

**CASTLE  
POINT  
BOOKS**



**POLITICAL SCIENCE /  
POLITICAL PROCESS /  
POLITICAL ADVOCACY**

Castle Point Books | 6/13/2017

9781250169754 | \$9.99 / \$13.99 Can.

Trade Paperback | 40 pages | Carton Qty: 152

6.5 in H | 4.9 in W | 0.3 in T | 0.3 lb Wt

Includes 20 color postcards

## Protest Postcards

*Write, Stamp, Send, and Be Heard*

Alison Johnson

**Keep the fight going with powerful postcards to send to the government.**

The pen is mightier than the sword, and *Protest Postcards* are the arsenal of the people. With 20 unique cards to make a statement on the myriad political issues currently under threat—from women’s rights and immigration, to education and science—everyday citizens can speak out and flood the mailboxes of their local officials, state representatives, and even the White House.

Sales of sign-making materials like poster board and markers have skyrocketed as a result of demonstrations, but those clever one-liners and powerful declarations aren't just for public protests. Postcards are portable political signs that can send powerful statements en masse in support of issues in desperate need of public defense.

Sample statements:

- Alternative facts are actual lies*
- Bridges, not walls*
- Make America think again*
- Love trumps hate*
- Nevertheless, she persisted*

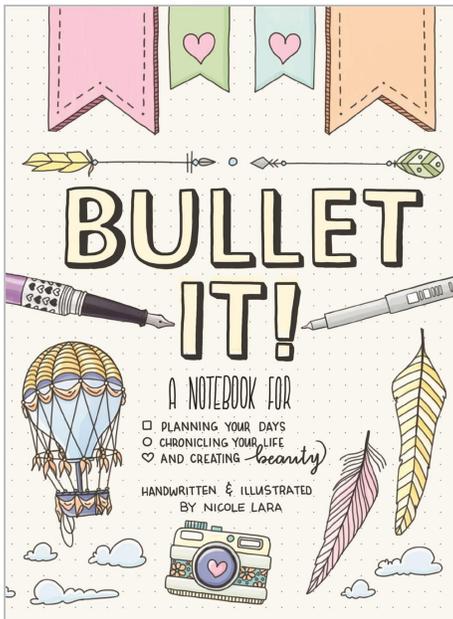
## Bullet It!

*A Notebook for Planning Your Days, Chronicling Your Life, and Creating Beauty*

Nicole Lara

### Beautiful bulleted organization made easy!

*Bullet It!* is an original take on bullet journaling, an artistic life organization system that's going viral online and poised to become the "adult coloring books" of the journal world. Rather than face an intimidating blank page of a traditional bullet journal, inside you'll find artistically laid-out pages and guided fill-in to record your goals and dreams both large and small. Whether you quickly complete your tasks or simply move them to a new journal, what remains is a beautiful keepsake that reminds you just how much you *are* accomplishing, on both a macro and micro level.



#### SELF-HELP / JOURNALING

Castle Point Books | 8/22/2017

9781250166500 | \$14.99 / \$20.99 Can.

Trade Paperback | 128 pages | Carton Qty: 60

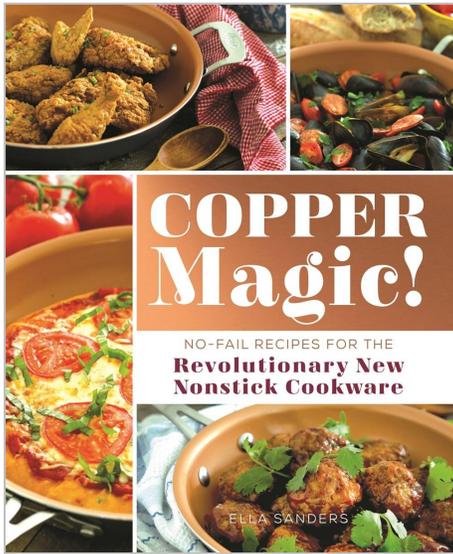
7.5 in H | 5.5 in W

Includes 124 color illustrations throughout

## Copper Magic!

*No-Fail Recipes for the Revolutionary New Nonstick Cookware*

Ella Sanders



### COOKING / METHODS / SPECIAL APPLIANCES

Castle Point Books | 9/5/2017

9781250173591 | \$19.99 / \$27.99 Can.

