the courage of Stubby the war dog to the empathy of Koko the gorilla, Little Heroes: Brave Animals Who Changed the World is a young child’s first introduction to the incredible animals who taught us that you don’t have to be big (or human) to make a difference. Simple text and adorable illustrations tell the contributions of nine animals who went down in history as interspecies heroes: Cher Ami the carrier pigeon, Simon the cat, Togo the sled dog, Able and Baker the monkeys, and more! Ages 2–4

Don’t miss the other books in this bestselling series!

- Animals—a fresh addition to the biography section!
- Children will love to learn how animals have shaped history
- Third book in the Little Heroes series

Heidi Poelman graduated from Wake Forest University with a master’s degree in communication. She is the author of The Two-Minute Secret to Staying in Love, in which she explores the significance of seemingly simple thoughts, words, and deeds. Heidi lives in Utah with her husband, with whom she has four children.

Kyle Kershner has loved drawing since he was a tot. He graduated from the Savannah College of Art and Design with a BFA in sequential art. He spends his days doing what he loves most, illustrating children’s books and making kid-friendly art. Kyle resides in Northeast Ohio with his wife and son.
Grow, Baby, Grow!

Watch Baby Grow Month by Month!

MERTIXELL MARTÍ AND XAVIER SALOMÓ

see baby grow and develop month by month with 9 stunning, life-size pop-ups! Grow, Baby, Grow! artistically and poetically illustrates the growth of a baby before birth by comparing him or her to something wonderful and familiar: a pearl on the beach, a cherry on a limb, a starfish in the sea. Grow, Baby, Grow! is a beautiful treasure for expecting mothers, new arrivals, and curious siblings-to-be.

• Pop-up book gives young siblings and new moms life-size comparisons to help wrap their heads around baby’s growth
• Perfect gift for baby showers, new moms, and first born siblings

Pop-up book, 10.25 X 10.25, 18 pages
Ships: February 2019

Meritxell Martí is a writer, professor of humanities, consultant of entrepreneurship, and an expert in connecting ideas. She’s also skilled in public speaking, motivation, and a foment of creative projects.

Xavier Salomó is an illustrator and paper engineer. He has collaborated with leading publishers in Spain and France and has worked on children’s magazines. Xavier has won the Junceda Prize twice.

Shows all nine months of miraculous baby growth in life-size, beautiful pop-ups!
Meet Harriet, a lovable monster who is just sick at the thought of giving a report in front of her class! Her heart pounds, her chest gets tight, and her stomach twists in painful knots. She can’t even bear to get started on it! What is she going to do?

In the same humorous spirit of *Diary of a Wimpy Kid* comes *Harriet’s Monster Diary: Awfully Anxious (But I Squish It, Big Time)*. Using the “furrometer” and ST4 techniques developed by Dr. Raun Melmed of the Melmed Center in Arizona, *Harriet’s Monster Diary* teaches kids how to monitor how they feel and respond to stressful situations. Harriet’s hilarious doodles and diary entries chronicle her delightful adventures, misadventures, and eventual triumph in a funny, relatable way. It’s the one book that stressed kids will want to calm down to read!

*Harriet’s Monster Diary* also includes a resource section to help parents and teachers implement Dr. Melmed’s methods, plus ST4 reminders that kids can remove, color, and place around the house.

- Goes beyond explaining anxiety symptoms and provides simple, concrete techniques (ST4) that kids can use to manage their anxiety
- Author is a developmental and behavioral pediatrician and the medical director of the Melmed Center in Scottsdale, AZ
- Written in the style of the very popular *Diary of a Wimpy Kid*, this book gives children the information they need in a fun and entertaining format
- Includes a section for parents and teachers to better understand the techniques and overall strategies for working with a child who has anxiety

Dr. Raun Melmed is a practicing developmental and behavioral pediatrician. He founded the Melmed Center in 1989 in Scottsdale and is a co-founder and medical director of the Southwest Autism Research and Resource Center. Dr. Melmed serves on the faculty of the University of Arizona and at Arizona State University.

