Dino Dana
A Field Guide into Science and Adventure
by J.J. Johnson

A Dino Dana Field Guide for Kids
Fun facts about dinosaurs for kids. Did you know that the brachiosaurus was the tallest dinosaur that we know of today? That the kosmoceratops had fifteen horns and hooks on its head? That the spinosaurus is the only known dinosaur to spend most of its time swimming? Discover this and much more in Dino Dana: A Field Guide into Adventure and Science.

Dino Dana’s field guide for your child. Fans of the Amazon Prime TV show Dino Dana will be so excited to have a Dino Field Guide of their own, put together by the incredible show’s creator and executive producer, J. J. Johnson. Full of colorful illustrations and fascinating science facts, this dinosaur book is sure to amaze any young dino enthusiast.

A great science book for kids. This book for children is perfect for any kid who likes history and science. In the Dino Dana field guide, your kids will learn:

* Which time period each dinosaur lived in

Author Bio

J.J. Johnson is a founding partner of Sinking Ship Entertainment. He has worked on dozens of TV series, including Dino Dana, Annedroids, and Odd Squad. He has won three Emmy Awards for directing and two for overall production, for his shows Dino Dan and Giver.
**Future Rising**  
* A Journey from the Past to the Edge of Tomorrow  
by Andrew Maynard

A Compelling Vision of the Future  
Human beings can - and do - change the future. Over the course of the past 14 billion years, humanity has gained the ability not only to imagine the future, but to design and engineer it. At times entertaining and at others profound, *Future Rising* by Dr. Andrew Maynard, professor in the School for the Future of Innovation in Society at ASU, provides a highly original perspective on our relationship with the future.  

**We have a responsibility to change the future for the better.** As a species, we have become profoundly talented architects of our own future. And yet, we so often struggle to come to terms with what this means and the responsibility that comes with this ability. As our world is driven along by the breakneck speed of innovation and rapidly-shifting norms and expectations, we sometimes need to find a still, quiet place to pause and think. *Future Rising* sets out to create such a quiet place, where we can take advantage of our species' knowledge of the environment, world history, and the importance of science to piece together a positive picture of the future.  

To create a good future, rediscover the past. Our relationship with the future is inextricably intertwined with where we've come from, who we are, and what we aspire to. Written to be easy to pick up and hard to put down, *Future Rising* starts at the beginning of all things with the Big Bang and traces a pathway along the emergence of intelligent life, through what makes humans uniquely capable of imagining and creating different futures, to the profound responsibilities that this comes with.  

In (...)  

**Author Bio**  

Andrew Maynard, a former physicist, is a leading expert in the responsible development of emerging and converging technologies. Over the past twenty years, he has worked closely with experts from around the world on the challenges and opportunities presented by various technologies, ranging from nanotechnology and synthetic biology to artificial intelligence.  

In addition to his impressive list of academic publications, Andrew writes for media platforms such as *The Conversation*, maintains a blog on technology and society called 2020 Science, produces the YouTube channel Risk Bites, and is active on Twitter @2020science. Andrew also regularly appears on radio and is a sought-out speaker on emerging and converging technologies. Andrew is currently a professor in the School for the Future of Innovation in Society at Arizona State University, and Director of the ASU Risk Innovation Lab. He is a leading expert on the risks and benefits of nanotechnology, and he has testified before congressional committees and served on National Academy of Sciences committees. He is actively involved with the World
Behind the Kingdom's Veil
by Susanne Koelbl

It's All About Preserving the Power of the House of Saud
Religious extremism and oppression of women over the past forty years support a single goal—preserving the power of the House of Saud.

Take a deep dive behind the veils and walls of one of the most secretive countries in the world. Few people have first-hand knowledge of who lives, suffers, and wields power in Saudi Arabia. Behind the Kingdom's Veil is a unique and personal portrait of a country critical to our future.

Become an eyewitness to the inner workings of two Saudi Arabias—new and traditional. Author Susanne Koelbl reveals the not-so-obvious facts of Saudi Arabia's history, politics and customs. An award-winning journalist and military and foreign correspondent for the German news magazine Der Spiegel, Koelbl helps us understand the intricate and often hidden power relations within the kingdom.

Chapter-by-chapter the black box that is Saudi Arabia opens. The author has traveled to the kingdom for years and recently lived in Riyadh during the most dramatic changes since the country's founding. She has long cultivated relationships on every level of Saudi society and is equally at ease with ultra-conservative Wahhabi preachers, oppositionists, and women from all walks of life.

Share Koelbl's experiences:
* Have breakfast with Royal Highnesses, meet Osama bin Laden's bomb-making trainer, and enter the palaces of secret service chiefs and diplomatic legends.
* Listen to intimate conversations with women about their homes as prison, contrasted by newly offered freedoms.
* Get to know journalist Jamal Khashoggi who was murdered and brutally dismembered at the (...)

Author Bio

Susanne Koelbl is an award-winning journalist and a military and foreign correspondent for the German news magazine Der Spiegel. Her stories highlight the intricate dynamics in conflict areas and wars around the world, including the Balkans, Central Asia, the Middle East and Africa. Koelbl is known for her probing reports from Syria, Afghanistan and North Korea. Her highly acclaimed book Dark Beloved Country: People and Power in Afghanistan was published in 2009.

Always close to the people, Koelbl uses their voices to make complicated political and societal contexts accessible. For her in-depth and thorough
The Very Secret Sex Lives of Medieval Women
by Rosalie Gilbert

What Was Sex Like for a Medieval Woman? An inside look at sexual practices in medieval England. Were medieval women slaves to their husband's desires, jealously secured in a chastity belt in his absence? Was sex a duty or could it be a pleasure? Did a woman have a say about her own female sexuality, body, and who did or didn't get up close and personal with it? No. And yes. It's complicated.

Romance, courtship, and behind closed doors. The intimate lives of medieval women were as complex as for modern woman. They loved and lost, hoped and schemed, were lifted up and cast down. They were hopeful and lovelorn. Some had it forced upon them, others made aphrodisiacs and dressed for success. Some were chaste and some were lusty. Having sex was complicated. Not having sex, was even more so.

Inside The Very Secret Sex Lives of Medieval Women, a fascinating book about life during medieval times, you will discover tantalizing true stories about medieval women and a myriad of historical facts. Learn about:
* The true experiences of women from all classes, including women who made history
* The dos and don'ts in the bedroom
* Sexy foods and how to have them
* All you need to know for your wedding night, and well as insider medical advice
* How to get pregnant (and how not to), and more


Author Bio

Rosalie Gilbert is passionate about living history, experimental archaeology and women in the Middle Ages, particularly England where her family origins are. She is a lifetime member of the Friends of the Abbey Museum of Art & Archaeology and a member of the Queensland Living History Federation. Rosalie has been a guest speaker on Medieval Feminine Hygiene, The Very Secret Sex Lives Of Medieval Women and Medieval Women's Literacy at The Abbey Museum of Art and Archaeology, the Queensland Museum's After Dark Program for the British Museum's Medieval Power: Symbols and Splendour Exhibition, the University of The Third Age's Winterschool Program, the University Pavilion at the Abbey Medieval Festival and various women's groups.
Her hobbies include lying about being at work so she can stay home, hang out with her rescue kitty and eat nachos.
Learn more about Rosalie at https://rosaliegilbert.com/
TimeCrafting
A Better Way to Get the Right Things Done
by Mike Vardy

Don’t Just Manage Your Time, Craft It
Time management guidebook. How often do you find yourself worried that time is ticking? Disappointed when time flies? From productivity specialist Mike Vardy comes TimeCrafting: A Better Way to Get the Right Things Done, a guidebook for time management and personal productivity.

How to be more productive. It’s time to break the biases and learned behaviors that keep us from being truly productive in our day-to-day. Preoccupied with efficiency and effectiveness, we’ve overlooked key elements of productivity. Pure productivity, you’ll learn, is essentially a partnership between intention and attention.

Productivity processes don’t have to be complicated. In three sections - Mindset, Method, and Mastery - Vardy helps readers craft a flexible personal productivity framework. Learn to work better with practical, real-world examples. Take action with proven, simple and durable strategies. Apart from time management skills and productivity tools, you’ll learn about:
* Intention and attention over efficiency and effectiveness
* Leveraging elements like awareness, clarity, focus, and attention
* Integrating a new framework in a measured, reasoned way

TimeCrafting is for the goal oriented. If you enjoyed time management books like Deep Work, Eat That Frog, and No Excuses!, this is your next read. Hurry, time is of the essence.

Author Bio

Mike Vardy is a productivity strategist, the creator of the methodology and philosophy known as TimeCrafting. He is a renowned speaker and has taught productivity practices on popular online education platforms CreativeLive and Skillshare, where his courses are among the most popular in the business category.

He contributes guest articles to several blogs on the topic of productivity, time, and task management, including 99u, The Huffington Post, SUCCESS Magazine, and Lifehacker. He has served as Managing Editor at Lifehack, and as an editor at The Next Web and WorkAwesome.

He has given talks on productivity and technology, including a TEDx talk, a panel at SXSW, and facilitating a three-day workshop for CreativeLive. He currently hosts The Productivityist Podcast, a weekly show that examines personal productivity and tactical approaches to work and life.
You will be known by the company you keep! Successfully steer your own life instead of having it determined by others, advises Tobias Beck in this German bestseller narrated in his pithy, to-the-point style. Tobias provides the coaching needed to liberate ourselves from chronic complainers.

Killjoys, energy vampires, and chronic complainers. Everyone knows a Debbie Downer, moaning the whole day long because nothing ever goes right. The weather is miserable, it's Monday, and to top it all off, the doughnut has a hole! Tobias shows us a way out: simply not to bother with such acquaintances at all.

Positive thinking for peak performance. Polarizing, provocative and exaggerated, the Liberated® philosophy urges readers to free themselves from negative people in order to live successfully and authentically. With success factors based on 15 years of personal experience in the field of personality development and behavioral psychology, you'll learn how to:
* Think in terms of chances and opportunities rather than problems and risks
* Motivate yourself, forge your own path, and let yourself be guided by your dreams and vision
* Seek out people who support you and who let you grow and move forward

Amusing stories, funny illustrations, and proven techniques. With success stories that are as entertaining as they are instructive, this book is as easy to read as it is unconventional. Part workbook and part self-help and nonfiction, this narrative book includes funny comics to illustrate proven-to-work strategies.

If you enjoyed books like The Four Agreements, The Subtle Art of Not Giving a F*ck, The Empath's Survival Guide, and The 5 Types of People Who Can Ruin Your Life, then you'll love (...)

Author Bio

A former flight attendant with a learning disability, and now a university lecturer, Tobias Beck has become one of Europe's most-loved speakers and hosts life-changing seminars and personal consultations. He explains, in a humorous fashion, how the principles of success and motivational psychology can work for others too. His Bewohnerfrei® (“Liberated”) podcast hit # 1 on the iTunes download charts upon its release and reaches an audience of millions online.
Tao and the Four Pillars of Influence
Merging 4000-Year-Old Wisdom with Activism to Change the World
by Karen McGregor

A Unique Leadership Book *Tao and the Four Pillars of Influence* stands apart as a business book. It speaks ancient wisdom to the modern-day leader, while providing practical and tangible actions that lead to high levels of sustainable influence. The book is an easy-to-follow roadmap to creating lasting change in your workplace, community and family, while navigating chaotic and demanding environments.

**Make an impact and positively influence others to create much needed change.** As the "old world" influence of manipulation, hidden agendas, control and greed crumble, people are seeking a replacement. They want to be part of the solution. *Tao and the Four Pillars of Influence* is this replacement: it fills the gap between old and new world influence through the teachings and application of the Tao Te Ching, a 4000-year-old wisdom book written by Chinese philosopher Lao Tzu.