Trade Paperback | 160 pages | Carton Qty: 30

9.1 in H | 7.5 in W

Includes 50 color photographs throughout

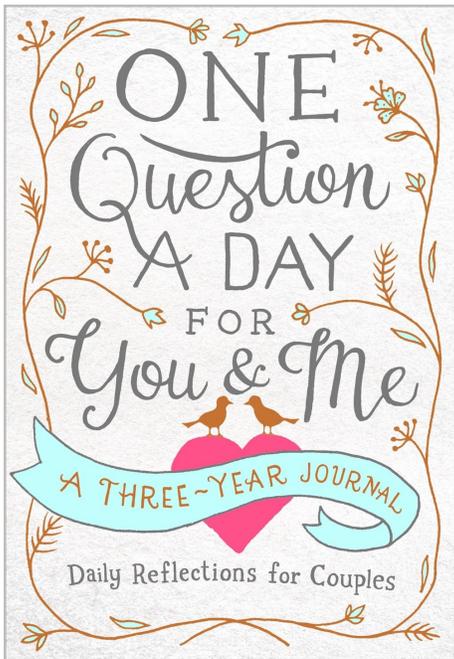
#### Other Available Formats:

Ebook ISBN: 9781250173607

### Fast, easy recipes for cooking with copper!

You've seen this new copper technology cookware everywhere: it's revolutionizing home cooking, due to its superior heat conduction and durable, super-nonstick ceramic finish. With *Copper Magic!* you'll learn how to use this amazing new cookware to its full potential, with more than 100 recipes for breakfasts, dinners, and even desserts. Find out how easy cleanup can be, even with recipes like Goopy Mac 'n Cheese or Sausage and Egg Bake that would make a terrible, sticky mess in a typical pan. These and many more delicious dishes will slide right out of a copper pan, making it simple to clean up with just a swipe of paper towel! From Meaty Lasagna to Potatoes Au Gratin to Toffee Brownies, *Copper Magic!* gives you everything you need to make the most of your copper cookware.

ELLA SANDERS is a comfort food enthusiast who loves spending time at the table with friends and family. She shares her enthusiasm for cooking with anyone who's interested and specializes in making traditional meals with unexpected flavor and flair. Ella lives with her husband and two boys in Portland, Maine.

**SELF-HELP / JOURNALING**

**Castle Point Books** | 1/2/2018  
**9781250163431** | \$16.99 / \$23.99 Can.  
 Hardcover | 368 pages | Carton Qty: 32  
 7 in H | 5 in W  
 Includes a ribbon marker

**ALSO AVAILABLE**

**One Question a Day for Kids: A Three-Year Journal: Create Your Own Personal Time Capsule**

11/2017 | 9781250166517  
 Hardcover | \$16.99 / \$23.99 Can.

**One Question a Day: A Five-Year Journal: A Personal Time Capsule of Questions and Answers**

10/2016 | 9781250108869  
 Hardcover | \$16.99 / \$23.99 Can.

## One Question a Day for You & Me: Daily Reflections for Couples

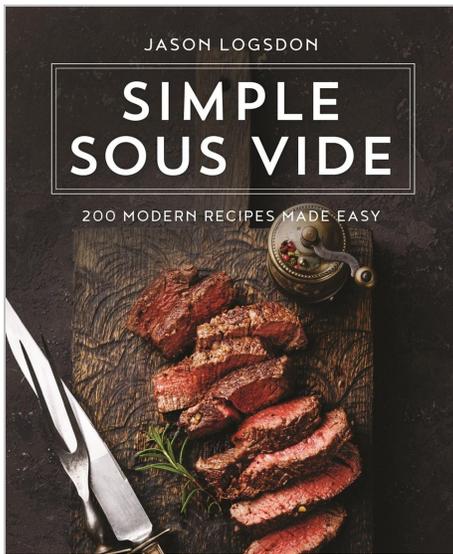
*A Three-Year Journal*

Aimee Chase

### Shared reflections for every day

Capture your thoughts as a couple over time. Take a moment with your partner each day to jot down answers to a range of questions—from the thought-provoking and inquisitive to the funny and cheeky. Questions such as, “What makes you feel loved?” and “If you could wake up anywhere tomorrow, where would you want to be?” open up fun ways to express your love, contemplate your needs, and watch how your answers transform from one year to the next. This modern memory journal lets you share your thoughts in a simple way that becomes a creative keepsake for your relationship. Enjoy a quiet moment to reflect, be playful, and feel love with your partner, one question at a time!

