

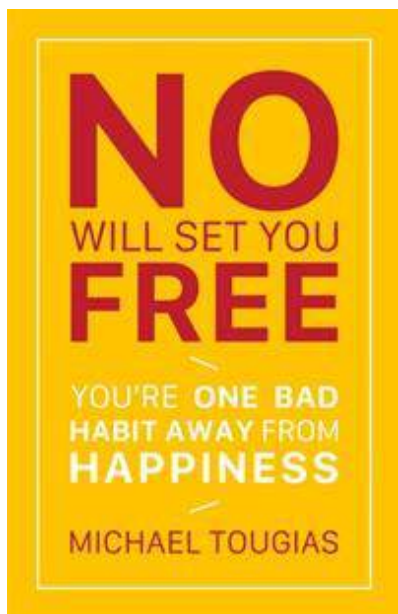
MANGO PUBLISHING GROUP

WINTER

2022



 **mango**
PUBLISHING GROUP



No Will Set You Free **You're One Bad Habit Away From Happiness**

Michael Tougias

Summary

We have all been taught to seize the moment and say yes to opportunity, invitations, and requests on our time. Most of us say yes without really thinking. Society has trained us to be polite and accommodate a friend, take that promotion, go to that party. We have said yes for so long we don't even consider its downsides.

By learning the strength and freedom within one simple word, *No*, the author will help you make your life extraordinary. In *No Will Set You Free* you will see how he transitioned out of a soul-sucking job and launched a career that he was passionate about—one that brought him joy and more wealth than he had dreamed of. This book will show you how you too can harness *No* and start on a path of continued happiness.

9781642508345

Pub Date: 4/12/2022

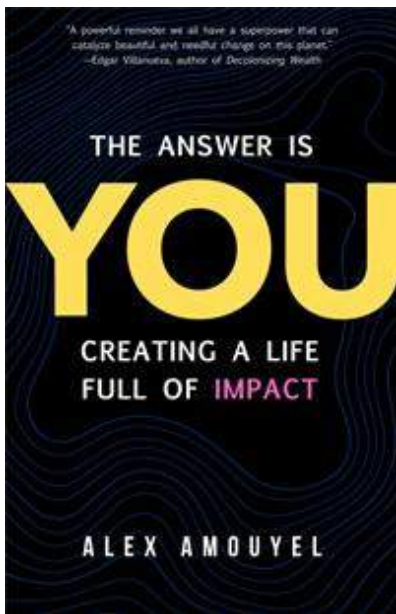
\$24.95

Hardcover Paper over boards

224 Pages

Self-Help / Self-Management

SEL024000



The Answer Is You

A Guidebook to Doing Good

Alex Amouyel

Summary

Problem-Solving Requires Innovation, Activism, and You

People from all walks of life yearn to do something that adds value to others and to be someone who makes a difference in their community and the world.

Now Alex Amouyel is inviting you to become part of the solution. Alex, author of *The Answer is You*, is the founding Executive Director of Solve, an initiative at the Massachusetts Institute of Technology (MIT) with a mission to solve world challenges. Solve finds incredible tech-based social entrepreneurs around the world and funds them to develop lasting, transformational tech-based solutions.

Changing the world begins one person at a time with innovation, both big and small. *The Answer is You* is here to inform you that being a change agent starts with doing good deeds and being a community helper. Everyone can do something with the skills and resources they already have—they just need ideas for how. *The Answer is You* inspires every person to start thinking critically about the problems we face and the solutions we might be able to offer to enact change.

Take action for social impact. A change agent is anyone who sees a challenge in their community and decides to do something about it. It's being a community helper and devoting your time, skills, and resources to problem-solving, innovation, and activism in a way that impacts the world by improving communities around us.

Inside, you'll find:

- Motivating and encouraging stories of amazing impact innovators from MIT Solve
- Guidance on how to take action in the world in big and small ways to get results
- A path to hope and action for problem-solving in your community and within society

If you like books by women in leadership and enjoyed reading *Create the Future + the Innovation Handbook: Tactics for Disruptive Thinking*, *Believe in People: Bottom-Up Solutions for a Top-Down World*, *The Innovator's DNA: Mastering the Five Skills of Disruptive Innovators*, you'll love *The Answer is You: A Guidebook to Doing Good*.

9781642507218
Pub Date: 1/18/2022
\$19.95
Hardcover Paper over boards

224 Pages
Social Science / Philanthropy & Charity
SOC033000



Exploring Mars

The Year by Year Narrative of Space Science—from the First Mars Landing and Beyond

Dr. Tanya Harrison, Danny Bednar

Summary

The Mars Landing and More for Space-Enthusiast Memelords

Go on a 60-year journey from the earliest Mars landing attempts to the missions active there today—told by the people, memes, and media of the time through the lens of today's top scientists.

Learn fun facts about space exploration and answer the most asked questions about Mars. From the search for little green men to live bacteria, we've all entertained the idea of extraterrestrial life. But where did this idea come from? What have the Mars robots found, and how has it shaped science today? Written and researched by one of the best Canadian space geographers, Danny Bednar, and NASA scientist/professional martian herself, Dr. Tanya Harrison, *Exploring Mars* answers these questions and more.

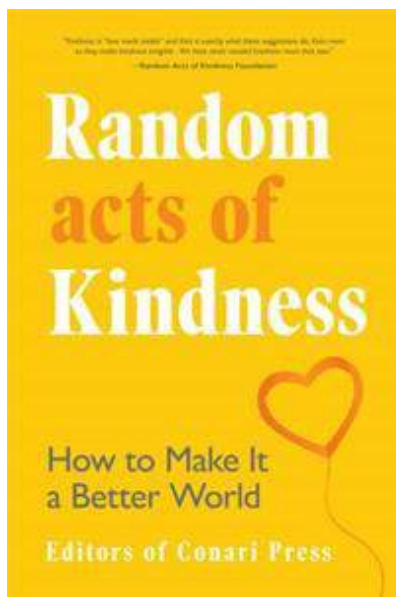
It's not just rocket science—it's fun. A solar system gift perfect for anyone interested in space exploration, aerospace, or even science-fiction, this coffee-table beauty is different from other books about space. Tapping into a large network of active and retired scientists, astronauts, writers, and TV personalities, this spacebook for adults and teens alike crafts a year-by-year anthropology of humanity's exploration of Mars that manages to be both a handy reference and fun fodder for everyone.

Inside *Exploring Mars*, you'll find:

- A timeline of our exploration of Mars with photos and descriptions of significant events from each year, like the first Mars landing
- Interviews, quotes, and answers to your foremost questions from top scientists and Mars experts
- Explanations of the science and lore surrounding Mars accompanied by popular memes and anecdotes about the red planet

If you like non-fiction space books such as *Liftoff*, *This Book Is a Planetarium*, or *Extraterrestrial*, you'll love *Exploring Mars*.

9781642508321
Pub Date: 4/9/2022
\$18.95
Trade Paperback
192 Pages
Science / Space Science
SCI004000



Random Acts of Kindness

How to Make It a Better World

The Editors of Conari Press, Daphne Rose Kingma, Dawna Markova

Summary

Random Acts of Kindness – Inspirational Stories

Make a commitment to spread kindness wherever you go. Being kind doesn't cost anything, but it can mean the world to those around you.

What if all of a sudden everyone started performing daily good deeds? This inspiring collection presents true stories of people who've committed, received, and observed voluntary acts of kindness. Hearing their stories reveals how these simple, small acts of goodness can have a profoundly positive effect in the world. The true stories, thoughtful quotations, and suggestions for generosity in this book will inspire you to live more compassionately and be a kinder person.

Join the kindness movement. In 1995, a small group of people at Conari Press, including M.J. Ryan, Will Glennon, and Dawna Markova, came together around the idea that small gestures and simple acts can make a difference in people's lives. Thus, *Random Acts of Kindness* was born, but they had no idea how big this little idea would become. Soon, instead of the usual two or three letters from readers, they were getting bags of mail from readers submitting their own acts of kindness and stories of compassion. Now, twenty-five years later, over one million copies have been sold and it is a worldwide movement, with National Random Acts of Kindness Week, celebrated each February.

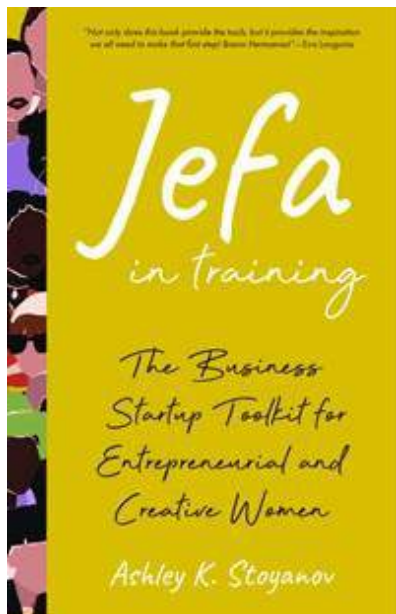
An inspirational gift of kind words. Sometimes the smallest gesture makes the biggest difference. This little book shows how to start—with the small, with the particular, with the individual—in order to make a difference in the world. It features:

- True stories about acts of kindness and generosity of spirit
- Suggestions for living more compassionately
- Inspirational quotes to get you started

Readers of motivational books and stories like *Chicken Soup for the Soul: Random Acts of Kindness*, *A Pebble for Your Thoughts*, *I've Been Thinking...*, or *You Can Do All Things* will love the encouraging, inspirational stories in *Random Acts of Kindness*.

