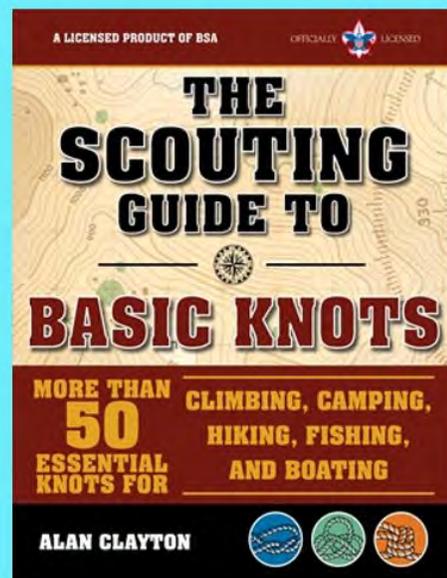
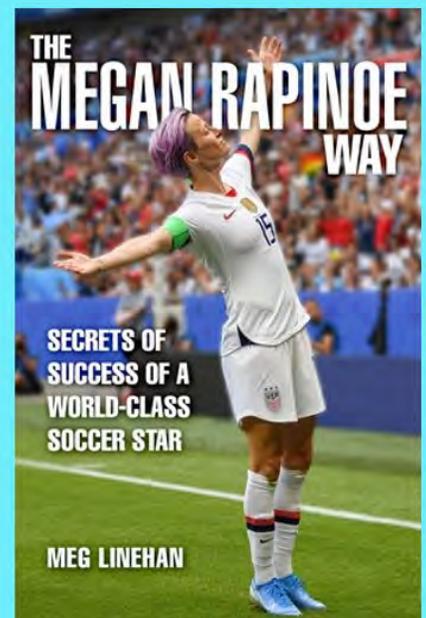
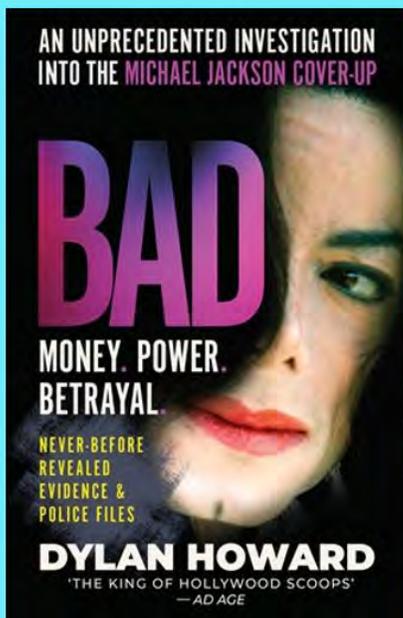


# SKYHORSE PUBLISHING

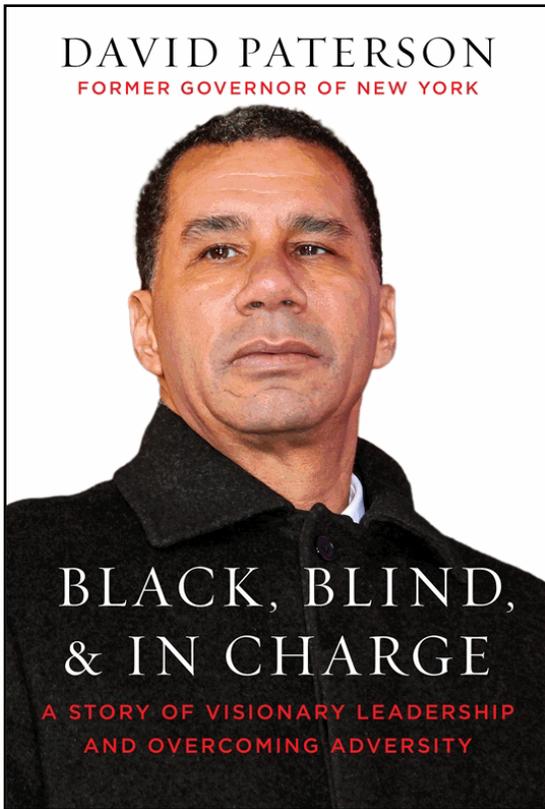


Summer 2020  
(May-August)

David Paterson

## Black, Blind, and In Charge

A Story of Overcoming Adversity and Visionary Leadership



**"I have had this desire my whole life to prove people wrong, to show them I could do things they didn't think I could do."--David Paterson**

A title that hits you between the eyes is second only to a Governor put in office by a prostitution scandal. Scandals aside, David Paterson overcame severe disability and racial prejudice to become a state senator, lieutenant governor, and—unexpectedly—Governor of New York.