S.E. Abramson graduated from Brigham Young University in 2016 with a B.A. in English. She lives in south-central Pennsylvania with her family. *Harriet’s Monster Diary* is her literary debut. She enjoys writing, video games, and anthropomorphics.
The Road Not Taken

Robert Frost
Illustrations by Vivian Mineker

Reflect on the many choices of life’s journey in this gracefully illustrated rendition of Robert Frost’s perennial poem “The Road Not Taken.” A first of its kind, this lovely hardcover presentation of the poem can be read with either the common or the traditional interpretation as a beautiful reminder of the impact (trivial or serious, wonderful or tragic) that our decisions have on our lives. Most importantly, it’s a beautiful reminder that whatever path we do choose, joy comes from embracing the journey.

• A perennial favorite, now in picture book form for the first time!
• Creative and imaginative interpretation of the classic poem that can be read multiple ways
• Lines from this poem have appeared in numerous commercials, TV shows, movies, and songs and is easily recognized by any reader
• A perfect gift for graduation, anniversaries, or just because!

Vivian Mineker is a Taiwanese American from Taipei and Portland, OR, currently living in Slovenia. She works as a freelance illustrator. Her style is a bit quirky, fun, and sweet, with a modern feel. Her process usually starts with watercolor and colored pencils and finishes on the computer for fine details and adjustments. She’s always loved to draw and make up stories and characters, so it’s been a wonderful journey getting to the place where she is now!

Textured jacketed hardcover with spot foil and spot UV. Beautiful uncoated paper throughout interior.
Ships: February 2019

A stunning, graceful celebration of life’s adventures and finding joy in the whole journey.
The Selfish Giant

Oscar Wilde
Illustrations by Jeanne Bowman

A beloved tale that has lasted for generations, The Selfish Giant by Oscar Wilde, one of the world’s greatest writers, tells the tale of a very selfish giant, his wonderful garden, the curious and playful village children, and, of course, the little child who changes the giant’s heart. A beloved classic in English literature, The Selfish Giant may be Oscar Wilde’s greatest story of redemption and forgiveness.

Newly illustrated by renowned artist Jeanne Bowman, this fantastic edition of this famous tale showcases Wilde’s story in a palette and composition that will delight and inspire both young and old and will become a family treasure to be read again and again.

• One of the five short stories featured in Oscar Wilde’s 1888, The Happy Prince and Other Tales
• New illustrations bring the 130-year-old story to the modern day
• Teaches children the value of sharing, friendship, and forgiveness

Jeanne Bowman moved around a lot as a kid, bouncing up and down the spine of the Rocky Mountains. She graduated from a college with the same name and majored in art. Jeanne decided when she was four that becoming an illustrator would be the best job for her, as you can read all the books you want and you don’t have to go out into the sun, which burns. She currently resides in Montana. Jeanne is now addicted to illustrating stories for children and can’t wait for the next one.

Textured jacketed hardcover with spot foil and spot UV. Beautiful uncoated paper throughout interior.

Ships: February 2019

Lavishly illustrated in a more modern setting!
Color Me Your Way 6
BY PAMELA SMART

Color Me Your Way 6 is the long awaited addition to the million-copy, bestselling coloring series from Pamela Smart. Inspired by her legions of Facebook fans, Pam created new, original art based on their ideas and feedback, resulting in eight detailed images for Color Me Your Way 6.

Pam’s imaginative and intricate designs—whether a majestical lion, a noble knight, or an aquatic scene of beautiful seashells and tropical flowers—provides a bestselling coloring book for children and adults alike. The book is entertaining for those who like to explore their broadening color pallet and therapeutic for those who simply need to relax through one of the best mindfulness activities available. As with Color Me Your Way 1 through 5, each 11.5 x 14 inch page in Color Me Your Way 6 is printed on high-quality, acid-free paper to ensure your beautiful images stay vibrant and rich.

Pamela Smart is a self-taught artist influenced by her mother and the multicultural background of growing up in Hollywood, CA. She now lives in Boise, ID, where she continues to work on her new, original art based on their ideas and feedback, resulting in eight detailed images for Color Me Your Way 6.

Don’t miss the rest of this bestselling series! For series and display instructions, tips, anecdotes, and more. See page 54.

The Little Book of Foster Care Wisdom
365 Days of Inspiration and Encouragement for Foster Care Families
BY DR. JOHN DEGARMO

Foster parenting is both a rewarding and a challenging job, a lifestyle of continuous learning and new experiences, and The Little Book of Foster Care Wisdom will be there to support you as you, in turn, support your foster children.

Filled with 365 days’ worth of daily tips, inspirational quotes, and motivational short stories from a foster care expert, this book is a must-read for modern child-welfare advocates, adoptive parents, and foster parents. It provides inspirational content every day, including instructions, tips, anecdotes, and more.

