



Mayo Clinic Press

Kids

FALL 2025

SPRING 2026

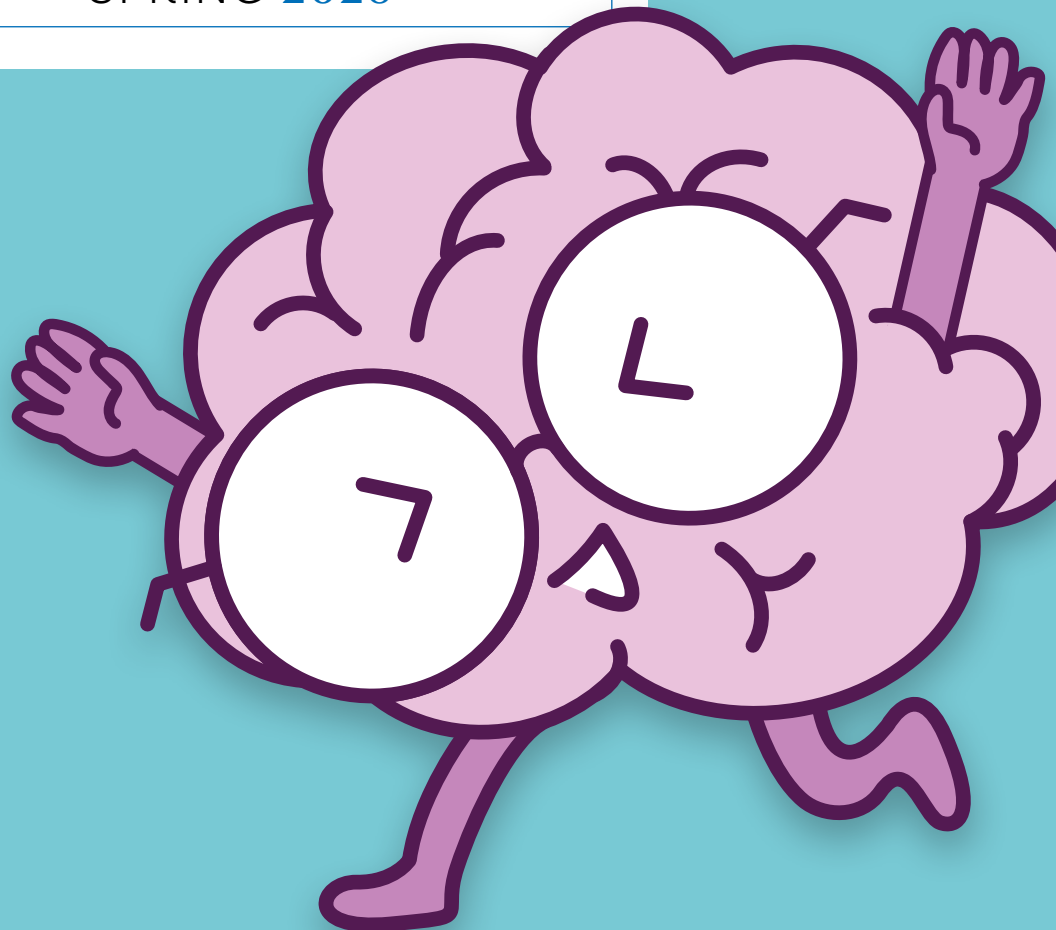


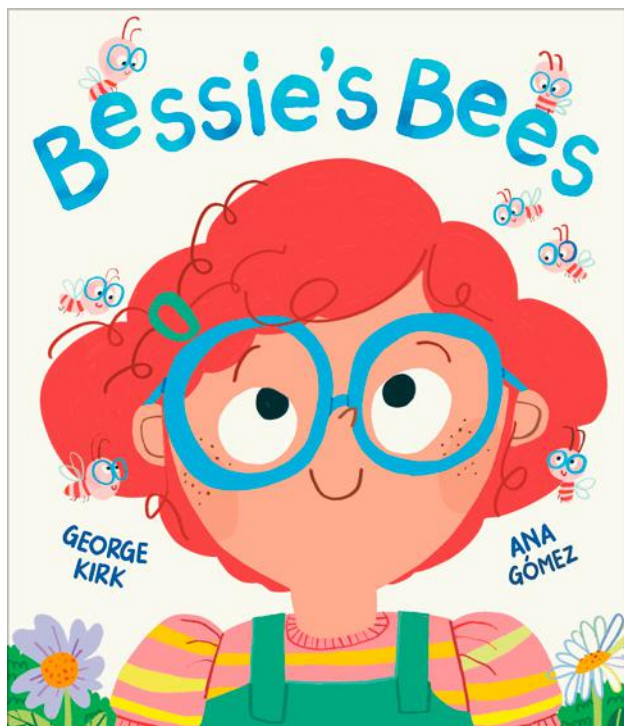
Table of Contents

Fall 2025.....3

Spring 202617

Ages 4-7..... 24

Ages 8-12..... 26



September 2025

Age Range: 4 - 6

Hardcover | 9 x 10.5 in. | 32 pp.

979-8-88770-419-7 | \$18.99

George Kirk is a former primary school teacher and librarian turned children's author and storyteller. Drawing from personal experience with Autism and ADHD, Kirk brings a vibrant, authentic voice to her writing, crafting stories that reflect the richness of neurodiverse perspectives.

Ana Gómez is a children's book illustrator based in Monterrey, Mexico. With a background in fine arts from the University of Salamanca, Ana brings warmth, whimsy, and emotional depth to every page she illustrates.

Dr. Khaled Mohammed, M.B., B.Ch., is a board-certified pediatrician at Mayo Clinic in Rochester, Minnesota, with a deep commitment to supporting children with ADHD. He completed his pediatric residency and global pediatrics certification at the University of Minnesota and holds advanced training in evidence-based practice research from Mayo Clinic. Dr. Mohammed is a fellow of the American Academy of Pediatrics and actively contributes to academic and advisory committees focused on pediatric care.

Bessie's Bees

George Kirk and Ana Gómez

A heartwarming and energetic story about starting school with ADHD, *Bessie's Bees* celebrates neurodiversity through a fun, relatable metaphor. Created in partnership with Mayo Clinic pediatric experts, this picture book includes practical tips and myth-busting facts to support families navigating ADHD.

Bessie's head is full of bees—buzzing, bouncing, and brimming with energy. And that's just fine. But when Bessie starts school, she can't see anyone else's bees. So she hides hers. Before long, her head isn't just buzzing—it's bursting!

With help from her Granny, Bessie learns that her bees are part of what makes her special—and that sharing them might be the best way to feel like herself again.

Written by debut author George Kirk and illustrated with warmth and humor by Ana Gómez, *Bessie's Bees* is a joyful, reassuring story for kids with ADHD and the people who love them.

The book also includes expert-backed back matter from Mayo Clinic pediatrician Khaled Mohammed, M.B., B.Ch., offering:

- **Myth-busting facts** about ADHD (e.g., ADHD is not caused by bad parenting or too much sugar)

- **Tips for parents and caregivers** on how to support children with ADHD

- **Suggestions for kids** to help them understand and embrace their unique brains.

A joyful celebration of neurodiversity, this story helps kids with ADHD feel understood and empowers parents with trusted, practical advice from Mayo Clinic experts.

KEY SELLING POINTS

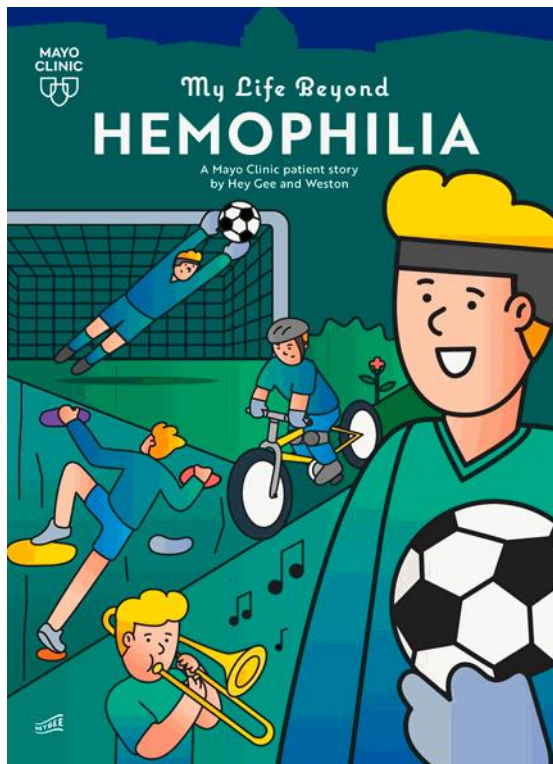
1) #OwnVoices debut: George Kirk is a neurodiverse debut author who brings authentic insight to Bessie's experience with ADHD, making this a standout addition to the neurodiverse picture book space.

2) Mayo Clinic credibility: Includes expert guidance from a Mayo Clinic pediatrician, reinforcing the book's authority and value for families.

3) Positive representation: One of the first picture books to center a joyful, neurodiverse character with ADHD in a school setting.

4) Engaging visuals: Ana Gómez's vibrant illustrations bring Bessie's bees—and her big feelings—to life in a way that's both playful and empathetic.

5.) Supportive back matter: Practical, reassuring content for parents and kids, including myth-busting facts and actionable tips written by a Mayo Clinic pediatrician.



October 2025

Age Range: 8 - 12

Hardcover | 7.68 x 10.63 in. | 40 pp.

979-8-88770-384-8 | \$14.99

Guillaume Federighi, aka Hey Gee, is a French and American author and illustrator. He began his career in 1998 in Paris, France, and spent time exploring street art and graffiti in several European capitals. Since moving to New York in 2008, he has worked with many brands, developing a reputation in graphic design and illustration for his distinctive style of translating complex ideas into simple and timeless visual stories. He is also the owner and creative director of Hey Gee Studio, a full-service creative agency based in New York.

Weston, age 12, plays goalie for a traveling soccer team and also enjoys biking and climbing. When he's not at practice, games, or activities with his family, he likes to play the trombone, read, make art, and play virtual reality games. He was diagnosed with hemophilia shortly after birth and had a port in his chest for many years to receive treatment with clotting factors.

Rajiv K. Pruthi, M.B.B.S., is the director of the Hemophilia Treatment Center and co-director of the Special Coagulation and Molecular Hematopathology Laboratories at Mayo Clinic in Rochester, Minnesota. A leading expert on diagnosis and treatment of coagulation disorders, his research focuses on advancing translational science in these areas to improve care and quality of life.

My Life Beyond Hemophilia

A Mayo Clinic Patient Story

Series: My Life Beyond

Hey Gee and Weston

A kid's-eye view of living with hemophilia — a blood-clotting disorder — which, with modern preventive care, doesn't hold back an active young soccer goalie.

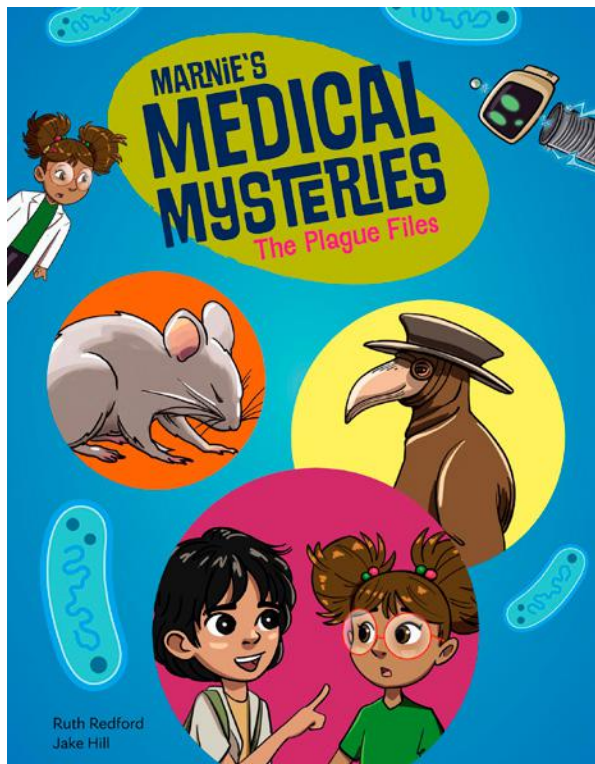
When you have a blood clotting disorder such as hemophilia, it's important to take precautions, especially when playing sports. But the right treatment and routines can help you stay in the game.