AIMEE CHASE is a writer and editor with a perfectly imperfect life. She lives in the Boston area with her husband and two spontaneous little boys who remind her to live in the moment.



**COOKING / METHODS / SPECIAL APPLIANCES**

Castle Point Books | 1/2/2018  
 9781250163592 | \$29.99 / \$41.99 Can.  
 Hardcover | 272 pages | Carton Qty: 16  
 9.1 in H | 7.5 in W  
 Includes 50 color photographs throughout

## Simple Sous Vide

*200 Modern Recipes Made Easy*

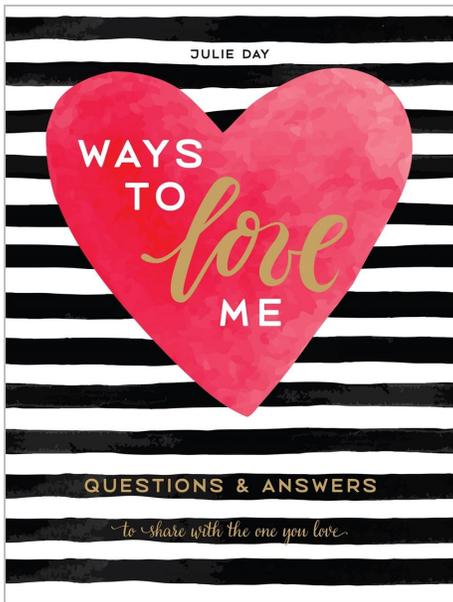
Jason Logsdon

### Easy no-fuss recipes to make delicious sous vide dishes at home

Sous vide is the hottest new kitchen technique, with immersion circulators selling for as little as \$65 at Home Depot. Once the exclusive domain of high-end chefs, sous vide is now accessible to any home cook with a desire for perfectly cooked, scientifically calibrated cuisine.

Most of the sous vide books on the cookbook shelf are very high-end, with complicated recipes using obscure ingredients. *Simple Sous Vide* offers 200 recipes for meals home cooks will actually want to make, like BBQ-Style Pulled Pork, Garlic-Herb Strip Steak, and Glazed Rainbow Carrots, using common ingredients found in any supermarket.

JASON LOGSDON is a passionate home cook who loves to try new things, exploring everything from sous vide and whipping siphons to blow torches, foams, spheres and infusions. He has published nine cookbooks and runs [AmazingFoodMadeEasy.com](http://AmazingFoodMadeEasy.com), one of the largest modernist cooking websites.

**SELF-HELP / JOURNALING**

Castle Point Books | 1/2/2018  
 9781250162670 | \$14.99 / \$20.99 Can.  
 Hardcover | 96 pages | Carton Qty: 56  
 8 in H | 6 in W

## Ways to Love Me

*Questions and Answers to Share with the One You Love*

Julie Day

### Heartfelt and fun fill-in activities to express love, desires, and thoughtfulness for couples

A guided journal for lovers to fill out for each other, this book lets your loved one into your secret, inner world. He or she will discover how you feel about major life choices, along with what makes you laugh, tears you up inside, and turns you on. The perfect gift for anyone in a new relationship, a bridal shower, or just to help your partner understand you better!