9781642504194
Pub Date: 3/15/2022
\$18.95/\$27.95 Can./£16.95 UK
Hardcover Paper over boards

180 Pages
Self-Help / Motivational &
Inspirational
SEL021000



Jefa in Training

The Business Startup Toolkit for Entrepreneurial and Creative Women

Ashley K. Stoyanov Ojeda

Summary

A Step-by-Step Toolkit to Turn Your Passion Project into a Successful Business

"Jefa in Training is a much-needed guide for all of us who need a blueprint to becoming a successful entrepreneur." —**Eva Longoria**, award-winning actress, producer, director, activist, philanthropist and CEO of UnbeliEVAble Entertainment

Women, now is the time to build your enterprise. *Jefa in Training* is the only Spanglish project-launching toolkit and female entrepreneur planner specially made for a new generation of boss women.

A solopreneur and small business guide. A business startup planner and toolkit for women in leadership, business, and beyond, *Jefa in Training* offers women entrepreneurs the female empowerment needed to take a side hustle to the next level. Whether it's learning to define your brand, set up a beta test group, or draft an LLC operating agreement, this compendium of lessons, anecdotes, worksheets, templates, and quotes teaches the next generation of women in business how to work for yourself and turn your ideas into something much bigger.

A Latina book by Latinas, for Latinas. Solopreneurs and creatives, you are invited to let go of your fears and finally launch your blog, project, or platform. *Jefa in Training* isn't your typical small business book. Part Latinx book, it is a conversation with a special tribe of Latina immigrants, Hispanic American generations, and women of color in financial, media, entrepreneurial, and creative spaces. Throughout, you'll explore a more complex view of Latinidad, covering everything from imposter syndrome to micro-aggressions and bilingualism.

Inside find:

- First-hand experiences by the author
- Guest stories from successful business-women in Latinx companies
- Worksheets and more!

If you're looking for Hispanic books, women entrepreneur books, women leadership books, or women of color gifts—like *Mind Your Business*, *The Memo*, *In the Company of Women*, or *De Colores Means All of Us*—then you'll love *Jefa in Training*.

9781642507294
Pub Date: 2/15/2022
\$18.95
Trade Paperback

224 Pages
Business & Economics /
Entrepreneurship
BUS025000



The 7 Habits of Highly Effective Teens on the Go

Wisdom for Teens to Build Confidence, Stay Positive, and Live an Effective Life
Sean Covey

Summary

Learn How to Become a Successful, Competent, Capable and Self-Sufficient Person in Your Teens and Beyond!

A condensed guide of timeless wisdom for a new generation.

***The 7 Habits of Highly Effective Teens on the Go* is the essential go-to resource for a busy teen preparing for a highly effective and self-reliant life. Use the tools in this guide to build the confidence you need to take on new challenges, accomplish difficult tasks, and create lasting positive change throughout your teens and beyond.**

Finally get results. Many teens know that establishing proactive habits is the first step toward personal success, but often don't know how to implement these habits. Between the pressures of school, social life, and overburdened schedules, it's no wonder that the average teenager is stressed. In this condensed guide, bestselling FranklinCovey author Sean Covey breaks down the timeless wisdom of the *7 Habits* into a weekly, realistic format for busy teens.

Rely on trusted guidance. *The 7 Habits of Highly Effective Teens on the Go* helps teens navigate the processes of building self-esteem, managing social pressure, promoting activism, and more. With these tools, you can learn to become both capable and self-reliant in your daily life. This guide contains weekly challenges, calls-to-action, and inspiration to ensure lasting personal change year-round.

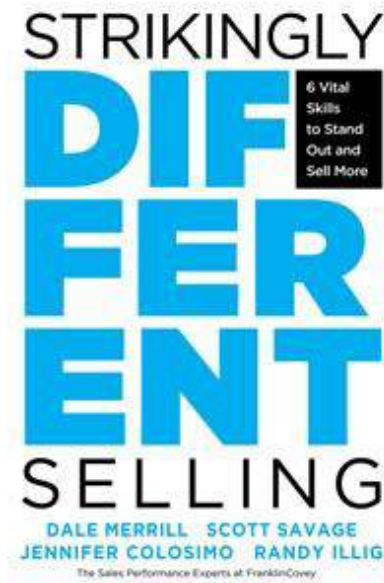
With this book, teens learn to:

- Determine which principles are important to them
- Create and map out short-term and long-term goals for a meaningful, competent and self-sufficient life
- Foster healthy, meaningful relationships throughout their teens and into adulthood

If you enjoyed *Dad's Great Advice for Teens, The 6 Most Important Decisions You'll Ever Make, or You Don't Have to Learn Everything the Hard Way*, you'll love *The 7 Habits of Highly Effective Teens on the Go*. Also, be sure to check out Sean Covey's *The 7 Habits of Highly Effective Teens*, a #1 Best Seller in Teen & Young Adult Psychology.

9781642506525
Pub Date: 12/2/2021
\$12.95
Trade Paperback

156 Pages
Young Adult Nonfiction / Social
Science
YAN052050



Strikingly Different Selling

6 Vital Skills to Stand Out and Sell More

Dale Merrill, Scott Savage, Randy Illig, Jennifer Colosimo

Summary

Superior Sales Success

You are competing with the top salespeople in your industry for the same customers. For each sales opportunity there is only one winner. What separates a “winner” from the rest of the very best and makes them “strikingly different”? Six years of intensely focused research involving nearly 3,000 sales professionals from 135 countries reveals the 3 distinguishing habits that differentiate top sales performers from the herd. Now you can learn what it takes to be that *one* winner.

In sales, what is it that really works and sustains high performance? In their book *Strikingly Different*, Dale Merrill and Scott Savage (senior sales performance consultants for FranklinCovey’s Helping Clients Succeed™, Strikingly Different™ High-Performance Lab for Client-Facing Professionals) reveal the secrets to high performance sales success.

The 3 Exceptional Practices. Merrill and Savage found that most consultants and sales professionals believed they were doing a great job in their client interactions. Yet, some 85 percent of client senior executives felt most of their meetings with sales professionals were a waste of time. To Merrill and Savage, this was a major surprise. But, for the “Strikingly Different” sales professionals, there were three things they did consistently differently and better than their peers that radically changed their client interactions and results.

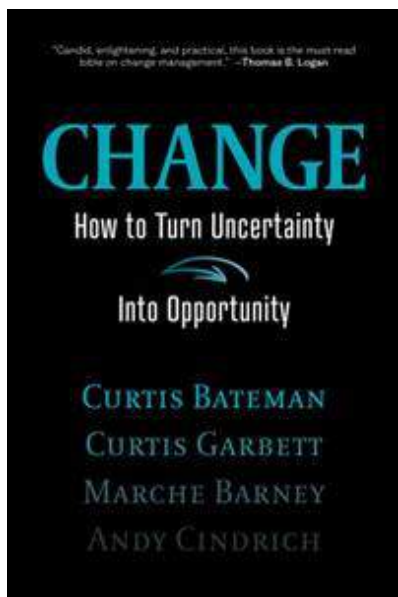
In *Strikingly Different: The 3 Exceptional Practices of the World’s Top Sales Performers*, learn the details behind the three secrets to sales performance success:

- **Differentiate:** Clients only buy differences they can see
- **Advocate:** Clients act when the message comes alive
- **Accelerate:** Clients that decide faster win sooner

If you have found books such as *How I Raised Myself from Failure to Success in Selling*, *The Secrets of Closing the Sale*, *To Sell is Human*, or *Let’s Get Real* or *Let’s Not Play* to be useful; then you will love and learn from *Strikingly Different*.

9781642504866
Pub Date: 1/18/2022
\$19.95/\$37.95 Can./£16.95 UK
Trade Paperback

256 Pages
Business & Economics / Sales &
Selling
BUS058000



9781642507942
Pub Date: 6/14/2022
\$19.95
Hardcover Paper over boards

260 Pages
Business & Economics /
Mentoring & Coaching
BUS106000

Change

How to Turn Uncertainty Into Opportunity

Curtis Bateman, Curtis Garbett, Marché Barney, Andy Cindrich

Summary

Embrace the Unknown with Change Management

In this authentically written guide to navigating the change management process, four FranklinCovey colleagues offer invaluable advice on how to not only accept, but *own* change, inside and outside of the work office.

Read inspiring stories from key FranklinCovey team members. With years of leadership and work experience under their belts come great trials, tribulations, and success stories. Enjoy personal and historical anecdotes, coupled with complementary advice on change management from Bateman, Garbett, Barney and Cindrich.

Discover why you should not fear change. As the authors explain in the very first chapter, humans have been fearing and resisting change for a long time. But is there an alternative to this fear and aversion? Yes—you can either get owned by change or decide to own change yourself. Learn how to do just that with tips and advice for every individual, including but not limited to the manager, the entrepreneur, the employee, or just the average person who fears getting derailed by change.

Learn how to implement “The Change Paradox” mentality into your everyday life. In the second half of the book, find a “Change Model” with five Change Paradoxes. Each paradox will not only teach you why avoiding and fearing change is counterintuitive, but will also show you how to implement this newfound advice into your life.

Inside, find:

- Invaluable advice on navigating and embracing the unknown
- Personal and historical narratives on change management
- Strategic and organizational change management tips
- A Change Model that introduces an effective change management process

If you enjoyed change management books like *How to Change, Life is in the Transitions*, or *Changing to Thrive*, you’ll love *The Change Paradox*.