Paterson is well known for his remarkable vision. In a rising climate of denial and with fiscal crisis looming, Paterson appeared—seemingly from the wilderness—to sound the alarm about the impending crisis after being in service for only a few months. But his leadership extends well beyond reducing a 21.3-billion-dollar budget deficit during the worst economic downturn in recent history. From standing in protest outside Amazon against Kindle-accessibility for the blind, to advocating the overthrow of a corrupt Trinidad government, he made his mark during his three-year tenure. He made procedural changes that resulted in no state budget being late since his departure from office. He fought for same sex marriage and against disability discrimination. When he appeared on an episode of "Saturday Night Live," he even quipped, "You guys spent so much time talking about my blindness that I forgot I was black."

Paterson was the first and only blind Governor— other than a man who held the title for eleven days in 1975—and the fourth person of African descent to hold the office of Governor in American history. Paterson may also be the only Governor in history to have been arrested outside the Governor's office prior to his service. You will want to read about that one.

His candid admissions, even while serving as Governor, are refreshing in this era where the truth and public servants are rarely mentioned in the same sentence.

This book is at times hilarious, shocking, heartfelt, and then—when you least expect it—soulful, passionate, irreverent, and extraordinary. This is a self-help book encapsulated from the memories of one who continues to help himself through his service to others; the credo of public life.

Since leaving office, the former governor has flourished as a talk show host, consultant to industry, the Chair of the NY State Democratic Party, Director of Investments with the Moldaver Paterson Lee Group at Stifel Investment Bank, and now serves as Senior Vice President & Special Advisor to the President of the Las Vegas Sands Corporation.

**David Paterson**, a lifetime politician, rose to become the first black governor of New York State, and the second legally blind person in the United States to become governor of any state.

**MONTH:**May

**\$25.99 (\$34.99 CAD) Hardcover, dust**

**North American Rights • CQ 30**

**ISBN: 978-1-5107-5633-5**

**6 x 9 • 224 pages**

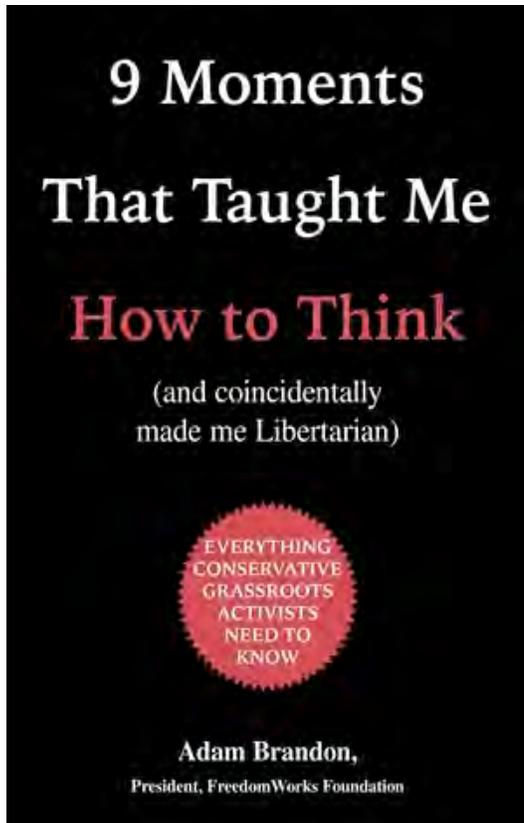
**Ebook ISBN 978-1-5107-5885-8**

**Biography & Autobiography/Political**

**25 color photographs**

Adam Brandon, FreedomWorks Foundation

## 9 Moments That Taught Me How to Think (and coincidentally made me Libertarian)



Let Adam Brandon, one of America's leading activists, explain the past, the present, and the future of American conservatism—from Barry Goldwater and Ronald Reagan to the rise of the Tea Party and the fight against Obamacare to the election of Donald Trump and his battle to drain the swamp in Washington—and offer advice from his unique perspective on how to bridge the generational and political divides in the United States for a better future.

As president of the country's largest free-market grassroots advocacy organization, FreedomWorks, Adam Brandon has worked for years to advance the causes of liberty and freedom. Throughout his life—from a childhood in the Midwest exposed to multiple political viewpoints, to foreign service abroad in Northern Ireland and Poland, to moving to Washington, DC and becoming a part of the swelling grassroots movement that led to the Tea Party and, eventually, Donald Trump's presidency—he has seen time and again the value of personal responsibility and self-government, and has fought for economic and civil liberties and individual freedoms the whole way as a libertarian grassroots activist.

