One Question a Day for Newlyweds
A Journal for the First Year of Marriage
by Aimee Chase

Shared reflections for every day of the first year of marriage
Say I do to this adorable keepsake journal and pave the way to your own happily-ever-after. Inside you'll find 365 questions designed to make you think, laugh, or dream of your future together. Connect as a couple every day as you write, share, and compare your answers and reflect on what makes your relationship so precious and unique. Take a mindful pause every day and make time for romance with One Question a Day for Newlyweds.

Author Bio

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. Aimee’s books include One Question a Day: A Five Year Journal, and Present, Not Perfect: A Journal for Slowing Down, Letting Go, and Loving Who You Are

St. Martin's Press
On Sale: Jan 7/20
5 x 7 • 368 pages
Includes color illustrations throughout
9781250253590 • $22.99 • Flexible plastic/vinyl cover
Games & Activities / Guided Journals
Lovable
A Journal for Embracing the Irresistible Person You Are by Nadia Hayes

A journal for acceptance and self-love
Part of our successful full-color journal series, Lovable helps readers come to a place of self-love and acceptance through insightful prompts and inspiring quotations.

Author Bio

Nadia Hayes is a proud introvert who works as a wellness coach in the Houston area. She recharges by writing, knitting, and communing with nature. Nadia is the author of Choose Calm, One Poem a Day, and One Drawing a Day

St. Martin's Press
On Sale: Jan 21/20
5.5 x 7.5 • 128 pages
9781250228901 • $20.50 • pb
Games & Activities / Guided Journals

Notes

Promotion
Keto Kitchen: Air Fryer Cookbook
Healthy Fried Foods for the Ketogenic Diet
by Ella Sanders

Favorite fried foods made healthy!
The ketogenic diet continues to be extremely popular, driving tremendous
book sales across many cooking subcategories. Air fryers are one of the
hottest new kitchen appliances to hit stores in recent years, and this book
offers easy recipes for favorite fried foods that fit into the keto diet.

Author Bio

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. Her cookbooks include The Ultimate Instant Pot Pressure
Cooker Cookbook, The Ultimate Ketogenic Cookbook, and Copper Magic

Notes

Promotion
Zen as F*ck at Work
A Journal for Banishing the Bullsh*t and Finding Calm in the Chaos
by Monica Sweeney

Seize the work day with the latest book in the Zen as F*ck series!
A guided journal brimming with cheerful profanity, each page of Zen as F*ck at Work is a chance to let go of the bullsh*t that floods your everyday workflow, find some tranquility in all that turmoil, and make the 9-to-5 grind a little grander. With a down-to-earth, funny, and peppy approach to mindfulness journaling, Zen as F*ck at Work is the encouraging nudge to take big and small leaps to make your world a little f*cking better.

Journaling prompts will help you:
- Get at that good sh*t! Make the most of what you love or merely tolerate about your job.
- Cast off bad vibes! Deflect the energy vampires, drama-lovers, and frenzy magnets that surround you.
- Sift through the bullsh*t to find what’s golden.

Author Bio
Monica Sweeney works in the publishing industry, and she is the author of several adult and children’s books. She lives in Boston.
Crush and Color: Jason Momoa
A Coloring Book of Fantasies with an Epic Dreamboat
by Maurizio Campidelli

A coloring book for the millions of Jason Momoa fans
Jason Momoa is the star of Aquaman and other films, including Conan the Barbarian, and also had a memorable part in Game of Thrones. He has a cult following among his female fans, and this is the first coloring book devoted to his likeness.

Author Bio

MAURIZIO CAMPIDELLI grew up reading comic books, and it was the amazing adventures, humor, and fantasy found in those pages that eventually inspired his illustration style. Maurizio now works as an illustrator in Rimini, Italy, and he can be found on the beach, running, or biking on the boardwalk in his free time.
Homemade Bath Bombs and More
Soothing Spa Treatments for Luxurious Self-Care and Bath-Time Bliss
by Heidi Melissa Kundin

Easy-to-make, all-natural bath bombs and other beauty indulgences
With an all-natural, do-it-yourself approach, Homemade Bath Bombs and More shows you how easy it is to make your own scented bath bombs, along with other fun and luxurious bath products, like fresh-smelling soaps, bubbling bath truffles, and sugar scrub cubes.

Author Bio

HEIDI KUNDIN is the creator of HappinessIsHomemade.com, where she shares crafts, printables, party ideas, and family fun for all ages. She lives in Northern California with her handy husband, three energetic sons, and two wild and crazy puppies.
The first coloring book for witches, with inspiring magickal art
Witchcraft is back in a big way, and modern witches are turning to popular self-care routines of all kinds, including coloring. This is the first coloring book geared specifically toward witches, with beautiful artwork of crystals, herbs, flowers, labyrinths, and other spiritual iconography to inspire their practices.

Author Bio
RAVEN WILLIAMS is a practicing Hedge Witch who believes that nature has more healing and protective powers than we know. She has been active in the field of alternative spirituality for over ten years.
Mythographic Color and Discover: Enchanted Castles
An Artist's Coloring Book of Dreamy Palaces and Hidden Objects
by Fabiana Attanasio

A world of enchanted castles to color - including hidden objects to find! Debut artist Fabiana Attansio has created a spectacular book of intricate and imaginative castles to color, along with hidden objects to seek and find. This incredibly detailed and beautiful coloring book will appeal to serious colorists who are looking to escape to a magical world.

