This edition of the catalogue was printed on August 23, 2019.
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Acts of Friendship
47 Ways to Recharge your Life, Make Real Connections and Deepen Your Relationships
by Lynne Everatt, Deb Mangolt and Julie Smethurst

Friends, make the most of your time together.

A thousand Instagram likes don’t equal the wellness boost of one friendly hug. In our fast-paced world of glamourized busyness, social media fixation and convenience without human contact, there’s nothing like putting down our devices and turning to those few special people who fill our cups, light us up, and embolden us to be our best selves—that is, our closest women friends.

Why not make the most of the precious time you have together and plan dates that will heal your body, nourish your spirit, and fuel your desire for personal growth?

Acts of Friendship presents 47 activities for you and your friends to connect with each other and help one another change your lives in ways you never expected. Sometimes you need a friend to tell you that you’re exceptional or to applaud you when you explore a hidden talent; sometimes only a friend can remind you to slow down or nudge you to expand your concept of who you are. From Take Your Cue (where you connect the dots to a better life) to A Friendly Q&A (where you learn everything you’ve ever wanted to know about your pals and yourself) to Let’s Go Retro (where you time travel with your friends) and (...)

Author Bio
Lynne Everatt is a recovering MBA, LinkedIn Top Voice in management and culture and ardent advocate for wellness through physical fitness. As part of her rehabilitation, she wrote The 5-Minute Recharge: 31 Proven Strategies to Refresh, Reset and Become the Boss of Your Day, aimed at improving workplace mental health, and Emails from the Edge, which was nominated for the Stephen Leacock Medal for Humour. Prior to pursuing her dream of becoming a writer, she worked with numbers at a multinational pharmaceutical company where she met co-authors Deb Mangolt and Julie Smethurst, who share her love of physical activity, earthy food, and self-improvement through friendship.

Deb Mangolt’s positive attitude and bubbly personality is ideally suited to helping others get the most out of life. Once a Fortune 500 finance director, she reinvented herself to better express her strengths. An event planner, life coach, dance fitness instructor, and a cherished friend to many, Deb inspires others to become the best versions of who they are. Being an avid golfer, Deb
The Advice Trap
Be Humble, Stay Curious & Change the Way You Lead Forever
by Michael Bungay Stanier

From the author of the runaway bestseller *The Coaching Habit* comes an authoritative guide to getting the most out of your workforce—and it all starts with curbing your urge to dole out advice. In *The Advice Trap*, bestselling author, speaker, and leadership coach Michael Bungay Stanier shares his invaluable insights into developing team members' professional performance, using tips that even the busiest managers can put into play.

Learn how to confront and quell the three advice monsters that lurk inside us all, and how to resist the seven temptations that can ensnare even the most well-meaning manager. With his trademark wit and wisdom, Michael shows you exactly how to ask questions that drive impact and engagement, eliminate the negative and accentuate the positive. He takes you through examples of common problem situations, and reveals how to overcome them by using his everyday coaching tips. Finally, he shows you how to attain the highest level of engagement with his “blackbelt” tools of employee interaction: transparency, lightness and deep appreciation.

A companion to *The Coaching Habit*, *The Advice Trap* gives you the power to say less, ask more—and change how you lead forever.

“Michael Bungay Stanier distills the essentials of coaching to seven core questions. And if you master his simple yet profound technique, you'll get a two-fer. You'll provide more effective support to your employees and co-workers. And you may find that you become the ultimate coach for yourself.”

—Daniel H. Pink, author of *To Sell Is Human* and *Drive*

“Coaching is an art, and it’s far easier said than (…)

Author Bio

Michael Bungay Stanier is a leading coaching expert, renowned keynote speaker, and bestselling author of *The Coaching Habit*, which has sold more than 500,000 print copies since its 2016 release, and *Do More Great Work* (100,000 copies sold). He is the founder and CEO of Box of Crayons, a company that strengthens leadership and culture within organizations by giving busy managers and leaders the tools to coach in a way that works. Under Michael's guiding influence, Box of Crayons designs and delivers programs that reframe how people think about coaching as a strategic skill. He works with clients from all sectors, including Microsoft, Volvo, the United Nations, Sotheby's, and PwC. A Rhodes Scholar and an influential thinker in the coaching space, Michael was selected as one of Marshall Goldsmith's top
The Art of Creative Rebellion
How to champion creativity, change culture and save your soul
by John S. Couch

"A career is doing something that you love with passion, without concern about monetary return. And the irony, of course, is that done with truthfulness and courage, most of the time your passions will bear monetary rewards." — John S. Couch

From one of today’s leading creative minds comes a book for modern rebels about how to find success—without losing your edge. Written for uncompromising creative thinkers and aspiring change-makers, The Art of Creative Rebellion encapsulates insights and wisdom collected over a life of creative and professional success.