Now, he's ready to share the many lessons he's learned throughout his time in politics by examining nine formative moments that shaped his worldview and life, with chapters on subjects such as:

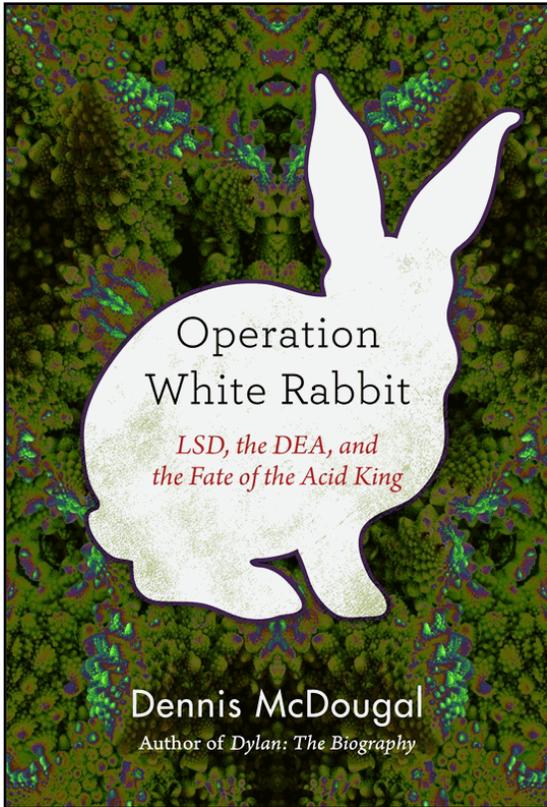
- The early days of the Tea Party
- Ways activists can make politics into a living
- The rise of Trump
- How grassroots activists can work to create lasting and meaningful change
- What's at risk for America and Western civilization if current political and ideological trends continue

*9 Moments That Taught Me How to Think* is an essential resource for anyone seeking to understand the state of modern politics, for anyone who wants to use grassroots activism to make a difference in the world, and for anyone who wonders about what the future holds for America and its citizens.

**Adam Brandon** is the president of FreedomWorks, the largest free-market grassroots advocacy organization in the country, which helps over six million activists. He has been published in and quoted by, among others, Fox News, *The Wall Street Journal*, *The New York Times*, *The Washington Post*, *Forbes*, and *The Hill*. He earned a B.A. from George Washington University and master's degrees from Georgetown University, George Washington University, and Jagiellonian University in Krakow, Poland. When he's not in a suit, he can be found watching the Cleveland Browns with his wife.

MONTH: May  
 \$26.99 (\$35.99 CAD) Hardcover  
 World • CQ 30  
 ISBN: 978-1-5107-5634-2  
 6 x 9 • 224 pages  
 Ebook ISBN 978-1-5107-5635-9  
 Political Science/Political  
 Ideologies/Libertarianism

Dennis McDougal

**Operation White Rabbit****LSD, the DEA, and the Fate of the Acid King**

**A search for the truth behind the DEA's life imprisonment of acid's most famous martyr.**

*Operation White Rabbit* traces the rise and fall—and rise and fall again—of the psychedelic community through the life of the man known as the “Acid King:” William Leonard Pickard. Pickard was a legitimate genius, a follower of Timothy Leary, a con artist, a womanizer, and a believer that LSD would save lives. He was a foreign diplomat, a Harvard fellow, and the biggest producer of LSD on the planet—if you believe the DEA.

A narrative for fans of Michael Pollan's *How to Change Your Mind*, Pickard's personal story is set against a fascinating chronicle of the social history of psychedelic drugs from the 1950s on. From LSD distribution at UC Berkeley to travelling the world for the State Department, Pickard's story is one of remarkable genius—that is, until a DEA sting named “Operation White Rabbit” captured him at an abandoned missile silo in Kansas. Pickard, the DEA said, was responsible for 90 percent of the world's production of lysergic acid.