**The greatest power is in understanding the use of power.** Karen McGregor is an international keynote speaker, TEDx speaker, and a guide to thousands of entrepreneurs and professionals seeking to become more influential leaders. In the Tao Te Ching, the Tao represents masculine creator and Te represents feminine nurturing. *Tao and the Four Pillars of Influence* speaks to both the feminine and masculine within, using words and concepts that are in keeping with the wisdom of the Tao Te Ching, and that don't rely on having to force, beat or defeat anything.

**Each chapter begins with a quote from the Tao Te Ching that connects with that chapter's theme.** Then concludes with reflections and recommended action. Learn how to:

- *Handle challenges, including difficult people*
- *End the dynamic that heightens power struggles and (...)*

**Author Bio**

Karen McGregor is an international keynote speaker and influencer who has shared the stage with such luminaries as Tony Robbins, Dr. John Gray, Dr. Deepak Chopra, Brendon Burchard, Marci Shimoff, and Dr. Denis Waitley. For the past decade, McGregor has been recognized for her ability to help professionals and entrepreneurs craft and deliver influential, heart-based messages that influence the world. In addition to being a TEDx speaker and an inspirational keynote speaker, McGregor is a Dragon's Den coach (the Canadian equivalent of Shark Tank), Founder of the Speaker Success Formula, and creator of the highly-regarded training program, Rock the Stage™, which has served thousands of entrepreneurs and professionals in becoming more influential messengers.
Inspired CEO
Creating Authentic Solutions to Stubborn Systemic Problems
by Hans Norden

*Inspired CEO: Creating Authentic Solutions to Stubborn Systemic Problems* is the only book written specifically for CEOs for the express purpose of discussing, by far, the biggest threat to CEO Effectiveness. Chief executives are baffled by confrontations with conspicuous problems that appear to be without solution, such as the following frequently cited examples as to how to deal with complexity, increase profit margins, increase employee engagement, and more. These problems, and their elusive ability to persist, fester and recur, threaten business performance, and thus, a CEO's career. Unfortunately, the all too common practice of prescribing more best-practice solutions will only result in more unintended and unwanted results. *Inspired CEO* is the only leadership book to describe the root cause analyses of systemic problems. These problems are 'systemic' because they are inherent to that business system's design, organization, implementation/operation, maintenance, and management. Their symptoms manifest themselves as disruptions within the work-flow of multiple processes, departments, and hierarchical levels throughout the entire business system. Addressing a business system's root dysfunction(s) is thus a significant departure from conventional leadership practices.

In short, *Inspired CEO* prioritizes thinking over doing, chooses the creation of Authentic Solutions over a quest for silver bullet, one-size-fits-all best practices, and advises leading with wisdom over following prescribed solutions.

**Author Bio**

Hans Norden is a Dutch native. Prior to his relocation to the United States, he worked as a senior in-house change management consultant for the ING Group, at their international headquarters in Amsterdam, The Netherlands. He led and collaborated on multi-million Euro projects for Asset Management, Facilities Management, the Comptroller's Office, ING Netherlands, and the network of branch offices for The Netherlands and Belgium. Norden received his professional training at NMB Bank and Cap Gemini.

Subsequently, Norden became a speaker on the topic of systemic problems and creating Authentic Solutions. Currently, Hans Norden is the principal and owner of "Anticipated Outcome," a boutique provider of change leadership services to forward thinking business leaders. Services include consulting, coaching, training, speaking, and writing.
Back From the Future
A Celebration of the Greatest Time Travel Story Ever Told
by Brad Gilmore

A Fan’s Look at the Back to the Future Franchise
The history of the films, cartoons, toys, and more: The Back to the Future series is a timeless collection that is greatly revered by all audiences. The beauty of this book by Brad Gilmore is that it doesn't present the history of the film as textbook information. Gilmore discusses these films from a place of passion and so effectively reveals how the history behind the movies is just as engaging as the films themselves.

From a fan, for the fans: There’s a host of information out there on the Back to the Future trilogy, but never before has there been a book like this. Gilmore, a radio and television host, also happens to be a die-hard fan of the movies. As a fan speaking to fellow fans, Gilmore dives into fan theories and provides the answers to all the questions readers could possibly have - because they are the very questions he himself has asked.

Unheard details and trivia: Not only is Gilmore a diehard fan, but he is also an expert on all things Back to the Future, a fact made evident by the podcast he hosts, Back to the Future: The Podcast. Pairing his knowledge with his passion for the films, Gilmore uses this book to discuss details and movie trivia that reveal just why these movies have stood the test of time. Check out this must-have book for fans and learn things you never knew about Back to the Future. Open it up and you'll find...

* Completed timelines of all the main characters from the franchise
* In-depth studies of various Back to

Author Bio
Brad Gilmore is a radio and television host born and raised in Houston, TX. Since 2011, he has been the host of The Brad Gilmore Show which covers the worlds of sports, music and pop culture. Brad currently hosts "The Hall of Fame" with WWE Hall of Famer, Booker T on ESPN Radio. Brad began his career covering music and worked as a regular contributor to Houston Press and the hip hop blog DayandaDream.com. Brad hosts a variety of TV shows and podcasts including Reality of Wrestling, Movie Trivia Schmoedown, Schmoedown Rundown, Heated Conversations (featured in the iTunes Top 10 Podcast Chart), Your Opinion Doesn't Matter and since 2015, Back to the Future: The Podcast which just recently surpassed 1,000,000 streams over 50 episodes. During his career, Brad Gilmore has been appeared in print, radio, television and film and always looks to bring his one of a kind perspective to each of his endeavors and entertain audiences worldwide.
The Burger King
A Whopper of a Story on Life and Leadership
by Jim McLamore

The Life and Legacy of an American Original Co-founder and first CEO of Burger King, Jim McLamore, recounts the entrepreneurial journey of an international fast food chain and offers a message to today's budding entrepreneur.

A rags-to-$9-billion-riches story. A crash course in Burger King history and fast food in America, The Burger King is McLamore’s candid and conversational memoir. Written before his death in 1996, he talks of his life, the birth of the whopper, and the rise of Burger King. Inside, find out:

* How Burger King managed to create the worst advertising campaign of 1985
* What Burger King shares with Pitbull, Scarface, and Marco Rubio
* Why Wendy's founder Dave Thomas called McLamore an "American original"

A message for today's young entrepreneur. McLamore's account of Burger King offers an instructive and inspiring tale to young entrepreneurs. Here's a story of entrepreneurship development from one of the top entrepreneurs of fast food chains. Want to learn how to start a food business? Burger King's journey from south Florida drive-ins to international corporation reveals the ups and downs of entrepreneurship, whether in the food service industry or elsewhere.

Now what? But the autobiography of McLamore doesn't end when he exits the company. So, what comes after success? To McLamore, it comes down to what's truly needed to live a full and good life - personal values, impacting the people around you, and juicy hamburgers.

If you want to have it your way, and enjoyed books like Grinding It Out: The (...) 

Author Bio

Jim McLamore was the co-founder and first CEO of Burger King, creating one of the great fast service restaurant chains in the country together with Dave Edgerton. After selling it to Pillsbury and watching over it for the twenty years, he retired and dedicated his life to servicing the South Florida community as Chairman of the University of Miami and avid member of the Fairchild Tropical Gardens.
America’s First Female Serial Killer
Jane Toppan and the Making of a Monster
by Mary Kay McBrayer

The Making of a Female Serial Killer
For readers who are fascinated by how serial killers are made. This book is for listeners of true crime podcasts and readers of both fiction and true crime nonfiction. It is for watchers of television shows like Deadly Women and Mindhunter, who are fascinated by how killers are made. It’s for self-conscious feminists, Americans trying to bootstrap themselves into success, and anyone who loves a vigilante beatdown, especially one gone off the rails.

America’s first female serial killer was not always a killer. America’s First Female Serial Killer novelizes the true story of first-generation Irish-American nurse Jane Toppan, born as Honora Kelley. Although all the facts are intact, books about her life and her crimes are all facts and no story. Jane Toppan was absolutely a monster, but she did not start out that way.

Making of a serial killer. When Jane was a young child, her father abandoned her and her sister to the Boston Female Asylum. From there, Jane was indentured to a wealthy family who changed her name, never adopted her, wrote her out of the will, and essentially taught her how to hate herself. Jilted at the altar, Jane became a nurse and took control of her life, and the lives of her victims.

Readers of America’s First Female Serial Killer:
* Will gain insight into the personal development of a severely damaged person without rationalizing her crimes
* Experience the rarely told story of a female serial killer
* Understand that even monsters were humans, first

If you enjoyed books such as In Cold Blood, Perfume, Alias Grace, or Devil in the White City; you will love reading America’s First Female Serial Killer

Author Bio

Mary Kay McBrayer is a co-founder and host of the podcast Everything Trying to Kill You. She is a Book Riot correspondent and professor of literature in Kennesaw State University. Her writing and prose are feature in the Santa Fe Writers Project Quarterly Review and Chicago Literati. For more, you can visit her blogs, MaryKayMcBrayer.com and Book Riot.
The Best New True Crime Stories
Small Towns
by Mitzi Szereto

Small towns have always been thought of as sleepy places where nothing bad ever happens. Everyone knows each other. In these peaceful close-knit hamlets untainted by big-city crime, people look out for their neighbors. There's a strong sense of community. In small towns you can leave your doors unlocked and your windows wide open. However, this wholesome idyllic image doesn't always square with reality. Small towns might look and feel safe, but statistics show this isn't really true. Whether it's murder, kidnapping, shooting rampages, or violent robbery, bad things can and do happen in small towns all over the world.

The Best New True Crime Stories: Small Townswill contain quality non-fiction accounts covering various geographical locations and time frames. The anthology will feature international writers of true crime, crime journalism, crime fiction and experts in the field.

Author Bio

Mitzi Szereto (mitziszereto.com) is a multi-genre author and anthology editor of more than two dozen books in the areas of crime, gothic fiction, horror, cozy mystery, satire, parody, sci-fi/fantasy, paranormal romance, erotic fiction and assorted non-fiction.
The Book of Extraordinary Impossible Crimes and Puzzling Deaths
The Best New Original Stories of the Genre
edited by Maxim Jakubowski

A murder has been committed but how could it have happened? Was the room locked from the inside? Was the suspect or killer actually close to the scene or death or, impossibly, miles away? How come the body shows no sign of violence? Where is the weapon that inflicted the deadly blow? Was the right person actually killed? Crime and mystery fiction can be full of impenetrable conundrums and endless question marks when the story itself becomes a reality-defying puzzle for the sleuth or policeman in attendance to solve. Some of mystery fiction's most clever talents from the USA and the UK offer a series of brand-new ingenious stories which will have the reader scratching his brow until the very last minute and delight in the Macchiavellian solutions. This is the third volume in Mango’s innovative collections of the best that crime fiction has to offer.

Author Bio
Maxim Jakubowski is a novelist and editor. He was born in the United Kingdom and educated in France. Following a career in book publishing, he opened the world-famous Murder One bookshop in London in 1988. He compiles two acclaimed annual series for the Mammoth list, Best New Erotica and Best British Crime. He is a winner of the Anthony and Karel awards, a frequent TV and radio broadcaster, crime columnist for the Guardian newspaper, and Literary Director of London's Crime Scene Festival. He lives in London, United Kingdom.
A Clean Heart
A Novel
by John Rosengren

A Novel of Redemption from Addiction and a Broken Family
Carter Kirchner struggles to stay sane and sober as a counselor at Six West, an adolescent drug treatment center run by Sister Mary Xavier, a hard-drinking nun with an MBA. The young Kirchner is caught between Sister Mary's plan to rescue the center by reforming a hard-case kid and the dysfunctional staff's clumsy plan to intervene on their boss's drinking. Meanwhile, Carter's mother - who never forgave him for giving up a promising hockey career to treat his own addiction - lands in the hospital with an advanced case of cirrhosis. Before Carter can help the young addict commissioned to his care or safely navigate the staff's dysfunctional intervention effort, he must rescue himself from his family's broken past.