9781642506792
Pub Date: 4/5/2022
\$27.95/\$34.95 Can.
Hardcover Paper over boards

Cooking / Courses & Dishes
CKB095000

The Art of Modern Cake

Contemporary Decorating Techniques and Recipes for Couture Confections

Heidi Holmon

Summary

Modern Cake Recipes for Aspiring Baking Artists

Whether you're learning the art of sugar flowers, looking for a delicious buttercream icing recipe, or discovering how to work with gilded paper, *It's Just Cake* is the perfect cake decorating book for the contemporary baker.

Modern cake recipes that transform simple cakes into dazzling works of art. From Satin Ice Artist of Excellence and owner of De la Crème Creative Studio, Heidi Moore Holmon, comes a gorgeously-photographed instructional guide with everything you need to create extravagant single and multi-tier cakes. *It's Just Cake* offers both step-by-step technical instructions and delicious cake recipes, including all the necessary techniques to reproduce each recipe to perfection.

A contemporary confectionary cookbook. Part aspirational cake making book and part inspirational coffee table book, DIY designers and students of dessert baking will delight in *It's Just Cake*. With many of the recipes easily incorporated into desserts, this extraordinary cake baking book doubles as an artistic dessert book. Featuring chapters on edible flowers, piping skills, food coloring techniques, and more, *It's Just Cake* shares tips and techniques for creating gorgeous confections.

Inside you'll find:

- Recipes for delicious fillings like black cherry compote and *dulce de leche* meringue
- Flower and greenery techniques for peonies, anemones, and succulents
- Cake projects including Tuscan stucco, Origami, and watercolor

If you're looking for cake baking cookbooks, a baking decorating book, or a sugar art book—and liked *Cake Confidence*, *Icing on the Cake*, *The Contemporary Buttercream Bible*, or *The Painted Cake*—you'll love *It's Just Cake*.



Succulent Style

A Gardener's Guide to Growing and Crafting with Succulents

Julia Hiller

Summary

The Ultimate Succulents Book for Gardeners and Crafters

We know—killing your plants succs. A crash course on all things succulents, this engaging and easy-to-use succulents book offers everything you need to know so you can both successfully grow these gorgeous plants and create cool crafts with them, too. You'll find everything you need to know from cacti plant care to specific projects for decorating with plants.

A go-to reference for anyone trying to grow and maintain succulents. The ultimate guide to propagating, growing, and styling succulents and cacti both indoors and out, *Succulent Style* is as informative as it is gorgeous. Designed for millennials who want to stop killing their plants and for DIY types who want to learn about designing with succulents, *Succulent Style* is full of succulent growing techniques for beginners as well as for knowledgeable gardeners looking to expand their gardening skills. This beautifully photographed compendium makes the perfect addition to any coffee table or bookshelf.

Succulent ideas for your home and garden. Whether you want to learn how to care for a cactus indoor or how to style plants, you'll find tons of tips and tricks inside. Start designing succulents with fun projects like succulent garlands, wall art, wreaths, succulent bouquets, potted arrangements as well as many other cool things.

Inside, you'll also find:

- A detailed compilation of succulent varieties
- Instructions on how to propagate and plant cacti and succulents
- Tips to integrate succulents into outdoor and indoor design

If you're looking for a succulents plants book or cactus book—like *A Beginner's Guide to Succulent Gardening*, *Essential Succulents*, *The Gardener's Guide to Succulents*, or *Cacti and Succulents Handbook*—then you'll love Succulent Style.

9781642507850

Pub Date: 4/12/2022

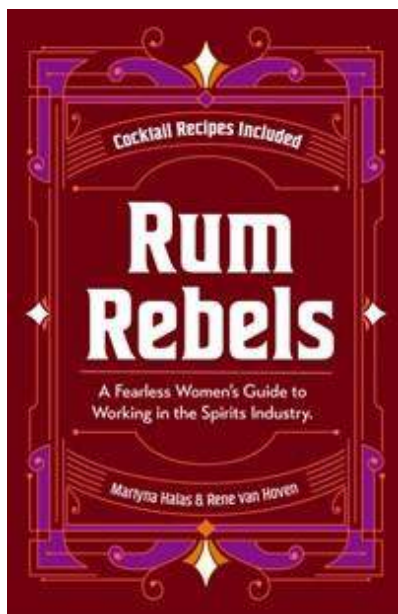
\$24.95

Paperback

180 Pages

Gardening / Climatic

GAR027010



9781642507317
Pub Date: 3/15/2022
\$24.95
Trade Paperback

180 Pages
Cooking / History
CKB041000

Rum Rebels

16 Women Revolutionizing the Spirits Industry

Martyna Halas, Rene van Hoven

Summary

Behind Every Great Rum Is a Powerful Woman

Once known as a sailor's drink, rum has matured into a refined spirit. In some Caribbean countries, rum is offered as a libation to the gods. In others, it is aged and savored on the rocks. But in the most magical places, rum is distilled by women. Inside *Rum Rebels*, you'll find personal anecdotes from master blenders, fabulous recipes for artisan rum cocktails, and the inside scoop on how rum is made from the women behind Appleton, Zacapa, Cachaça, Brugal, and more.

The art of cocktails, rum, and women. A pirate staple, rum has been the drink of rebels since the Old World. Now, there's a new generation of rebels—the business women curating the taste of today's best rum companies. Part rum cocktail book, part ode to feminism, *Rum Rebels* is a story of female empowerment in a traditionally male-dominated industry. Looking at more than a dozen rum distilleries, each chapter of *Rum Rebels* profiles women in leadership, their rum, and the perfect cocktail pairing.

Learn how rum is made. Alongside women leaders and pioneers, this worldwide master class explores everything from palates to aging, providing first-hand stories from today's leading rum distilleries. Whether a beginner or a seasoned rum enthusiast, *Rum Rebels* is the perfect read for anyone curious about the craft of rum distilling, artisan cocktails, or female leaders in history.

Grab a copy to learn how:

- At Appleton, Joy Spence becomes the first female master blender
- At Zacapa, Lorena Vasquez adorns her bottles with hand crafted palm leaves by Guatemalan women
- And more

If you're looking for rum cocktail books, women leadership books, women entrepreneur books, or women of color gifts—like the *Smugglers Cove* cocktail book, *Women's Libation* cocktail book, *And a Bottle of Rum* book, or *Drinking Like Ladies*—you'll love *Rum Rebels*.



Miette

Recipes from San Francisco's Most Charming Pastry Shop

Meg Ray, Leslie Jonath, Frankie Frankeny

Summary

Enjoy 100 Mouth-Watering Pastry Recipes from Miette

"The photos are so enticing, and the pastries so perfectly made, we almost ate the paper."—*The Oregonian*

Sharing the secrets of creating the perfect pastries, candies, cookies, and chews from the Miette Patisserie, this delicious dessert cookbook combines the rustic charm of homemade sweets with the elegance of French baking.

Bring home San Francisco's favorite French bakery. Renowned for beautiful cakes and whimsical confections, Miette Patisserie is among the most beloved of San Francisco's culinary destinations for locals and travelers. At Miette, cakes, cookies, and desserts are transformed into creative creations. Its pretty Parisian aesthetic enchants visitors with tables piled high with beribboned bags of gingersnaps, homemade marshmallows, fleur de sel caramels, and rainbows of gumballs.

The cutest confectionary cookbook you'll ever own. Self-taught baker and owner Meg Ray shares baking recipes and secret formulas for favorite Miette treats in this scrumptious sweets cookbook. More than 75 gorgeous color photos capture the enchanting beauty of Miette desserts and shops. The edges on the book block enhance its charming package, adding a sweet touch to every home. Whether professionals or beginners, baking aficionados will delight in these unique bakery recipes. Just like the adorable cakes, cookies, eclairs, and tarts for sale in Miette's, this book is irresistible!

Inside, find recipes like:

- Strawberry Charlotte
- Chocolate Sablés
- Lime Meringue Tart
- And more!

If you're looking for a French baking gift, a pastry chef cookbook, or a French baking cookbook—like *Dessert Person*, *French Pastry Made Simple*, and *Tartine*—then you'll love Miette.

9781642507720
Pub Date: 2/15/2022
\$27.95
Hardcover Paper over boards

224 Pages
Cooking / Courses & Dishes
CKB012000



Each Day a New Beginning Daily Meditations for Women

Karen Casey

Summary

The Book of Spiritual Meditations that Pioneered the Women's Recovery Movement

"Karen Casey tells truth and tells it well."—Marianne Williamson

First published in 1982, Karen Casey's signature and genre-defining work, *Each Day a New Beginning*, broke ground as the first daily meditation book for women in alcoholism recovery. Forty years later, over three million copies have been sold and people around the globe continue to turn to this renowned classic for morning motivation, afternoon escape, and night-time reflection.

Engage with effective healing meditation practices. Karen Casey offers invaluable wisdom with every page, encouraging women in recovery to learn the art of compassion, acceptance, creativity and more. Spiritual meditation exercises are peppered throughout the book, allowing you to heal with each coming day.

Recognize the importance of community in recovery. Recovery is not linear and absolute, but meandering and ambiguous. From personal experience, Karen Casey knows this to be true. In *Each Day A New Beginning*, inhabit a collective space for women in recovery for spiritual meditation, reflection, learning, and connection.

Gain wisdom from exceptional female role models. Each day, enjoy an inspirational quote from extraordinary women, ranging from Anne Morrow Lindbergh to Dorothy Bryant to Evelyn Mandel. Meditation practices follow each quote, allowing you to supplement your healing experience with mindfulness exercises.

***Each Day a New Beginning* is the perfect gift for women during any stage of their recovery journey. It is designed to help you:**

- Gain deeper insight into the recovery process
- Celebrate your personal strength and dedication towards recovery
- Practice mindfulness through daily meditation exercises

If spiritual meditation and daily affirmation books like *Meditations on Self-Love*, *Badass Affirmations*, or *Practicing Mindfulness* inspired you, you'll love *Each Day a New Beginning*.