Sample prompts:

When I'm sad, I need to be:

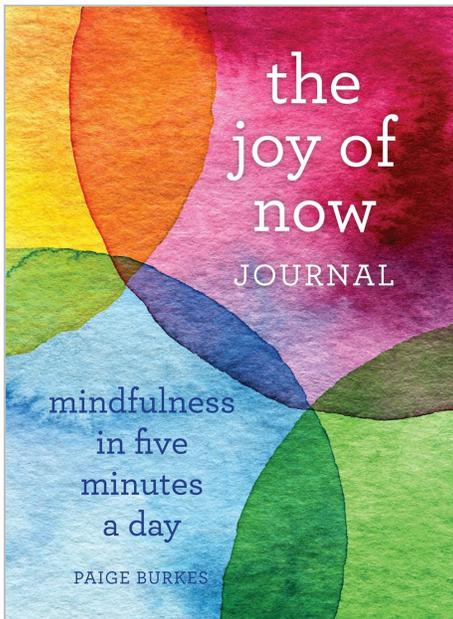
- Cheered up
- Held
- Commiserated with
- Left alone

The one thing I'd like you to try in bed  
 is \_\_\_\_\_

A bubble bath for two sounds:

- Sensual  Crowded

JULIE DAY is a freelance writer and journalist living in Denver, Colorado. Her relationship quizzes have been featured in many popular women's magazines and online publications. When she's not writing or traveling, she's hiking local trails with her two trusty spaniels, Todd and Copper.



## The Joy of Now Journal

*Mindfulness in Five Minutes a Day*

Paige Burkes

### Simple ways to make joy your mantra every day

A beautiful, full-color guided journal that readers can use to help them appreciate the beauty of the present moment and “live in the now.” With insightful questions, inspiring quotations, and thoughtful meditations, this journal is a guide to mindfulness for anyone who spends too much time thinking about the past and/or worrying about the future.

PAIGE BURKES works with companies, entrepreneurs and individuals to find and create their personalized versions of success. Paige is a wife, mother of three awesome kids, writer, entrepreneur, mentor, yogini and finance executive. She lives in the mountains outside of Colorado Springs, CO, with her cats, dog, horses and mountain lions. You can read more of her ideas for increasing your own happiness and success at [SimpleMindfulness.com](http://SimpleMindfulness.com).

#### SELF-HELP / JOURNALING

Castle Point Books | 1/9/2018

9781250163448 | \$14.99 / \$20.99 Can.

Trade Paperback | 128 pages | Carton Qty: 52

7.5 in H | 5.5 in W

Includes 64 color illustrations throughout

#### ALSO AVAILABLE

**Present, Not Perfect: A Journal for Slowing Down, Letting Go, and Loving Who You Are**

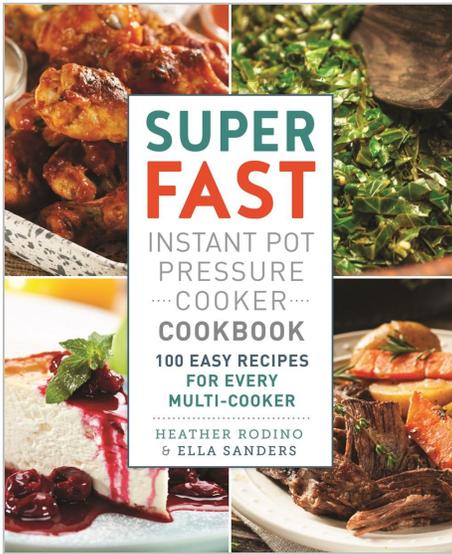
9/2017 | 9781250147752

Trade Paperback | \$14.99 / \$20.99 Can.

**Life by Design: 52 Lists, Questions, and Inspirations for Finding Your Happiness**

9/2017 | 9781250147769

Trade Paperback | \$14.99 / \$20.99 Can.



# Super Fast Instant Pot Pressure Cooker Cookbook

*100 Easy Recipes for Every Multi-Cooker*

Heather Rodino and Ella Sanders

**100 no-brainer recipes for the hottest new kitchen appliance**

The Instant Pot multi-cooker is the best-selling kitchen appliance on Amazon—on Prime Day last July, 215,000 of them were sold (in one day!), and the product features almost 15,000 reviews. It functions as a pressure cooker, slow cooker, rice cooker, yogurt maker, steamer, sauté pan, and warmer in one device, which is virtually irresistible to busy home cooks.