A Clean Heart is a novel by John Rosengren, a writer and recent nominee for a Pulitzer Prize who knows the territory of addiction. He went through treatment at age 17 and has been clean and sober for the past 37 years. He also worked in adolescent treatment centers when he was younger. John Rosengren's articles have appeared in more than 100 publications, including The Atlantic, New Yorker, Reader's Digest, Sports Illustrated, and Utne Reader.

If you are a fan of the 2018 films Ben is Back or David Sheff's Beautiful Boy or have read addiction memoirs such as If You Love Me or We All Fall Down, you will love reading John Rosengren's A Clean Heart.

Author Bio
A full-time freelance writer for the past 30 years, Rosengren was recently nominated for a Pulitzer Prize and has won more than a dozen writing awards. He's published eight previous books, including Hank Greenberg: The Hero of Heroes, the definitive biography of the first Jew inducted into baseball's Hall of Fame, and Blades of Glory: The True Story of a Young Team Bred to Win which chronicles a season spent with a high school hockey powerhouse (Minnesota's Friday Night Lights). His articles have appeared in more than 100 publications, such as The Atlantic, New Yorker, Reader's Digest, Sports Illustrated and Utne Reader. Rosengren earned his master's degree in creative writing from Boston University, where he studied with Saul Bellow and Derek Walcott. More at www.johnrosengren.net.
Your Brain on Facts
Things You Didn't Know, Things You Thought You Knew, and Things You Never Knew You Never Knew
by Moxie LaBouche

When Trivia Isn't Trivial
The world is full of things you didn't know, things you thought you knew, and things you never knew you never knew. From the eponymous podcast comes Your Brain On Facts.

Train your brain. So what if you picked up some historical inaccuracies (and flat-out myths) in history class. Your Brain On Facts is here to teach and reteach readers relevant trivia. It explains surprising science in simple language, gives the unexpected origins of pop culture classics, and reveals important titbits related to current issues.

A brain food boost. Get ready for trivia night done right. Inside, find true facts, strange facts, and just plain weird facts. Your Brain on Facts features general trivia questions and answers, offering science, art, technology, medicine, music, and history trivia to brainiacs everywhere.

Learn:
* What's the language of the stateless nation in the Pyrenees mountains
* Where the world-changing birth control pill was tested
* Who wrote lyrics for the Star Trek theme song that were never used

If you enjoyed The Book of General Ignorance, The Best Bar Trivia Book Ever, The World’s Greatest Book of Useless Information, and The Book of Unusual Knowledge, you'll have a blast with Your Brain On Facts

Author Bio

Before she started the Your Brain On Facts podcast to safely vent the copious facts from her brain, Moxie LaBouche performed and produced burlesque. She specialized in "nerd-lesque," i.e., artistically stripped as beloved fictional characters, from Cheetarah to Dracula's assistant Renfield. It was her privilege to produce the only George R. R. Martin-approved burlesque tribute to Game of Thrones and even to play for the man himself. Prior to this, Moxie previously earned her living as a goat farmer, selling soaps and skin care products. She is also creator and co-host of the Science With Savannah, Age 7 podcast and YouTube channel. Moxie lives in Virginia with her husband and a dozen or so pets.
We Did That?
by Sophie Stirling

Weird Trivia and Strange History

Everyone loves fun trivial! Buckle up for a very odd ride through history. If you enjoyed books like Strange History or The Book of Unusual Knowledge, Quackery or The Sawbones Book, then We Did That? should be next on your list.

How did we come up with that? Everyone knows about mousetraps, but did you know they were originally inspired by burglar alarms? What was so important to Samuel Hopkins that he became the first person to have a US patent? Many curious creations have been born over the centuries. In this section, author and historian Sophie Stirling dives into the curious minds of inventors and their unique (and sometimes wild) ideas throughout history.

Strange beauty and fashion fads
The phrase "pain is beauty" has a very real history across the globe. Discover painful fashion trends, wooden bathing suits, breast enhancers in the shape of toilet plungers, and death-inducing cosmetics. People are willing to do anything to stay beautiful. But why would ingredients include arsenic, beetles, or "hog's pisse"?

Odd superstitions and folklore:
Do you know about the centuries-old Banana Curse? The origin of the Tooth Fairy? Our weird obsession with shoes? Some strange beliefs might seem be the stuff of old wives’ tales, but many have become ingrained in our minds. You might be more superstitious than you think!

We Did That? is an entertaining collection of odd history! In this book, you will learn about:
* Odd jobs throughout the centuries that will leave you appreciating your day job
* Curious inventions that never made it big, or that were the first versions of mainstream products today
* Interesting and sometimes (...)

Author Bio

Sophie Stirling is a scholar of history and literature, her studies encompassing the folklore of various cultures. She is also a self-proclaimed literature geek, shameless punster, and believes that sharing stories, humor, and reading about history allows us to have a deeper connection with our fellow human beings and gives us a better look into our collective future. Sophie authored We Did That? to share her passion for learning and love for this wild world we live in.
The Anxiety Getaway
How to Outsmart Your Brain's False Fear Messages and Claim Your Calm
by Craig April, Ph.D

Overcome Anxiety By Facing Fear
Proven tips and tools. There are a lot of resources out there for managing anxiety. However, many of them are based on opinion rather than science. Dr. Craig April, founder of The April Center for Anxiety Attack Management, relies on the latter. By employing cognitive behavioral therapy, a research-proven method for anxiety treatment, readers can find the breakthrough they desire.

No-nonsense approach. Assuming the role of victim when it comes to anxiety can make us feel trapped and convince us that we have no control in getting better. However, Dr. April shares that, in most of its forms, anxiety is not a mental illness. For this reason, he takes a stripped-down approach to tackling anxiety that looks at the root: false fear messages.

Fear is part of the human condition. Fear is a factor in all lives, whether we feel it plays a significant role in controlling us or not. However, it is also something that can be faced. By recognizing anxiety as a result of false fear messages, we become better equipped to manage it. An expert on cognitive behavioral therapy focused on anxiety relief, Dr. April is equipped with over twenty years of experience and seeks to help readers face their fears and overcome anxiety.

Read The Anxiety Getaway and discover:
* Methods that have been demonstrated to be effective at The April Center for Anxiety Attack Management
* Tips and practical tools for facing fear
* A non-victim approach to help you take back control and reclaim your life

Readers of self-help books such as When Panic Attacks, Freedom from Obsessive-Compulsive Disorder, Don't Panic, Dare: The (...)

Author Bio

Craig April, Ph.D. is the founder of The April Center for Anxiety Attack Management - a well-known anxiety treatment center in Los Angeles. Dr. Craig April has become one of the most active and popular anxiety doctors in the country. He has been treating anxiety for over twenty years and is an expert in cognitive-behavioral techniques focused on anxiety relief. Dr. April has been quoted nationally in magazines and newspapers, has been a national radio guest, has served on filmed panels and speaks regularly in the community. He was a featured, treating psychologist cast member on the A&E Television show OBSESSED for its two seasons. Obsessed was a documentary series, much like the TV show INTERVENTION in style, that documented the struggles of those with anxiety disorders as they underwent
The Fear Paradox
by Frank Faranda

The Consequences of the Comfort Zone
Over the last five hundred years, life for the average human being has changed dramatically - plagues no longer wipe out entire families, and no longer do we empty our chamber pots into the street. Nope, not today. But, western progress has shown that no matter how many dangers we neutralize, new ones emerge. Why? Because our level of fear remains constant. Safety not guaranteed.

For years, Dr. Frank Faranda studied a state of fearfulness in his patients - an evolutionary state that relentlessly drove them toward avoidance, alienation, hypercriticism, hyper-control, and eventually, depression and anxiety. He began to wonder how embedded these fears might be in contemporary society. This book aims to break us free from what he found.

A culture of fear. Society is reaching increasingly extreme levels of comfort and safety, all while living in fear. As a result, fear is embedded into culture, creating new dangers, and isolating ourselves from one another. That's Faranda's Fear Paradox: even though fear has a prime directive to keep us safe and comfortable, it has grown into the single greatest threat to humanity and collective survival.

Fear not. Faranda believes it is time for each of us to shine a light on our deepest fears, and to examine with fresh eyes the society that our fear is creating. Put an end to fearmongering and start to fear less, in The Fear Paradox learn about:
* The fear of pain and the fear of the unknown
* How fear has driven progress in the West
* The price paid to eradicate fear

If you enjoyed reading books like Fear, The Culture of Fear, and The Science (...)

Author Bio

Dr. Frank Faranda is a clinical psychologist with fifteen years of experience in private practice. He spends his days helping people deal with fear: not only its most obvious manifestations - such as crippling anxiety or the fear of imminent harm from abusive parents, partners, or even societal threats - but also a broader quality of fearfulness that appears to operate within all of us to some degree, regardless of our diagnosis, gender, class, or education. He has helped thousands of patients and conducted more than 30,000 hours of depth psychotherapy, with particular expertise in attachment theory, Jungian analysis, psychoanalysis, and "parts work." Along the way, he has expanded his practice to include insights from neuroscience and neurobiology, and has published papers in Psychoanalytic Inquiry and the Journal of Psychotherapy.
Stop Fear From Stopping You
The Art and Science of Becoming Fear-Wise
by Helen Odessky, Dr.

Harness Your Fear

Two kinds of fear. Sometimes, emotions like fear can be helpful. A few years ago, Dr. Helen Odessky, clinical psychologist and author of the best-selling motivational book Stop Anxiety from Stopping You, found herself part of a minor fender-bender on a major interstate. Looking back at her daughter, she feared that if another car hit them, her daughter’s life would be in danger. A few minutes after retreating to another car in a safer location, an 18-wheeler barrelled into her car and demolished it. Her fear saved both her daughter’s life and her own.

Fight the bad fear. Stop Fear from Stopping You is about a different type of fear - the fear that is so prevalent that it often lies dormant in the way of our dreams, career paths and relationships. This fear creates stories that cushion us from potential pain and failure - at the cost of our self-esteem, success, growth, and personal happiness.

Become fear-wise. Because fear is complex, we cannot afford to merely be fearless. Just “letting go” is not the answer. The real solution lies in learning to become fear-wise. In this inspirational book, Dr. Helen will show you how to harness the wisdom behind your fears and break through the barriers that block your success.

Stop Fear from Stopping You is the perfect gift for women and men struggling with fear. It is designed to help you:
* Identify the fears that stand between you and your goals
* Develop tools to overcome your fears
* Develop a value-based plan to pursue your goals
* Change your relationship with fear and learn to become fear-wise

If (...)

Author Bio

Dr. Odessky is a highly sought-after clinical psychologist, best-selling author of Stop Anxiety From Stopping You, and anxiety expert. She has been working in her clinical practice with individuals, couples, teens, and families for over fifteen years. Dr. Helen Odessky’s refreshing and unique approach has provided the critical intervention and support so that individuals and families overcome their anxiety and fears.
Trust the Grind
How World-Class Athletes Got To The Top
by Jeremy Bhandari

A Champion State of Grind
Exclusive interviews with the top athletes in sports today, Trust the Grind: How World-Class Athletes Got To The Top reveals how these men and women reached the heights of their profession so that you can too.

Sixteen athletes from eleven sports arenas. Each chapter tells a different story, as each superstar shares the habit that helped them accomplish their goals and reach the pinnacle of their profession. These champion mindsets are backed with scientific studies and relatable poems.