9781642507966
Pub Date: 4/12/2022
\$19.95
Trade Paperback

Self-Help / Substance Abuse &
Addictions
SEL006000

GIRLS ON FILM

Lessons from a Life of
Watching Women in Movies

ALICIA MALONE

Bestselling author of *The Female Gaze*



9781642506563

Pub Date: 3/15/2022

\$16.95

Trade Paperback

224 Pages

Performing Arts / Film

PER004030

Girls on Film

The Complete History of the Women Who Broke Barriers and Redefined Roles

Alicia Malone

Summary

On Movies, History, and Women

With humor and honesty, *Girls on Film* looks at the good, the bad, and the unfairly written women in film. A celebration of the power of cinema and the hidden messages within media and culture, this collection of personal essays explores the women who inspired and confused a young film enthusiast.

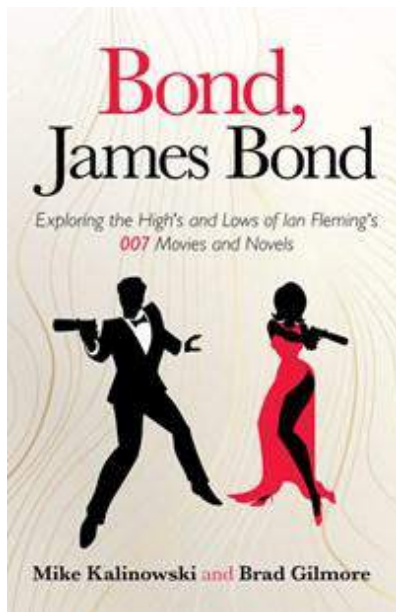
A movie freak with a feminist message. In the tradition of feminist authors, film reporter Alicia Malone brings a collection of personal essays looking at the representation and impact of women on film. In addition to personal anecdotes and analysis, *Girls on Film* weaves in interviews from a diverse group of well-known women working in cinema today.

For fans of *Trick Mirror* and film books. A blend of women's history books and film reviews, each chapter of *Girls on Film* looks at a female character representative of a stereotype or trope. As she explores hidden histories, Alicia connects these tropes to her very own journey in film.

In this authentic approach to film theory, you'll find essays on:

- The dumb blonde
- The Cinderella transformation
- The femme fatale

A follow-up to *Backwards and in Heels* and *The Female Gaze*, *Girls on Film* is the final book in Alicia's women in cinema trilogy. If you enjoy feminism books, movie books, or cinema books—like *Trick Mirror*, *You Play the Girl*, *Where the Girls Are*, and *Dolls! Dolls! Dolls!*—then you'll love *Girls on Film*.



9781642505450
Pub Date: 2/15/2022
\$18.95/£16.95 UK
Trade Paperback

224 Pages
Performing Arts / Film
PER004040

Bond, James Bond

Exploring the Shaken and Stirred History of Ian Fleming's 007

Brad Gilmore, Mike Kalinowski

Summary

Breaking Down Six Decades of James Bond Movies

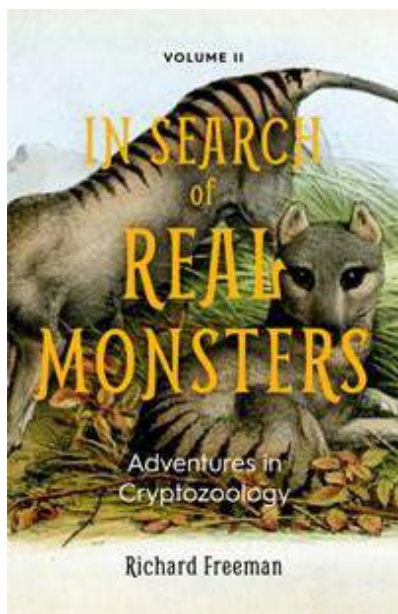
Hosts Mike Kalinowski and Brad Gilmore team up in this comprehensive breakdown of the longest running film series in the history of cinema. In *Bond, James Bond*, they explore the cinematic history of the James Bond collection to celebrate everything it got right and reflect on everything it got wrong.

The complete cinematic biographies of James Bond. Since his initial portrayal by Sean Connery, James Bond has become a timeless icon worldwide. Now, comes the first-ever era-by-era breakdown of the much loved international spy—on and off the silver screen. Following the men who portrayed James Bond—Daniel Craig, Pierce Brosnan, Timothy Dalton, Roger Moore, and Sean Connery—readers will discover the characteristics that made him resonate, as well as the less glamorous relics that made him evolve.

For fans of the Ian Fleming James Bond novels and movies. Cinephiles and fans can finally unscramble some of the best action movies of all time. Covering everything from cars to court cases, *Bond, James Bond* looks at the evolution of the 007 movies from all angles. Featuring bonus chapters on Bond women and musical scores, inside, you'll also find:

- The origins of 007 in the early James Bond books
- Off-screen politics, drama, and movements that shifted the series trajectory
- The "other" James Bond, comic books, and animated series

If you're looking for Father's Day gifts, gifts for men, or James Bond gifts—and enjoyed books like *Some Kind of Hero*, *Nobody Does it Better*, or *Shaken*—then you'll love *Bond, James Bond*.



In Search of Real Monsters

Adventures in Cryptozoology Volume 2

Richard Freeman

Summary

Join a Fascinating Adventure on the Hunt for Mythical Animals

From animals long believed extinct, to monsters that we thought never existed-- this book acts as both a guide to, and unbelievably true account of legendary cryptids.

Globetrotting adventure for mythical animals. Cryptozoologist Richard Freeman has spent years researching and tracking down mythical monsters. In this book, he recounts riveting monster hunt stories; through the dense forests of Sumatra on the trail of a mystery ape known as the orang-pendek, to Tasmania in search of the thylacine or Tasmanian wolf. Every corner of Earth has its own monster--even in the traceless Gobi Desert as he searches for the Mongolian death worm, a creature so feared by the nomads that it can send a whole community into a panic.

Expert advice to start your own hunt. The author provides you with excellent advice on how to carry out your own cryptozoological expeditions from scratch. This includes advice on what equipment to take, inoculations, how to choose which mythical animals to hunt, planning ahead and the importance of getting good local guides to name a few.

Inside, you'll find:

- A deep dive into whether extinct animals are truly extinct
- A journey beyond a textbook definition of the world's largest animals
- A ton of advice, including information on how to join the Centre for Fortean Zoology

If you enjoyed Richard Freeman's previous book, *Adventures in Cryptozoology*; or liked titles such as *The Compendium of Magical Beasts*, *The Zoologist's Guide to the Galaxy*, or *Chasing American Monsters*, you'll love *In Search of Real Monsters: Adventures in Cryptozoology Volume II*.

9781642507508
Pub Date: 1/18/2022
\$16.95
Trade Paperback

224 Pages
Nature / Animals
NAT007000



9781642507607
Pub Date: 1/18/2022
\$18.95
Trade Paperback

224 Pages
True Crime / Con Artists, Hoaxes
& Deceptions
TRU004000

The Best New True Crime Stories: Partners in Crime

Partners in Crime
Mitzi Szereto

Summary

Dive Deep Into the Crime Stories of Criminal Couples

From harrowing heists to murderous mayhem, this collection of true crime stories will have you on the edge of your seat as you discover exactly why two criminal minds are scarier than one—especially when they belong to lovers.

Discover Infamous Legends and Lesser-Known Criminals and find out why they have become solidified in true crime history. From Ted Bundy to Jeffrey Dahmer, serial killers and other criminals often work alone. But when they're in a relationship, this isn't always the case. Acclaimed author and anthologist Mitzi Szereto brings us a collection that proves that two is better than one when it comes to murder, mischief, and mayhem.

From Serial Killers to Your Average Joes. This chilling new collection of original crime stories takes you into the lawless and deadly activities of criminal couples who find more pleasure in crime than in each other. Featuring contributions from an international list of award-winning crime writers, journalists, and experts in the dark crimes field, *The Best New True Crime Stories: Partners in Crime* is a must-read for any true crime addict.

If you enjoy true crime books such as *The Perfect Father*, *American Predator*, *The Devil You Know*, or *The Best New True Crime Stories: Small Towns* then you'll love *The Best New True Crime Stories: Partners in Crime*.

THE BEST NEW TRUE CRIME STORIES: PARTNERS IN CRIME

Contributors include Cathy Pickens, Joan Renner, Paul Willetts, Jason Half, and Morgan Barbour.



Challenge Accepted!

Activities for Kids to Unplug and Get Creative

Parven Kaur

Summary

Help Your Kids Unplug and Challenge Their Creativity with Fun Things To Do! (Ages 6-8)

“Parven Kaur is a mom and writer who focuses on Internet safety and digital literacy. Her blog, Kids N Clicks offers sound advice and recommendations on all things related to digital and screen media for parents.” **Amy Web** of The Thoughtful Parent

This activity book in the style of “wreck this journal” for kids encourages children ages 6–8 to spend less time on their devices, and more time engaged in fun and challenging activities.

Fuel your child’s creativity. This hybrid kid’s activity book and creative journal is filled to the brim with challenges and prompts that promote positivity, while also developing your child’s mindfulness and creativity. The book cultivates a growth mindset for kids—encouraging them to think outside the box and be creative, while developing their ability to learn new things.