In a frank, reflective and insightful series of letters to young free thinkers, John S. Couch shares the knowledge he wishes he’d had at the beginning of his own career journey. With refreshing irreverence and candor, he does more than urge young iconoclasts and non-conformists to follow their passions—he lays out the uncompromising principles they must cultivate in order to thrive in a world that seems to reward conformity.

Filled with honest self-reflection of his own missteps, Couch mentors his readers through the steps of finding their courage, embracing discomfort, and nurturing creative habits that strengthen their true self and power their careers.

Above all, The Art of Creative Rebellion is a guide to shaping a life, career and reality that nourishes the spirit and feeds the soul—with no compromises or apologies

Author Bio

Widely recognized as one of the great creative minds of our modern world, John S. Couch is a prolific artist and designer working as an Entertainment and Technology Specialist focused on cross-platform content strategies. He is currently Vice President, Product Design for on-demand video service Hulu, where he lead its successful 2017 Hulu Experience redesign across mobile, living room and web platforms.

His first job out of college was curating an art show in London of Beat writer William Burroughs’ “Shotgun Paintings” (as implied, shotguns and exploding cans of spray paint were involved). In classic young starving artist mode, he ambulated to Paris, Vienna and Tokyo before finally settling in San Francisco. He launched his design career at Wired Magazine, where he shared an office
Everyday Legacy
Lessons on Living Your Best Life
by Codi R. Shewan

What if your legacy isn't what you leave behind, but something you create, every day of your life?

What if you started acting the way you want to be remembered - right now - and shared your unique gifts with the world? In *Everyday Legacy*, Codi Shewan inspires readers to redefine how they live and embrace the idea of living - not leaving - a legacy. His message is simple, yet powerful: In each moment, you have the ability to change yourself and those around you, in profound ways.

This book is for anyone who wants to rethink their own legacy and start living it now. *Everyday Legacy* shares vital lessons for living, informed by Shewan's experiences as a funeral director who developed a deep understanding of the reality of death. From tales of unexpected friendship as a young volunteer in palliative care to what he learned through his estranged father's funeral, *Everyday Legacy* shows us what it means to be deeply human, undeniably mortal - and how to choose a life that matters.

Author Bio

"A legacy is something you live, not what you leave behind."

An unconventional statement that beautifully articulates Codi Shewan's perspective on life. If you asked him to sum up what *Everyday Legacy* is in a sentence, he'd say that it's about knowing what's important in your life and making choices about who you show up as in the world, right now.

Having spent two decades working in the death-care profession, in 2014, Codi leapt from an executive position in corporate funeral services to the entrepreneurial world. As a consultant and speaker, he's on a mission to redefine legacy. He's boldly determined to enlighten people that a legacy is not something you leave but something you personify, each day of your life - and you can realize the power of your own positive influence while you're still here.
Exactly What To Say
More Magic Words for Influence and Impact
by Phil M Jones

Often the decision between a customer choosing you over someone like you is your ability to know exactly what to say, when to say it, and how to make it count. Phil M. Jones has trained more than two million people across five continents and over fifty countries in the lost art of spoken communication. In Exactly What to Say, he delivers the tactics you need to get more of what you want. This collectible hardcover edition contains several new examples of the magical phrases that will help you increase your impact.

“Abracadabra—you are a millionaire! That is what will happen if you follow the advice from Phil Jones in this book.”
—Jeffrey Hayzlett, primetime TV and podcast host, chairman of C-Suite Network

“Indeed, the right words spoken the right way, while perhaps not actually magic, can sure have the results of such.”
—Bob Burg, co-author of The Go-Giver

“I think Phil says it best himself at the end of this fabulous read: “Everything you have learned in this book is simple, easy to do and works.” It's tried and tested, proven and guaranteed to help you get your own way more often.”
—Philip Hesketh, professional speaker and author on the psychology of persuasion and influence

“If you want to get prospects, clients, colleagues, bosses or anybody to say “yes” to what you want, I have three magic words of advice for you: “Get this book!”
—Sylvie di Giusto, keynote speaker and corporate image consultant