Sports fanatic or not. Guaranteed to tap into your athletic edge, Trust the Grind, from ESPN's Sports Researcher Jeremy Bhandari, is made for sports fans and nonfans alike. Fans of professional athletes get an in-depth look at their heroes' climb to the top; those less passionate about sports have the chance to read the secrets of success from some of the most talented people in the world. Both learn pivotal life lessons, and can immediately instill these particular traits and habits into their own lifestyle.

A 'success habit' point of view. Learn the secrets behind success, and what it takes to remain on top. With Trust The Grind, you will learn about the value that comes with becoming disciplined, staying driven, setting goals, identifying your "why", staying active and eating right, making sacrifices, obsessing over your passion, and more. Rather than harping on the remarkable accolades and astonishing statistics, this story is formulated to teach (...)
The Flip Side of History
by Steve Silverman

Hidden History, Strange Stories, and Hard-to-Believe Headlines
What if there was a flip side to the history channel? What would you do with all the historical facts and tales left out of history textbooks? From the host of the popular Useless Information podcast, Steve Silverman, comes a collection of fun history facts, strange news, and lost stories.

True Stories and random trivia that will entertain or liven up any conversation. In The Flip Side of History: Fascinating True Stories that Time Has Long Forgotten, read about common folk and not-so-common knowledge. In this collection of thirty plus historical events, Steve Silverman provides fascinating stories and easy to read facts. Covering a wide variety of topics, these stories highlight the quirks, complexities, and curiousness of man.

Stranger than Stranger Things. The Flip Side of History gives you tales full of strange news, trivia, and facts. Some made newspaper headlines, others were lost in history:

* A prominent lawyer leaves his entire estate to a town for the establishment of a library that forbids women - setting off riots, arrests, and the near hanging of a judge.
* The amazing story of the only person rescued from slavery by the Underground Railroad four times.
* That time a man in the 1950s stole hundreds of women's shoes in Coronado and San Diego, California. The shoes, most of them the left shoe, were found dispersed randomly all over town.

If you're a fan of the Florida Man Challenge and books like The Book of Unusual Knowledge, Answers to Questions You've Never Asked, Bad Days in History, Uncle John's Bathroom Reader, and The Greatest Stories Never Told; then The Flip Side (...)

Author Bio

Steve Silverman has been a highly-regarded science teacher at Chatham High School in upstate New York for the past twenty-nine years and will retire in June 2020. Each year, on the second Tuesday in May, a number of students dress up as Mr. Silverman to celebrate Steve Silverman Day. He has previously published Einstein's Refrigerator and Lindbergh's Artificial Heart.

His collection of unusual stories began with a desire to add some pizazz to his classroom lectures. As an early adopter of the internet, he quickly took advantage of the new opportunities that the World Wide Web offered and began to post some of his favorite stories online. His Useless Information blog was one of the first 25,000 websites ever. Few people noticed that the website existed until Yahoo! chose it as its Pick of the Week on July 9, 1997. In January 2008 the Useless Information Podcast was started and its audience
Time Travel with the History Chicks
A Guide to the Women of America's Gilded Age
by Beckett Graham and Susan Vollenweider

Discover the hidden figures of history For fans of Downton Abbey, The Woman Who Smashed Codes, and An American Princess will love Time Travel with the History Chicks: The Women of America’s Glittering Age
A series about women in history: Women and girls are hungry for role models, but history is often taught as a one-dimensional recitation of dates, kings, leaders, and their battles. In truth, history is really nothing more than the story of living humans within their times. This bold and insightful new series, brought to you by the women behind The History Chicks podcast, annotates those particular times by focusing on the forces, objects, events, and issues that make up the individual histories of the women who lived them.

Learn about the women who shaped America’s Gilded Age: Time Travel with the History Chicks is a behind-the-formal-portrait look into America's "glittering" Gilded Age, 1870–1912, told through a new female lens and bursting with things you didn't know, fun facts and trivia, and insightful commentary. The History Chicks explore everything in the day-to-day lives of American Gilded Age women, from alcohol to zoetropes, and make the stories of these women relatable by tying them to modern women.

Suffragettes, pioneer women, American princesses, women in science, and more: Learn about women like Jennie Jerome Churchill (mother of Winston and one of the first “Buccaneers”), Ida B. Wells-Barnett (civil rights/journalism), Caroline Weldon (Native American rights), Madam CJ Walker (hair care and franchising), Josephine Cochrane (dishwasher inventor) and Lillian Gilbreth (mother of a dozen children and the step trash can). The profiles in this book cross economic, occupational, and (...)

Author Bio

Beckett Graham and Susan Vollenweider have co-hosted and produced the award-winning women’s history biography podcast, The History Chicks since 2011 and the history based media podcast, The Recappery since 2017.

As a small child, Beckett was struck by a line in Laura Ingalls Wilder's Little House in the Big Woods. "Now is now, it can never be a long time ago." This early understanding of the personal nature of history has informed her approach to studying the past. The podcast was born out of the frustration with the lack of women’s history coverage online.
The Invisible Toolbox
The Power of Reading to Your Child from Birth to Adolescence
by Kim Jocelyn Dickson

An Essential Tool for Preparing Your Child for Kindergarten and Beyond

Reading aloud to your children is essential. Longtime elementary school teacher Kim Jocelyn Dickson believes every child begins kindergarten with a lunchbox in one hand and an "invisible toolbox" in the other. In The Invisible Toolbox, Kim shares with parents the single most important thing they can do to foster their child's future learning potential and nurture the parent-child bond that is the foundation for a child's motivation to learn. She is convinced that the simple act of reading aloud has a far-reaching impact that few of us fully understand and that our recent, nearly universal saturation in technology has further clouded its importance.

In The Invisible Toolbox, parents, educators, and early literacy advocates will discover:
- Ten priceless tools that will fill their child's toolbox when they read aloud to their child
- Tools parents can give themselves to foster these gifts in their children
- Practical tips for how and what to read aloud to children through their developmental stages
- Do's and don'ts and recommended resources that round out all the practical tools a parent will need to prepare their child for kindergarten and beyond

Essential book for parents. In The Invisible Toolbox, Kim weaves her practical anecdotal experience as an educator and parent into the hard research of recent findings in neuroscience. She reminds us that the first years of life are critical in the formation and receptivity of the primary predictor of success in school - language skills - and that infants begin learning immediately at birth. She also teaches and inspires us to build our own toolboxes so that we can help our children build theirs.

If you enjoyed books like Honey for a Child's Heart (...)

Author Bio

Kim Jocelyn Dickson is a parent, author, and educator with thirty years of classroom experience. She graduated from Princeton Theological Seminary with a Master's degree in education and a focus on developmental psychology and spirituality. She has taught in public and private schools in the east, Midwest, and west coast of the United States. Currently, Kim lives in Southern California where she teaches, writes, and presents on the importance of early literacy. Learn more at: www.kimjocelyndickson.com and the invisibletoolbox.org.
I Do Not Like Living with Brothers
The Ups and Downs of Growing Up with Siblings
by Daniel Baxter

Living with Siblings Can Be Great - Even When They're Brothers
Learn about the importance of family. I Do Not Like Living With Brothers aims to teach young siblings to see the value and goodness in each other. We never like everything about our brothers or sisters, but if we focus on the positive and recognize that our family cares about us, then we can live in community with greater joy.

Turn sibling rivalry into love and kindness. Exploring the family dynamic of a sister living with two brothers, in this children's book, our young narrator discovers that while her brothers are dirty, smelly, and sometimes selfish, they are also kind, funny, and helpful. Author and father Daniel Baxter, cohost of the popular YouTube channel How It Should Have Ended, shows kids that perhaps living with your siblings is not all bad.

I Do Not Like Living With Brothers is a great empathy book for kids. With creative examples and fun illustrations, it will teach young girls and boys:
* How to be more generous
* Why we should appreciate the people we live with
* That even though living with siblings can be hard work, it's worth it!

If you and your child enjoy seeing examples of tolerance and reading kindness books for children like Be Kind, You're the Biggest, and Kindness Starts with You, you will love I Do Not Like Living With Brothers

Author Bio

Daniel Baxter is the creator of the popular YouTube channel and online series How It Should Have Ended, which produces parody animations of alternate endings to popular movies. He is an artist, animator, and writer. He's also a husband, a father, and, most relevant to his children's book, he's a big brother.

Tina Alexander is a producer and writer, known for How It Should Have Ended (2005), Tvoovies (2013) and Fangirls (2013)
You're Smart, Strong and You Got This
Drawings, Affirmations, and Comfort to Help with Anxiety and Depression
by Kate Allan

Whimsical Illustrations with a Powerful Message
Broaching the subject of mental health. It’s not easy to discuss mental health, even though it affects everyone. We want to believe we can handle anything that comes at us, but the reality is we all have good days and bad days. Because of this, it is important to check in with our mental health. Through guided illustrations, author Kate Allan opens the door to discussion about mental health in an approachable and unassuming manner.

Pep talks for any occasion. Whether you deal with social anxiety, depression, or are simply going through a rough patch, Allan is here with her friendly animals to help. Negative thoughts can keep us from reaching our full potential, not to mention hold us back from attaining happiness. This book is a source of validation and encouragement for those moments when we need a reminder of our worth.

A journey to wellness. The focus of this book is personal growth, both the reader's and the author's. With her beautiful illustrations, Allan guides us through how she went from rock bottom to managing her mental health quite well. By zooming in on mindfulness and prioritizing self-care, Allan expresses how we can get through the hardships we face and come out stronger.

Read Kate Allan's new book, You're Strong, Smart, and You Got This, and find:

* Tips for when you’re feeling inadequate, overwhelmed, or down on yourself
* An emotional first-aid kit in the form of whimsical colors and friendly, smiling animals that heal invisible wounds and make heavy subjects easier to face
* Messages of hope for all ages, coming from a place of understanding and empathy (...)

Author Bio

Kate Allan is an illustrator and designer 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 100,000 people. Her work has been featured in The Huffington Post, The Mighty, Wear Your Voice Mag, Sparklife, and more.
Thera-pets
64 Emotional Support Animal Cards
by (artist) Kate Allan

Make Every Day a Little Easier
Affirmations of self-love to brighten your day: Fans of Kate Allan and her colorful, inspirational illustrations will treasure this collection of daily affirmations of self-love. She draws from her own experiences with anxiety and depression to create therapeutic and soothing works of art for all. Think of this card deck as a menagerie of emotional support animals to take with you anywhere - an airplane, a trip to the dentist, your first day at a new job, or anytime you need a little boost of cheer and encouragement.

Give the gift of uplifting affirmations: Thera-pets is a deck of 64 cute doodles that comes from the bestselling author of You Can Do All Things. Each card of positive affirmations offers you a daily moment of joy to escape from the problems so many of us face in this hectic, modern world. Inside, you’ll find:
- Cute animal drawings to calm your mind
- Uplifting quotes to help you through bad days
- Words of wisdom and ways to find mindfulness

Thera-pets: 64 Emotional Support Animal Cards is a great gift for anyone who loves How to Love Yourself Cards: A Deck of 64 Affirmations, and Affirmators! 50 Affirmation Cards to Help You Help Yourself - without the Self-Helpy-Ness

Author Bio
Kate Allan is an illustrator and designer 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 100,000 people. Her work has been featured in The Huffington Post, The Mighty, Wear Your Voice Mag, Sparklife, and more.
I Am Not a Juvenile Delinquent
How Poetry Changed a Group of At-Risk Young Women
by Sharon Charde

The #metoo movement, particularly the horrific Larry Nassar abuse, shows with frightening clarity the vulnerability of young women to male predators; all the Touchtone girls I encountered suffered similar or worse fates. The book is a pilgrimage, a quest story, divided into five sections. Part I explores the authors first year at the facility, the difficulty and eventual success of establishing my group in such a chaotic and contradictory culture. It recreates their writing sessions, and features the vivid, dramatic personalities of the girls who participated as well as the steep learning curve on which she found herself daily. Part II moves swiftly through the trials and victories between the first and last years, and offers brief profiles of three of the residents who held special resonance to the author. During this time she published an award-winning anthology of poems by the girls, a NYC filmmaker created a documentary film, many readings and public performances took place and received several awards for the program. Part III tells of the joint venture with The Hotchkiss School, revealing the differences yet common ground between the two groups of girls.