Screen-free entertainment. Your child won’t want to put this book down. From a scavenger hunt of household items, to coloring-in illustrations and puzzles, this adventurous book is crafted to give your child a digital detox. They’ll want to pick-up this book and do more challenging and fun activities, instead of sitting down in front of a screen.

Unlike TV and video games, this book benefits your child:

- Building their confidence by encouraging them to try new things
- Promoting mindfulness, positivity, and self-reflection with creative journal prompts
- Growing their self-esteem by keeping them active and engaged in learning with challenges, crafts, and more!

If your kids enjoyed books like *Growth Mindset Activities for Kids; Learn, Grow, Succeed!*; or *You Got This*, then they’ll love *Challenge Accepted!*

9781642506204

Pub Date: 2/15/2022

\$14.95

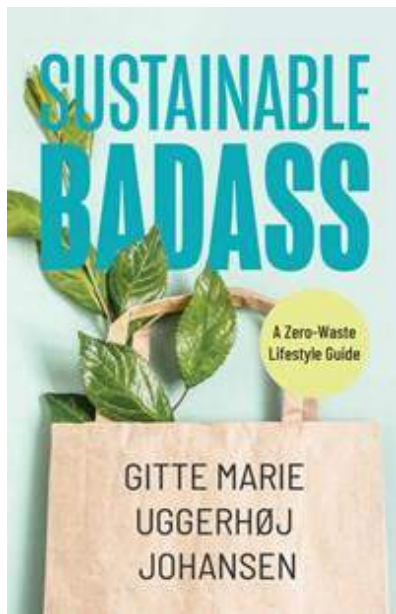
Trade Paperback

128 Pages

Juvenile Nonfiction / Language

Arts

JNF029060



Sustainable Badass

A Zero-Waste Lifestyle Guide

Gittemarie Johansen

Summary

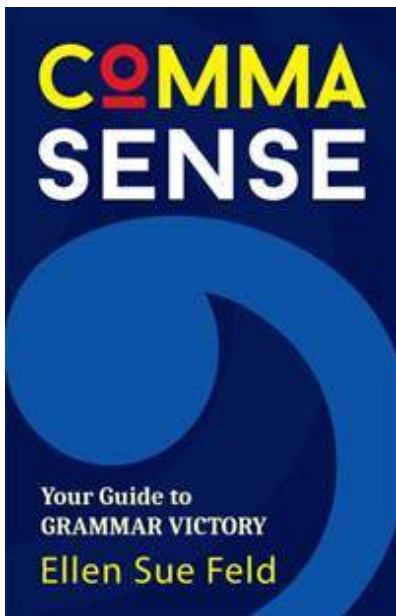
This book is for you, who would like to minimize your consumption and make your habits greener, no matter who you are. As a lifestyle guide and an introduction to the zero-waste lifestyle, *Sustainable Badass* shows you why you need to withdraw from consumerism and how you do it. You get practical tips and important facts about plastic pollution, overconsumption, and the climate crisis—but most importantly, you also get the tools to make a difference.

The book gives zero-waste alternatives to conventional doings, purchases, and recipes which are kind to the planet, your health, and your bank account.

Gittemarie Johansen, sustainability blogger and speaker, shows you the way to a greener, more simple and happier life by implementing the zero-waste principles, which put the power in the hands of the consumers who, with each purchase, can speak up and demand change for our planet and its future.

9781642508697
Pub Date: 4/12/2022
\$18.95
Trade Paperback

256 Pages
House & Home / Sustainable
Living
HOM022000



Comma Sense
A Guide to Grammar Victory
Ellen Feld

Summary

Guide for Grammar, Spelling, Voice, and Sentence Structure

Comma Sense by Ellen Feld is a style guide for all things grammar. Learn the rules of adverbs, punctuation, abbreviations, prepositions, and much more. Feld shows you how to write technically, professionally, and personally.

Grammar for Everyone. Master English grammar with Ellen Feld. *Comma Sense* goes above and beyond the average spelling book. Professional writers, students, novices, and experts can benefit from learning or re-learning about apostrophes, em-dashes, and point of view: the basics of grammar and beyond. Become an expert on capitalization and punctuation, subjects and predicates, as well as contractions and possessives.

Test Your Knowledge. After every chapter, practice your new grammatical skills in this great grammar workbook. At the end of the book, a compressive test allows you to utilize all you have learned.

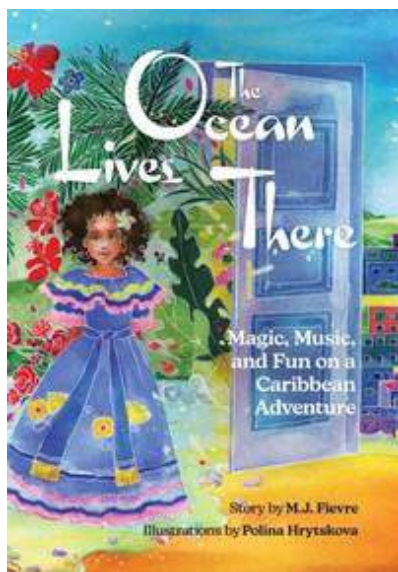
Inside, you'll find:

- The basics of grammar and beyond
- Sentence structure (how to avoid sentence fragments, mixed-up words, and run-on sentences)
- Quizzes to test your knowledge

Readers who enjoyed *The Elements of Style; Actually, the Comma Goes Here; The Blue Book of Grammar and Punctuation; or The Perfect English Grammar Workbook* will love *Comma Sense: A Guide to Grammar Victory*.

9781642507256
Pub Date: 1/18/2022
\$16.95
Trade Paperback

Language Arts & Disciplines /
Grammar & Punctuation
LAN006000



The Ocean Lives There

Magic, Music, and Fun on a Caribbean Adventure (Ages 4-8)

M.J. Fievre

Summary

A Magic Door That Leads to A Beautiful Caribbean Island

Experience the adventures of a young girl who discovers her family's Haitian Culture through a magical red-blue door.

Imane is a curious young girl with a big question. What is behind the magic door inside her house? Her sister Caroline says it's a door that goes everywhere and nowhere. Sometimes it's red. Sometimes it's blue, and it smells like coffee beans and the ocean. Imane can only imagine what's on the other side: a beautiful Caribbean Island full of magic, music, and fun. But Momma keeps the door locked tight, and no one is allowed to open it!

The beautiful Caribbean Island of Haiti. With breathtaking illustrations by Polina Hrytskova, join Imane on her adventure through the magic door in this charming children's picture book and experience the beautiful Caribbean Island of Haiti.

In this children's picture book, young readers can:

- Take a colorful journey into discovering the importance of one's roots
- Develop a deeper understanding of Haitian culture and heritage
- Broaden their worldview

Children who love beautifully illustrated books such as *Thank You, Omu!*, *Freedom Soup*, *I Dream of Popo*, or *Zonia's Rain Forest* will find themselves drawn into this delightful children's picture book about Imane and her family—and the magical Caribbean island behind the magic door.

9781642506280
Pub Date: 2/15/2022
\$16.95
Hardcover Picture Book

52 Pages
Juvenile Fiction / Action &
Adventure
JUV001000



Rocket Ship Yoga

Bari Koral

Summary

This book is a complete kids' yoga adventure filled with yoga poses, breathing, mindfulness, and relaxation. It's like a whole yoga class in one book! Grab your moon boots, put on your spacesuit, and let's get ready to go outer space!

9781642508604

Pub Date: 4/12/2022

\$19.95

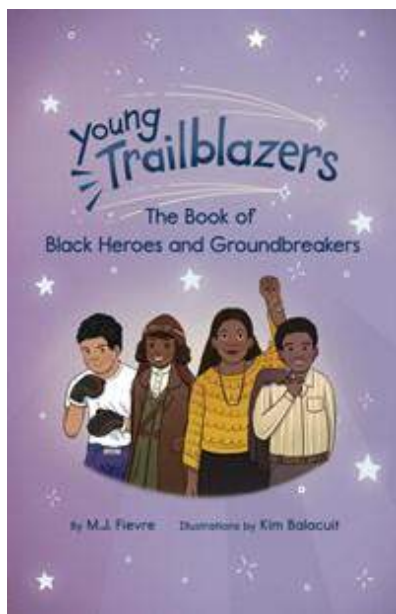
Hardcover Paper over boards

64 Pages

Juvenile Nonfiction / Health &

Daily Living

JNF024040



9781642507829
Pub Date: 3/15/2022
\$14.95
Trade Paperback

142 Pages
Juvenile Nonfiction / History
JNF025190

Young Trailblazers: The Book of Black Heroes and Groundbreakers

The Book of Black Heroes and Groundbreakers

M.J. Fievre

Summary

Learn About Amazing Black Heroes That Shaped History (Ages 8 - 12)

A fun book for children with moving stories about Black trailblazers who persevered through adversity to inspire generations to come.

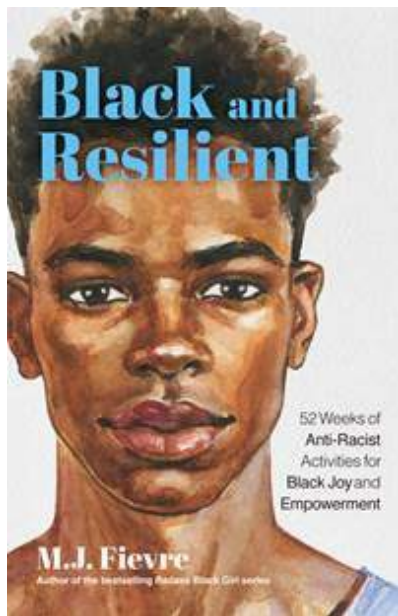
Inspirational stories of Black heroes. Discover how Black heroes have overcome adversity, from the story of writer and activist Maya Angelou, to the less known tale of Nance Legins-Costley, a slave whose freedom was won in a supreme court case by a young Abraham Lincoln. In this kid's history book, take an educational trip through the ABCs of the names and stories of Black heroes who fought to overcome.