Author and illustrator Hey Gee brings to life an illuminating glimpse of the days and seasons of a star soccer player who has hemophilia. Created together with a real-life Mayo Clinic patient, this book highlights how a high-energy routine is possible with well-managed hemophilia, while explaining the treatments and precautions that are needed to prevent dangerous bleeding.

A beautifully illustrated approach provides a kid's-eye view of living with, and beyond, this chronic condition. Educational backmatter includes a glossary of key terms, additional information on hemophilia from the medical editor, and information about the book's creators.

KEY SELLING POINTS

- 1) #OwnVoices:** A first-person story of living with severe hemophilia
- 2) Expertise:** Created in collaboration with Mayo Clinic experts
- 3) High-interest graphic format:** Action-packed graphic panels add interest and kid-appeal



November 2025

Age Range: 9 - 12

Paperback | 7 x 9 in. | 32 pp.

979-8-88770-244-5 | \$9.99

Ruth Redford is a freelance editor and author based in the United Kingdom. She loves writing and researching non-fiction projects and is the author of *Period: The Quick Guide to Every Uterus*.

Jake Hill grew up in North London, but escaped to the South coast to study illustration and decided to stay by the sea, swimming (almost) every morning. Aside from his love of drawing, Jake is an avid reader, a meticulous collector of comics, a terrible, but improving pianist and a passionate player of games.

Nipunie Rajapakse, M.D., is a Pediatric Infectious Diseases Physician at the Mayo Clinic Children's Center. She completed a Master of Public Health at the Harvard T.H. Chan School of Public Health and previously worked as a consultant with the World Health Organization.

The Plague Files

Series: Marnie's Medical Mysteries

Ruth Redford and Jake Hill

Marnie and her AI sidekick Glitch investigate the bubonic plague and how scientists cracked the case of Black Death.

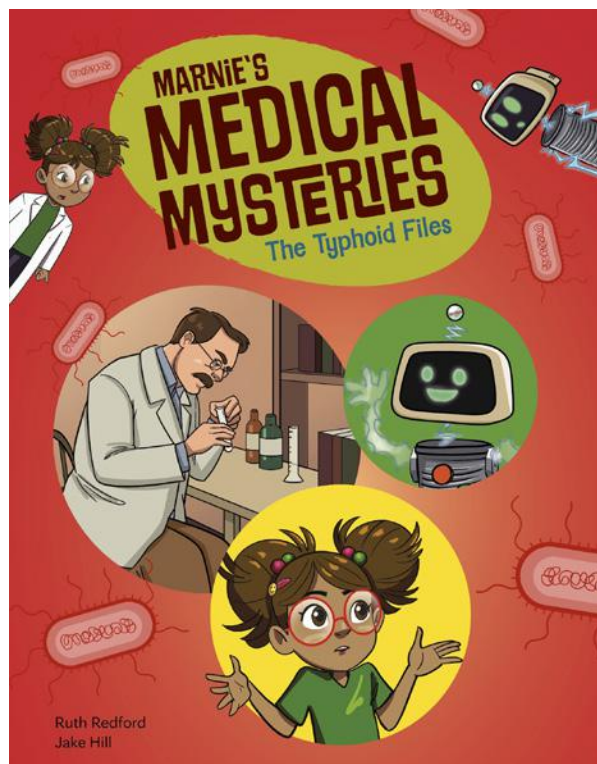
The devastating bubonic plague of the 1300s killed millions—but science sleuth Marnie and her trusted AI sidekick Glitch discover there's more to the story when they research the plague for a school assignment. How did the plague start, and how did it spread? How do scientists and doctors work today to stop the spread of similar infectious diseases? Marnie is on the case to learn about Black Death and what it taught humanity about disease, medicine, and the power of science.

A fun graphic approach, diverse characters, and accessible text tell this thrilling story of medical history in a high-interest format.

Marnie's Medical Mysteries was developed in collaboration with Nipunie Rajapakse, M.D., pediatric infectious diseases physician at the Mayo Clinic Children's Center. She completed a Master of Public Health at the Harvard T.H. Chan School of Public Health and previously worked as a consultant with the World Health Organization.

KEY SELLING POINTS

- 1) High-interest graphic format** offers inviting approach to STEM and history
- 2) Important representation in STEM:** Girls and POC are typically underrepresented in this category
- 3) Pandemics and outbreaks:** Hot topic with relevance in a post-COVID world
- 4) AI character:** Adds a modern twist to medical history
- 5) Mayo Expertise:** Developed in collaboration with Nipunie Rajapakse, M.D., Pediatric Infectious Diseases Physician at the Mayo Clinic Children's Center
- 6) Nonfiction Text Features:** TOC, glossary, index, and Read More



November 2025

Age Range: 9 - 12

Paperback | 7 x 9 in. | 32 pp.

979-8-88770-269-8 | \$9.99

Ruth Redford is a freelance editor and author based in the United Kingdom. She loves writing and researching non-fiction projects and is the author of *Period: The Quick Guide to Every Uterus*.

Jake Hill grew up in North London, but escaped to the South coast to study illustration and decided to stay by the sea, swimming (almost) every morning. Aside from his love of drawing, Jake is an avid reader, a meticulous collector of comics, a terrible, but improving pianist and a passionate player of games.

Nipunie Rajapakse, M.D., is a pediatric infectious diseases physician at the Mayo Clinic Children's Center in Rochester, Minnesota. She completed a Master of Public Health at the Harvard T.H. Chan School of Public Health and previously worked as a consultant with the World Health Organization.

The Typhoid Files

Series: Marnie's Medical Mysteries

Ruth Redford and Jake Hill

Marnie and her AI sidekick Glitch investigate typhoid and how scientists cracked the case of the life-threatening infection.

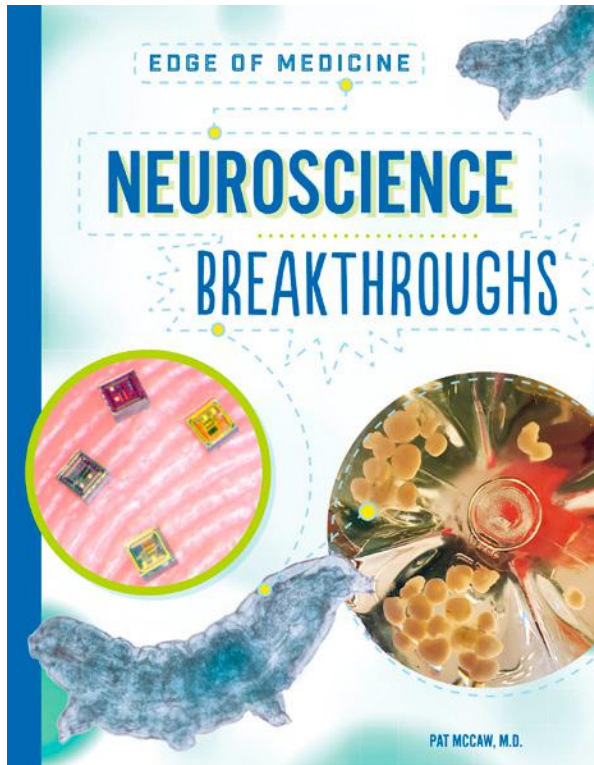
In the early 1900s everyone from scientists to sanitation workers were trying to crack a true medical mystery—who was spreading typhoid fever in community of Mamaroneck, New York? All signs pointed to domestic worker Mary Mallon, but could she spread the disease without showing symptoms herself? Marnie and her trusted AI sidekick Glitch are on the case, following the clues to learn the history of typhoid fever, how it spread, and how we're protected from typhoid fever today. Science enthusiast Marnie discovers the fascinating history of this disease while going above and beyond, as usual, for her research project.

A fun graphic approach, diverse characters, and humorous text tell this thrilling story of medical history in a high-interest format.

Marnie's Medical Mysteries was developed in collaboration with Nipunie Rajapakse, M.D., Pediatric Infectious Diseases Physician at the Mayo Clinic Children's Center. She completed a Master of Public Health at the Harvard T.H. Chan School of Public Health and previously worked as a consultant with the World Health Organization.

KEY SELLING POINTS

- 1) High-interest graphic format** offers inviting approach to STEM and history
- 2) Important representation in STEM:** Girls and POC are typically underrepresented in this category
- 3) Pandemics and outbreaks:** Hot topic with relevance in a post-COVID world
- 4) AI character:** Adds a modern twist to medical history
- 5) Mayo Expertise:** Developed in collaboration with Nipunie Rajapakse, M.D., Pediatric Infectious Diseases Physician at the Mayo Clinic Children's Center
- 6) Nonfiction Text Features:** TOC, glossary, index, and Read More



November 2025

Age Range: 9 - 11

Paperback | 7 x 9 in. | 32 pp.

979-8-88770-350-3 | \$9.99

Pat McCaw, M.D., is a family practice physician and children's author from Eldridge, Iowa. She is passionate about using books to help children with emotional and health issues. In addition to writing, she practices family medicine part-time and is a faculty physician at a medical residency program. Pat teaches classes on how to use picture books in the classroom and writes online educational lessons on science and physiology. If she has any free time, she loves to hike and fish while spending time with her family. Her dog, Poppy, rules the household. Pat's website and blog is found at www.patmccawauthor.com

Neuroscience Breakthroughs

Series: Edge of Medicine

Pat McCaw, M.D.

The latest breakthroughs in Neuroscience from artificial intelligence to mapping the brain.

Explore the science, stories, and future of brain research in this engaging introduction to neuroscience.

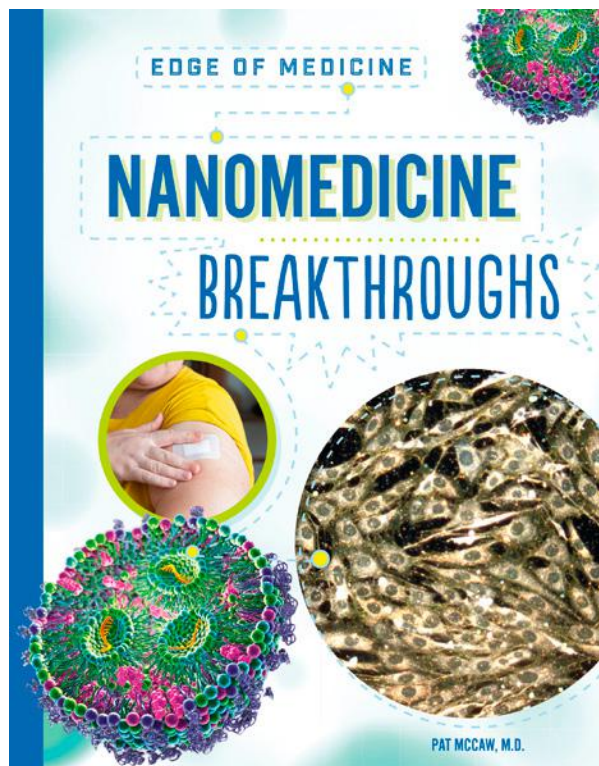
Part of the Edge of Medicine series from Mayo Clinic Press Kids, Neuroscience Breakthroughs takes readers on a fascinating journey through the human brain—how it works, how it can heal, and how scientists are unlocking its secrets. From the story of Phineas Gage to cutting-edge research on brain-computer interfaces, this book introduces young readers to the people and discoveries shaping the future of neuroscience. Real-world examples and profiles of Mayo Clinic experts bring the science to life. Readers will learn about:

- The link between smell and memory
- Miniature lab-grown brains used to study autism
- AI that can translate thoughts into words
- Brain-computer interfaces that help people move and communicate

With a focus on curiosity, innovation, and empathy, this book empowers kids to explore the wonders of the brain and imagine the future of medicine.

KEY SELLING POINTS

- 1) Mayo Clinic Expertise:** Developed in collaboration with Mayo Clinic scientists and physicians.
- 2) STEM Focus:** Supports STEM learning with real-world applications and scientific inquiry.
- 3) Diversity in Science:** Highlights diverse voices and groundbreaking research in neuroscience.
- 4) Empowering Content:** Encourages curiosity and resilience through stories of discovery and healing.
- 5) A Good Cause:** Proceeds benefit medical research and education at Mayo Clinic.



November 2025

Age Range: 9 - 12

Paperback | 7 x 9 in. | 32 pp.