• With over one million copies sold, this international bestselling series is now available to the trade
• Hidden images within the illustrations add to the rich details and coloring fun
• The 11.5 x 14 inch larger trim size allows for family members of all ages to participate (ages 8–adult)
• Printed on acid-free art paper
• A fantastic mindfulness activity
Good Moms Have Scary Thoughts
A Healing Guide to the Secret Fears of New Mothers

by Karen Kleiman
illustrations by Molly McIntyre

Over 90 percent of new mothers will have scary, intrusive thoughts about their baby and themselves.

What if I drop him? What if I snap and hurt my baby? Mothering is so hard—I don’t know if I really want to do this anymore. Gosh, I’m so terrible for thinking that! Yet for too many mothers, those thoughts remain secret, hidden away in a place of shame that can quickly grow into anxiety, postpartum depression, and even self-harm. But here’s the good news: you CAN feel better!

Author Karen Kleiman—coauthor of the seminal book This Isn’t What I Expected and founder of The Postpartum Stress Center—comes to the aid of new mothers everywhere with a groundbreaking new source of hope, compassion, and expert help. Good Moms Have Scary Thoughts is packed with world-class guidance, simple exercises, and nearly 50 stigma-busting cartoons from the viral #speakthesecret campaign that helps new moms engage and focus on their mental health and wellness.

Karen Kleiman is a well-known international maternal mental health expert with over thirty years of experience and the author of This Isn’t What I Expected. As an advocate and author, her work has been featured on the internet and in the perinatal mental health community for decades. In 1988, Karen founded The Postpartum Stress Center, a treatment and training facility for prenatal and postpartum depression and anxiety disorders, where she treats individuals and couples. Karen has been interviewed for, featured in, and reviewed by local and national TV, magazines, radio shows, and health websites. Her national television appearances include Katie, Inside Edition, The Oprah Winfrey Show, and NBC Nightly News with Tom Brokaw. A few popular magazines and websites that have featured her work or interviewed her include Self, Fit Pregnancy, HuffPost, Today’s Parent, Parenting, Working Mother, and Feminism, Scary Mommy, Psychology Today, and more. She lives in Brooklyn, NY, with her husband and young son.

Molly McIntyre is an illustrator and comic artist with a background in traditional printmaking and book arts techniques. Her illustrations have been featured in Rethink magazine, Everyday Feminism, Scary Mommy, Psychology Today, and more. She lives in Brooklyn, NY, with her husband and young son.

- Author is a leading authority on the subject of postpartum depression
- Approximately 950,000 women experience postpartum depression each year, and 91% of new mothers admit to experiencing “scary thoughts”
- #speakthesecret currently has over 100K impressions across social media platforms
- The recent updates to postpartum care presented by The American College of Obstetricians and Gynecologists makes this book timely and important

Hardcover, 7 X 7, 128 pages
ISBN: 978-1-64170-130-3
Ships: February 2019

Focus on what you like
1. I am
2. I love
3. Make me laugh

Self Acceptance

Maybe and scary mothers are struggling to present themselves in the way society wants them to. They may feel as though others are judging them in a way they’re not used to. Women have the right to feel whatever way they want. You don’t have to listen to anyone else’s idea of how you should feel. It’s nobody’s business what you do with your body. You get to choose for yourself what you feel comfortable with.

What do I need?

When someone asks “What can I do to help?” or “Do you need anything?” it can sound like a trick question! It’s hard to answer when you don’t even know what you need or what would be helpful. You’re exhausted, you’re overwhelmed with emotions, and you’re just trying hard to be everything to everyone. You need to rest. You need to take care of yourself. What you need is someone who will take care of you. Don’t feel guilty about it. You deserve to feel good.

Sewing, hiking, cooking, yoga, or ANY other activity that makes your heart sing. What do you need today? Make a list of everything you need. Choose one thing from your list. Do it for yourself. Don’t feel guilty. You can’t take care of everyone else if you don’t take care of yourself.
Skinny Southern

90 Reinvented Classics Without the Guilt!

BY LARA LYN CARTER
PHOTOGRAPHY BY TODD STONE

Skinny Southern? You heard right. America’s uniquely delicious comfort food just got healthy! The recipes in this cookbook don’t just “lighten up” Southern food—they offer gluten-free and paleo options as well. It’s the Southern cuisine you know and love, at its very finest.