Experience an array of rich Black history. History books often have left out the amazing and varied stories of Black heroes. The Young Trailblazers series of children's books shines a light on those stories for young readers and helps teach diversity and inclusion. *Young Trailblazers: The Book of Black Heroes and Overcomers* also includes beautiful illustrations, fascinating facts, and important words and their definitions.

Meet the *Young Trailblazers* and:

- Introduce your child to Black history
- Inspire hope and courage through stories of adversity
- Teach new words and interesting facts

If your child enjoyed other books in the *Young Trailblazer* series such as *The Book of Black Inventors and Scientists*; or if your child enjoyed books about Black history such as *Black Heroes*, *Little Legends*, or *Black Women in Science*, they'll love *Young Trailblazers: The Book of Black Heroes and Overcomers*.



Black and Resilient

52 Weeks of Anti-Racist Activities for Black Joy and Empowerment

M.J. Fievre

Summary

Black Self-Love, Anti-Racism, and Affirmations for Teens

"M.J. Fievre is the best friend, the confidante everyone yearns for." —**Mike, the Poet**, author of *Dear Woman* and *The Boyfriend Book*

From the bestselling author of *Badass Black Girl* comes a much-needed space for Black teens and kids to say "I am enough." In this journal for teen boys, be empowered by 52 weeks of Black self-love and anti-racism lessons, affirmations for positive thinking, and prompts for Black Boy Joy.

A Black male handbook and journal for self-care. *Black and Resilient* includes prompts for boys to reflect and divulge what they're feeling on a deeper level. It comes with mind-strengthening affirmations for teens, stories of truth and power, and practices to teach Black boys how to stay empowered despite what life throws at them. This Black confidence book is a catalyst for change and healing to enter the heart and spirit of Black boys everywhere.

Part of the Confident Black Boy series for Black self-love and antiracism. The Confident Black Boy series is specifically designed to help Black boys create a safe space to be themselves. The world often forgets that Black boys also need affirmations and words of empowerment to get through the day. *Black and Resilient* seeks to give Black teens the space to heal, find Black Boy Joy, and become empowered to walk boldly in their everyday lives.

Inside, you'll find:

- Instruction for gaining perspective, freedom, and power in the face of macro- and microaggressions
- A safe place to acknowledge how racism affects you and create coping strategies to combat it
- Encouragement for living your best life as a BIPOC person with self-esteem and confidence

If you liked Black confidence books and anti-racism journals for boys like *This Book is Anti-Racist Journal*, *Cry Like a Man*, or *39 Lessons for Black Boys & Girls*, you'll be empowered by the Black self-love and antiracism journal *Black and Resilient*.

9781642507461

Pub Date: 12/2/2021

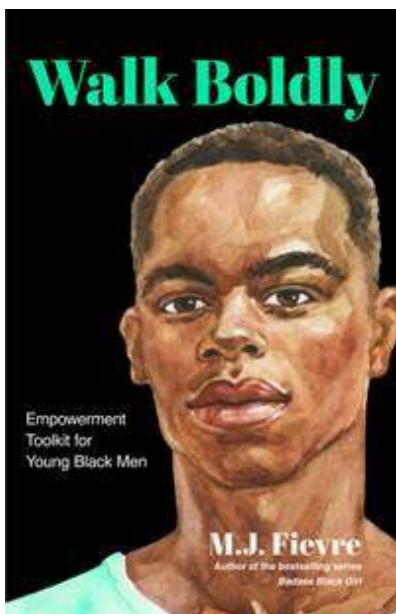
\$19.95

Trade Paperback

224 Pages

Young Adult Nonfiction / Social
Topics

YAN051180



9781642507331
Pub Date: 6/14/2022
\$16.95
Trade Paperback

224 Pages
Young Adult Nonfiction / Social
Topics
YAN051200

Walk Boldly

Empowerment Toolkit for Young Black Men

M.J. Fievre

Summary

Gain the Confidence to Embrace Who You Are as a Male Black Teen

A must-have for your collection of Black teen books for boys.

Affirmations for Black teen boys. Wisdom from Black male trailblazers who accomplished remarkable things in sports, literature, entertainment, education, STEM, business, military and government services, politics and law, activism, and more.

Embrace the color of your skin and celebrate your identity. Finding the courage to live freely and authentically is not easy, so here's a book designed to help you facilitate your creative drive, promote positive self-awareness, and boost your inner strength.

Explore the many facets of your identity through hundreds of big and small questions. In this journal designed for teenage Black boys, M.J. Fievre tackles topics including but not limited to family and friends, school and careers, and stereotypes. While reflecting on these topics, you confront the issues that could hold you back from living a confident life as a Black teen boy.

Rely on trusted guidance. M.J. Fievre is an experienced, long-time educator, keynote speaker, and author of many books for teens like *Badass Black Girl*, *Empowered Black Girl*, and *Raising Confident Black Kids*. She helps others write their way through trauma, build community and create social change. M.J.'s extensive knowledge equips you with tools and journal exercises to boost your self-esteem and live as a confident Black teen.

Walk Boldly helps you to:

- Build and boost your self-esteem with powerful affirmations and stories from Black male role models
- Learn more about yourself through insightful journaling
- Become comfortable and confident in your skin

If you enjoyed Black teen books like *Uncomfortable Conversations With a Black Boy*, *31-Day Affirmations for African American Boys*, or *Letters to a Young Brother: Manifest Your Destiny*, you'll love *Walk Boldly*. Also, be sure to check out M.J. Fievre's *Raising Confident Black Kids*!

"Consider this a practical and necessary extension of the work of Rosalyn Bruyere, Barbara Brennan, and Caroline Myss."
—BELLERUTH NAPARSTEK, author of *Invisible Heroes* and *Your Sixth Sense*



DEANNA M. MINICH, PhD
Foreword by Cyndi Dale, author of *The Subtle Body*

9781642507485

Pub Date: 2/15/2022

\$18.95

Trade Paperback

224 Pages

Health & Fitness / Reference

HEA020000

The Complete Handbook of Quantum Healing An A-Z Self-Healing Guide for Over 100 Common Ailments

Deanna M. Minich, PhD, Dr. Alejandro Junger

Summary

The Holistic Healing Handbook for a Homeopathic Household

"A thoughtful, comprehensive synthesis of a multifaceted approach to healing"
—**Belleruth Naparstek, LISW, BCD**, creator of the *Health Journeys Guided Imagery* series

Heal your body naturally using an array of well-researched and long-practiced techniques. This easy-to-understand holistic healing library provides multiple healing approaches to the most common ailments, so you'll have access to the best approach for you and will be feeling better in no time.

Holistic healing made easy. Our lives are intertwined with the unexpected. We are bound to become ill or get hurt, probably multiple times in our lives. When that happens, *Complete Handbook of Quantum Healing* makes healing your body easy by providing an A-Z reference guide of over 100 health issues, each with healing options using different types of holistic medicine, so you'll be sure to find the best approach—or approaches—for you.

See real results through trusted techniques. A perfect holistic healing gift or addition to anyone's natural health kit, *Complete Handbook of Quantum Healing* seamlessly blends new-world science with old-world knowledge. With her deep understanding of both the medical and the spiritual side of healing, author Deanna Minich, PhD, translates her medical knowledge to simple holistic healing techniques that anyone can use and that have been shown to work.

Inside, you'll find:

- An A-Z list of over 100 common ailments
- 7 self-healing options for each ailment including herbal medicines, essential oils, crystals, and more
- Self-healing quotes, meditations, and healing energy exercises to restore the body and the soul

If you like natural healing books such as *The Modern Herbal Dispensary*, *Medical Medium*, or *When the Body Says No*, you'll love *Complete Book of Quantum Healing*.



Friends Are Everything

The Life-Changing Power of Female Friendship

B.J. Gallagher

Summary

Appreciate your True Friends with Friendship Quotes and Stories

"BJ Gallagher ... motivates and teaches with empathy, understanding, and more than a little humor."—**Debba Hauptert**, of the Girlfriendology Podcast

True friends are hard to find and even harder to describe. But with real life stories, friendship quotes, inspirational quotes, and anecdotes about the ups and downs and ins and outs of friendships, *Friends are Everything* has everything you ever need for friendship empowerment.

Beautiful friendships of all shapes and sizes. To bestselling author B.J. Gallagher, there are so many types of friends. There are friends who tell you what you don't want to hear, friends who help you be your best self, friends who forgive you when you hurt them, friends who respect your boundaries. There are neighbors, best friends, childhood friends, spiritual friends, friends who are family, friends who are lovers, friends at work, and the list goes on. Get ready to dive into what it really means to love a friend and what it means to be one.

Inspirational quotes for your girlfriends. With more than three dozen inspiring stories from girlfriends across the country, affirmative acronyms, and female empowerment quotes, *Friends are Everything* is a heartfelt celebration of friendships across all generations and a perfect gift to share with your bestie.

Inside *Friends are Everything*, find friendship quotes, inspirational quotes, and words of empowerment in heartwarming and entertaining stories such as:

- "Please, Help Me Stop Shooting Myself in the Foot!"
- "Finding Mr. Probably Right"
- "A Woman's Wheels"

If you enjoyed books like *That's What She Said*; *Tell Me More*; or *Hey Friend, I Wrote a Book About You*, then you'll love *Friends are Everything*.