“This book is packed with ideas and easy-to-implement suggestions that will assist any (…)

Author Bio

Best-selling author and multiple award-winner Phil M. Jones is highly regarded as one of the world’s leading sales trainers. He has trained more than two million people across five continents and fifty-six countries and coached some of the biggest global brands in the lost art of spoken communication. In 2013 he won the British Excellence in Sales and Marketing Award for Sales Trainer of the Year, the youngest-ever recipient of that honor. He has also written a series of best-selling books and developed a number of online training courses that have enrolled tens of thousands of members.
Fearless
Girls with Dreams, Women with Vision
by Janice McDonald

In this collection of inspiring true stories, Janice McDonald—entrepreneur, speaker, and host of the Fearless Women podcast—brings together more than 100 extraordinary, unafraid women and asks them to look back at the moments in their youth that set them on the path to leadership. From high-profile entrepreneurs to philanthropists, athletes, artists, and statespeople, the lives featured in this book represent the many journeys women can take to find their passion, create change, and make a monumental impact on the world around them. Some were born to leap into the spotlight, others discovered a quiet strength along the way; women who dared, who challenged convention, who found connection, or who braved it alone—each has a powerful lesson to tell about a girl who once dreamed of what she might accomplish.

Featuring touching personal photographs and deep insight into the diverse lives of fascinating, notable women from around the world, Fearless: Girls with Dreams, Women with Vision is a powerful and necessary celebration of heart and guts. Honest, relatable, enlightening, and uplifting, the images and stories in Fearless are proof of our innate ability as women to take risks, face down our fears, and blaze our own trail.

Author Bio

Janice McDonald is the founder of the Beacon Agency, co-founder of This Space Works, and an award-winning entrepreneur, author, and director. She was named Global Trade Ambassador for Canada by WIT-LA and a Top 100 Powerful Woman by WXN, and was featured in Canada 150 Women: Conversations with Leaders, Champions and Luminaries. McDonald sits on the Women’s Leadership Board at the Harvard Kennedy School and is an advisor for Cornell Queens EMBA programs and for the Sprott School of Business at Carleton University. Her popular podcast, Fearless Women, features inspiring conversations with unafraid leaders.
The Reinventionist Mindset
Learning to love and master change, and the human how of doing it brilliantly
by Joe Jackman

The status quo is the serial killer of great companies. Nothing is immune from the need for change, but when faced with change, most companies do one of three things: double down, endlessly strategize, or “Ostrich.” But there’s a fourth (and only) option. Reinvent.

“Reinventionist” Joe Jackman believes there are very few flagging businesses that cannot be returned to growth and relevance, and for Joe, there is nothing better than taking a once-great brand and returning it to greatness.

Jackman learned to love change early, in a home where family meetings actually produced it (“The status quo never stood a chance”). As an industrial designer, he took things apart to see how they worked and how they could be improved. As a corporate executive he gained an insider’s view of how not to manage change. Now his unique firm Jackman Reinvents helps companies at a crossroads become reborn as Category of One businesses.

In The Reinventionist Mindset: Learning to Love Change and the Human How of Doing It Brilliantly, Jackman traces his journey to becoming a reinventionist and shows the reader how to do it themselves. He shares the stories of his partners in reinvention, including Duane Reade, Walgreen’s, Staples, JC Penny, Dave & Buster’s, and US Foods. Finally he distills the Reinventionist Mindset into five essential and human principles:

- Seek Insight Everywhere
- Embrace Uncertainty
- Build the Future Now
- Obsess the Outcome
- Make Momentum Together

Change is hard, but irrelevance (...)

Author Bio

An advisor to consumer brands, B2B companies and private equity partners for 30+ years, Joe Jackman has proven invaluable to leaders intent on sharpening strategy and orchestrating brand-driven reinventions of their businesses. Throughout his career as strategist, creative director, and reinventionist, he has helped companies create the most powerful and relevant versions of their brands in record time, and is widely considered to be the leading expert on rapid reinvention.
See You On the Internet
Building Your Small Business with Digital Marketing
by Avery Swartz

The proven, frustration-free way to make your business stand out online, from one of North America’s leaders on digital marketing for small businesses.

Today, you can launch a website, create social media feeds, and get products and services to market on some of the world’s most powerful sales platforms in a matter of hours. But marketing your small business effectively takes some careful thought. In See You on the Internet, Avery Swartz, one of North America’s top tech leaders, gives you a failsafe framework to plan and execute a brilliant digital marketing strategy with confidence. And you don’t need a technical background to follow it. In five simple steps, you will learn to build your brand, increase your customers, and generate more revenue.