With 90 reinvented Southern classics, savor entrées such as truffle and rosemary chicken or grilled lamb with sweet onion sauce; dabble with the citrus vinaigrette; sample the seafood gumbo, the quinoa salad, or the spaghetti squash with pecan truffle oil and herbs. You won’t regret it!

Private chef and Emmy-Award winner, Lara Lyn Carter is considered Georgia’s go-to authority on Southern entertaining. She’s converted to healthy, clean cooking and shares her vast experience and array of healthy Southern recipes in this groundbreaking cookbook, an invaluable addition to any health-conscious kitchen.

• Emmy-Award winning author has appeared on several television shows in the US and Canada and is currently filming with Food Network
• Author was featured as a guest chef at the Food Network & Cooking Channel South Beach Wine & Food Festival in February 2018
• Author has used her Skinny Southern style of cooking to lose 45 pounds and drop five dress sizes
• Focuses on clean alternatives for southern dishes without skimping on flavor!
• Features Southern classics with options for dietary restrictions (paleo, gluten-free, etc.)

Lara Lyn Carter is considered Georgia’s “go-to authority” on Southern entertaining, adding her healthy, clean-cooking twist to Southern classics. She recently won her first Emmy for hosting Thyme for Sharing with Lara Lyn Carter. She has been featured in numerous magazines, newspapers, and radio shows across the US and Canada. As both a television and private chef, Lara Lyn has entertained and cooked for people from coast to coast and at numerous food and wine festivals, including the Telluride Wine and Food Festival in Colorado and the Food Network South Beach Wine and Food Festival in Miami. She lives in Georgia with her husband and their three sons.
Finding Peace in Times of Tragedy

BY CHRISTY MONSON

Finding peace in times of worldwide trauma is difficult, and finding peace in times of personal trauma such as a family death or tragedy can be overwhelming. Therapist Christy Monson professionally and compassionately describes how tragedy physically changes the brain and the body, and she provides powerful techniques to help heal those invisible wounds and cope with the turmoil of our day.

Chapters are interspersed with moving, firsthand accounts that span the range of human tragedy, including those from:
- A 9/11 survivor
- Parents who had two children die of brain tumors
- A mother whose son lost a leg in a roadside bomb in Afghanistan
- A young adult whose father committed suicide
- And a rape survivor.

Through detailed research, years of experience, and detailed interviews with survivors, Monson shows that there is hope for not just peace but also joy after tragedy.

Christy Monson

received a BS degree at Utah State University and an MS at University of Nevada at Las Vegas. She established a successful counseling practice in Las Vegas, Nevada, as a Licensed Marriage and Family Therapist, spending a great portion of her time working with young people and their families. She and her husband, Robert, have raised six children and have fourteen grandchildren.

• Author is an expert on trauma and a Licensed Marriage and Family Therapist
• Over 38 million women in the U.S. reportedly experienced abuse or trauma in 2016
• 70 percent of adults in the US have experienced some type of traumatic event at least once in their lives
• Features interviews from survivors of trauma and their families
• Includes tips on how to deal with trauma in particularly difficult times such as holidays

Trade paperback, 6 x 9, 224 pages
Ships: March 2019

Joy from Fear

Create the Life of Your Dreams by Making Fear Your Friend

BY CARLA MARIE MANLY, PHD

If you find yourself running away from fear, you’re running in the wrong direction. Fear demands that we move toward it, face it, and hear its messages. When we fail to do this, the price is high—chronic anxiety, sleeplessness, damaged relationships, skyrocketing pharmaceutical use, and more. In her enlightening book, Joy from Fear, clinical psychologist Dr. Carla Marie Manly explains that fear is not the enemy we thought it was; fear, when faced with awareness, is the powerful ally and best friend we all need.

Dr. Manly’s work is firmly based in science but goes far beyond presenting the dry facts. Joy from Fear offers page after page of real-life examples, insights, easy-to-use tools, and life-changing exercises. Coining the term transformational fear, Dr. Manly illuminates the importance of embracing fear’s messages for a transformed life filled with freedom and lasting happiness.