9781642504255

Pub Date: 3/15/2022

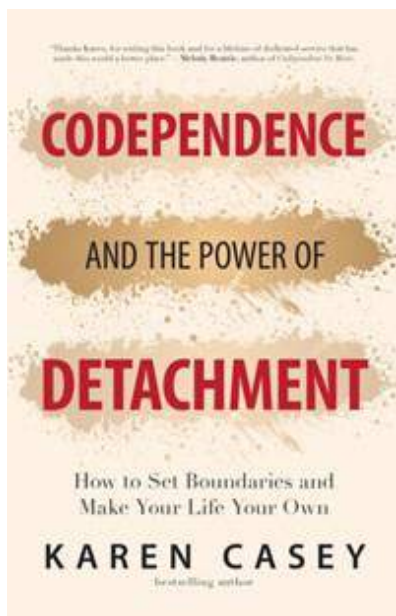
\$18.95/£16.95 UK

Trade Paperback

180 Pages

Reference / Quotations

REF019000



Codependence and the Power of Detachment

Karen Casey

Summary

Find Boundaries and Peace from Codependent Behaviors

"This book is bound to become a codependence classic. It should be required reading for all who seek to create healthy, balanced relationships." –**Claudia Black**, PhD.

Free yourself from codependency and reclaim your sanity, peace, and inner strength with this codependency book by Karen Casey, the bestselling author of *Each Day a New Beginning*.

Learn how to value your own opinion over those of others. Codependency books are perfect for those of us who live as if what other people think matters more than what we think. This thinking leads to constantly trying to please or even to change others. Codependent behaviors can have negative effects on us and those around us, even leading to a dysfunctional family. It can be difficult to say no to those we love.

A codependency book on improving your life through boundaries and peace. Karen Casey, bestselling author of *Let Go Now* and *Each Day a New Beginning*, has had her own experience with codependent behavior, and she is here to share what she has learned along the way. Through her own stories and the stories of those she has met through Al Anon meetings and elsewhere, she shows you how to detach from unhealthy codependency, create more positive relationships and, ultimately, lead a less stressful life.

Inside, you'll learn how to:

- Recognize and acknowledge your own attachments and codependency
- Set boundaries, find peace, and engage in healthy detachment
- Nurture positive relationships with the people in your life—both new and old

If you liked codependency books such as *The Language of Letting Go*, *Facing Codependence*, or *The Codependency Recovery Plan*, you'll love *Codependence and the Power of Detachment*.

9781642504453
Pub Date: 3/15/2022
\$18.95/\$24.95 Can.
Trade Paperback

224 Pages
Self-Help / Adult Children Of
Substance Abusers
SEL003000

The Break Up Book

How to Heal Your Broken Heart

Marni Kamins, Janice MacLeod

No Image
Available

Summary

On Getting Dumped, Letting Go, and Moving On

Seasoned dumpers (and dumpees) Marni Kamins and Janice MacLeod offer activities, inspiration, advice, and recipes to heal breakup pains and get over heartbreak.

Get over your broken heart, get it together, and get back in the game. Whether it's your first heartbreak or your latest breakup, getting over an ex is as inevitable as it is painful. Through some surprising methods, authors Kamins and MacLeod teach you how to be happy after a breakup and focus on yourself. In chapters like "The Mourning After" and "Fatigue Fighters," they advise readers to cry a river and move that body. Best of all, find self-care recipes to mend breakup pains scattered throughout.

Getting over an ex and getting a life. No novice to breakup pains, these authors discovered the ultimate way to forget your ex—build a life that is powerful, beautiful, and independent. Regardless if you're getting dumped or doing the dumping, *The Breakup Book* is for anyone wondering how to be happy after a breakup.

Inside, find:

- A "When You Know You're Ready" checklist
- Recipes for the perfect pretzel or a homemade pumpkin scrub
- Tips to identify rebound relationships and the illusion of Mr. Perfect

If you enjoyed books like *How to Survive the Loss of a Love*, *Getting Past Your Breakup*, or *How to Fix a Broken Heart*, then you'll love *The Breakup Book*.

9781642504552
Pub Date: 4/17/2022
\$18.95/\$27.95 Can.
Trade Paperback

224 Pages
Family & Relationships / Dating
FAM051000

SAVING OUR SONS



Raising
Black
Children
in a
Turbulent
World



Marita Golden

Saving Our Sons

Raising Black Children in a Turbulent World

Marita Golden

Summary

Raising Black Teen Boys in Turbulent Times

"It is always heartening to see women step up to the writer's table. When the results are as adroit and affecting as Marita Golden's work, it is more than satisfying; it is a cause for celebration."—**Toni Morrison**, Nobel Laureate

Two decades ago, Marita was the first Black writer to address the horrifying statistic that haunts all Black mothers: the leading cause of death among Black males under twenty-one is homicide. Today, police brutality rages on as millions call for the reformation of our broken law enforcement in the wake of the traumatic murders of Black teen boys like Trayvon Martin, Michael Brown and Daunte Wright.

Read an intimate account of a mother's efforts to save her son. Writing her son's story against the backdrop of a society plagued by systemic racism, economic inequality, and mass incarceration, Golden offers a form of witness and testimony in a time of crisis for Black Americans.

Learn how to grapple with the realities of Black America. Join Golden as she confronts the root causes of violence inflicted upon Black teen boys and reassesses the legacy of her own generation's struggle for civil rights. Explore Black boys' difficult road to adulthood in the U.S. and learn why single Black mothers are often wrongly blamed for their sons' actions.

Gain invaluable advice and knowledge from trustworthy sources. In *Saving Our Sons*, Golden documents her conversations with psychologists, writers, and young Black men themselves.

This book is designed to help you:

- Discuss and unpack generational trauma with loved ones
- Gain deeper insight into the injustices Black children face in the U.S.
- Recognize the importance of community for the success of Black teen boys

If you liked *Decoding Boys*, *Mother & Son: Our Back & Forth Journal*, *The Boy Crisis* or *Boy Mom*, you'll love *Saving Our Sons*.

9781642508932

Pub Date: 4/12/2022

\$19.95

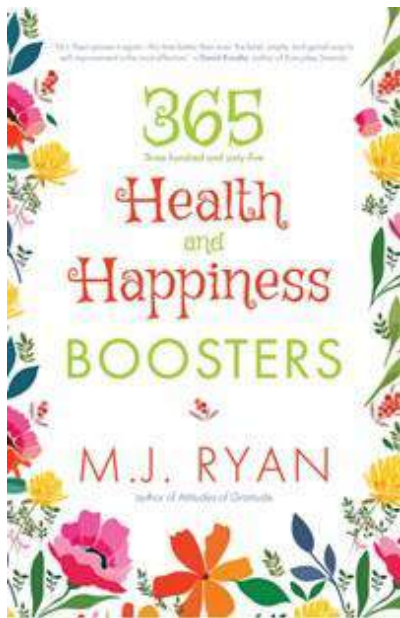
Trade Paperback

224 Pages

Family & Relationships / Life

Stages

FAM043000



365 Health & Happiness Boosters

M.J. Ryan

Summary

The Pursuit of Happiness Starts Within

"By giving us daily happiness activities that touch our hearts and souls, M.J. Ryan empowers each of us to experience the joy of living."—**Jackie Waldman**, author of *The Courage to Give*

Daily tasks to improve how you feel—mind, body, and spirit—from the bestselling author of *Attitudes of Gratitude*.

From M.J. Ryan, bestselling author and international expert on change and personal fulfillment, comes *365 Health & Happiness Boosters* to help in your pursuit of happiness, so you can choose to be happy no matter who you are or the challenges you face.

Develop an attitude of gratitude. When a person thinks happy thoughts, those thoughts project outward and that feeling transfers to others. One third of the population knows the secret to happiness is an inside job—not contingent on possessions, status, or even life circumstances, and research shows it leads to better health.

We can all choose to be happy. In *365 Health & Happiness Boosters*, a book of daily reflections, M.J. Ryan lays a path for the pursuit of happiness by employing a wide variety of spiritual, emotional and practical suggestions.

Discover 365 ways to experience happiness. Some of the tasks are lighthearted, others quite serious. They all have a positive effect and contribute to inner peace.

Learn to:

- Cultivate contentment and change your outlook on the art of happiness
- Lift your spirit in the moment and build inner peace
- Address eating habits and develop better sleeping patterns
- Improve interactions with others through meditating on happy thoughts and doing random acts of kindness

If you enjoyed *The Happiness Advantage*, *How Happiness Happens*, *the Happiness Workbook*, or other M.J. Ryan books such as *Attitudes of Gratitude* or *Random Acts of Kindness Then & Now*, then *365 Health & Happiness Boosters* should be your next read.

9781642507638

Pub Date: 1/18/2022

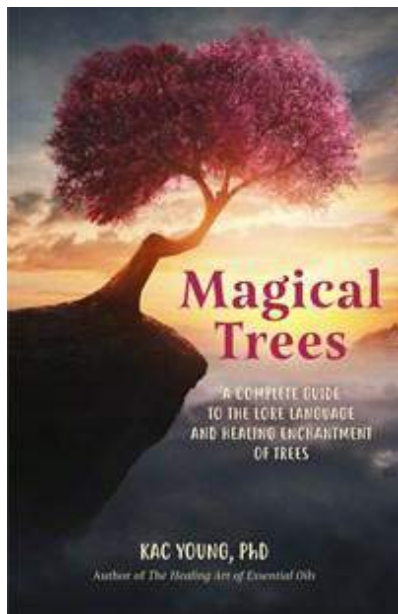
\$18.95

Trade Paperback

256 Pages

Self-Help / Mood Disorders

SEL011000



9781642507744
Pub Date: 3/15/2022
\$16.95
Trade Paperback

256 Pages
Body, Mind & Spirit / Magick
Studies
OCC028000

Magical Trees

A Guidebook for Finding the Magic in Everyday Trees using Crystals, Spells, Essential Oils and Rituals

Kac Young, PhD, ND, DCH

Summary

Connect Your Soul to these Magical Trees

Magical Trees inspires and delights you on your self-discovery journey. This book is full of fun, spiritual, and healing trees bent on inspiring you to connect to the natural world.