Most books currently selling have complex recipes meant for experienced cooks—this book offers 100 delicious recipes that are even easier. *Super Fast Instant Pot Pressure Cooker Cookbook* will save time in the kitchen and maximize the value of your appliance, whether it's a pressure cooker, Instant Pot, or any other multi-cooker.

HEATHER RODINO is an editor, writer and food lover. The author of several books, she worked for many years in the publishing industry in New York. She now lives a few blocks from the beach in San Juan, Puerto Rico, with bookcases overflowing with cookbooks.

ELLA SANDERS is a comfort food enthusiast who loves spending time at the table with friends and family, and specializes in making traditional meals with unexpected flavor and flair. She lives with her husband and two boys in Portland, Maine.

## COOKING / METHODS / SPECIAL APPLIANCES

Castle Point Books | 1/9/2018

9781250149237 | \$19.99 / \$27.99 Can.

Trade Paperback | 160 pages | Carton Qty: 36

9.1 in H | 7.5 in W

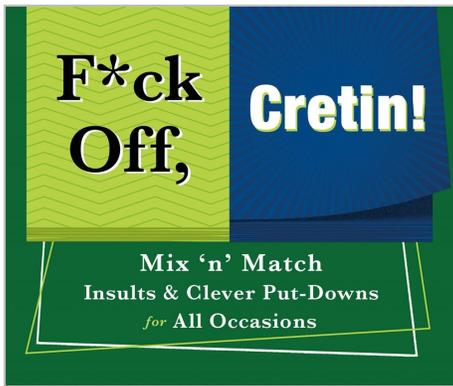
Includes 50 color photographs throughout

## ALSO AVAILABLE

**The Ultimate Instant Pot Pressure Cooker Cookbook: 200 Easy Foolproof Recipes**

4/2017 | 9781250156457

Trade Paperback | \$22.99 / \$32.99 Can.



## F\*ck Off, Cretin!

*Mix 'n' Match Insults and Clever Put-Downs for All Occasions*

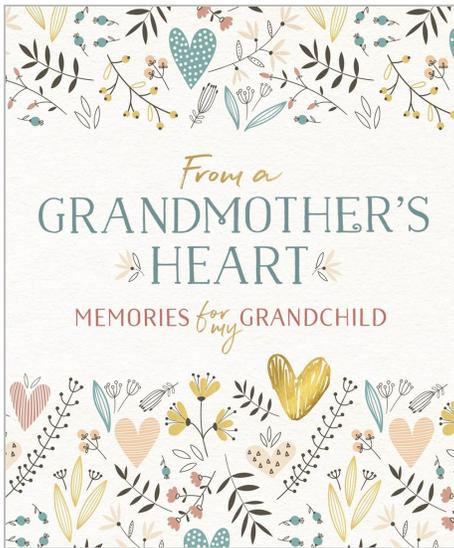
Caitlin Peterson

**The fastest, funniest way to insult your way through the day!**

This spiral-bound book with split pages allows you to create original insults by mixing and matching the words on each side! The left side features a subject, verb, and adjective, and the right side contains the filthiest nouns you can imagine, so you're never more than a page flip away from a clever insult.

### **HUMOR / TOPIC / LANGUAGE**

Castle Point Books | 2/20/2018  
 9781250163639 | \$9.99 / \$13.99 Can.  
 Hardcover | 128 pages | Carton Qty: 40  
 4 in H | 6 in W



## From a Grandmother's Heart

*Memories for My Grandchild*

Frances Greenwood

**A collection of moments big and small from a grandmother to her grandchild**

A grandparent's wisdom is priceless, and so is this beautiful guided journal for grandmothers to record their memories, advice, hopes, and dreams for their grandchildren. This lovely, hidden-spiral-bound memory book has inspiring prompts, sweet quotations about family, and places to paste in favorite photos, enabling a grandmother to create a one-of-a-kind keepsake her grandchild will treasure for years.

FRANCES GREENWOOD grew up in rural Connecticut and volunteered for many years at a local hospital. She has a knack for playing bridge and enjoys making a mess of the kitchen with her five grandchildren.