Dr. Carla Marie Manly has become recognized as an authority on fear and fear-based disorders such as trauma, anxiety, and depression. Dr. Manly maintains her clinical psychology practice in Sonoma County, California. With her doctorate in clinical psychology and her master’s degree in counseling, Dr. Manly merges her psychotherapy skills with her writing expertise to offer an enlightening book, clinical psychologist

• Provides easy-to-use tools to face your fears and overcome whatever is stopping you from having a joyful life
• Author has a PhD in clinical psychology and currently works with clients on overcoming fear by increasing self-awareness
• Uses science-backed evidence and engaging exercises to help readers transform their lives
• The National Institute of Mental Health estimates that at any given time at least 40 million adults in the United States suffer from anxiety, and only 36 percent receive treatment

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Trade paperback, 6 x 9, 256 pages
Ships: March 2019
Master American History in 1 Minute a Day

BY DAN ROBERTS

Where was the last colony? What tipped the balance in the Civil War? Were there second thoughts about dropping the atomic bomb?

A maze your friends and stump your coworkers with these answers and more from Master US History in 1 Minute a Day. Join acclaimed historian Dan Roberts—known to millions as the voice of the A Moment in Time radio series—on a bite-size romp through 500 years of American history. With just one minute a day, you can master all the essential facts of America's founding, Civil War, world conflicts, homefront transformations, and more. Packed with full-color photographs, paintings, and lively mini essays, Master US History in 1 Minute a Day is the perfect armchair companion for history lovers and history learners alike!

Author’s radio show A Moment in Time has over 6 million listeners each day

Author’s radio show is currently broadcasted over 150 US radio stations and the Armed Forces Radio Network (AFRN) as well as stations in Canada, New Zealand, and the Philippines

Book will provide daily content about US History in bite-size pieces that are easy to digest and remember

Perfect gift for Father’s Day, summer vacation, college/high school grads, and back-to-school

Dan Roberts is the executive producer and host of the award-winning radio series A Moment in Time. Created to excite and enlighten the public about the past—its relevance to the present and its impact on the future—A Moment in Time is a captivating historical narrative that is currently broadcast worldwide to an audience in the millions. Roberts is currently a professor of liberal arts and history at the University of Richmond and serves as chair of the department of liberal arts at the School of Professional and Continuing Studies. He has also been a guest contributor and columnist for Education Week, USA Today, Scripps-Howard papers, and the Richmond Times-Dispatch. He is often heard as a history commentator on CNN, CNN Headline News, and Fox News.

The Big Book of Family Games

101 Original Family and Group Games that Don’t Need Charging

BY BRAD BERGER

The Big Book of Family Games: 101 Original Family and Group Games that Don’t Need Charging brings people together for hours of hilarious, interactive, technology-free fun that requires virtually nothing more than pens and paper. This travel-friendly book guarantees hours of engaging entertainment with 101 original, rigorously tested games that challenge each player’s ability to strategize, bluff, read minds, memorize, think quickly, and solve puzzles. No texting, tweeting, or surfing allowed!

101 original games that invites families to unplug and play

Great resource for parents looking for an alternative to screen-time

Endorsed by JJ Abrams: “The world needs a book like this.”

Packed with memory, matchmaking, bluffing, speed, and puzzler games for family members of all ages

Brad Berger grew up in Great Neck, New York. He attended the University of Colorado where he earned a degree in French, Italian, and German and spent several years living and working in Europe. He currently resides on Long Island, where he works as president and publisher of a 130-year-old, family-owned publishing company. Inspired to bring people back together without technological interruption, Brad crafted the ultimate playbook of original games to give people a reason to come together and “unplug” for a while.
Old MacDonald had a farm . . . in your region! In these delightful regional twists on the familiar farm tune, local birds go chirp chirp here, local fish go splash splash there, and everywhere there's lots of local pride. Friendly regional animals and scenery fill the pages of these irresistible die-cut books for kids. Ages 1–3

Old MacDonald Had a Farm in Washington  

Old MacDonald Had a Farm in Canada  

Row, Row, Row Your Boat . . . in your region! Local sights and scenery spring to life in this adorable twist on the favorite children's song. Each die-cut page of the layered board book reveals an imaginary boat sailing past local landmarks, parks, museums, icons, and more! And when you're done with your journey? Row, row, row your boat back around the bend. If you love your region, sing the song again! Ages 1–3

Row, Row, Row Your Boat in Washington  

Row, Row, Row Your Boat in Canada  

Other titles in this series:

Old MacDonald Had a Farm in Oregon  

Row, Row, Row Your Boat in Oregon  

Packed with adorable characters and familiar lyrics—with a twist!
### BESTSELLING REGIONAL BOARD BOOKS

Take a field trip around your state with numbers, colors, and letters.