Understand yourself with rituals. *Magical Trees* guides you on magic spells, crystals, essential oils, medicinal traditions, and other amazing and inspiring rituals to perfect your green life.

Each tree connects you to a profound spiritual meaning. Whether you live in the country or the city, connecting to trees is beneficial and eye-opening. Every spiritual prayer and every spellcraft connects you to the natural world of healing trees.

Inside *Magical Trees*, you'll find:

- Intelligent trees and a spell book that would make any green witch jealous
- Spiritual meanings connecting you to the natural world of trees
- Essential oils, crystals, spells and prayers that are compatible with each tree
- A guide on how to connect with the magical and mystical powers of magical trees

If you enjoy tree or spiritual books like *Finding the Mother Tree*, *Year of the Witch*, *Green Witchcraft*, or *The Hidden Life of Trees*, you'll enjoy *Magical Trees*.

THIS BOOK IS A SAFE SPACE



CUTE DOODLES AND THERAPY STRATEGIES
TO SUPPORT MENTAL HEALTH

By Amy Tran, M.A. also known as @doodledwellness

9781642507898

Pub Date: 5/17/2022

\$18.95

Hardcover Paper over boards

180 Pages

Young Adult Nonfiction / Health &

Daily Living

YAN024100

This Book Is a Safe Space

Cute Doodles and Therapy Strategies to Support Mental Health

Amy Tran

Summary

Colorful *Doodledwellness* Illustrations to Support Mental Health and Wellness

Amy Tran, creator of *Doodledwellness* on Instagram and author of *This Book is a Safe Space*, uses cute doodles to help you take control of your thoughts and emotions with psychology-based coping skills.

Cute doodles, positive affirmations, and coping skills. Amy Tran believes cultivating a safe space in your mind and achieving balance between your thoughts and emotions begins with supporting your mental health. In *This Book is a Safe Space*, Amy offers cute doodles, self-love affirmations, and encouraging reminders to help you develop positive self-talk.

Colorful illustrations to enhance mental health. Amy's key to equipping you with mental health tools and tips is colorful graphics that are both visually appealing and engaging. Find positive affirmations, self-love prompts, reminders, and coping strategies.

Understand brain science for a healthier mindset. Sometimes brain science and psychology can be hard to understand and difficult to navigate when building a safe space in your mind. Unlike other books about mental health, *This Book is a Safe Space* simplifies complex content by providing it in easily understood formats.

Inside, you'll find:

- Self-love affirmations, encouragement, and practical advice
- Coping skills for navigating relationships and situations
- Tips and reminders for strengthening your inner voice

If you liked *Anxiety Relief for Teens*, *Mindfulness Workbook for Teens*, or *My Therapist Told Me to Journal*, you'll love *This Book is a Safe Space*.

feel free

50 ways to let go and find peace
in as little as five minutes



9781642502268
Pub Date: 2/15/2022
\$16.95/\$24.95 Can./£14.95 UK
Trade Paperback

224 Pages
Self-Help / Self-Management
SEL024000

Feel Free

50 Ways to Let Go In As Little As Five Minutes

Anna Marlis Burgard

Summary

Escape Daily Stress and Spend More Time with Yourself

“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 Noticing, or Anxiety Happens*; you will want to own and read Anna Marlis Burgard's *Feel Free*.



Management: du chaos au succès 30 défis pour tout changer

Scott Jeffrey Miller

Summary

30 challenges faciles à mettre en place pour développer vos compétences managériales et devenir un leader performant

Vos compétences managériales sont sur le point d'évoluer. Être un manager performant n'est pas toujours évident et Scott Jeffrey Miller en a fait les frais. Du chaos au succès, il nous partage ses clés pour devenir un leader inspirant et efficace.

Vous pouvez devenir un grand Team leader. Ce guide changera définitivement votre façon de manager et vous permettra d'instaurer un management opérationnel et stratégique. Devenez le manager que vous auriez aimé avoir, inspirez vos collaborateurs, instaurez le bien-être au travail et développez une vraie culture d'entreprise grâce à ce guide au ton décontracté et à ses 30 challenges applicables au quotidien!

Ces 30 défis vous permettront:

- De devenir un vrai leader inspirant
- D'améliorer la performance au travail
- De créer une vision d'équipe
- De développer la culture d'entreprise
- Et d'obtenir des résultats concrets

Si vous êtes à la recherche d'un livre sur le management ou le leadership tels que *Dream Team* ou *Manager+* et si vous avez été séduit par l'ouvrage incontournable de Stephen Covey, *Les 7 habitudes*, alors laissez-vous inspirer par *Management Mess!*

9781642507782
Pub Date: 1/18/2022
\$18.95
Trade Paperback

224 Pages
Business & Economics /
Management Science
BUS042000

El Libro de Dibujo de Animales Para Niños **Cómo Dibujar 365 Animales, Paso a Paso** Woo! Jr. Kids Activities

No Image
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Summary

Comodibujar animales todo el año (Edad 6-9)

¡Estagúa para dibujar paso a paso es esencial para todos los niños! Consta 365 figuras para dibujar, se disfrutarán mientras aprendan una nueva habilidad. Sisus hijos quieren aprender sobre animales domesticas, animales salvajes, oanimales mitológicos, se deleitarán con este libro de dibujo de animales paraniños.

¿Cómo dibujar animales demanera fácil? Si sus hijos están fascinados por el arte y el bosquejo, este libro ofrece lecciones de dibujo en forma de libro. Si estás buscando regalos o actividades para chicas que quieren aprender a dibujar animalitos, o chicos a los que les encanta dibujar animales salvajes, estelibro es el regalo. *El libro de dibujo de animales paraniños* es el único libro que necesitan para transformar a sus hijos creativos en aspirantes a artistas.

Aprenda sobre lindos animales y dibujo al mismo tiempo. *El libro de dibujo de animales paraniños* es una opción infantil en que los niños encontrarán a sus animales favoritos. Cada actividad ofrece una mini lección de dibujo paso a paso que los niños seguramente disfrutarán, permitiendo que todos los potenciales artistas creen obras maestras. En el interior, los niños encontrarán ideas fáciles de dibujar, instrucciones paso a paso y una fascinante colección de animales como:

- Amadas mascotas como perros, gatos, caballos y peces
- Increíbles animales marinos como tortugas, manatíes y caballitos de mar y tiburones
- Búhos, águilas, flamencos y otras interesantes aves
- Animales mitológicos como las esfinges, unicornio y dragón
- Dinosaurios, animales extintos, criaturas lindas, y mucho más

Si quieres aprender a dibujar estás buscando libros de animales para niños —como *How to Draw Cute Animals* o *How to Draw Animals for Kids*—entonces te encantará *El libro de dibujo de animales paraniños*.

9781642508383
Pub Date: 5/10/2022
\$8.95
Trade Paperback
156 Pages
Juvenile Nonfiction / Animals
JNF003360

The Wrong Dog
An Unlikely Tale of Unconditional Love
David Elliot Cohen

No Image
Available

Summary

**New York Times Bestselling Author and 2018
International Book Awards Winner**

A cross country dog rescue that leads to a powerful bond and adventure. A heartwarming and hilarious memoir of a mischievous dog and the unconditional love he forges with the family who mistakenly adopts him.

Meet Simba II, a playful white Labrador puppy brought home by accident. As he grows into an enormous ninety-pound dog with a huge personality, Simba cements the bond between two families and enriches their lives in countless ways.

Road trip. When the family moves from San Francisco to New York, the author is charged with the ultimate animal rescue—bringing Simba to the family’s new home. He and his best friend, Erick, load the old hound into the back of a station wagon and set out on a 3,300-mile once-in-a-lifetime road trip across America.

Epic journey and unconditional love. With stops at Buck Owens’ Crystal Palace; the Las Vegas Strip; Meteor Crater; the Painted Desert; Cadillac Ranch; Winslow, Arizona; Gallup, New Mexico; Graceland, and other all-American landmarks, this engaging and poignant volume chronicles an epic journey, the unconditional love between one dog and his family, and the vast and benevolent role dogs play in American family life. But most of all, *The Wrong Dog* shows us how the end of life can sometimes be the richest part of all.

If you’re a dog lover who’s enjoyed books such as *Puppies For Dummies*, *No Ordinary Dog*, or *Zak George’s Dog Training Revolution*, then you’ll love and laugh along with *The Wrong Dog*.

9781642508994
Pub Date: 2/15/2022
\$19.95
Trade Paperback

264 Pages
Pets / Essays & Narratives
PET010000

Drawing and Coloring for Calm

Wendy Piersall

**No Image
Available**

Summary

If you've ever said to yourself, "I can't draw," then this book is for you! With little to no artistic skills, aspiring artists can enjoy the calming effects of the creative process with this easy adult activity book. Using the simple step by step techniques in this drawing book for adults, anyone with a love of art can create and color relaxing designs to help you de-stress at a moments notice. Put down your phone, pick up some pencils, and draw & color your way to calm!

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100 Pages
Art / Techniques
ART010000