**FAMILY & RELATIONSHIPS /  
PARENTING / GRANDPARENTING**

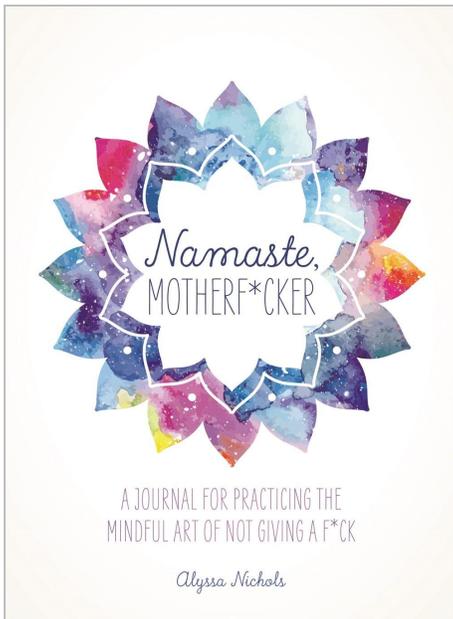
Castle Point Books | 3/6/2018

9781250163646 | \$17.99 / \$24.99 Can.

Hardcover | 96 pages | Carton Qty: 36

9 in H | 7.5 in W

Includes color illustrations throughout and color printed endpapers

**SELF-HELP / JOURNALING**

Castle Point Books | 3/13/2018  
 9781250147707 | \$14.99 / \$20.99 Can.  
 Trade Paperback | 128 pages  
 7.5 in H | 5.5 in W  
 Includes 64 color illustrations throughout

**MARKETING**

Online Promotion  
 Blog Outreach Campaign  
 Social Media Campaign

## Namaste, Motherf\*cker

*A Journal for Practicing the Mindful Art of Not Giving a F\*ck*

Alyssa Nichols

**A beautifully packaged, uplifting journal that is the dysfunctional love child of *You Are a Badass* and *Start Where You Are***

*Namaste, Motherf\*cker* is to journaling what *Chill the F\*ck Out* is to coloring books. A down-to-earth approach to the uplifting BS found on every mindfulness guru's Instagram page, this filthy-as-f\*ck journal enjoys the empowering profanity of *You Are a Badass* and the beautiful journal package of *Start Where You Are*. Filled with illicit inspirations and profane odes to imperfections, this guided journal lets people get their mindfulness on without being nauseatingly saccharine. Time to enjoy the all-in-one journal for those of us who want to be and do better, but with our god-given right to the f-bomb.

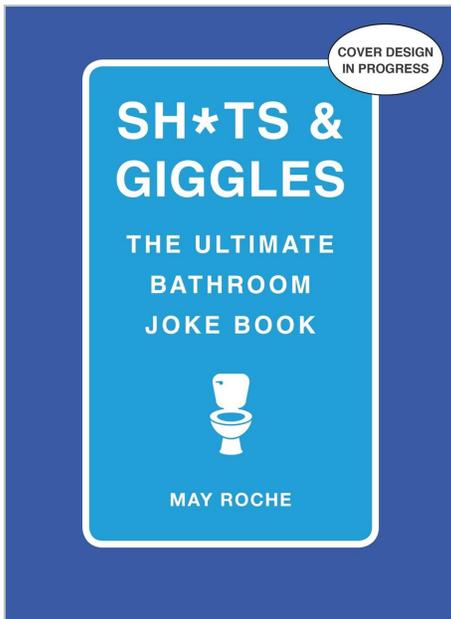
Sample Quotes/Inspirations:

- Running sh\*t is my superpower.
- Breathe in strength, breathe out bullshit.
- Set goals and f\*cking crush them.
- Rise, shine, and kick ass.
- Zen as fuck.
- When you walk up to opportunity's door, don't knock--kick that b\*tch in, smile, and introduce yourself.

Sample Journal Prompts:

- You're on top of the world: Make a list of 5 things that make you f\*cking fantastic.
- We all have bad days: Make a list of things that bothered you today. Then, cross that list out and tell it to f\*ck off. Make another list of what made today great.
- Grateful AF: Think of one person who has made your world just a little bit better. Write down the feeling they give you in a word or two. Grab your decorative pens and make this page as f\*cking awesome as they are.