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New titles!
Backlist Buster Special!

25 ANY total backlist units earns plus five percent and 90-days dating on entire order.

Indie Special

5 or more backlist titles totaling 15 units earns plus three percent on those backlist titles.
Motherhood Realized

Power of Moms

Deliberate Motherhood presents inspiring ideas, poignant stories, and practical applications to help mothers find great success and personal growth in the beautiful and challenging work of raising the next generation.

Dayna Kurtz

From postpartum depression and baby blues to healing meals and post-natal exercise, Kurtz guides new and veteran mothers alike through the best practices to care for themselves as they care for their children.

Oh! Baby! A Mom’s Self-Care Survival Guide for the First Year

Maria Lianne Carbone, founder of AMotherWorld.com, outlines the "proper care and feeding" of mothers during their baby’s first year.

Power of Moms

Realized

Motherhood is the hardest job we’ll ever love, and it’s so much better when we’re doing it together.

The Present Parent Handbook

Timothy Dukes, PhD

Addresses both the dilemmas and delights in each parenting moment, providing practices to manage both. With an A–Z approach, parents will learn how to be more mentally and emotionally available to their children.

The Parent Fix

Maggie Stevens

There is power in parenting—correct parenting. Rather than focusing on the kids, as so many other self-help books do, The Parent Fix stresses that when parents change, kids change.

Raising Stress-Proof Kids

Shelley Davidson

Chronic stress is robbing children of their childhoods with negative physiological, emotional, and cognitive consequences. Raising Stress-Proof Kids shows parents that there’s a lot we can do to mitigate the effects of our often too-stressful lives on our children’s growing bodies and brains.

Grandparenting the Blended Family

Dana Low, PhD

Ever wonder what other grandparent do to succeed with their grandchildren? Grandparenting the Blended Family explores over 30 different grandparenting strategies and how they interact with their grandchildren—natural, step, and adopted.

Dude to Dad

Hugh Weber

Dude to Dad contains absolutely no expert advice or medical guidance. You can read about mucus plugs and colostrum elsewhere. What you will find is a candid, quick, and often irreverent roadmap for making the most of your own personal transition from Dude to Dad.

Glad to Be Dad

Tim J. Myers

By recounting personal experiences, offering sincere opinions, and including quizzes for fatherly-preparedness, Tim Myers emphasizes the importance of fatherly influence in the home.

Stressed Out! For Parents

Dr. B., celebrated performance coach for CEOs, athletes, and musicians, takes on parents this time in Stressed Out! For Parents. Focusing on his nine steps to help during stressful situations. Dr. B. teaches parents in clear, entertaining writing how to be calm, confident, and focused.

The Best-Kept Secrets of Parenting

Brad Wilcox and Jerrick Robbins

International speaker and educator Brad Wilcox and Jerrick Robbins share 18 of the most overlooked principles that help parents succeed. The heart-warming experiences shared as “secrets” will truly make the difference in your family.

Blended Family

Here Be Dragons

Ken Harbaugh and Karrie K. Harbaugh

Two parents challenge one another to find balance between work and family life. Their stories are both uproarious and poignant as they raise children and strive to leave their mark on the wider world. Filled with tender moments and plenty of laughs, Here Be Dragons recounts the adventures of a family trying to stay aloft and offers a life raft to the rest of us in choppy waters.

Twinsight

Ken Harbaugh

Two parents challenge one another to find balance between work and family life. Their stories are both uproarious and poignant as they raise children and strive to leave their mark on the wider world. Filled with tender moments and plenty of laughs, Here Be Dragons recounts the adventures of a family trying to stay aloft and offers a life raft to the rest of us in choppy waters.

Spilt Milk Yoga

Cathryn Monroe

Author Cathryn Monroe combines personal experience, honesty, and humor to acknowledge the moments when motherhood stretches us to the edges of our tolerance, patience, anger, and exhaustion. Through guided self-inquiry, the challenges become opportunities to grow, not in spite of motherhood, but because of it.

Why Can’t We Just Play?

Pam Lobley

In a culture where children are over-programmed and overscheduled, why raising kids has changed so drastically, and most importantly, how to stop time once in a while and just play.