979-8-88770-355-8 | \$9.99

Pat McCaw, M.D., is a family practice physician and children's author from Eldridge, Iowa. She is passionate about using books to help children with emotional and health issues. In addition to writing, she practices family medicine part-time and is a faculty physician at a medical residency program. Pat teaches classes on how to use picture books in the classroom and writes online educational lessons on science and physiology. If she has any free time, she loves to hike and fish while spending time with her family. Her dog, Poppy, rules the household. Pat's website and blog is found at www.patmccawauthor.com

The research of **Mukesh Pandey, Ph.D.**, focuses on the development of molecular imaging probes to understand diseases and biological pathways at a cellular level. Molecular imaging is increasing its impact on patient care as it provides noninvasive imaging tools to detect, diagnose, and monitor the disease progression and treatment.

Nanomedicine Breakthroughs

Series: Edge of Medicine

Pat McCaw, M.D.

Tiny tech, big impact—discover how nanomedicine is transforming the future of health.

Part of the *Edge of Medicine* series from Mayo Clinic Press Kids, *Nanomedicine Breakthroughs* introduces readers to the fascinating world of medicine at the molecular level. With real-world applications and expert insights from scientists, this book explores how nanoparticles—smaller than a single cell—are revolutionizing the way we diagnose, treat, and even prevent disease.

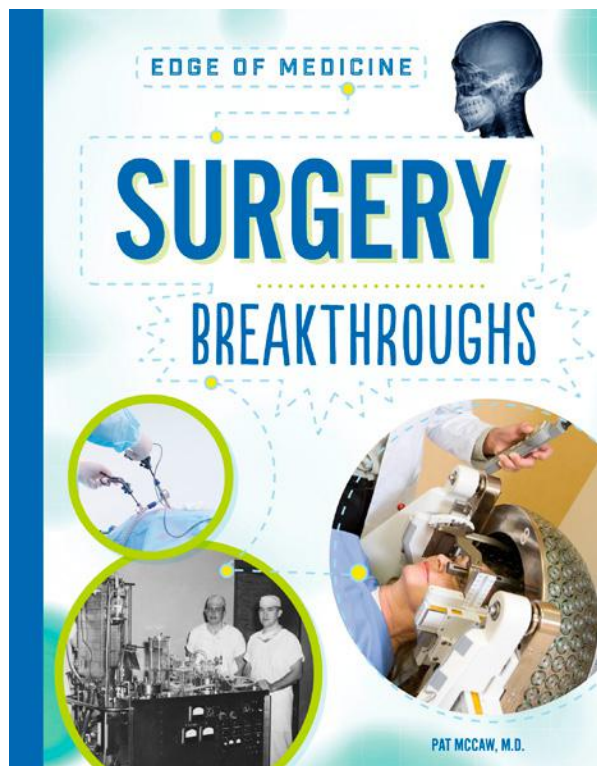
Readers will discover how nanoparticles are used to:

- Diagnose diseases like Alzheimer's using biomarkers.
- Deliver medication directly to hard-to-reach areas like the brain or inside tumors.
- Improve cancer treatments by reducing side effects and protecting healthy cells.
- Boost immunity, including how they helped deliver the COVID-19 mRNA vaccine.
- Regrow bone and blood cells through regenerative medicine.
- Prevent organ rejection in transplants and improve eye treatments.

Nanomedicine Breakthroughs was created collaboration with Santanu Bhattacharya, Ph.D., a Mayo Clinic researcher who designs gold nanoparticles to deliver cancer-fighting drugs directly to pancreatic tumors, and Sean Park, M.D., Ph.D., a Mayo Clinic scientist who uses nanoparticles to enhance radiation therapy and develop new treatments that minimize side effects—especially for children with cancer.

KEY SELLING POINTS

- 1) Mayo Clinic Expertise:** Created in collaboration with Mayo Clinic experts to ensure accuracy and relevance.
- 2) Diversity:** Highlights diverse voices in science and medicine.
- 3) STEM:** Supports STEM learning with a focus on inquiry, innovation, and empathy.
- 4) A good cause:** Proceeds benefit medical research and education at Mayo Clinic.



November 2025

Age Range: 9 - 11

Paperback | 7 x 9 in. | 32 pp.

979-8-88770-361-9 | \$9.99

Pat McCaw, M.D., is a family practice physician and children's author from Eldridge, Iowa. She is passionate about using books to help children with emotional and health issues. In addition to writing, she practices family medicine part-time and is a faculty physician at a medical residency program. Pat teaches classes on how to use picture books in the classroom and writes online educational lessons on science and physiology. If she has any free time, she loves to hike and fish while spending time with her family. Her dog, Poppy, rules the household. Pat's website and blog is found at www.patmccawauthor.com

Surgery Breakthroughs

Series: Edge of Medicine

Pat McCaw, M.D.

Discover the dramatic evolution of surgery—from ancient bone saws to robotic arms and augmented reality.

Part of the Edge of Medicine series from Mayo Clinic Press Kids, *Surgery Breakthroughs* explores the fascinating history and future of surgical innovation. From the crude and dangerous procedures of the past to today's high-tech, life-saving techniques, this book introduces readers to the people and discoveries that have transformed surgery into a precise and powerful medical science.

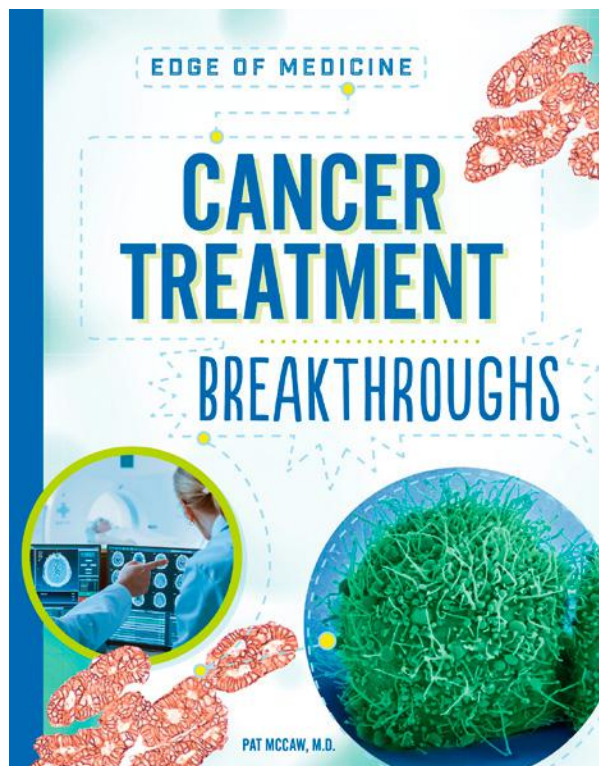
With real-world examples and expert insights from Mayo Clinic surgeons, readers will learn about:

- The invention of anesthesia and antiseptic practices
- The development of heart surgery and the heart-lung bypass machine
- Minimally invasive techniques like laparoscopy and cardiac catheterization
- Robotic surgery and the da Vinci system
- Gamma Knife radiosurgery and AR-assisted spinal procedures.

This book empowers young readers to understand how science, technology, and compassion come together to save lives.

KEY SELLING POINTS

- 1) Mayo Clinic Expertise:** Developed in collaboration with Mayo Clinic surgeons and researchers.
- 2) STEM Learning:** Supports science and technology education with real-world applications.
- 3) Historical to Futuristic:** Traces the full arc of surgical innovation, from ancient to cutting-edge.
- 4) Diverse Voices:** Features insights from leading women and BIPOC surgeons.
- 5) A Good Cause:** Proceeds benefit medical research and education at Mayo Clinic.



November 2025

Age Range: 9 - 12

Paperback | 7 x 9 in. | 32 pp.

979-8-88770-366-4 | \$9.99

Pat McCaw, M.D., is a family practice physician and children's author from Eldridge, Iowa. She is passionate about using books to help children with emotional and health issues. In addition to writing, she practices family medicine part-time and is a faculty physician at a medical residency program. Pat teaches classes on how to use picture books in the classroom and writes online educational lessons on science and physiology. If she has any free time, she loves to hike and fish while spending time with her family. Her dog, Poppy, rules the household. Pat's website and blog is found at www.patmccawauthor.com

Mira A. Kohorst, M.D., is a pediatric hematologist/oncologist with specialty interest in pediatric hematopoietic stem cell transplantation and cellular therapy.

Cancer Treatment Breakthroughs

Series: Edge of Medicine

Pat McCaw, M.D.

Explore the science, stories, and hope behind today's most powerful cancer treatments.

Part of the *Edge of Medicine* series from Mayo Clinic Press Kids, *Cancer Treatment Breakthroughs* takes readers on a journey through the history, science, and future of cancer care. Through real-world examples, this book introduces readers to the scientists, physicians, and patients who are changing the way we understand and treat cancer.

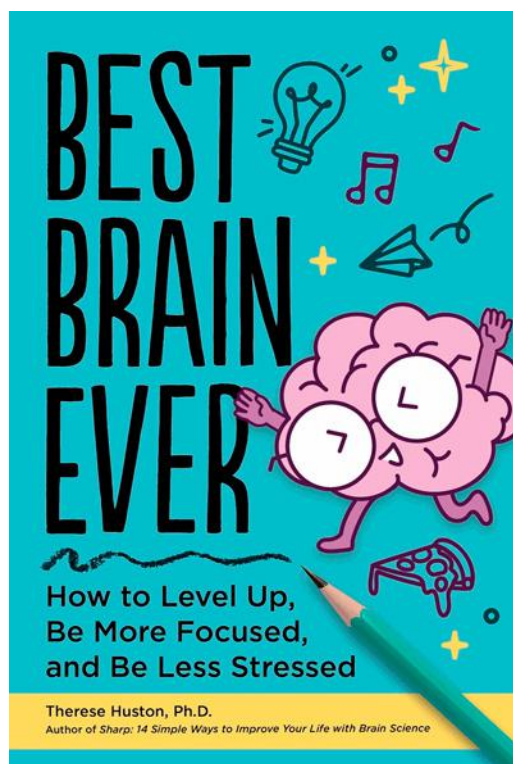
Readers will discover the science behind modern breakthroughs such as

- CAR T-cell therapy: How doctors reprogram a patient's immune cells to fight cancer.
- Nanomedicine: Using fat-covered nanoparticles to deliver chemotherapy with fewer side effects.
- AI in cancer care: How artificial intelligence helps detect and treat cancer more precisely.
- Vaccines: From HPV prevention to experimental cancer-fighting vaccines.
- Galleri test: A Mayo Clinic-developed blood test that can detect over 50 types of cancer before symptoms appear.

Cancer Treatment Breakthroughs was created in collaboration with Mayo Clinic experts such as Mira A. Kohorst, M.D., a pediatric oncologist at Mayo Clinic and Evanthia Galanis, M.D., Mayo Clinic's Executive Dean of Development, who leads research on using viruses and stem cells to target and destroy cancer cells.

KEY SELLING POINTS

- 1) Mayo Clinic Expertise:** Created in collaboration with Mayo Clinic experts to ensure accuracy and relevance.
- 2) Diversity:** Highlights diverse voices in science and medicine.
- 3) STEM:** Supports STEM learning with a focus on inquiry, innovation, and empathy.
- 4) A good cause:** Proceeds benefit medical research and education at Mayo Clinic.



December 2025

Age Range: 11 - 13

Paperback | 6 x 9 in. | 104 pp.

979-8-88770-413-5 | \$15.99

Therese Huston, Ph.D., is a cognitive scientist at Seattle University, where she transforms good science into great strategies. She was the founding director of the Center for Excellence in Teaching and Learning at Seattle University and is now a consultant for their Center for Faculty Development. She is the author of *Sharp: 14 Simple Ways to Improve Your Life with Brain Science*; *Let's Talk: Make Effective Feedback Your Superpower*; *How Women Decide*; and *Teaching What You Don't Know* and has written for the *New York Times*, the *Los Angeles Times*, *TIME*, *The Guardian*, and *Harvard Business Review*. Therese has led workshops and delivered presentations to Fortune 500 companies, start-ups, and universities across the globe. When she's not writing or speaking, she likes to travel to new places, mountain bike, play with numbers, spend time on her yoga mat, and bake amazing gluten-free brownies. She lives in Seattle with her husband and their Boston Terrier, who insists on being the real boss of the household.

Best Brain Ever

How to Level Up, Be More Focused, and Be Less Stressed

Therese Huston, Ph.D.

A fun, science-backed guide for kids to unlock creativity, manage stress, and thrive with technology

Unleash the full potential of your brain with *Best Brain Ever*! This engaging guide helps kids discover the secrets to creativity, focus, friendship, stress management, and thriving in a tech-filled world. Designed as a children's version of *Sharp: 14 Simple Ways to Improve Your Life with Brain Science*, this book is packed with tools, tips, and myth-busting facts that even grown-ups get wrong.