ALYSSA NICHOLS is a certified yoga instructor and licensed massage therapist. She believes that a mindful approach to joy and success can be achieved with a hearty dose of humor and a whole lot of swearing. She lives just outside of Seattle, Washington.



**HUMOR / FORM / JOKES & RIDDLES**

Castle Point Books | 4/10/2018

9781250164100 | \$14.99 / \$20.99 Can.

Trade Paperback | 304 pages | Carton Qty: 28

7.5 in H | 5.5 in W

## Sh\*ts & Giggles

*The Ultimate Bathroom Joke Book*

May Roche

**Get your sh\*ts and giggles from this hilarious all-in-one joke, trivia, and riddle collection!**

A hilarious collection of one-liners, funny trivia, riddles, and laugh-out-loud jokes for adults, *Sh\*ts & Giggles* is the bathroom book the world needs. With hundreds of ways to make you laugh while you're otherwise indisposed, *Sh\*ts and Giggles* will be the must-have "loo lit" book on the market.

Why are constipated old men so rude?  
Because they don't give a crap.

What do you give an elephant with diarrhea?  
Room

What do you find in an empty nose?  
Fingerprints

What do you have after you eat a prune pizza?  
Pizzeria!

Why do police officers sit down when they go to the bathroom?  
It's the best way to do their duty.

Why do men take showers instead of baths?  
Because peeing in the bathtub is gross!

MAY ROCHE is a writer and contributor to over 25 bestselling trivia, nonfiction, and humor books. Her titles comprise a wide variety of subjects including: inventions, survival, crafting, recipes, science, music, and television. She also provides readers countless hours of entertainment to thwart boredom via the internet. May enjoys swapping inappropriate jokes with her family in the Pacific Northwest.

## Copper Magic One-Pot Meals

*No-Fuss Recipes for the Revolutionary New Nonstick Cookware*

Ella Sanders

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### One-pot meals for copper cookware!

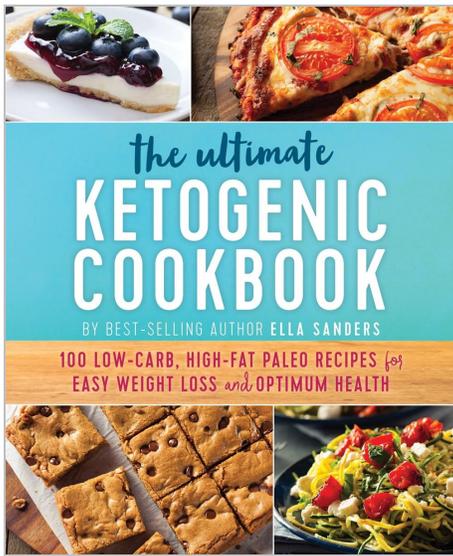
The new copper ceramic nonstick cookware has taken America by storm, and with this book best-selling author Ella Sanders offers easy recipes for one-pot meals. Dinner is done in one magically nonstick, easy-to-clean pan that makes cooking healthy, homemade meals virtually effortless!

ELLA SANDERS is a comfort food enthusiast who loves spending time at the table with friends and family. She shares her enthusiasm for cooking with anyone who's interested and specializes in making traditional meals with unexpected flavor and flair. Ella lives with her husband and two boys in Portland, Maine.

### COOKING / METHODS / SPECIAL APPLIANCES

Castle Point Books | 1/2/2018  
9781250183729 | \$19.99 / \$27.99 Can.  
Trade Paperback | 160 pages  
9.1 in H | 7.5 in W  
50 color photographs throughout

Subrights: UK Rights: St. Martin's Press  
Translation Rights: St. Martin's Press



## The Ultimate Ketogenic Cookbook

*100 Low-Carb, High-Fat Paleo Recipes for Easy Weight Loss and Optimum Health*

Ella Sanders

### A new cookbook for the super-hot ketogenic diet

The ketogenic diet, which is high-fat and low-carb (similar but more extreme than Paleo and a throwback to Dr. Atkins) is on fire these days. By drastically reducing the amount of carbohydrates you consume daily and eating lots of protein and fat, a metabolic process called ketosis kicks in, allowing your body to burn fat for fuel. With this book, best-selling author Ella Sanders brings readers 100 easy, delicious, low-carb and high-fat recipes that will melt pounds and improve overall health.