Here Be Dragons

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A New Way for Mothers
Louise Webster
Inspiration, encouragement, and a step-by-step approach for every mother wishing to engage their talents during the hours their children are at school. This book has strategies and tips for all aspects of life—from finding the right type of work to supporting your health—to help moms find purpose and balance through the preschool years and beyond.

How to Hug a Hedgehog
Brad Wilkes and Jerrick Robbins
A teen's job is to be difficult, and must do it really, really well. No problem. With entertaining stories and 12 principles that open the cages, unlock the doors, gently tear down those walls, and get you talking, How to Hug a Hedgehog explores everything from communication to what you might have missed on the teen “warning label.”

Untying Parent Anxiety
Bonnie Compton
In Untying Parent Anxiety, nationally syndicated humor columnist and author Lisa Sugarman reminds us that our kids aren’t supposed to be perfect. (And neither are we.) And as soon as we embrace the idea that parenthood is not a straight line, we unlock everyone’s full potential.

Mothering with Courage
Louise Webster
A detailed guidebook for your journey as a mother, complete with the latest understanding and tips for healthy parenting and motherhood. Practical, educational, and inspirational, the book provides self-reflective questions and guided journaling exercises for mothers, specifically related to aspects of their lives and mothering.

To Have and Not to Hold
Lorri Benson
Lorri Benson’s memoir chronicles her decision to place her unborn daughter for adoption. Years later, Lorri did everything she could to find and connect with her. With accounts from the daughter, birthmother, and adoptive mother, To Have and Not to Hold shows how adoption shapes everyone involved.

Adopting Hope
Lorri Benson
From author of To Have and Not to Hold, this heartfelt compilation is ultimately a message of hope, love, and destiny as each family discovers that a child doesn’t need to be blood to be truly yours. Includes essays from adoptees, birthparents, and adoptive parents.

Parenting for the Digital Age
Bill Ratner
Bill Ratner, a long-time Hollywood insider and voice of movie trailers, explores the change in advertising since 1982 and what children are currently exposed to. As a parent and veteran insider to the world of media, Ratner talks openly about the problems associated with excessive screen time, children’s advertising, and what parents can do about it.

The Power of Dadhood
Michael Byron Smith
The Power of Dadhood empowers fathers with the knowledge that they are vitally important. National speaker Michael Byron Smith discusses the implications of a fatherless home, the challenges of parenting, and the responsibilities of fathers. Any man can assess himself, see where he stands, and make choices to become a real Dad and find the power of Dadhood!
Let Me Tell You My Story

By Laura Torres

8 X 10


words “I want to tell you my story...”

...end with the profound humanity, the refugee stories inside this remarkable volume of exquisite photography will teach you that the surest way to draw humans together begins with the..."
Meet Rosalinda Oropeza Randall

Rosalinda Oropeza Randall is a modern-day pundit on tact and civility. Her tips have been featured on television and in numerous publications, including Forbes, Glamour, The Business Journals, Business News Daily, and more.

Don’t Burp in the Boardroom

With her sometimes sassy and playful answers, Rosalinda Randall shows how easy it is to build a sparkling professional reputation by knowing how to handle workplace dilemmas. Includes quizzes, hilarious anecdotes, Q&A, illustrations, and inside tabs for handy reference.


Red Zone, Blue Zone

James Osterhaus, Joseph Jankowski, and Todd Hohe

Red Zone, Blue Zone provides key concepts on how personal and organizational conflict are foundational opportunities that, when navigated skillfully, lead to personal growth and organizational health. A key book for business leaders.

$15.95 ISBN-13: 9781939629630 Trade Paper; 166 pages; 5.5 X 8.5

Intentional Conversations

Ken Tucker

Using six steps and a “SECRET” formula, international speaker and Fortune 500 strategist Ken Tucker provides a practical and easy-to-use process for turning normal, everyday workplace conversations into career-enhancing and life-transforming opportunities.


Intentional Relationships

Ken Tucker

Every day, our actions are structured by our relationships. How can we make important relationships stronger? And how can we avoid unhealthy relationships? From Fortune 500 consultant Ken Tucker, Intentional Relationships answers these questions and more in a surprising, life-changing way.


Leadership Vertigo

S. Max Brown and Tanveer Naseer

When your brain sends you false signals that everything in your organization is okay when it is not, we call this phenomenon Leadership Vertigo. Leadership Vertigo will help you to understand how you can counter these bouts of self-deception by employing four Leadership Landmarks—Community, Competence, Credibility, and Compassion—to get your team back on course.