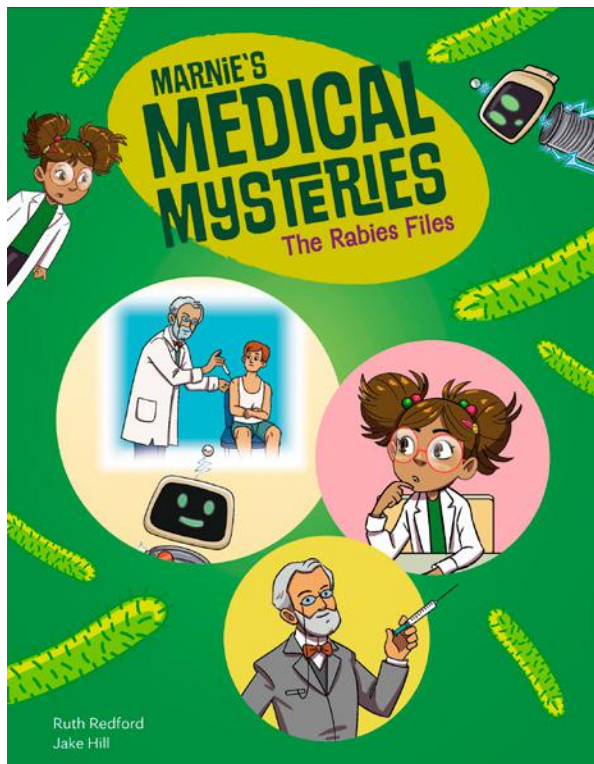
- **Unlock Your Potential:** Discover how to embrace challenges with a growth mindset and bust common myths about your brain, like the idea of being "left-brained" or "right-brained." (Your whole brain is on your team!)
- **Master Focus:** Learn how exercise can sharpen your focus and how to manage ADHD effectively (and even turn it into a superpower).
- **Find Calm:** Learn stress-busting techniques that will help you feel better even during tough times.
- **Thrive in a Tech-Filled World:** Understand how your brain handles texting, posting, and screen time—and why it's important to take control of your tech use.

Best Brain Ever is packed with actionable tips and backed by science that's made understandable thanks to author Therese Huston. Whether you're boosting your creativity, building friendships, or navigating technology, this book will help you think sharper, feel better, and become the best version of yourself.

Start your journey to a smarter, happier brain today!

KEY SELLING POINTS

- 1) Expertise:** Accomplished scientist and sought-after speaker brings a specialized expertise to the category.
- 2) Neurodiversity:** For kids with ADHD, there are special insights on how to focus and how ADHD can present differently in girls and boys.
- 3) A Modern Take on Technology:** Tips include working with adults to create a phone contract, or taking a quiz to see if you're ready for your first phone.
- 4) Mayo Clinic Authority:** All content reviewed by Megan Cassidy, Ph.D., a Mayo Clinic psychologist and certified school psychologist.



January 2026

Age Range: 9 - 12

Paperback | 7 x 9 in. | 32 pp.

979-8-88770-259-9 | \$9.99

Ruth Redford is a freelance editor and author based in the United Kingdom. She loves writing and researching non-fiction projects and is the author of *Period: The Quick Guide to Every Uterus*.

Jake Hill grew up in North London, but escaped to the South coast to study illustration and decided to stay by the sea, swimming (almost) every morning. Aside from his love of drawing, Jake is an avid reader, a meticulous collector of comics, a terrible, but improving pianist and a passionate player of games.

Nipunie Rajapakse, M.D., is a pediatric infectious diseases physician at the Mayo Clinic Children's Center in Rochester, Minnesota. She completed a Master of Public Health at the Harvard T.H. Chan School of Public Health and previously worked as a consultant with the World Health Organization.

The Rabies Files

Series: Marnie's Medical Mysteries

Ruth Redford and Jake Hill

Marnie and her AI sidekick Glitch investigate Rabies and how scientists cracked the case of how to treat its victims.

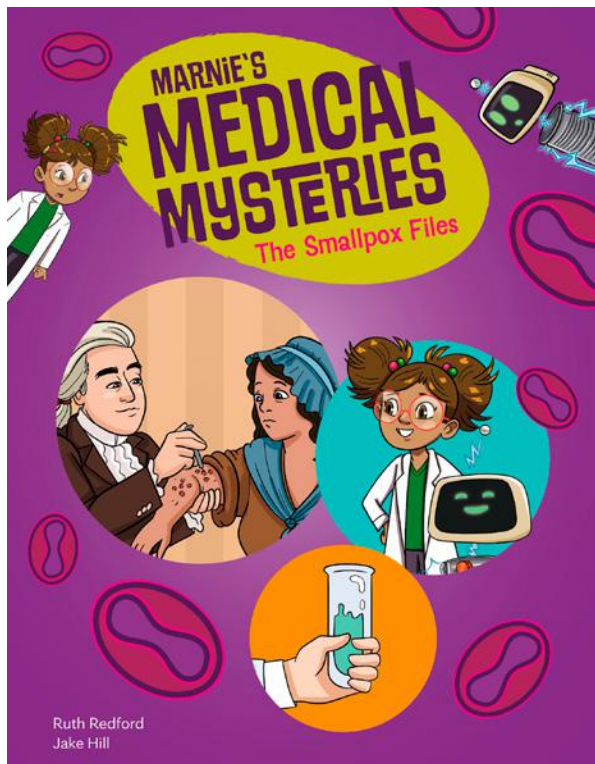
Marnie has never met a science story she didn't like, and the story of rabies is no exception. When she gets an assignment to learn more about rabies for class, she goes all in with her trusty AI sidekick Glitch. How did scientists discover the cause of rabies and how to treat it? Marnie follows the tracks of scientists and doctors who help protect people from rabies and other diseases, learning along the way how science keeps us safe.

A fun graphic approach, diverse characters, and humorous text tell this thrilling story of medical history in a high-interest format.

Marnie's Medical Mysteries was developed in collaboration with Nipunie Rajapakse, M.D., pediatric infectious diseases physician at the Mayo Clinic Children's Center. She completed a Master of Public Health at the Harvard T.H. Chan School of Public Health and previously worked as a consultant with the World Health Organization.

KEY SELLING POINTS

- 1) High-interest graphic format** offers inviting approach to STEM and history
- 2) Important representation in STEM:** Girls and POC are typically underrepresented in this category
- 3) Pandemics and outbreaks:** Hot topic with relevance in a post-COVID world
- 4) AI character:** Adds a modern twist to medical history
- 5) Mayo Expertise:** Developed in collaboration with Nipunie Rajapakse, M.D., Pediatric Infectious Diseases Physician at the Mayo Clinic Children's Center
- 6) Nonfiction Text Features:** TOC, glossary, index, and Read More



January 2026

Age Range: 9 - 12

Paperback | 7 x 9 in. | 32 pp.

979-8-88770-264-3 | \$9.99

Ruth Redford is a freelance editor and author based in the United Kingdom. She loves writing and researching non-fiction projects and is the author of *Period: The Quick Guide to Every Uterus*.

Jake Hill grew up in North London, but escaped to the South coast to study illustration and decided to stay by the sea, swimming (almost) every morning. Aside from his love of drawing, Jake is an avid reader, a meticulous collector of comics, a terrible, but improving pianist and a passionate player of games.

Nipunie Rajapakse, M.D., is a Pediatric Infectious Diseases Physician at the Mayo Clinic Children's Center. She completed a Master of Public Health at the Harvard T.H. Chan School of Public Health and previously worked as a consultant with the World Health Organization.

The Smallpox Files

Series: Marnie's Medical Mysteries

Ruth Redford and Jake Hill

Marnie and her AI sidekick Glitch investigate Smallpox and how scientists eradicated this deadly disease.

Marnie's teacher has a unique assignment for the class: learn all they can about a disease that has been eradicated, smallpox! Marnie teams up with her friend SJ and her trusty AI sidekick Glitch to gather the information. What was smallpox and how did it spread? How did scientists use inquiry and the tools of science to solve the mystery of smallpox? Finally, Maisie and her classmates learn how scientists were able to wipe out the disease, and how we're protected from smallpox today.

A fun graphic approach, diverse characters, and humorous text tell this thrilling story of medical history in a high-interest format.

Marnie's Medical Mysteries was developed in collaboration with Nipunie Rajapakse, M.D., pediatric infectious diseases physician at the Mayo Clinic Children's Center.

KEY SELLING POINTS

- 1) High-interest graphic format** offers inviting approach to STEM and history
- 2) Important representation in STEM:** Girls and POC are typically underrepresented in this category
- 3) Pandemics and outbreaks:** Hot topic with relevance in a post-COVID world
- 4) AI character:** Adds a modern twist to medical history
- 5) Mayo Expertise:** Developed in collaboration with Nipunie Rajapakse, M.D., Pediatric Infectious Diseases Physician at the Mayo Clinic Children's Center
- 6) Nonfiction Text Features:** TOC, glossary, index, and Read More



January 2026

Age Range: 9 - 12

Paperback | 5.5 x 7.75 in. | 48 pp.

979-8-88770-328-2 | \$10.99

Jason M. Burns has had a successful career in the comic book industry as a content creator, writer, and editor. In addition, his resume includes two original novels and multiple film and television projects. He lives in Massachusetts with his wife, two children, and a trio of rescue dogs.

Ash Stryker is a cartoonist and caricature artist based out of Minneapolis. When she isn't drawing, she's doting on her two cats and reading manga.

Dr. Abigail Matthews, Ph.D., is a clinical psychologist and the Program Director of the Pediatric Mood Program at Mayo Clinic in Rochester, Minnesota. She specializes in evidence-based care for children and adolescents with depression and their families. She is also an expert in pediatric eating disorders treatment and research.

The Hair Tie / The Swimmer's Clip

Two Loneliness Stories

Series: Manga Medicine

Emma Carlson Berne and Ash Stryker

A mysterious cat and a cryptic clue guide two lonely teens on separate journeys to discover healthy ways to cope with life's challenges.

Zoe is reluctant to reach out to other kids her age at horseback riding lessons. And Leo can't be lonely because he's online with his friends all day, right? What does it mean to be lonely when there are people all around you? Each character struggles until a mysterious cat and a cryptic clue leads them to a healthy coping mechanism.

Created in collaboration with Mayo Clinic Pediatric psychologist Dr. Abigail Matthews, the Manga Medicine series offers manga lovers a model for dealing with an increasingly common problem—loneliness. With two compelling stories in one flip book (read one story and flip the book over to read another!), the relatable stories celebrate the power of trusted techniques to cope with the challenges of life.

KEY SELLING POINTS

- 1) Compelling graphic format:** Manga-style illustrations jump off the page in a unique flip-book format—read one story and flip the book over to read another!
- 2) In-demand mental health topics:** Stories present kids coping in healthy ways with mental health struggles that are common in children's lives.
- 3) Mayo Clinic expertise:** Developed with Mayo Clinic pediatric psychologist Dr. Abigail Matthews, each book presents healthy coping mechanisms.



January 2026

Age Range: 9 - 12

Paperback | 5.5 x 7.75 in. | 48 pp.

979-8-88770-343-5 | \$10.99

Jason M. Burns has had a successful career in the comic book industry as a content creator, writer, and editor. In addition, his resume includes two original novels and multiple film and television projects. He lives in Massachusetts with his wife, two children, and a trio of rescue dogs.

Megan Nowak is an American mangaka who loves storytelling and art. She enjoys bringing characters to life through her illustrations. Her strength is finding the stories hidden within everyday life.

Dr. Abigail Matthews, Ph.D., is a clinical psychologist and the Program Director of the Pediatric Mood Program at Mayo Clinic in Rochester, Minnesota. She specializes in evidence-based care for children and adolescents with depression and their families. She is also an expert in pediatric eating disorders treatment and research.

The Satchel / The Dice

Two Anxiety Stories

Series: Manga Medicine

Kelly Barth and Megan Nowak

A mysterious cat and a cryptic clue guide two anxious teens on separate journeys to discover healthy ways to cope with life's challenges.

Ani is drowning in schoolwork and stressed about her looming presentation deadline. Dev is on edge about attending his first family gathering since his parents' divorce. Just when their worries seem too much to handle, a mysterious cat appears—along with a cryptic clue. These lead Ani and Dev on separate journeys to discover personalized coping strategies that help them manage their anxiety.