The easy-to-prepare recipes include nutritional analyses to help readers track macronutrients with ease. From Cauliflower Mac 'n' Cheese and Mozzarella-Stuffed Meatballs to Keto Blueberry-Lemon Bread and Low-Carb Chocolate Chip Blondies, there's a little something for everyone to make taking on the keto diet a no-brainer.

ELLA SANDERS is a comfort food enthusiast who loves spending time at the table with friends and family. She shares her enthusiasm for cooking with anyone who's interested and specializes in making traditional meals with unexpected flavor and flair. Ella lives with her husband and two boys in Portland, Maine.

#### HEALTH & FITNESS / DIET & NUTRITION / WEIGHT LOSS

Castle Point Books | 1/2/2018

9781250183804 | \$19.99 / \$27.99 Can.

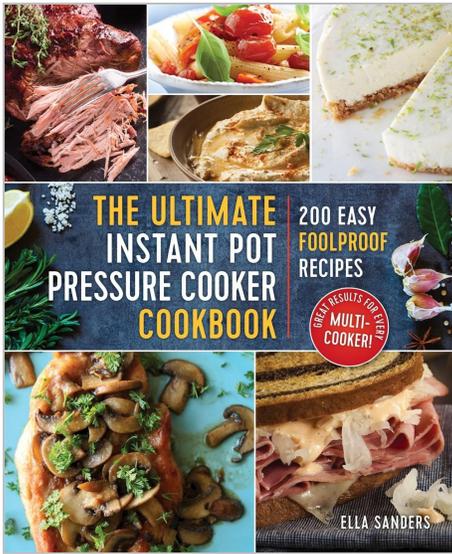
Trade Paperback | 160 pages | Carton Qty: 52

9.1 in H | 7.5 in W

Includes 50 color photographs throughout

Subrights: UK Rights: St. Martin's Press

Translation Rights: St. Martin's Press



### COOKING / METHODS / SPECIAL APPLIANCES

Castle Point Books | 4/11/2017

9781250156457 | \$22.99 / \$32.99 Can.

Trade Paperback | 272 pages | Carton Qty: 20

9.3 in H | 7.5 in W | 0.7 in T | 1.6 lb Wt

Includes 75 color photos throughout

#### Other Available Formats:

Ebook ISBN: 9781250156464

### MARKETING

Online Promotion

Email Marketing Campaign

Blog Outreach Campaign

Cookstr Promotion and Outreach

Social Media Campaign

# The Ultimate Instant Pot Pressure Cooker Cookbook

*200 Easy Foolproof Recipes*

Ella Sanders

**A great big book of fantastic recipes for the hottest new kitchen appliance, the Instant Pot**

Spectacular meals can be yours in an instant! Get the most out of your Instant Pot or other multi-cooker with this tasty collection of 200 quick and easy-to-follow recipes, bringing delicious family meals to your table in a fraction of the time. The no-fuss settings on the Instant Pot and other multi-cookers mean all you have to do is put in your ingredients, set the cook time, and let the pot do the rest!

Enjoy exceptional pressure cooker recipes your family will love, from hearty stews and healthy vegetables, to international fare and incredible treats. Save time, money, and find a little something for everyone in every chapter—without the hours of preparation and complicated instructions!

- \* 200 great sides, dinners, and desserts for your Instant Pot or multi-cooker
- \* Low-maintenance recipes that save you time in the kitchen
- \* Make incredible meals that won't hurt your budget!

With *The Ultimate Instant Pot Pressure Cooker Cookbook*, you can whip up your favorite comfort foods, creative side dishes, and desserts that'll make even the pickiest of eaters ask for seconds. Discover your new family favorites and make the most of your kitchen's #1 appliance!

ELLA SANDERS is a comfort food enthusiast who loves spending time at the table with friends and family. She shares her enthusiasm for cooking with anyone who's interested and specializes in making traditional meals with unexpected flavor and flair. Ella lives with her husband and two boys in Portland, Maine.