A Mourning Mother, a Group of Girls, and the Power of Rehabilitative Poetry

After the death of her child, a grief-stricken psychotherapist volunteers as a poetry teacher at a residential treatment facility for "delinquent" girls. Here, their mutual support is nourishing and enriching to them all, though not without large quantities of drama and recalcitrance. For fans of the acclaimed movies Stand and Deliver and Freedom Writers comes, I Am Not a Juvenile Delinquent: How Poetry Changed a Group of At-Risk Young Women.

Grief and loss. The death of a child and the subsequent quest for coping strategies (...)

Author Bio

Sharon Charde has edited and published an anthology of poems from her years of workshops with the girls, I Am Not A Juvenile Delinquent, which won the PASS award from the National Council on Crime And Delinquency. In 2012, BBC radio broadcast Four Trees Down From Ponte Sisto on Radio 4, an hour-long adaptation of my poetry collection, Branch In His Hand, (Backwaters Press, 2008) and related poems and reflections. It is a requiem for my dead son, written by Gregory Whitehead and performed by Anne Undeland.
Your Leadership Moment
Democratizing Leadership in the Age of Authoritarianism
by Eric R. Martin

Influence Your Community and Lead Change

Anyone can be a leader. You don’t have to be a CEO or work in a management position to have influence. Your Leadership Moment provides practical tools, techniques and inspiration for those of us who have yet to discover our own leadership potential. It combines personal and real-world anecdotes with a conceptual analysis of leadership that can help anyone learn leadership principles.

Anyone can be an influencer. Author and leadership expert Eric Martin has brought leadership development to the lives of over 200,000 people in 146 countries. Eric’s work draws on Adaptive Leadership, an unconventional and somewhat provocative leadership practice developed at Harvard by Dr. Ron Heifetz, Dr. Marty Linsky, and Alexander Grashow, with whom he has mentored and worked for over 15 years. Your Leadership Moment teaches Martin’s expansion on Adaptive Leadership in a way everyone can understand.

Anyone can change the world. Your Leadership Moment is for real people who seek to create consequential, meaningful change despite having little to no authority or power. In this book, you will discover:

* What a Leadership Moment is and the key concepts of Adaptive Leadership

* How to stop solving the wrong problem perfectly and start solving the right problems creatively

* How to think politically and mobilize others to help you make real, positive change

Readers of leadership books like The Practice of Adaptive Leadership, Leadership on the Line, and Immunity to Change won’t want to miss the incredible leadership training in Your Leadership Moment

Author Bio

Eric Martin, a Detroit native turned preeminent leadership expert, specializes in leadership development and systems change. Over the past decade, he has brought leadership development to the lives of over 200,000 people in 146 countries.

Eric’s work draws on Adaptive Leadership, an unconventional and somewhat provocative leadership practice developed at Harvard by faculty Drs. Ron Heifetz and Marty Linsky, and Alexander Grashow, with whom he has mentored and worked for over 15 years.

Eric has served in an advisor/guest speaker/leadership trainer role at places like Wharton, IMD, UBS, and Salesforce, among others.
The Sudden Loss Survival Guide
Seven Essential Practices for Healing Grief
by Chelsea Hanson

Restore Your Spirit after Sudden Loss
Healing after loss. When a loved one passes unexpectedly, the person left behind can lose their bearings. After the sudden loss of her mother, Chelsea Hanson, a nationally-recognized grief educator and founder of With Sympathy Gifts and Keepsakes, didn't know where to turn for help, what to do next, or how to put the pieces of her life back together. Hanson's The Sudden Loss Survival Guide gathers everything that she learned during her own recovery process and provides an indispensable road map to aid those who've experienced a life-changing loss.

A proactive, intentional approach. While you cannot control losing a loved one, you can consciously guide your own recovery. Through the application of simple, proactive practices, The Sudden Loss Survival Guide will empower you to overcome the darkness and anxiety of grief.

Action-based tools. The Sudden Loss Survival Guide includes heart-lifting prompts and action steps that guide you towards reengaging in life and discovering deeper meaning. Through Hanson's grief healing practices, this book delivers the essential answers and tools needed to survive, cope, and heal from the devastating impact of sudden loss.

The Sudden Loss Survival Guide is a distinctive grief recovery handbook. In this book, discover:
* Seven practices for healing, including creative memorialization and maintaining an ongoing spiritual connection
* Skimmable, stand-alone passages with immediate, usable information for the trauma you're facing
* A transformative method for living a meaningful, fulfilling life in remembrance of your loved one

Readers of grief books like It's OK That You're Not OK, I Wasn't Ready to Say Goodbye, and Grief Day By Day will learn how to live again with (...)

Author Bio

Chelsea Hanson is a nationally recognized grief educator and founder of With Sympathy Gifts and Keepsakes, which is an online memorial gift store and grief support center.

Hanson found her true purpose in grief support and legacy work and graduated from the University of Wisconsin – Madison as a grief support specialist with certifications in holistic life coaching and life legacy preservation. By connecting her 20 years of business expertise with her true calling, she is an entrepreneur who specializes in grief products and programs to help others transform personal setbacks into opportunities to live a
Real Estate Rescue
How America Leaves Billions Behind in Residential Real Estate and How to Maximize Your Home's Value
by Tracy Acero

Bridging the gap between information and expertise. Because of the way technology has impacted real estate sales, buyers and sellers have greater access to information and even the ability to direct the sales process. While knowing market information is helpful in real estate sales, most people still lack a key aspect: expertise. By presenting an inside view on sales, McLaughlin provides a guide for maximizing the value of the sale and purchase of homes.

In this book by real estate expert Tracy McLaughlin, readers will find...
* Detailed guidelines for how to save money and make money
* Advice for finding the right real estate agent
* The real estate for dummies book every home buyer or seller needs

If you've looked for guidance in books such as Dream Home, Nolo's Essential Guide to Buying Your First Home, and Home Buying Kit For Dummies, then you'll find more of what you're looking for in Real Estate Rescue

Author Bio

Raised in Marin County, Tracy graduated from U.C. Berkeley and went on to do graduate work in television journalism at Stanford University. Tracy worked for eight years as a reporter/anchor for various NBC affiliates around the country, proceeding to host her own international television show on travel and skiing. Tracy credits her background in journalism and communications for her ability to effectively present properties and negotiate transactions.

In 2006, Tracy founded Morgan Lane, a boutique brokerage in Marin County. In 2009, she and Mark McLaughlin bought Pacific Union International. Tracy helped brand, recruit for and grow the brokerage before selling her interest in it. Pacific Union became the 5th largest brokerage in the United States and was recently acquired by Compass.

Tracy has three children and is a very active, visible member of the communities in which she lives and works.
Practical Pottery
40 Pottery Projects for Creating and Selling Mugs, Cups, Plates, Bowls, and More
by Jon Schmidt

Crafting Pottery for Daily Use
An introduction to pottery. It's never too late to pick up a new hobby, especially when you have a guide this simple to get you started. Potter and entrepreneur Jon Schmidt coaxes us into the world of pottery with a promise that we do not have to know everything about the complicated chemistry behind making pottery to enjoy it! By taking us back to the basics, Schmidt offers an introduction to pottery and a guide to creating functional pieces, along with insights into the business side of creating and selling your art.

Focus on functionality. While pottery pieces can be detailed and intricate, Schmidt finds the beauty in more practical pieces. From mugs to bowls, Schmidt shows us a host of functional pieces that we can create using our very own hands. As a coffee shop owner, Schmidt uses handmade items for everything. And, he uses this pottery book to demonstrate how we too can create beautiful pieces for daily use, and potentially profit from them.

Endless ideas for beginners to experienced throwers. This is the book for those who have never wielded pottery tools before and those who consider themselves experts with the pottery wheel. Whichever category you fall into, you’ll find endless possibilities for making beautiful works of functioning art with your own hands. By offering an array of ideas and techniques, Schmidt’s book captures the interest of a wide audience of creatives like you, no matter your experience level.

Dive into Practical Pottery and find...
* A guide for getting started in pottery and ceramics that doesn't require expensive equipment, clay, and glazes
* Numerous tips and tricks for creating functional (…)

Author Bio
Jon Schmidt is a potter and entrepreneur. Jon Schmidt owns Mocha Monkey coffeehouses in Minnesota, where everything is served on handmade pottery. Jon is also a well know youtuber and pottery influencer creating videos weekly to change the pottery industry. Jon strives to impact the world by inspiring others to live out their dreams and make the world unique, one pot at a time.
The Declutter Challenge
A Guided Journal for Getting your Home Organized in 30 Quick Steps
by Cassandra Aarssen

Declutter Your Way to Happiness
A guided decluttering journal. Life happens to the best of us, whether we were born with messy tendencies or not. Messes find their way into our homes and lives and we can’t seem to find the strength or time to tackle them. That’s where this motivational guided journal by Cassandra Aarssen, best-selling author of Real Life Organizing and Cluttered Mess to Organized Success, comes in.

Tested methods that work. Cas Aarssen wasn’t always an organization expert. She climbed out of years of cluttered living and transformed her home and her life through organization. In this self-help journal, Cas guides you through favorite tips and tricks that she used to declutter her home and find her way to a more organized and peaceful life.

Pages and pages of decluttering and organizational tools. This interactive journal is designed to help you declutter your home and life through mindfulness and self-motivation. You will learn how to navigate the chaos of clutter by taking the time to understand yourself and the underlying meaning behind your clutter. Filled with inspiration and open-ended questions, The Declutter Challenge journal will guide you onto the path to a clean and clutter-free home.

Make downsizing a reality. The Declutter Challenge enables you to work through both the emotion and the physical clutter in your life; to explore your thoughts and feelings about your belongings and discover the knowledge and strength to let go of excess.

Take a look inside this life-changing guided journal and find.

* Insights into goal setting
* Supportive prompts and writing exercises that encourage self-reflection and understanding
* How to achieve those short (...)

Author Bio

Cassandra Aarssen is a Professional Organizer who shares easy and inexpensive organizing tips and tricks through her blog and YouTube channel called ClutterBug. A self-proclaimed “super slob”, Cas transformed her home and her life through organization and now she is determined to help others do the same. Her first book “Real Life Organizing” gives the reader easy and painless ways to declutter and organize their home on a small budget. For more about her blog ClutterBug, visit http://clutterbug.me
Glad to Be Human
Adventures in Optimism
by Irene O’Garden

This warm and thoughtful book is arranged in six sections: Domesticities, Idiosyncracies, Botanies, Vitalities, Technologies, and Sympathies, ending with The Pushcart Prize-winning essay “Glad to Be Human.” It varies in tempo, from short succinct pieces to longer essays, and is punctuated throughout with pithy one-liners. (“We’re not made of matter, but of mattering.”)

Join O’Garden in her kitchen or her garden to hear her concise, often funny, observations. Travel with her to Paris, Budapest, New York, Jerusalem to experience the beauty and pain of witness. Sit beside her in the Alzheimer’s unit as she finds a new way of sharing with her sister. Explore the natural world with her, trekking the deep caverns of Carlsbad, investigating the wide reaches of the Everglades and gazing out through our starry galaxy itself. Celebrate our common pleasures, our common sorrows, our shared humanity.