Created in collaboration with Mayo Clinic pediatric psychologist Dr. Abigail Matthews, the Manga Medicine series offers manga lovers a unique, therapeutic experience. With two compelling stories in one book (read one story and flip the book over to read another!), this engaging tale celebrates the power of finding healthy ways to cope with life's challenges.

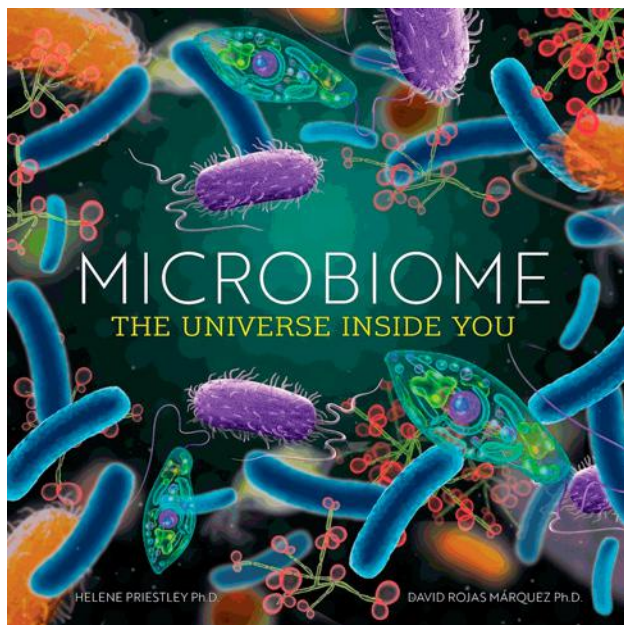
Mayo Clinic Press Kids creates empowering health and wellness content in partnership with pediatric experts. Proceeds from the sale of every book go to benefit important medical research and education at Mayo Clinic.

KEY SELLING POINTS

1)Compelling graphic format: Manga-style illustrations jump off the page in a unique flip-book format—read one story and flip the book over to read another!

2)In-demand mental health topics: Stories present kids coping in healthy ways with mental health struggles that are common in children's lives.

3)Mayo Clinic expertise: Developed with Mayo Clinic pediatric psychologist Dr. Abigail Matthews, each book presents healthy coping mechanisms.



January 2026

Age Range: 9 - 12

Paperback | 10 x 10 in. | 32 pp.

979-8-88770-396-1 | \$12.99

Helene Priestley, PhD, completed her PhD in molecular biology and has worked as an editor on clinical review journals. As a children's author, she combines her experience in the lab with a passion for literacy and for educating children in STEM. She is a member of SCBWI (Society of Children's Book Writers and Illustrators).

Illustrator **David Márquez** has a PhD in immunology and a Master's degree in scientific illustration. His work is fueled by a passion for nature in all its forms and for visually communicating scientific knowledge.

Martin Bustamante, an Argentinian illustrator and painter, discovered his passion for drawing and painting at a young age. He has worked professionally for publishers and magazines in Argentina, the U.S., and Europe.

Purna Kashyap, M.B.B.S., is the director of the Microbiome Program at Mayo Clinic, a research initiative that studies the role of the human microbiome in health. His research aims to better understand gastrointestinal disorders to provide better treatment options for patients, especially microbiota-targeted therapies.

Mayo Clinic Press Kids

Microbiome

The Universe Inside You

Helene Priestley, Ph.D. and David Márquez, Ph.D.

A high-impact exploration of the fascinating world of microbes within the human body.

From the time we're born, we acquire bacteria, fungi, viruses, and other microbes from other people, everything we touch, and everything we eat. This makes up what some call a super-organism: The human microbiome. It includes 10 to 100 trillion microbial cells on and in the human body. The most well-known part of the human microbiome and its vital ecosystem's role in human health.

This highly visual exploration is a fascinating look at the still-mysterious human microbiome—the viruses, bacteria, fungi, and other microbes that work together to play an essential role in keeping humans healthy. The accessible text allows full-bleed images to shine throughout, including full-spread, photo-realistic illustrations that bring the world of microorganisms to life.

Written by Helene Priestley, who holds a PhD in molecular biology, the author created the book in cooperation with Dr. Purna Kashyap, director of the Microbiome Program, a Mayo Clinic research initiative that studies the microbiome's role in health. Dr. Kashyap also gives readers tips and tricks for keeping their microbiome healthy.

KEY SELLING POINTS

1) Accessible introduction to a hot topic in STEM with leveled text and carefully introduced vocabulary

2) High-interest format with impactful photos and photo-realistic illustrations

3) Expert back matter written by a Mayo Clinic physician

4) Actionable tools throughout in tips and tricks for keeping the microbiome healthy

5) Nonfiction Text Features: TOC, glossary, index, and Read More



May 2026

Childrens Board Book | 7 x 7 in. | 18 pp.
979-8-88770-376-3 | \$11.99

Dr. Angela C. Mattke is a pediatrician at Mayo Clinic Children's Center in Rochester, Minnesota, specializing in community pediatrics and early childhood development. She is the medical editor of the *Mayo Clinic Guide to Raising a Healthy Child* and co-editor of the Parenting channel on Mayo Clinic Press. Dr. Mattke co-hosts the *Mayo Clinic Kids* podcast, where she offers expert insights on raising healthy children.

Rachel Hurd-Wood is a writer and actress with twenty years of experience in film and TV. Her credits include *Peter Pan* and she's worked successfully as a screenwriter. She has worked on script development and creative consulting for Goldfinch Studios and has had prose and poetry published in *The London Magazine*.

Esme Lee is a Brighton-based illustrator who began her creative journey as a print designer after graduating from the University of Brighton.

Let's Move!

Series: Healthy Milestones

Angela C. Mattke, M.D.; Rachel Hurd-Wood;
and Esme Lee

A celebration of baby's first-year milestones with playful sliders, lift-the-flaps, and touch-and-feel textures. Written and designed with the pediatric experts at Mayo Clinic.

Let's Move! is a joyful celebration of the incredible growth that happens in a baby's first year. Co-written by Mayo Clinic pediatrician Dr. Angela Mattke, this interactive board book is designed to support both babies and their grownups.

Milestones featured in the book include:

- Smiling at the sound of a familiar voice
- Using simple signs (e.g., "milk," "all done")
- Playing peek-a-boo
- Crawling
- Pulling to stand

Let's Move! highlights the wonder of early childhood development in a reassuring, joyful way. Expert insights help caregivers understand what to expect, while also emphasizing that every child grows at their own pace—and that's something to celebrate.

KEY SELLING POINTS

1) Expert-Backed by Mayo Clinic: Created in collaboration with Mayo Clinic pediatrician Dr. Angela Mattke, each book in the Healthy Milestones series offers evidence-based insights to help caregivers understand and support their child's development with confidence.

2) Milestone-Focused Learning: Each title highlights age-appropriate developmental milestones—such as crawling, talking, stacking, and social play—making it easy for caregivers to track progress and encourage growth through everyday moments.

3) Interactive and Engaging: With novelty features like sliders, lift-the-flaps, and playful illustrations, these board books invite hands-on exploration that supports motor skills, language development, and social-emotional learning.

4) Designed for Bonding: Whether it's a first word, a shared laugh, or a trip to the doctor, these books turn real-life experiences into joyful opportunities for connection between toddlers and their caregivers.



May 2026

Age Range: 1 - 2

Childrens Board Book | 7 x 7 in. | 18 pp.

979-8-88770-378-7 | \$11.99

Dr. Angela C. Mattke is a pediatrician at Mayo Clinic Children's Center in Rochester, Minnesota, specializing in community pediatrics and early childhood development. She is the medical editor of the *Mayo Clinic Guide to Raising a Healthy Child* and co-editor of the Parenting channel on Mayo Clinic Press. Dr. Mattke co-hosts the *Mayo Clinic Kids* podcast, where she offers expert insights on raising healthy children.

Rachel Hurd-Wood is a writer and actress with twenty years of experience in film and TV. Her credits include *Peter Pan* and she's worked successfully as a screenwriter. She has worked on script development and creative consulting for Goldfinch Studios and has had prose and poetry published in *The London Magazine*.

Esme Lee is a Brighton-based illustrator who began her creative journey as a print designer after graduating from the University of Brighton.

Let's Explore!

Series: Healthy Milestones

Angela C. Mattke, M.D.; Rachel Hurd-Wood;
and Esme Lee

An interactive celebration of toddlers' curiosity and independence with playful sliders, lift-the-flaps, and touch-and-feel textures. Written and designed with the pediatric experts at Mayo Clinic.

Let's Explore! is a delightful journey through the world of toddler discovery, designed for children ages 12 to 18 months. Co-written by Mayo Clinic pediatrician Dr. Angela Mattke, this board book is designed to support both toddlers and their grownups through relatable scenes and gentle guidance.

Milestones featured in the book include:

- Climbing onto furniture
- Pointing to objects
- Recognizing names of familiar body parts
- Exploring objects in different ways (shaking, banging, throwing, dropping)
- Pushing and pulling objects using hands
- Using simple words such as “uh-oh” and “mama”

Expert insights gently guide parents while celebrating each child's unique pace of growth.

KEY SELLING POINTS

1) Expert-Backed by Mayo Clinic: Created in collaboration with Mayo Clinic pediatrician Dr. Angela Mattke, each book in the Healthy Milestones series offers evidence-based insights to help caregivers understand and support their child's development with confidence.

2) Milestone-Focused Learning: Each title highlights age-appropriate developmental milestones—such as crawling, talking, stacking, and social play—making it easy for caregivers to track progress and encourage growth through everyday moments.

3) Interactive and Engaging: With novelty features like sliders, lift-the-flaps, and playful illustrations, these board books invite hands-on exploration that supports motor skills, language development, and social-emotional learning.

4) Designed for Bonding: Whether it's a first word, a shared laugh, or a trip to the doctor, these books turn real-life experiences into joyful opportunities for connection between toddlers and their caregivers.



May 2026

Age Range: 1 - 2

Childrens Board Book | 7 x 7 in. | 18 pp.

979-8-88770-380-0 | \$11.99

Dr. Angela C. Mattke is a pediatrician at Mayo Clinic Children's Center in Rochester, Minnesota, specializing in community pediatrics and early childhood development. She is the medical editor of the Mayo Clinic Guide to Raising a Healthy Child and co-editor of the Parenting channel on Mayo Clinic Press. Dr. Mattke co-hosts the Mayo Clinic Kids podcast, where she offers expert insights on raising healthy children.

Rachel Hurd-Wood is a writer and actress with twenty years of experience in film and TV. Her credits include Peter Pan and she's worked successfully as a screenwriter. She has worked on script development and creative consulting for Goldfinch Studios and has had prose and poetry published in The London Magazine.

Esme Lee is a Brighton-based illustrator who began her creative journey as a print designer after graduating from the University of Brighton.

Let's Talk!

Series: Healthy Milestones

Angela C. Mattke, M.D.; Rachel Hurd-Wood; and Esme Lee

An interactive celebration of toddlers' growing social and communication skills with playful sliders, lift-the-flaps, and touch-and-feel textures. Written and designed with the pediatric experts at Mayo Clinic.

Let's Talk! is a vibrant celebration of the social and language milestones toddlers experience between 18 and 24 months. Co-created with Mayo Clinic pediatrician Dr. Angela Mattke, this interactive board book is designed to support both toddlers and their grownups. Through colorful scenes and relatable moments—like stacking blocks, playing pretend, and learning to take turns—this book encourages early conversations, emotional expression, and social connection.

Milestones featured in the book include:

- Using simple phrases
- Using two- to four-word sentences
- Recognizing names of parts of the body
- Recognizing names of familiar people and objects
- Learning to take turns
- Playing socially with other children

Expert insights gently guide parents while celebrating each child's unique pace of growth.

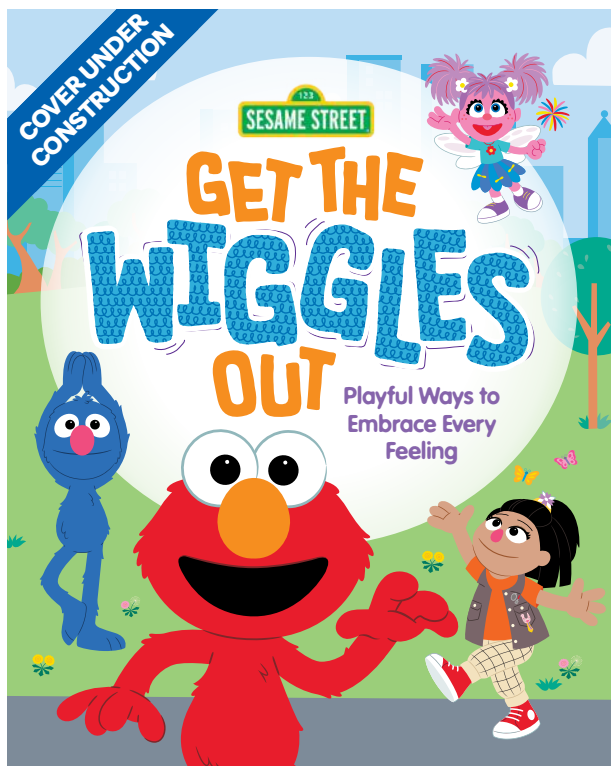
KEY SELLING POINTS

1) Expert-Backed by Mayo Clinic: Created in collaboration with Mayo Clinic pediatrician Dr. Angela Mattke, each book in the Healthy Milestones series offers evidence-based insights to help caregivers understand and support their child's development with confidence.