St. Martin's Press
On Sale: Mar 24/20
9.81 x 9.81 • 112 pages
9781250234612 • $24.50 • pb
Games / Activity Books (Incl. Coloring Books)

Notes

Promotion
Online promotion<br>Blog Outreach<br>Social media post
Your Life Untethered
A Guided Journal for Freeing Your Soul
by Nadia Hayes

Lose your limitations, soar past your boundaries, and achieve your dreams!

With this journal, readers will learn to end habitual thoughts and emotions that limit their consciousness, enabling them to live in the present moment and let go of painful thoughts and memories that keep them from achieving happiness and self-realization.

Author Bio

Nadia Hayes is a proud introvert who works as a wellness coach in the Houston area. She recharges by writing, knitting, and communing with nature. Nadia is the author of Choose Calm, One Poem a Day, and One Drawing a Day.
Zendoodle Colorscapes: A Mother’s Love
Inspiring Words to Color and Display
by Deborah Muller

Loving quotations for mothers to color and display
The newest book in our Zendoodle Colorscapes series, A Mother’s Love showcases warm, loving words for mothers along with pretty illustrations to color. The perfect gift for Mother’s Day!

Author Bio
DEBORAH MULLER is an illustrator, designer and gypsy at heart. She was born in Laguna Beach California but currently lives in a quaint beach side town in Florida. Her unique and whimsical style comes from doodling, which she finds therapeutic. Even her dog is a doodle, a Labradoodle named Marley.
Present, Not Perfect for Moms
A Journal for Slowing Down, Being Mindful, and Trusting in Yourself
by Aimee Chase

The journal every mother needs!

Present, Not Perfect has hit a nerve with women everywhere with its reassuring, encouraging message of hope and serenity. This book takes it a step further for moms of all ages, with guided prompts and inspiring quotations specifically designed to help mothers cope with the demands of raising children and navigate their relationships with their families. The ideal way to carve out some contemplative me time, this journal will help frazzled moms find understanding and peace.

Author Bio

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. Aimee’s books include One Question a Day: A Five Year Journal, and Present, Not Perfect: A Journal for Slowing Down, Letting Go, and Loving Who You Are
Teen girls often pull away from their mothers, becoming secretive and moody. While it's a normal part of adolescent development, it's also important that the lines of communication between parent and child stay open. This journal helps facilitate honest dialogue between teen girls and their moms, creating a safe space for sharing feelings, asking questions, and giving advice.

**Author Bio**

Ruby Oaks is a musician and writer. Her favorite pastime is sitting around the table listening to family stories. She lives outside of Nashville, Tennessee.
Soul Magic
Ancient Wisdom for the Modern Mystic
by Arizona Bell and Morgan Garza

A modern, full-color guide to ancient healing and self-care techniques. Old meets new in this up-to-date guide to self-care and healing using ancient techniques like spells, crystals, and herbs. The ideal book for the young women driving a resurgent interest in New Age modalities, Soul Magic is a comprehensive guide to the natural, spiritual, and magical ways to harness the energy of the earth to take care of the human body.

St. Martin's Press
On Sale: Apr 14/20
7.5 x 9.13 • 208 pages
Includes one-color printed endpapers and color photographs throughout
9781250253040 • $33.99 • CL - With dust jacket
Body, Mind & Spirit / Crystals

Notes

Promotion
Bullsh*t
500 Mind-Blowing Lies We Still Believe
by Katie Adams

Compelling trivia for our age of disinformation
American culture is awash in lies. Despite the fact that we have the truth at our fingertips at all times, Americans still believe lies about everything from health to politics to science to business. This clever trivia book debunks the 500 most common untruths and shows readers why we are all so susceptible to misinformation, and also includes a chapter on facts that are true, but seem like bullsh*t.

Sample Lies:

- **Left and Right Brain**
  There’s no solid division between hemispheres; the left brain can learn right-brain skills” and vice versa.

- **Three Wise Men**
  Nowhere in the Bible does it specify that there were three.

- **Flush Rotation**
  A flushed toilet doesn’t drain the other way in the opposite hemisphere. The Coriolis effect doesn’t apply to water in toilets.

- **Einstein was a terrible student and failed mathematics.**
  Albert Einstein actually aced his report cards. His reputation for being a notoriously terrible student? That came from his habit of talking back to his teachers when he felt they were acting too authoritarian.

Sample Facts that Seem Like Bullsh*t:

- A day on Venus is longer than a year.
- A chicken lived without a head for 18 months.
- Human children don’t get kneecap bones until they’re around three years old.
- A mantis shrimp can punch with the force of a 22-caliber bullet.

Author Bio

Katie Adams is a writer and contributor to over 30 bestselling trivia, nonfiction, and humor books. She also provides the insatiable void of the internet with endless hours of entertaining content. In her free time, Katie enjoys practicing her epigrammatic wit on her tolerant and loving family in the Pacific Northwest.

Katie is the author of *Sh*t and Giggles*