Author Bio

Irene O’Garden has won or been nominated for prizes in nearly every writing category from stage to e-screen, hardcovers, children’s books as well as literary magazines and anthologies. Her critically-acclaimed play Women on Fire (Samuel French), starring Judith Ivey, played to sold-out houses at Off-Broadway’s Cherry Lane Theatre, and was nominated for a Lucille Lortel Award. O’Garden was awarded The Pushcart Prize for her lyric essay “Glad to Be Human,” (Harper published her first memoir Fat Girl and Niral Press recently published Fulcrum: Selected Poems, which contains her prizewinning poem “Nonfiction.” O’Garden’s new memoir, Risking the Rapids: How My Wilderness Adventure Healed My Childhood was published by Mango Publishing in January, 2019.

O’Garden’s poems and essays have been featured in dozens of literary journals and award-winning anthologies. A seasoned and entertaining presenter both on stage and video, O’Garden has appeared at top literary venues: including The Player’s Club, the Bowery Poetry Club, Nuyorican Poetry Cafe, Read650 and KGB in Manhattan; and The Poetry Cafe and Mycenae House in London.

Irene O’Garden lives joyfully with her husband of forty years, John Pielmeier, who is best known for his play Agnes of God. They live and write in Garrison, NY. ireneogarden.com
Overcoming Creative Anxiety
Journal Prompts & Practices for Disarming Your Inner Critic & Allowing Creativity to Flow
by Karen C.L. Anderson

Do you want to live a more creative life? And are you tired of the voice(s) inside your head that say it’s too late, you’re not good enough, you’re not creative enough, blah blah blah? It’s easier to be a critic than a creator, so what happens when both the critic and the creator reside in your brain? In this guided journal, author Karen C.L. Anderson shares prompts and practices that will help you get to know both your inner critic and your inner creator and get them to work together instead of in resistance to each other.

The prompts and practices are designed to stimulate and inspire your inner creator, while calming and managing your inner critic.

Author Bio
Through her books and other writings, Karen C.L. Anderson helps women take a compassionate look at the troubled relationships they have with their mothers and/or daughters and guides them to reveal patterns, heal shame, and transform legacies.


Be on the lookout for Overcoming Creative Anxiety: Journal Prompts & Practices for Disarming Your Inner Critic & Allowing Creativity To Flow coming in the spring of 2020.

Karen also runs occasional programs and workshops and is at work on a memoir, A Letter To The Daughter I Chose Not To Have.

She lives in Southeastern Connecticut with her husband and their two cats. She acknowledges that, at times, she has been a difficult stepmother, but never evil.
If I could just find five minutes for myself...!

How many times do we feel so rushed and have so many competing demands pulling at us that we crave only a few minutes of peace and quiet to think and take a breath?

Escape the rat race and feel free. Most of us exist in multiple spheres, playing different roles within them, each with their own codes of behavior and duties. We’re husbands and wives, mothers and fathers, friends and roommates, colleagues and bosses, teammates and classmates, commuters and patrons. It seems we always have to be somewhere, accomplishing something and making decisions until we finally crash at night. But there are a few times each day that we’re finally alone and without responsibilities to others - even if those are just in the car or the shower. We may not be free of all we must do and think about, but there are ways to feel free.

Find quiet peace of mind. *Feel Free: 50 Ways to Let Go and Find Peace in as Little as Five Minutes* presents escape hatches and ways to feel free that will help you center, bring you pleasure, and let you reclaim your sense of self in small but sanity-saving increments.

Your Feel Free escape hatches can become your little secret getaways, enabling you to:
* Enjoy your surroundings at key times during your day
* Find a sense of mindfulness and calm
* Delight in your own thoughts

If you have benefited from books such as *How to do Nothing, Keep Going*, *The Mindfulness Workbook for Anxiety, Practicing Mindfulness, The Art of (...)*

Author Bio

**Anna Marlis Burgard** is an editor and the author of *Hallelujah: The Poetry of Classic Hymns*; *Shrimp Country: Recipes and Tales from the Southern Coasts*; and *The Beachcomber’s Companion* as well as many web and magazine articles. Her works have been featured on BBC Radio and NPR and in publications such as *Atlas Obscura, Garden & Gun, National Geographic Traveler, The New Yorker, Parade, Real Simple*, and *Spirituality & Practice*. Burgard has escaped to more than 100 of the US’s 16,896 islands to explore their cultures, histories, people and natural environments, and in 2012 founded *Islands of America: A River, Lake and Sea Odyssey* (www.islandsofamerica.com). She lives on Tybee Island, Georgia, where waves, wind and wildlife make her feel free.
Story Power
Secrets to Creating, Crafting, and Telling Memorable Stories by Kate McLaughlin, MLS

Reconnect Through Stories
Stories are everywhere. The art of storytelling has been around as long as humans have. And in today's noisy, techy, automated world, storytelling is not only prevalent - it's vital. Whether you're interested in enlivening conversation, building your business brand, sharing family wisdom, or performing on stage, Story Power will show you how to make use of a good story.

Become an engaging storyteller. Storytelling is the most effective way to communicate and to affect change - if you know how to use it. Story Power provides techniques for creating and framing personal stories alongside effective tips for telling them in any setting. Plus, this book models stories with unique storytelling examples, exercises, and prompts, as well as storytelling techniques for delivery in a spontaneous, authentic style.

Learn from the experts. Story Power is an engaging, lively guide to the art of storytelling from author and librarian Kate Farrell, a seasoned storyteller and founder of the Word Weaving Storytelling Project. In Kate's book, more than twenty skillful contributors with a range of diverse voices share their secrets to creating, crafting, and telling memorable tales.

If you want to experience the power of storytelling in your life, Story Power is for you. In this book, you will discover:
* How to share your own coming-of-age stories and family folklore
* The importance of a personal branding story and storytelling marketing
* Seven Steps to Storytelling, along with helpful tools, organizers, and media options

For readers of Storyworthy, The Storyteller's Secret, and Long Story Short, Story Power is a must-have.

Author Bio
Kate Farrell, MLS, is a graduate of the School of Library and Information Studies, UC Berkeley. She has been a language arts classroom teacher (preschool and grades kindergarten through 12th), author, librarian, university lecturer, and storyteller in Northern California since 1966. She founded the Word Weaving Storytelling Project, in collaboration with the California State Department of Education funded by grants from Zellerbach Family Fund, San Francisco, 1979-1991, to train educators at all levels, and published numerous educational materials.

#AmWriting
Powerful Prompts and Inspired Advice from Great Writers to Boost Your Creativity
by Becca Anderson

#amwriting provides writers with a catalog of instructions from a wide variety of accomplished authors. From famous, all-time-great poets to younger, modern novelists, the selected quotes in this journal aim to instruct or inspire its readers to help them achieve their goal of becoming better writers. The excerpts included in #amwriting include general advice for being successful as a writer, helpful instructions on improving one's writing style, and genre-specific tips for particular areas of writing, such as poetry or storytelling.

The advice included in #amwriting is selected from a diverse group of authors that represent a balance of prominent influential writers from throughout history and popular modern authors. Authors from either group present a great set of advice that can be beneficial to anyone.

Author Bio
Becca Anderson comes from a long line of teachers and preachers from Ohio and Kentucky. The teacher side of her family led her to become a woman's studies scholar and the author of the bestselling *The Book of Awesome Women*. An avid collector of affirmations, meditations, prayers and blessings, she helps run a "Gratitude and Grace Circle" that meets monthly at homes, churches, and bookstores in the San Francisco Bay Area where she currently resides. Becca Anderson credits her spiritual practice and daily prayer with helping her recover from cancer and wants to share this encouragement with anyone who is facing difficulty in life with *Prayers for Hard Times* and her latest, *The Woman's Book of Prayer*. The author of *Think Happy to Stay Happy* and *Every Day Thankful*, Becca Anderson shares prayers and affirmations, inspirational writings and suggested acts of kindness at thedailyinspoblog.wordpress.com. She also blogs about Awesome Women at theblogofawesomewomen.wordpress.com. Find her at @AndersonBecca_ on Twitter, @BeccaAndersonWriter on Facebook, and @BeccaAndersonWriter on Instagram.
Start Here, Start Now. . .Start Anywhere!
A Fill-in Journal to Discover Your Best Year Yet!
by Ronnie Walter

Start Here, Start Now. . .Start Anywhere! is a guided fill-in journal that will help users clarify what they want - and it's undated, so readers can start on any day and can be sold year-round! This eye-catching journal by Ronnie Walter is easy to use and filled with fun lists, thoughtful prompts and questions that help the reader discover dreams and ambitions. Whether they want to start a business, lose weight, learn to play guitar or even be a better person, readers will love it. It also includes lined pages to help them capture thoughts and turn them into actionable plans, or just reflect on their day.

Author Bio

Ronnie Walter is an artist, writer, and coach of other creatives on how to move their work further into the world. Author of Gratitude with Attitude, How 5 Minutes of Thankfulness a Day Can Change Your Life, License to Draw, and over twenty bestselling Coloring Cafe• coloring books for adults. She is also the host for "Coffee with Ronnie," a video series on YouTube (and soon to be podcast). She lives in a little house by the water with her husband Jim Marcotte and the best shelter dog ever, Larry.
Squeaky Clean Super Funny School Jokes for Kids
by Craig Yoe

Author Bio

Vice magazine has called Yoe the "Indiana Jones of comics historians." Publisher Weekly says he's the "archivist of the ridiculous and the sublime" and calls his work "brilliant." The Onion calls him "the celebrated designer,"The Library Journal,"a comics guru. "BoingBoing hails him "a fine cartoonist and a comic book historian of the first water." Yoe was Creative Director/Vice President/ General Manager of Jim Henson's Muppets, and a Creative Director at Nickelodeon and Disney. Craig has won an Eisner Award and the Gold Medal from the Society of Illustrators.
Squeaky Clean Super Funny Knock Knock Jokes for Kids
by Craig Yoe

Squeaky Clean Knock Knock Jokes to Tickle Your Funny BoneWholesome joke book for Kids. From Craig Yoe, the former Creative Director, Vice President, and General Manager of Jim Henson's Muppets—and former Creative Director at Nickelodeon and Disney—comes a series of wholesome joke books for kids of all ages. *Squeaky Clean Super Funny Knock Knock Jokes for Kids* is the second of the series and you'll want to own them all!

**Laugh-out-loud (LOL) funny jokes.** Craig, a retired pastor, believes that there is nothing better in life than making kids laugh and feel happy. He has been collecting jokes for years, and now he is releasing his hand-picked jokes for kids in the "Squeaky Clean" series. It's packed with wholesome, edifying, LOL funny jokes to encourage reading and entertain children for hours.

**A career devoted to making kids happy.** Yoe is the winner of an Eisner Award (the comics industry's equivalent of the Academy Awards) and a Gold Medal from the Society of Illustrators. He is an author, editor, art director, graphic designer, cartoonist and comics historian. Craig is currently operating Yoe! Studio creations and Yoe! Books. Publisher Weekly says he's the "archivist of the ridiculous and the sublime" and calls his work "brilliant." Library Journal "calls him a comics guru." Jim Henson once said that "Craig brings with him his valuable creativity and enthusiasm. He has a nice mix of business and creative talent!" Mark Hamill of Star Wars fame quipped, "I keep buying books from Yoe Books as gifts, then keeping them for myself!"

**Perfect gift for kids (and parents and grandparents).** If you and your kids enjoyed Craig Yoe's (?)

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More Treats, Please
Homemade Dog Food for Your Best Friend
by Rosalyn Allan

Homemade Treats for Happy, Healthy Dogs
One of the best ways to keep your dog healthy and show them your love is to ditch the packaged pet food and make your own homemade dog food. More Treats, Please! offers dozens of delicious recipes for homemade dog treats and meals, along with the essential information you need to know to get started.

Real and safe food for real dogs: Homemade meals and treats are great for pets with allergies or special dietary needs. By using simple, fresh ingredients that you probably already have in your kitchen, you can maintain control over what goes in and what stays out. Avoid unsafe additives with the customized, homemade dog treats recipes in this book.