2) Milestone-Focused Learning: Each title highlights age-appropriate developmental milestones—such as crawling, talking, stacking, and social play—making it easy for caregivers to track progress and encourage growth through everyday moments.

3) Interactive and Engaging: With novelty features like sliders, lift-the-flaps, and playful illustrations, these board books invite hands-on exploration that supports motor skills, language development, and social-emotional learning.

4) Designed for Bonding: Whether it's a first word, a shared laugh, or a trip to the doctor, these books turn real-life experiences into joyful opportunities for connection between toddlers and their caregivers.



April 2026

Age Range: 4 - 7

Hardcover | 8 x 10 in. | 32 pp.

979-8-88770-297-1 | \$18.99

Anna Anderhagen is a Minneapolis-based teacher, performer, and early childhood music educator with a passion for helping children thrive. Drawing from her background in theater, music, and education, she loves helping kids (and their grown-ups) explore wellness topics such as the magical mind-body connection.

Hisashi Maeda is an illustrator and graphic designer with more than twenty years of experience. He has a bachelor of arts degree from Musashino Art University in Tokyo, Japan, and has worked with licensed brands such as Sesame Street, Peanuts, Pokémon, and more.

Emily McTate, Ph.D., L.P., ABPP, is a pediatric psychologist in the Division of Child and Adolescent Psychiatry and Psychology at Mayo Clinic Children's Center in Rochester, Minnesota. In her daily work she helps children, adolescents, young adults, and families who are managing acute and/or chronic health conditions. She partners with her patients and families to manage the stressors that are a common aspect of medical demands, supports communication with the rest of the team, and support normal development when possible.

Get the Wiggles Out

Playful Ways to Embrace Every Feeling
(Everyday Feelings with Sesame Street)
Series: Everyday Feelings with Sesame Street

Big Feelings? Wiggly Bodies? Let's Move Through It—Together!

Part of the Everyday Feelings series from Sesame Workshop and Mayo Clinic, this playful book helps young readers and their adults feel their feelings and have fun doing it!

From nervous wiggles to excited jumps, this playful and empowering picture book helps kids recognize, understand, and manage their feelings—one movement at a time. Whether it's Elmo feeling nervous at the doctor's office or Abby bursting with excitement at the library, *Get the Wiggles Out* shows that there are fun, simple ways to handle every feeling. With expert guidance from a Mayo Clinic pediatric psychologist and beloved Sesame Street friends, children learn how to calm their bodies, express their emotions, and get back to doing what they love. Featuring vibrant illustrations, engaging activities, and a warm, reassuring tone, this book is perfect for:

- Helping young readers build emotional awareness and resilience
- Supporting social-emotional learning at home, in classrooms, or in therapy
- Encouraging movement-based strategies to manage big feelings

Whether kids feel shy, overwhelmed, or just need to shake it out, *Get the Wiggles Out* is a joyful reminder that every feeling is safe to feel—and every child has the tools to handle it.

KEY SELLING POINTS

- 1) Mayo Clinic Expertise:** Features expert insights from Mayo Clinic pediatric psychologist Dr. Emily McTate, who offers techniques to help children and their caregivers navigate big feelings with confidence and compassion.
- 2) Beloved Sesame Street characters** make this book ideal for gift-giving occasions like birthdays, or back-to-school, and classroom libraries
- 3) Mental Health Focus:** Social/emotional focus and strategies backed by a pediatric psychologist make this a perfect tie-in for Mental Health Awareness Month.



May 2026

Age Range: 9 - 11

Paperback | 5.5 x 7.75 in. | 48 pp.

979-8-88770-333-6 | \$10.99

Jason M. Burns has had a successful career in the comic book industry as a content creator, writer, and editor. In addition, his resume includes two original novels and multiple film and television projects. He lives in Massachusetts with his wife, two children, and a trio of rescue dogs.

Megan Nowak is an American mangaka who loves storytelling and art. She enjoys bringing characters to life through her illustrations. Her strength is finding the stories hidden within everyday life.

Dr. Abigail Matthews, Ph.D., is a clinical psychologist and the Program Director of the Pediatric Mood Program at Mayo Clinic in Rochester, Minnesota. She specializes in evidence-based care for children and adolescents with depression and their families. She is also an expert in pediatric eating disorders treatment and research.

The Ogre / The Comics Page

Two Depression Stories

Series: Manga Medicine

Jason M. Burns and Megan Nowak

Two teens facing depression find unexpected paths to healing—one through tabletop gaming, the other through creative expression—in this dual-story manga developed with Mayo Clinic expertise.

Depression can feel isolating, especially for young people who may not yet have the tools to understand or express what they're going through. In this powerful manga, readers meet Zac, a student-athlete, is sidelined by injury while and A'Ja, navigates the emotional fallout of her parents' divorce. Both are struggling with sadness, disconnection, and self-blame—until a mysterious cat and a surprising turn of events help them discover new ways to cope.

Each story story models real, evidence-based strategies for managing depression, including seeking community, reframing expectations, and communicating emotions in creative ways.

Created in collaboration with Mayo Clinic pediatric psychologist Dr. Abigail Matthews, the book includes discussion questions, practical coping tools, and links to mental health resources. It's ideal for classrooms, therapy settings, or any young reader who needs to know they're not alone.

KEY SELLING POINTS

- 1) Dual-story manga format:** Two relatable narratives in one book, offering diverse perspectives on depression and recovery.
- 2) Evidence-based coping strategies:** Includes techniques like community-building, creative expression, and emotional communication, grounded in clinical psychology.
- 3) Expert-developed content:** Created in partnership with Dr. Abigail Matthews, a Mayo Clinic pediatric psychologist specializing in mood disorders and adolescent mental health.
- 4) Supportive tools for readers and caregivers:** Includes discussion questions, resource links, and reflective prompts to encourage healing conversations.
- 5) Broad relevance:** Addresses both situational and clinical depression, making it useful for a wide range of readers and mental health contexts.



May 2026

Age Range: 9 - 11

Paperback | 5.5 x 7.75 in. | 48 pp.

979-8-88770-338-1 | \$10.99

Jason M. Burns has had a successful career in the comic book industry as a content creator, writer, and editor. In addition, his resume includes two original novels and multiple film and television projects. He lives in Massachusetts with his wife, two children, and a trio of rescue dogs.

Ash Stryker is a cartoonist and caricature artist based out of Minneapolis. When she isn't drawing, she's doting on her two cats and reading manga.

Dr. Abigail Matthews, Ph.D., is a clinical psychologist and the Program Director of the Pediatric Mood Program at Mayo Clinic in Rochester, Minnesota. She specializes in evidence-based care for children and adolescents with depression and their families. She is also an expert in pediatric eating disorders treatment and research.

The Number 7 / The Flower Petal

Two Grief Stories

Series: Manga Medicine

Jason M. Burns and Ash Stryker

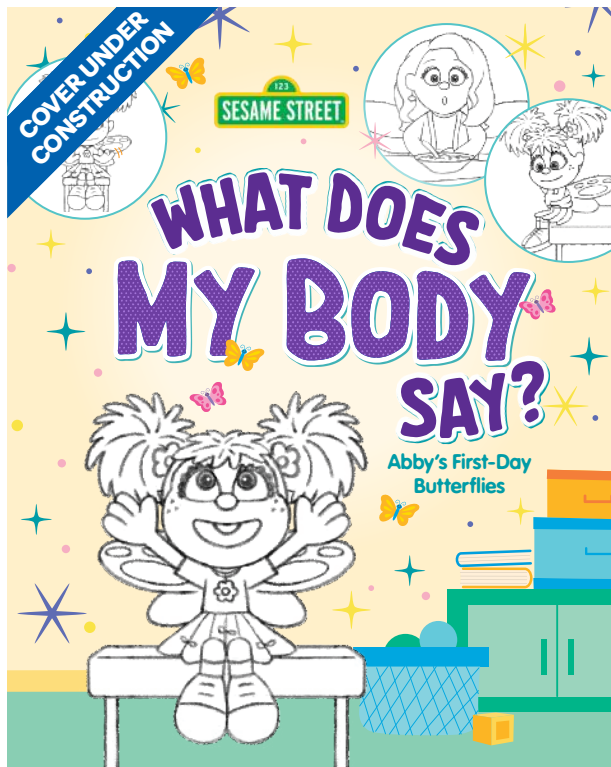
Two young people facing a profound loss find themselves shadowed by a mysterious cat and guided toward healing in unexpected ways.

Grief can feel overwhelming, especially for young people navigating loss for the first time. In this beautifully illustrated manga, readers are introduced to Yariel and Winnie—two tweens grappling with very different but equally powerful experiences of grief. Yariel learns to cope through positive reframing, finding comfort in memories and choosing to honor his dog's legacy by helping others. Winnie, on the other hand, learns to refocus her perspective, realizing that while her grandmother's condition has changed their relationship, love and connection remain.

Developed in collaboration with Mayo Clinic pediatric psychologist Dr. Abigail Matthews, each narrative is paired with practical guidance on coping mechanisms, discussion questions, and curated resources for further support. Whether used in classrooms, therapy sessions, or at home, this book is a compassionate companion for any child learning to live with loss.

KEY SELLING POINTS

- 1) Dual-story manga format:** Two grief narratives in one book offering diverse perspectives.
- 2) Evidence-based coping strategies:** Includes actionable techniques like positive reframing and perspective shifting, grounded in clinical psychology.
- 3) Expert-developed content:** Created in partnership with Dr. Abigail Matthews, a Mayo Clinic pediatric psychologist specializing in grief and mood disorders.
- 4) Supportive tools for readers and caregivers:** Includes discussion questions, resource links, and reflective prompts to encourage healing conversations.
- 5) Broad applicability:** Ideal for children and teens experiencing death-related or non-death-related grief, including pet loss, illness, or life transitions.



July 2026

Age Range: 4 - 7

Hardcover | 8 x 10 in. | 32 pp.

979-8-88770-299-5 | \$18.99

Anna Anderhagen is a Minneapolis-based teacher, performer, and early childhood music educator with a passion for helping children thrive. Drawing from her background in theater, music, and education, she loves helping kids (and their grown-ups) explore wellness topics such as the magical mind-body connection. Through her books, music classes, and puppetry, she encourages meaningful connections and lifelong healthy habits for children.

Hisashi Maeda is an illustrator and graphic designer with more than twenty years of experience. He has a bachelor of arts degree from Musashino Art University in Tokyo, Japan, and has worked with licensed brands such as Sesame Street, Peanuts, Pokémon, and more.

Emily McTate, Ph.D., L.P., ABPP, is a pediatric psychologist in the Division of Child and Adolescent Psychiatry and Psychology at Mayo Clinic Children's Center in Rochester, Minnesota. In her daily work she helps children, adolescents, young adults, and families who are managing acute and/or chronic health conditions. She partners with her patients and families to manage the stressors that are a common aspect of medical demands, supports communication with the rest of the team, and support normal development when possible.

Mayo Clinic Press Kids

What Does My Body Say?

A Body-Mind Connection Story

Series: Well Beings with Sesame Street

Abby has first-day-of-school jitters and learns some magical moves for navigating big feelings!

Part of the Everyday Feelings series from Sesame Workshop and Mayo Clinic, *What Does My Body Say?* helps young readers and their adults recognize how their bodies express feelings—and how to respond with care and confidence.

From tummy flutters to tight shoulders, our bodies often speak before we do. Abby Cadabby learns to listen to her body's clues and discovers calming techniques like Butterfly Breathing, Hug It Out, and Body Scans. She explores how to manage big feelings like nervousness and excitement—using her body as a helpful guide.