The Lost Art of Ladyhood

Jessie Funk

Happiness does not come from revealing all your skin or going clubbing every weekend where you get so drunk you don’t remember who you kissed. Happiness comes from living a life of character. The Lost Art of Ladyhood is a road map for young women to navigate their way to confidence and class. Includes QR codes to videos from Jessie.


Stressed Out! For Teens

Ben Bernstein, PhD

In this new book by Dr. Ben Bernstein, author of Test Success, Dr. Bernstein (Dr. B.) uncovers the key principles for success, whether in academics, sports, music, family life, work, or life in general. Dr. Bernstein teaches how teenagers can harness their potential, manage their stress, and achieve their highest objectives.


My Name Is Cool

Antonio Sacre

Using his own personal history and telling the stories of his audiences across the nation, Antonio Sacre has found so captivating, award-winning storyteller and author. My Name Is Cool weaves the Spanish language, Cuban and Mexican customs, and Irish humor into an unforgettable book of humor and inspiration for teens across all cultural boundaries.

Finding Family
Richard Hill
Finding Family: My Search for Roots and the Secrets in My DNA is a highly suspenseful account of an adoptee trying to reclaim the biological family denied him by sealed birth records. This fascinating quest, including the author's landmark use of DNA testing, takes readers on an exhilarating roller-coaster ride and concludes with a twist that rivals anything Hollywood has to offer.

Trade Paper; 304 pages; 6 X 9

Cooked Raw
Matthew Kenney
Cooked Raw is an expansive, entertaining memoir that tells the story of how Matthew Kenney transitioned from a mainstream celebrity chef in New York to a pioneer of plant-based cuisine and his mission to change the way the world eats and thinks about food. Cooked Raw highlights a journey of courage, persistence, risk, the reward of following one's passion, and the future of food for the 21st century.

Trade Paper; 242 pages; 6 X 9

Global Mom
Melissa Dalton-Brooke
Global Mom: Finding Family: My Search for Roots and the Secret in My DNA is a moving, raw, and beautiful memoir recounts the author's landmark use of DNA testing, an expansive, entertaining memoir that tells the story of how Matthew Kenney transitioned from a mainstream celebrity chef in New York to a pioneer of plant-based cuisine and his mission to change the way the world eats and thinks about food. Cooked Raw highlights a journey of courage, persistence, risk, the reward of following one's passion, and the future of food for the 21st century.

Trade Paper; 322 pages; 6 X 9

The Soul of My Soldier
Abigail B. Calkin
Author and poet Abigail B. Calkin shares her journey living with a husband who struggles with PTSD after serving three tours of duty in two different wars. This moving, raw, and beautiful memoir recounts the many experiences living with a soldier and how PTSD and war influenced their relationship.

Trade Paper; 230 pages; 6 X 9

Crystal Puzzle
Ashley Nance
A delightful and true story of growing up with a sister with Asperger’s Syndrome. Crystal Puzzle chronicles powerful family experiences from the realization that there was something different about her sister through the hopes and joys and challenges of school to eventual independence.

Trade Paper; 156 pages; 6 X 9

Chemo-Therapist
Mary Potter Kenyon
Chemo-Therapist: How Cancer Cured a Marriage details the journey that a diagnosis of cancer brings to a marriage and a family with young children. More than that, it is a moving testimonial of a marriage and love renewed by a shared experience with a life-threatening illness.

Trade Paper; 108 pages; 6 X 9

Evolution of Cocoons
Janna Vought
Evolution of Cocoons is a firsthand account of mothering a child who suffers from debilitating mental and developmental illnesses. It is an honest, brutal, introspective, and searching look into a life changed by a child’s imbalanced mind and a mother’s search for strength.

Trade Paper; 140 pages; 5.5 X 8.5

Cooked Raw
Matthew Kenney
Matthew Kenney tells the story of how Matthew Kenney transitioned from a mainstream celebrity chef in New York to a pioneer of plant-based cuisine and his mission to change the way the world eats and thinks about food. Cooked Raw highlights a journey of courage, persistence, risk, the reward of following one’s passion, and the future of food for the 21st century.

Trade Paper; 234 pages; 6 X 9

Teaching Will
Mel Ryan
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