Pets rock! Dog parents know that their furry friends deserve the best. Rocelyn Acero and her dog, Sugar, of the Golden Woofs blog, will be your guides to pet-friendly cooking.

The homemade dog food recipes in More Treats, Please! include:
* Creative ways to make mealtime more fun
* Raw dog food that's quick and easy to make
* Safe superfood ingredients to fuel your pet's life

More Treats Please! is the definitive cookbook for any pet parent. If you enjoyed dog books and guides to dog care like The Ultimate Pet Health Guide, Dr. Becker's Real Food for Healthy Dogs and Cats, and Yin & Yang Nutrition for Dogs, you'll love this new pet food cookbook.

"MORE TREATS, PLEASE! makes feeding delicious homemade treats and meals a snap. Rosalyn uses simple ingredients and shares easy-to-follow recipes that can make any pet parent a gourmet chef in their pup's eyes." - M. K. Clinton, Barking From the Bayou (mkclinton.com)

"I (...)"

Author Bio

Maria Rosalyn Acero is the founder of one of the most popular pet-cooking and lifestyle blogs around. Golden Woofs was started in October of 2008, two months after Sugar, Rosalyn's golden retriever, had her 7th Barkday. With over 30,000 subscribers and an expanding social media following, Rosalyn has become the dog parent expert for pet care and dog-friendly baked goods.
Chew This Journal
An Activity Book for You and Your Dog
by Sassafras Lowrey

A Doggie Bucket List to Stimulate You and Your Best Friend
Part activity book and part bullet journal, Chew This Journal provides inspiration and guidance for dog lovers looking to enrich the lives of their pets.

Is your dog bored? Doesn't have to be! From bucket lists and outings to arts and crafts, Chew This Journal will inspire you to spend more time with your pup. Chew This Journal leads you through fun activities, while creatively recording your adventures in the pages of the book. This unique journal doubles as your dog's memory keeper and activity tracker, making it a one-of-a-kind keepsake that you and your dog complete together.

Loads of activities and training plans. Chew This Journal provides dog owners and their dogs with step-by-step instructions for over 100 activities and training plans such as:
- Crafts like paw painting flowers
- DIY treat puzzles
- No-sew beds
- Tug toys you and your dog can make together to keep, to gift to friends and family at the holidays, or even to donate to a local shelter to support dogs in need.

Don't just spend your walks on your phone. Chew This Journal will inspire you to be more engaged in the time you and your dog have together. Chew This Journal will help you map training goals from practical manners (not pulling on the leash or jumping on strangers) to impressive skills like mastering urban agility and parkour skills. With easy to follow training instructions, Chew This Journal helps you create exciting weekly and monthly challenges and record your progress.

If you and your pup have enjoyed Kyra Sundance books such as 101 (...)

Author Bio

Sassafras Lowrey is the 2013 winner of the Lambda Literary Emerging Writer Award. Sassafras' books (Lost Boi, Kicked Out, A Little Queermas Carol, Leather Ever After, and Roving Pack) have been honored by organizations ranging from the National Leather Association to the American Library Association. Sassafras' fiction and nonfiction has appeared in numerous anthologies and literary journals including Catapult, Narratively, and The Rumpus. She has taught for Lit Reactor, The NYC Center For Fiction and regularly teaches writing at colleges, conferences and for community groups across the country.

Sassafras has been involved with dog sports and dog training for over twenty years including Competition Obedience, Dog Agility, Tricks, Rally Obedience, and more.
Beautifully written, *Turtle Planet - Fables and Facts for Earth's Last Days* is a work of Philosophical fact and fiction. Like the recent best-selling and award-winning *H is Hawk*, and *The Soul of the Octopus*, and the 1992 classic *Ishmael*, *Turtle Planet - Fables and Facts for Earth's Last Days* by Monk Yun Rou deeply explores the bond between humans and animals - the wisdom they teach us, the wounds they can heal, and the role we play in their destruction.

Drawing on 50 years of loving and husbanding turtles, from the car-sized giant Leatherback turtle to the Central Asian tortoise, Monk Yun Rou renders the wonders and suffering of the natural world through the eyes of 18 exotic turtles, whom he visits in flights of Daoist meditation. Finding them in deserts, jungles, rivers, streams, savannahs, and even an airport restroom, he listens as they share the triumphs and tragedies of their lives, sounding the alarm of what climate change, global extinction, human intervention, and environmental devastation really mean to their worlds and to ours.

Including an informational glossary and description of each turtle at the end of the book, *Turtle Planet - Fables and Facts for Earth's Last Days* mixes science, fantasy, magical realism, fables, and truth in a joyful, irrepressibly creative, and utterly unique literary experience. It is a must for any reader who loves nature, cherishes animals, and celebrates ideas.

**Author Bio**

Daoist Monk Yun Rou (formerly Arthur Rosenfeld) received his academic education at Yale, Cornell, and the University of California and was ordained a Daoist monk at the Chun Yang (Pure Yang) Taoist Temple in Guangzhou, China.

Blending literature, biology, and medicine with an orthodox Daoist education, his writings and teachings propagate Daoist ideas and focus on personal cultivation, environmental conservation, and political and social justice.

From 2010 – 2013, he hosted the hit (60MM households) national public television show *Longevity Tai Chi with Arthur Rosenfeld.*

Yun Rou's work has appeared in *Vogue, Vanity Fair, Parade, Newsweek, The Wall Street Journal, WebMD, Fox Business News,* and numerous other websites and newspapers, and his 15 books have won many critical awards including, most recently, both a **Gold and Silver 2018 Nautilus Book Award for Mad Monk Manifesto**. His work *The Cure for Gravity* was a 2002 National Book Award finalist.

He began his formal martial arts training in 1980, was named 2011 Tai Chi Master of The Year at the World Congress on Qigong and Traditional Chinese
Good Dogs
Scripture and Bible Verses from Your Best Friend by Becca Anderson

Bible Quotes and Canine Companions. Godly Words of Wisdom. Join some pups for a dose of truth straight from the Good Book. These iconic Bible verses provide meaningful guidance in times of need.

Verses for Daily Meditation. This selection of inspiring, holy words will help you gain a greater understanding of life, compassion, and faith. Becca Anderson, author of The Women's Book of Prayer and Prayers for Hard Times, knows you'll find the truth and hope you need guided by the Lord - and everyone's best friend.

Good Dogs is the perfect Christian inspirational gift. In this book, you'll find:
* Thought-provoking verses for encouragement and meditation
* Clarifying explanations on every page

If you like interactive self-care works and dog books like What's True about You, Zen Dogs, Color the Words of Jesus, or The Psalms in Color, you'll love Good Dogs: Scripture and Bible Verses from Your Best Friend

Author Bio
Becca Anderson comes from a long line of teachers and preachers from Ohio and Kentucky. The teacher side of her family led her to become a woman's studies scholar and the author of the bestselling The Book of Awesome Women. An avid collector of affirmations, meditations, prayers and blessings, she helps run a "Gratitude and Grace Circle" that meets monthly at homes, churches and bookstores in the San Francisco Bay Area where she currently resides. Becca Anderson credits her spiritual practice and daily prayer with helping her recover from cancer and wants to share this encouragement with anyone who is facing difficulty in life with Prayers for Hard Times and her latest, The Woman's Book of Prayer. The author of Think Happy to Stay Happy and Every Day Thankful, Becca Anderson shares prayers and affirmations, inspirational writings and suggested acts of kindness at https://thedailyinspoblog.wordpress.com
Purposeful Retirement Journal
A Journal to Challenge and Inspire Every Week of the Year by Hyrum W. Smith

Reclaim Your Time in Retirement
Discover the benefits of aging well. The transition to retirement can be difficult. For many of us, careers are fulfilling and give us a sense of purpose each day. How do you carry that over to the next stage of life? Hyrum W. Smith, award-winning author of the retirement books Purposeful Retirement and Purposeful Retirement Workbook & Planner, offers answers in this motivating guided journal. This book is split into 52 sections to keep you inspired every week of the year. Each section is an invitation to reflect on your values, take purposeful action, and define your future.

Retire inspired. Maybe you’ll rekindle creative hobbies or find new retirement jobs in your post-career years. The path you take is up to you. Each part in this journal gives you the tools you need to find your personal retirement plan and make it happen. After retirement planning with this journal, you’ll be enjoying retirement every day.

Pay It Forward. Give guidance and inspiration to someone you love who’s about to retire. The Purposeful Retirement Journal is great if you’re looking for gifts for elderly parents, the best retirement gifts for women or men, or even 50th birthday gift ideas.

When you’re feeling stuck or unfocused, turn to the Purposeful Retirement Journal. Each page challenges you to:
* Ask yourself what you really want to do with your time
* Find new ways to connect with the people you love
* Bring your values and passions to light
* Make your dreams a reality—it’s never too late!

This journal is the perfect companion to the book Purposeful Retirement. Readers who enjoyed books on retirement like How to Retire Happy, Wild, and Free; 101 Fun Things to Do in (…)

Author Bio
Hyrum W. Smith is one of the original creators of the popular Franklin Day Planner, the former Chairman and CEO of the Franklin Covey Company, and the recognized "Father of Time Management". For four decades, Hyrum has been empowering people to effectively govern their personal and professional lives. This distinguished author, speaker, and businessman combines wit and enthusiasm with a gift for communicating compelling principles that incite lasting personal change. He is the author of nationally-acclaimed books and presentations, including Purposeful Retirement, The 10 Natural Laws of Successful Time and Life Management, What Matters Most, The Modern Gladiator, You Are What You Believe, and The Three Gaps.
Finance Secrets of Billion-Dollar Entrepreneurs
Venture Finance Without Venture Capital
by Dileep Rao

Take Control of Your Startup - and Watch it Grow

An analysis of success: By learning from both the mistakes and achievements of those before us, we can better craft our own approach to success. Award-winning professor of entrepreneurship Dileep Rao presents readers with a detailed guide to success through his interviews and analysis of billion-dollar entrepreneurs (those who built a venture from startup to more than $1 billion in sales and valuation) and 100 million-dollar entrepreneurs (startup to $100 million).

Build your business without venture capital (VC) funding: While starting a business without outside help seems difficult, Rao is here to show entrepreneurs that not only is it possible, but it could very well lead to a more successful business. Rao shares how more than 90 percent of America’s billion-dollar entrepreneurs in the VC era (since 1946) avoided or delayed VC, and instead used finance-smart expertise - skills that combine business-smart, capital-smart, and leadership-smart strategies.

The right mix of internal and external financing: It takes more than one person to grow a business from the bottom up. But that doesn’t mean we have to sacrifice control of the venture in the process. Armed with 23 years of experience as a financer, Rao shows readers how to optimize internal financing so as to attract external financing. By keeping control of the venture, entrepreneurs keep more of the wealth, as well.

Dileep Rao’s Finance Secrets (...)

Author Bio

Dileep Rao, PhD, has been a financer for 23 years and has financed hundreds of businesses and real estate projects. In that time he has also founded four ventures and managed five turnarounds. He has consulted on new business development with Fortune 1000 corporations, including Medtronic and General Mills. An award-winning Professor of Entrepreneurship at Florida International University has also taught at Harvard University, Stanford University, INCAE (Costa Rica), and the University of Minnesota. Rao is the author of nationally acclaimed books that include: Business Financing: 25 Keys to Raising Money (NY Times Pocket MBA Series), Finance Any Business Intelligently, Handbook of Business Finance & Capital Sources (Co-Publisher: American Management Assn, NY), Bootstrap to Billions, Nothing Ventured, Everything Gained: How Entrepreneurs Create,
Tears of the Silenced
An Amish True Crime Memoir of Childhood Sexual Abuse, Brutal Betrayal, and Ultimate Survival
by Misty Griffin

Surviving Severe Child Abuse, Sexual Assault and Leaving the Amish Church
A gripping story that takes you on the journey of a child abuse and sexual assault survivor turned activist. Photo Gallery in the back of the book.