Developed with expert input from a Mayo Clinic pediatric psychologist, this warm story supports emotional literacy and body awareness in young children. With vibrant illustrations, and beloved Sesame Street characters, this book is perfect for:

- Helping children connect physical sensations with emotional experiences
- Supporting social-emotional learning at home, in classrooms, or in therapy
- Encouraging self-soothing strategies that build resilience and confidence

Whether kids feel butterflies in their tummy or just need a moment to breathe, *What Does My Body Say?* is a reassuring reminder that every feeling is valid—and every child can learn to listen to their body with kindness.

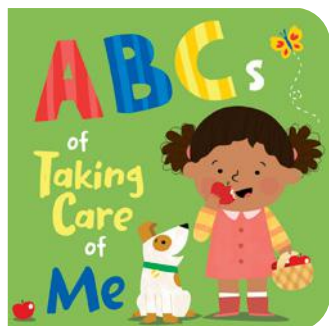
KEY SELLING POINTS

1) Mayo Clinic Expertise: Features expert insights from Mayo Clinic pediatric psychologist Dr. Emily McTate, who helps children and caregivers understand the body-mind connection and manage big feelings with compassion.

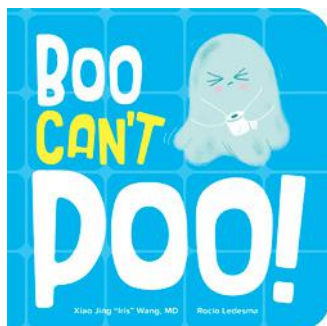
2) Perfect for Back-to-School Reading: Abby Cadabby and friends make this book a joyful and relatable read for young children going back to school or nervous about attending school for the first time.

3) Hands-On, Mental Health Focus: With a strong emphasis on emotional literacy and body awareness, Try-It activities invite readers to practice the tools Abby learns on her first-day journey.

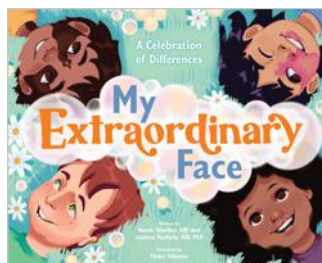
Ages 4-7



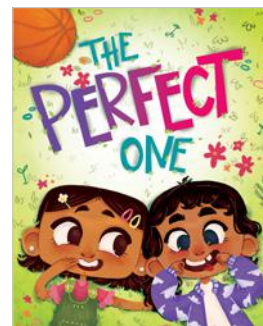
ABCs of Taking Care of Me
Esme Lee
Lou Treleven
Board Book | 979-8-88770-303-9
7 x 7 in. | 28 pgs. | \$8.99



Boo Can't Poo
Xiao Jing "Iris" Wang, M.D.
Rocio Ledesma
Board Book | 979-8-88770-143-1
7 x 7 in. | 24 pgs. | \$8.99



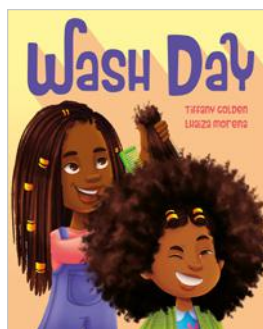
My Extraordinary Face
Samir Mardini, M.D.
Marissa Suchyta, M.D., Ph.D.
Hardcover | 979-8-88770-011-3
eBook | 979-8-88770-012-0
10 x 8 in. | 40 pgs. | \$17.99



The Perfect One
Sue Lancaster
Rocío Caputo
Hardcover | 979-8-88770-097-7
eBook | 979-8-88770-098-4
8 x 10 in. | 32 pgs. | \$17.99

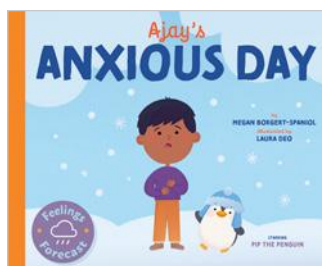


The Spaces In Between
Jaspreet Kaur
Manjit Thapp
Hardcover | 979-8-88770-045-8
eBook | 979-8-88770-046-5
8 x 10 in. | 32 pgs. | \$17.99



Wash Day
Tiffany Golden
Lhaiza Morena
Hardcover | 979-8-88770-099-1
eBook | 979-8-88770-100-4
8 x 10 in. | 32 pgs. | \$18.99

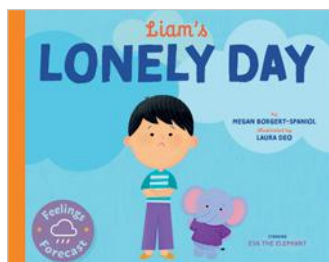
FEELINGS FORECAST



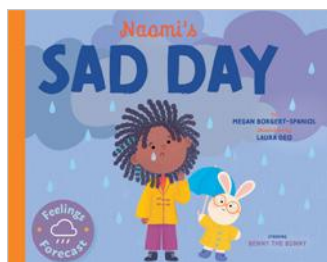
Ajay's Anxious Day
Megan Borgert-Spaniol
Laura Deo
Paperback | 979-8-88770-222-3
eBook | 979-8-88770-223-0
10 x 8 in. | 32 pgs. | \$9.99



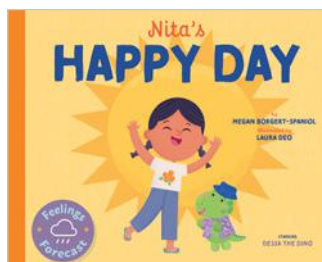
Javi's Excited Day
Megan Borgert-Spaniol
Laura Deo
Paperback | 979-8-88770-232-2
eBook | 979-8-88770-233-9
10 x 8 in. | 32 pgs. | \$9.99



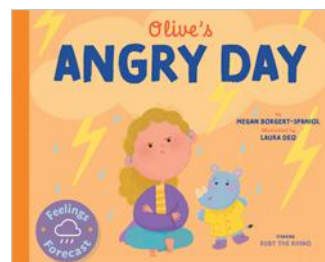
Liam's Lonely Day
Megan Borgert-Spaniol
Laura Deo
Paperback | 979-8-88770-227-8
eBook | 979-8-88770-228-5
10 x 8 in. | 32 pgs. | \$9.99



Naomi's Sad Day
Megan Borgert-Spaniol
Laura Deo
Paperback | 979-8-88770-212-4
eBook | 979-8-88770-213-1
10 x 8 in. | 32 pgs. | \$9.99

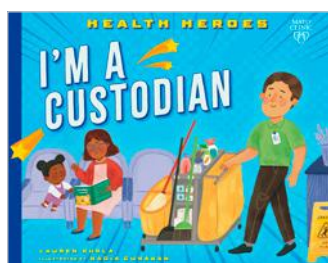


Nita's Happy Day
Megan Borgert-Spaniol
Laura Deo
Paperback | 979-8-88770-207-0
eBook | 979-8-88770-208-7
10 x 8 in. | 32 pgs. | \$9.99



Olive's Angry Day
Megan Borgert-Spaniol
Laura Deo
Paperback | 979-8-88770-217-9
eBook | 979-8-88770-218-6
10 x 8 in. | 32 pgs. | \$9.99

Ages 4-7 HEALTH HEROES



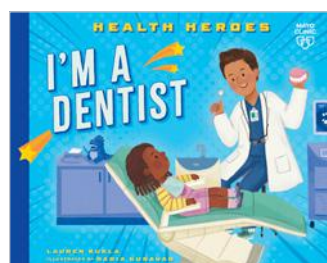
I'm a Custodian

Lauren Kukla
Nadia Gunawan

Paperback | 979-8-88770-102-8

eBook | 979-8-88770-152-3

10 x 8 in. | 32 pgs. | \$9.99



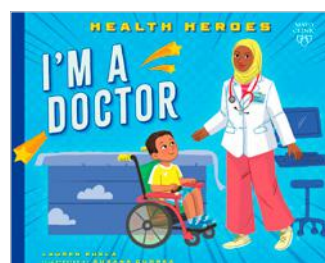
I'm a Dentist

Lauren Kukla
Nadia Gunawan

Paperback | 979-8-88770-320-6

eBook | 979-8-88770-324-4

10 x 8 in. | 32 pgs. | \$9.99



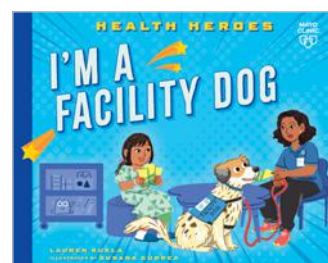
I'm a Doctor

Lauren Kukla
Susana Gurrea

Paperback | 979-8-88770-105-9

eBook | 979-8-88770-150-9

10 x 8 in. | 32 pgs. | \$9.99



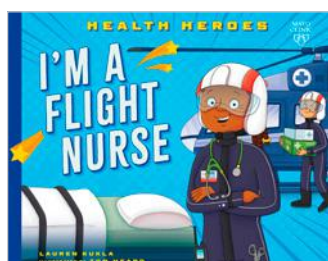
I'm a Facility Dog

Lauren Kukla
Susana Gurrea

Paperback | 979-8-88770-305-3

eBook | 979-8-88770-309-1

10 x 8 in. | 32 pgs. | \$9.99



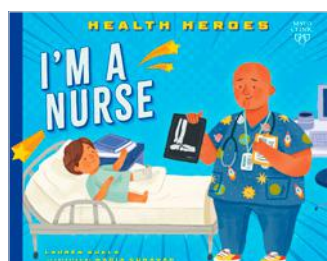
I'm a Flight Nurse

Lauren Kukla
Tom Heard

Paperback | 979-8-88770-108-0

eBook | 979-8-88770-153-0

10 x 8 in. | 32 pgs. | \$9.99



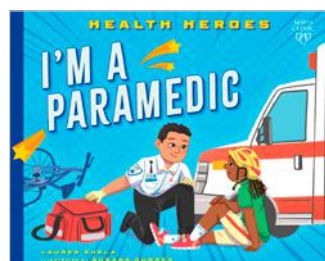
I'm a Nurse

Lauren Kukla
Nadia Gunawan

Paperback | 979-8-88770-073-1

eBook | 979-8-88770-151-6

10 x 8 in. | 32 pgs. | \$9.99



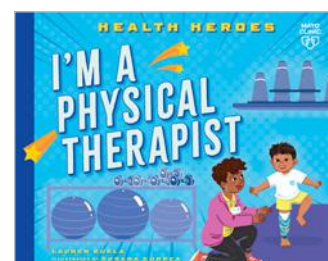
I'm a Paramedic

Lauren Kukla
Susana Gurrea

Paperback | 979-8-88770-120-2

eBook | 979-8-88770-154-7

10 x 8 in. | 32 pgs. | \$9.99



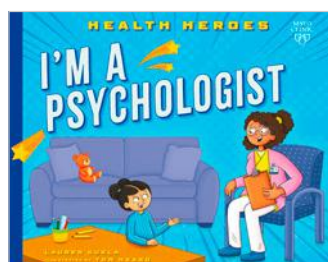
I'm a Physical Therapist

Lauren Kukla
Susana Gurrea

Paperback | 979-8-88770-315-2

eBook | 979-8-88770-319-0

10 x 8 in. | 32 pgs. | \$9.99



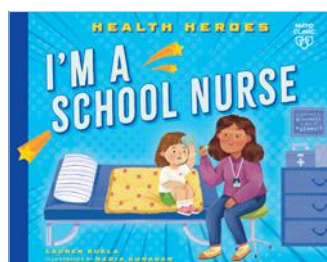
I'm a Psychologist

Lauren Kukla
Tom Heard

Paperback | 979-8-88770-114-1

eBook | 979-8-88770-155-4

10 x 8 in. | 32 pgs. | \$9.99



I'm a School Nurse

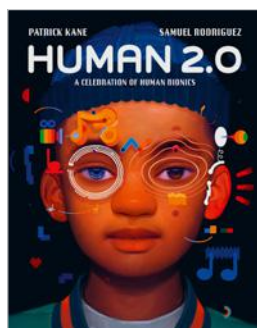
Lauren Kukla
Nadia Gunawan

Paperback | 979-8-88770-310-7

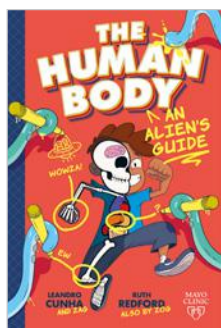
eBook | 979-8-88770-314-5

10 x 8 in. | 32 pgs. | \$9.99

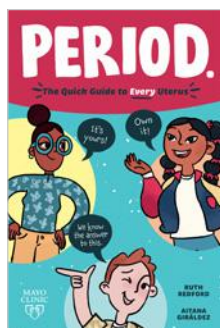
Ages 8-12



Human 2.0
Patrick Kane
Samuel Rodriguez
Paperback | 979-8-88770-192-9
eBook | 979-8-88770-193-6
8.5 x 11 in. | 64 pgs. | \$14.99