Avery Swartz has spent fourteen years on the ground working directly with hundreds of clients as a web designer, instructor, consultant, and digital advisor. With the aid of real-life stories and examples, she will guide you through the ins and outs of website development, ecommerce, search engine optimization, social media, email marketing, and online advertising --- and you’ll be able to track all of your results. See You on the Internet is a clear, friendly, and highly usable guide for anyone in a small business or similar organization to thrive in the digital world.

Author Bio

Avery Swartz is the founder and CEO of Camp Tech, where she and her team offer digital marketing training for small businesses, non-profits, and those curious to learn more about technology. She was ranked number 5 on Search Engine Journal’s Top 50 Women in Marketing list. Avery is the resident tech expert on CTV Your Morning, highlighting the latest tech gadgets, apps, and tech news for a national audience. She writes for Chatelaine, Today’s Parent and The Globe and Mail on tech topics for modern women, families, and small businesses. Avery has been a Professor at both Ryerson University and Humber College. She lives in Toronto.
Why Women Don’t Want Power
A Practical Manifesto for Modern Women in Business
by Eleanor Beaton

The #MeToo movement has brought unprecedented global awareness to persistent gender inequality in the business world. Meanwhile, corporate North America invests tens of millions of dollars each year in initiatives designed to support high-potential women, with precious little to show for it. The number of female CEOs leading the world’s largest companies has remained unchanged in the last twenty years. So what’s the missing link? In this provocative, entertaining, and irreverent guide, women’s leadership expert Eleanor Beaton tackles the critical yet grossly under-explored link between women’s professional advancement and their relationship with power. Leaning in only gets you so far; it’s time to unpack why you don’t want the power you so desperately crave.

Author Bio

Eleanor Beaton is an award-winning journalist, speaker, executive coach and podcast host, working with women in leadership positions to help them achieve unprecedented results with clarity, confidence, focus and grace. Eleanor has served as Chair of the Visiting Women’s Executive Exchange Program at the Yale School of Management. In 2017, she won the prestigious Profiles in Diversity “Women Worth Watching” Award for her work promoting diversity and inclusion. Through her world-renowned leadership training, elite-level mentorship, international keynotes, and live events, Eleanor helps ambitious professional women and business owners develop the confidence, presence, political savvy and influence they need to smash the glass ceiling and take their seats at the tables where the big deals and big decisions are made.

She’s been recognized by the Corporate Excellence Awards as Canada’s Leadership Coach of the Year, and was named by entrepreneurial guru for women Ali Brown as "one of the foremost women's leadership experts in North America." Eleanor is the host and executive producer of a top-ranked podcast for women entrepreneurs, Fierce Feminine Leadership. A former journalist reporting for the CBC, Globe and Mail and Canadian Business, Eleanor was a finalist for a National Business Book of the Year, Canada's top business book honour, and has won national prizes for her journalistic work covering key issues related to women in leadership. Eleanor has spoken internationally at events whose rosters include notables such as the former First Lady and Secretary of State Hillary Clinton. She lives in Eastern Canada with her husband and two sons.
Working Out Loud
For a Better Career and a Better Life
by John Stepper

Would you like to get more out of work and life? *Working Out Loud* helps you reach your goals and feel more empowered, even happier.

The Working Out Loud practice focuses on building relationships that can help you in some way. Instead of networking to get something, though, you lead with generosity. You learn how to reach and engage people, how to experiment and deal with setbacks, and how to make yourself and your work more visible. Combined, these elements form a powerful approach that opens you up to new people and new possibilities. *Working Out Loud* walks you through a twelve-week mastery program to put the approach into practice yourself and turn that practice into a sustainable habit. It will help you access a better career and life, with the support of your peers at work. It’s a life-changing practice that has brought the joy of accomplishment and connection to those who have adopted it.

Author Bio

John helps organizations create more open, collaborative cultures - and helps individuals access a better career and life - by spreading the practice of Working Out Loud. It’s an approach to building relationships that makes you more effective, gives you access to more possibilities, and helps you feel better. John’s book and Working Out Loud Circles help people develop new habits and a new mindset. The WOL movement has spread to over 40 countries and a wide range of organizations, and was also featured in a recent TEDx talk. John writes about making work better at workingoutloud.com. He lives in New York City.