True story of child abuse. When Misty Griffin was six years old, her family started to live and dress like the Amish. Misty and her sister were kept as slaves on a mountain ranch and subjected to almost complete isolation, sexual abuse, and extreme physical violence. Their step-father kept a loaded rifle by the door to make sure the young girls were too terrified to try to escape. No rescue would ever come since the few people who knew they existed did not care.

Sexual abuse among the Amish. When Misty reached her teens, her parents feared she and her sister would escape and took them to an Amish community. Devastated to again find herself in a world of fear, cruelty, and abuse, Misty was sexually assaulted by the bishop. As Misty recalls, "Amish sexual abusers are only shunned by the church for six weeks, a punishment that never seems to work. . . . I knew I had to get help, and one freezing morning in early March, I made a dash for a tiny police station in rural Minnesota. After reporting the bishop, I left the Amish and found myself plummeted into a strange modern world with only a second-grade education and no ID or social security card."

Misty has a message for abuse survivors: "Please be encouraged, the cycle of abuse can be broken. This is my story of survival and moving past the abuse to embrace (...)"

Author Bio

In spring of 2005 Misty left the Amish, she left with nothing but the clothes on her back, a few other belongings and with barely a third-grade education. For years Misty suffered severe PTSD which was caused by the horrifying abuse she suffered as a child, and later when being effectively "given away" to the Amish and put in the hands of the very abusive Amish bishop. Today, thirteen years later Misty is a nursing student, a Child Sexual Abuse activist, wife and successful author of several books, including this one. For more on Misty and her current books, please go to www.tearsofthesilenced.com
The Healthy Teen Cookbook
Around the World In 50 Fantastic Recipes
by Remmi Smith

The Perfect Gift for a Future MasterChef Cookbook for Teens. Teen master chef Remmi Smith is on a mission to bring healthy and easy recipes to the busy teenagers of today. This cookbook is written "for teens by a teen." Using limited ingredients and steps, it's filled with tried-and-true recipes with budding chefs in mind.

Award-Winning MasterChef Junior. Named by Huffington Post and Food Tank and one of "20 Young People Changing the Food System," Remmi has hosted two cooking shows and is a national Student Ambassador for a leading food services company. A Chopped Junior chef, she travels all over the country giving appearances at National School Board Associations and places of family entertainment. She was named one of the "Top 20 Entrepreneurs" by Teen Business and her Italian salad dressing is sold at Whole Foods Market and other specialty stores.

A Great Teen Gift with Easy Recipes for Everyone. Remmi shows that cooking can be fun. "I want to inspire teens to get in the kitchen and have some fun, cook healthy, and enjoy life and the love of food," Remmi says. She uses fruits to add natural sweetness, introduces lots of vegetables, and is light on spices to make the dishes more appealing to kids and teens. Recipes like Curry Shrimp and Rice, Stuffed Peppers with Cottage Cheese, and Tanzanian Family Feast, among others, are bound to become new family favorites!

Adventures with Food. Part of growing up is learning what foods and flavors appeal to your unique palette. Remmi makes the learning fun. She takes young cooks on a culinary journey across the seven continents, highlighting various countries and their (…)

Author Bio

Remmi is a 2016 "Global Teen Leader" for "Three Dot Dash" of the We Are Family Foundation. Remmi was named "Top 20 Entrepreneurs" by Teen Business. Huffington Post and Food Tank named her as their "20 Young People Changing the Food System." Additionally she was featured on their international list of "101 Innovators Creating a Better Food System." Remmi was one of "3 Newcomers Finding a Better Way to Feed the World." Remmi is a speaker for Independent Youth and is also a Junior Board Member. Recently named the only Teen Mentor for Thrive15 online university for entrepreneurs taught by millionaires, moguls and every day success stories. Remmi is named "Top 20 to Watch" by The Century Council along with Business Leaders, Congressmen, Elite Athletes, and Olympians. Remmi travels all over the country giving appearances at National School Board Associations, Congress, Google, Facebook, Disney, and places of family entertainment to mention a few. She is the author of Global Cooking for Kids which won a Gold...
For All Humankind
The Untold Stories of How the Moon Landing Inspired the World by Tanya Harrison

July 20, 1969. Astronauts Neil Armstrong and Edwin "Buzz" Aldrin left humanity's first footsteps on the Moon. The plaque they left behind reads, "Here men from the planet Earth first set foot upon the Moon, July 1969, A.D. We came in peace for all mankind." But was the Apollo 11 moon landing mission really a global endeavor? How did people outside the United States view these "rocket men"?

Against the political backdrop of the Cold War between the US and the Soviet Union, was it, indeed, "For all mankind"? Dr. Tanya Harrison has talked to individuals from a variety of locations outside the United States, to see how this event touched the lives of people across the world.

Enthusiasts of space travel, the Apollo missions, and the moon landings will love this book. These previously untold stories reveal the impact of the moon landings around the globe, and what having a "man on the moon" meant to the international community.

In this exciting new book, For All Humankind, readers will:
* Get to read interviews with eight non-Americans to get their perspectives
* Be inspired by their memories of the event as they saw it
* Have a unique opportunity to learn more about one of the most historic events in human history

If you liked A Man on the Moon, Rocket Men and First Man, you will love this insightful book.
Over the past decade, author Dr. Tanya Harrison has worked in mission operations for NASA's Curiosity and Opportunity rovers and the Mars Reconnaissance Orbiter, and has done research focusing on the planet's surface geology. She holds a PhD in Geology with a Specialization in Planetary Science and (…)

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. Currently she is the Director of Research for Arizona State University's Space Technology and Science ("NewSpace") Initiative. Tanya is also an advocate for advancing the status of women in science and for…
Book of Awesome Women Writers
Medieval Mystics, Pioneering Poets, Fierce Feminists and First Ladies of Literature
by Becca Anderson

The Women Who Wrote Their Way Into History
A packed timeline of the greatest women writers: From the first recorded writer to current bestsellers, Becca Anderson takes us through time and highlights women who have left their mark on the literary world. This expansive compilation of women writers is a chance to delve deeper into the lives and works of renowned authors and learn about some lesser known greats, as well. Some of the many women writers you will love learning about are: Maya Angelou, Jane Austen, Judy Blume, Rachel Carson, Nadine Gordimer, Margaret Mead, Joyce Carol Oates, and many, many more.

Explore every subject and literary form women writers have to offer: The works of these awesome women writers vary greatly - each is as unique and significant as the women who penned them. With the help of writers, editors, librarians, booksellers, and more, Anderson has crafted a must-read book for women of every background.

Celebrate the impact women have made in our culture: This feminist book is a beacon of brilliance. It is the perfect gift for artists, intellectuals, and anyone who seeks to be inspired by words and profound lives. Most of all, it is a celebration of the journeys and accomplishments of women who have worked to have their voices heard in black and white letters across the world.

Crack open The Book of Awesome Women Writers today, and you will find:
* Engaging chapters such as "Prolific Pens," "Mystics, Memoirists, and Madwomen," and "Banned, Blacklisted, and Arrested"
* A plethora of necessary new additions to your reading list
* Confirmation that the female voice is not only awesome, but an essential part of literary culture

If you enjoyed titles such as Girls Who Rocked the World, The (...)

Author Bio

Becca Anderson comes from a long line of teachers and preachers from Ohio and Kentucky. The teacher side of her family led her to become a woman’s studies scholar and the author of the bestselling The Book of Awesome Women. An avid collector of affirmations, meditations, prayers and blessings, she helps run a "Gratitude and Grace Circle" that meets monthly at homes, churches and bookstores in the San Francisco Bay Area where she currently resides. Becca Anderson credits her spiritual practice and daily prayer with helping her recover from cancer and wants to share this encouragement with anyone who is facing difficulty in life with Prayers for Hard Times and her
You Are an Awesome Woman
Affirmations and Inspired Ideas for Self-Care, Success and a Truly Happy Life
by Becca Anderson

Adjust Your Attitude with Daily Affirmations

Master the art of thinking happy: You know what they say about happiness—it's an "inside job"—which is 100 percent true. Use the affirmations, quotes, and ideas in this book as a set of tools for your own self-development. They are for "inner work." Much has to do with adjusting your attitude. Depending on the day, it might be a slight adjustment or a major overhaul, but the more you practice daily affirmations, the fewer adjustments you'll need. One day you will realize you have mastered the art of "thinking happy" and are looking at the bright side of life, every day. Incorporating positive thoughts as a daily practice will build mental muscle and help you achieve the all-important optimistic way of thinking.

Becoming a better you: Author Becca Anderson is a champion of undertaking the inner journey of working toward a better you. She is also a strong advocate for believing in yourself and loving yourself more each and every day. These are habits that can be reinforced by practices such as journaling, creating your own affirmations, and talking to yourself positively.

Build your inner optimism: Like an engine driving you toward greater things, self-belief brings you closer to your life’s purpose, your personal mission, and will absolutely make you a happier camper. Daily affirmations help build an optimistic mindset. So, give it a try! It’s as easy as pie and just as sweet.

In You Are An Awesome Woman you will learn:
* How the habit of daily affirmations can lead to thinking happy
* What it takes to build a more confident and better you (…)

Author Bio

Becca Anderson is a writer, gardener and teacher living in the San Francisco Bay Area. Originally from Ohio, Becca's background in sustainability and landscaping inspired her to become a part of the seed-saving and seed-sharing community with chapters across the US and Canada. 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. Anderson and is currently at work on a book about the healing power of gardening.
Prayers for Calm
Meditations Affirmations and Prayers to Soothe Your Soul by Becca Anderson

Inspirational Prayers for Spiritual Wellness
If you liked Pocket Prayers, I’ve Been Thinking... or Prayers that Activate Blessings, you'll love Prayers for Calm.

Calming Prayer: Becca Anderson, bestselling author of the motivational books Prayers for Hard Times and The Woman's Book of Prayer, brings us a new, up and coming classic, Prayers for Calm. Becca learned the power of healing prayer firsthand from pastors in her family who pray with their congregation as well as from working with Dr. Larry Dossey, a physician who prayed for his patients to great effect, leading to his book Prayer is Good Medicine. Through a mix of Bible verses, prayers for tranquility, quotes for quietude and peaceful poems, Prayers for Calm offers solace and serenity for every day of the year.

Ancient Wisdom: The collection of spiritual pieces in Prayers for Calm is from centuries' worth of wisdom and is meant to bring direction back into what may be a chaotic time. The hope is that these words from people who have experienced similar feelings will speak to your soul and help you get back on the path to spiritual wellness and healing.

Prayers for Calm is the perfect inspirational gift or encouragement gift. This book will help you:
* Slow your racing mind in this fast-paced world
* Calm your thoughts enough to see the big picture in overwhelming situations
* Assert control over your mind and believe in yourself
* Overcome nagging worries and fears that hold you back from life
* Deepen your connection to spiritual serenity
* Discover meditative mantras and actualizing affirmations to reduce your anxiety

Author Bio
Becca Anderson comes from a long line of teachers and preachers from Ohio and Kentucky. The teacher side of her family led her to become a woman's studies scholar and the author of the bestselling The Book of Awesome Women. An avid collector of affirmations, meditations, prayers and blessings, she helps run a "Gratitude and Grace Circle" that meets monthly at homes, churches and bookstores in the San Francisco Bay Area where she currently resides. Becca Anderson credits her spiritual practice and daily prayer with helping her recover from cancer and wants to share this encouragement with anyone who is facing difficulty in life with Prayers for Hard Times and her latest, The Woman's Book of Prayer.