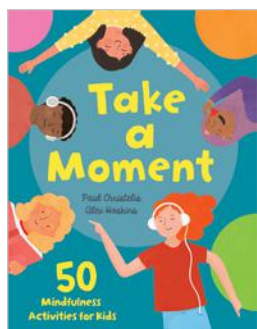
The Human Body
Ruth Redford
Leandro Cunha
Paperback | 979-8-88770-146-2
eBook | 979-8-88770-144-8
6 x 9 in. | 48 pgs. | \$9.99



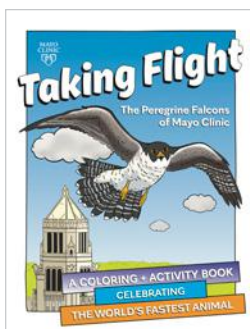
Period.
Ruth Redford
Aitana Giráldez
Paperback | 979-8-88770-044-1
eBook | 979-8-88770-010-6
6 x 9 in. | 48 pgs. | \$14.99



Spacecare
Jennifer Swanson
Hardcover | Jennifer Swanson
eBook | 979-8-88770-008-3
8.25 x 8.25 in. | 80 pgs. | \$19.99

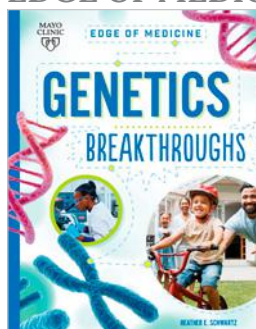


Take a Moment
Paul Christelis
Alex Hoskins
Hardcover | 979-8-88770-158-5
eBook | 979-8-88770-161-5
8.5 x 11 in. | 80 pgs. | \$14.99

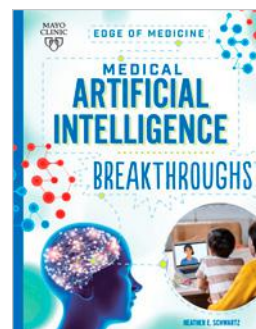


Taking Flight:
The Peregrine Falcons
of Mayo Clinic
Matthew D. Dacy
Jackie Fallon
Format | 978-1-893005-82-2
8.5 x 11 in. | 68 pgs. | \$6.99

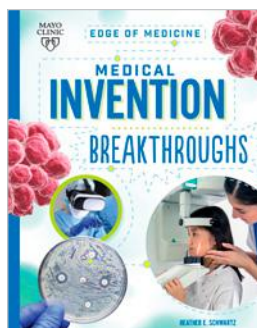
EDGE OF MEDICINE



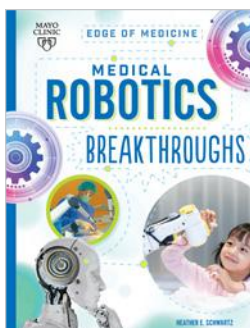
Genetics Breakthroughs
Heather E. Schwartz
Paperback | 978-1-945564-87-1
eBook | 978-1-945564-88-8
7 x 9 in. | 32 pgs. | \$9.99



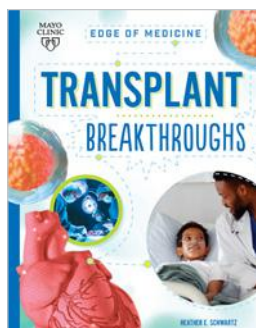
Medical Artificial
Intelligence Breakthroughs
Heather E. Schwartz
Paperback | 978-1-945564-78-9
eBook | 978-1-945564-79-6
7 x 9 in. | 32 pgs. | \$9.99



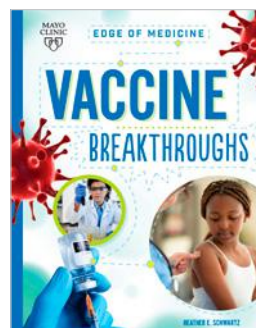
Medical Invention
Breakthroughs
Heather E. Schwartz
Paperback | 978-1-945564-90-1
eBook | 978-1-945564-91-8
7 x 9 in. | 32 pgs. | \$9.99



Medical Robotics
Breakthroughs
Heather E. Schwartz
Paperback | 978-1-945564-81-9
eBook | 978-1-945564-82-6
7 x 9 in. | 32 pgs. | \$9.99



Transplant Breakthroughs
Heather E. Schwartz
Paperback | 978-1-945564-83-3
eBook | 978-1-945564-85-7
7 x 9 in. | 32 pgs. | \$9.99



Vaccine Breakthroughs
Heather E. Schwartz
Paperback | 978-1-945564-73-4
eBook | 978-1-945564-76-5
7 x 9 in. | 32 pgs. | \$9.99

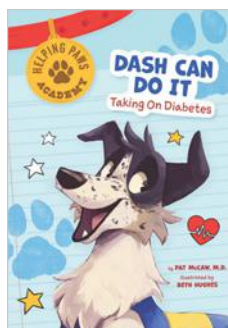
Ages 8-12 HELPING PAWS ACADEMY



Cricket Gives Comfort
Pat McCaw, M.D.
Beth Hughes
Paperback | 979-8-88770-290-2
eBook | 978-0-9771308-8-7
5.25 x 7.5 in. | 80 pgs. | \$9.99



Cricket Helps Out
Pat McCaw, M.D.
Beth Hughes
Paperback | 978-1-945564-98-7
eBook | 978-0-9627865-3-2
5.25 x 7.5 in. | 80 pgs. | \$9.99



Dash Can Do It
Pat McCaw, M.D.
Beth Hughes
Paperback | 978-1-945564-93-2
eBook | 978-1-945564-94-9
5.25 x 7.5 in. | 80 pgs. | \$9.99



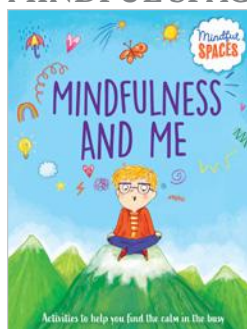
Dash and the Cancer Center
Pat McCaw, M.D.
Beth Hughes
Paperback | 979-8-88770-003-8
eBook | 979-8-88770-004-5
5.25 x 7.5 in. | 80 pgs. | \$9.99



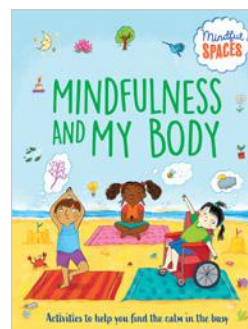
Lumos Helps with Healing
Pat McCaw, M.D.
Beth Hughes
Paperback | 978-1-945564-95-6
eBook | 978-1-945564-97-0
5.25 x 7.5 in. | 80 pgs. | \$9.99



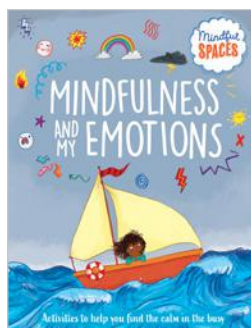
Lumos Keeps Calm
Pat McCaw, M.D.
Beth Hughes
Paperback | 978-0-9771308-9-4
eBook | 979-8-88770-001-4
5.25 x 7.5 in. | 80 pgs. | \$9.99



Mindfulness and Me
Katie Woolley
Paperback | 979-8-88770-127-1
eBook | 979-8-88770-130-1
8 x 10 in. | 32 pgs. | \$9.99



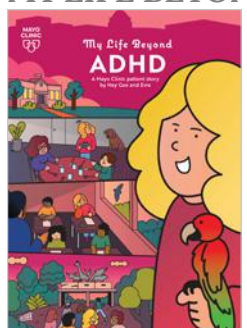
Mindfulness and My Body
Katie Woolley
Paperback | 979-8-88770-131-8
eBook | 979-8-88770-132-5
8 x 10 in. | 32 pgs. | \$9.99



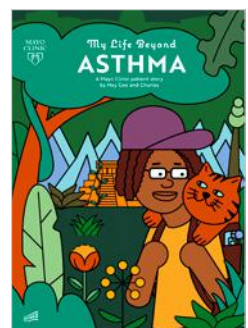
Mindfulness and My Emotions
Katie Woolley
Paperback | 979-8-88770-135-6
eBook | 979-8-88770-136-3
8 x 10 in. | 32 pgs. | \$9.99



Mindfulness and Nature
Katie Woolley
Paperback | 979-8-88770-126-4
eBook | 979-8-88770-139-4
8 x 10 in. | 32 pgs. | \$9.99



My Life Beyond ADHD
Hey Gee
Hardcover | 979-8-88770-387-9
eBook | 979-8-88770-388-6
7.68 x 10.63 in. | 40 pgs. | \$14.99



My Life Beyond Asthma
Hey Gee
Hardcover | 978-1-945564-59-8
eBook | 979-8-88770-065-6
7.68 x 10.63 in. | 40 pgs. | \$14.99

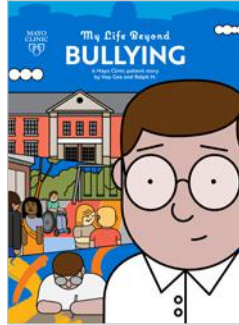
MINDFUL SPACES

MY LIFE BEYOND

Ages 8-12 MY LIFE BEYOND



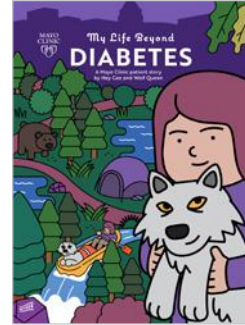
My Life Beyond Autism
Hey Gee
Paperback | 978-1-893005-77-8
eBook | 978-1-945564-42-0
7.68 x 10.63 in. | 36 pgs. | \$8.99



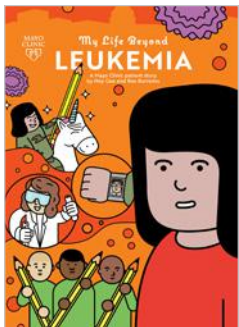
My Life Beyond Bullying
Hey Gee
Paperback | 978-1-893005-76-1
eBook | 978-1-945564-41-3
7.68 x 10.63 in. | 36 pgs. | \$8.99



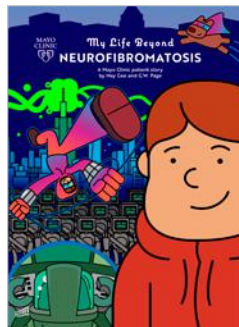
My Life Beyond Depression
Hey Gee
Hardcover | 978-1-945564-68-0
eBook | 978-1-945564-69-7
7.68 x 10.63 in. | 40 pgs. | \$14.99



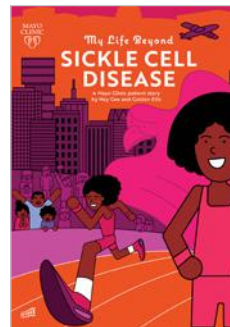
My Life Beyond Diabetes
Hey Gee
Paperback | 978-1-945564-16-1
eBook | 978-1-945564-36-9
7.68 x 10.63 in. | 36 pgs. | \$8.99



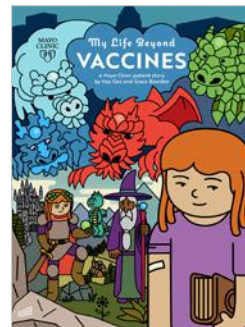
My Life Beyond Leukemia
Hey Gee
Paperback | 978-1-893005-78-5
eBook | 978-1-945564-40-6
7.68 x 10.63 in. | 36 pgs. | \$8.99



My Life Beyond Neurofibromatosis
Hey Gee
Paperback | 978-1-945564-06-2
eBook | 978-1-945564-29-1
7.68 x 10.63 in. | 36 pgs. | \$8.99



My Life Beyond Sickle Cell Disease
Hey Gee
Hardcover | 978-1-945564-65-9
eBook | 978-1-945564-66-6
7.68 x 10.63 in. | 40 pgs. | \$14.99



My Life Beyond Vaccines
Hey Gee
Paperback | 978-1-945564-07-9
eBook | 978-1-945564-28-4
7.68 x 10.63 in. | 36 pgs. | \$8.99