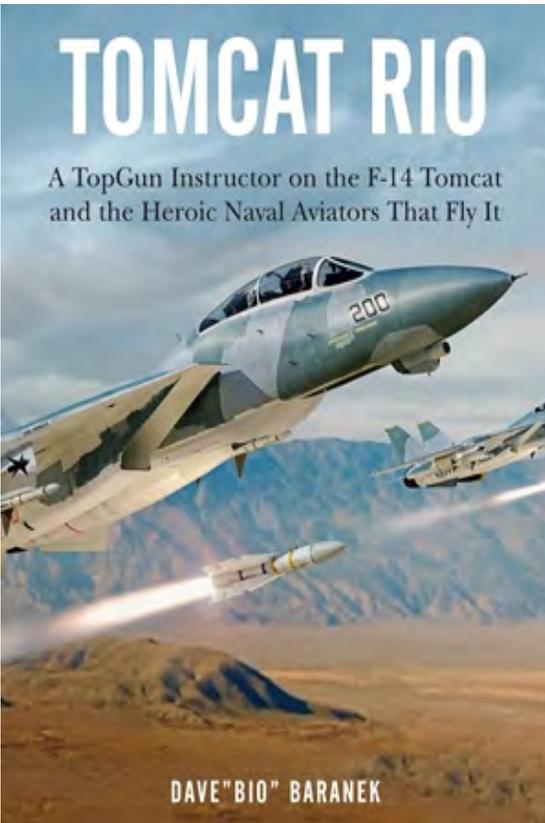
The DEA announced to the public that they found 91 pounds of LSD. In reality, the haul was seven ounces. They found none of the millions of dollars Pickard supposedly amassed, either. But nonetheless, he is now serving two consecutive life sentences without possibility of parole. Pickard has become acid's best-known martyr in the process, continuing his advocacy and artistic pursuits from jail.

Pickard has successfully sued the US government because his requests for information on his case returned two blank DEA documents. But the appeals of his sentence have continually failed. The author visits him regularly in jail in an effort to find the truth.

Investigative journalist **Dennis McDougal** is the author of twelve books, including *Dylan: The Biography* and *Five Easy Decades*. A staff writer for two decades with the *Los Angeles Times* and frequent contributor to the *New York Times*, McDougal has been honored with more than forty awards, including Stanford University's John S. Knight Fellowship, the Anne Sperber Award for the nation's best media biography, a nomination for the Mystery Writers of America's Edgar Award, and the George Foster Peabody Award as co-producer of the 2009 PBS *American Experience* documentary *Inventing L.A.* based on McDougal's bestselling *Privileged Son*.

**MONTH: May****\$24.99 (\$33.99 CAD) Hardcover****US & Canada • CQ 36****ISBN: 978-1-5107-4537-7****6 x 9 • 288 pages****Ebook ISBN 978-1-5107-4538-4****True Crime/Con Artists, Hoaxes & Deceptions****None**

Dave Baranek

**Tomcat Rio****A TopGun Instructor on the F-14 Tomcat and the Heroic Naval Aviators That Fly It****From Topgun to Squadron Command!**

You're in the cockpit of the legendary F-14 Tomcat fighter, blazing along at twice the speed of sound seven miles above the ocean and the carrier that hurled you off its deck. You're practicing dogfighting with "aggressors," guys on your side flying F-16s. You're patrolling the tense skies above Iraq, and with the push of a button you can launch the 100-mile Phoenix missile that can blow a foe to scrap before you even see him. You are an expert in fighter tactics and aircraft carrier operations, and it all leads to your command of an F-14 fighter squadron of more than 300 people.

Sounds like a week's worth of daydreams, but it's all real-life in the career of Dave "Bio" Baranek, and he shares it with you in the exciting, superbly crafted new book, *Tomcat Rio*. Dave – callsign "Bio" – pulled his readers into the exciting world of the F-14 and the Navy's TOPGUN program with his popular books *Topgun Days* and *Before Topgun Days*. Now he's back with the rest of the story, as he reaches the top level of expertise and proves it, not just in graded competitions but also where it counts, where you shoot at them and they shoot at you.

Dave also shares the challenges he faced. A deadly foe called complacency. Learning a whole new mission late in his career. The unexpected trials that come with leading a squadron in the dynamic environment of Naval Aviation. This third volume is full of adventures, lessons, and inspiration. If you are a casual reader, you'll turn the last page as a dedicated Tomcat fan.

To make it all even more real, *Tomcat Rio* includes dozens of Bio's best and most acclaimed photos. Photographer George Hall hailed one shot as "one of the best Tomcat photos ever taken."

In words and pictures, Bio immerses you in rich detail. He pipes you aboard as a member of an F-14 squadron. You share the camaraderie of Type A personalities. You plan risky missions, going toe-to-toe against America's most volatile foes. You can almost smell the pungent jet exhaust, almost feel the gut-wrenching G's of a dogfight, as *Tomcat Rio* pitches you into the thick of it as only Bio can tell it. Strap in! You're going for one fantastic ride.

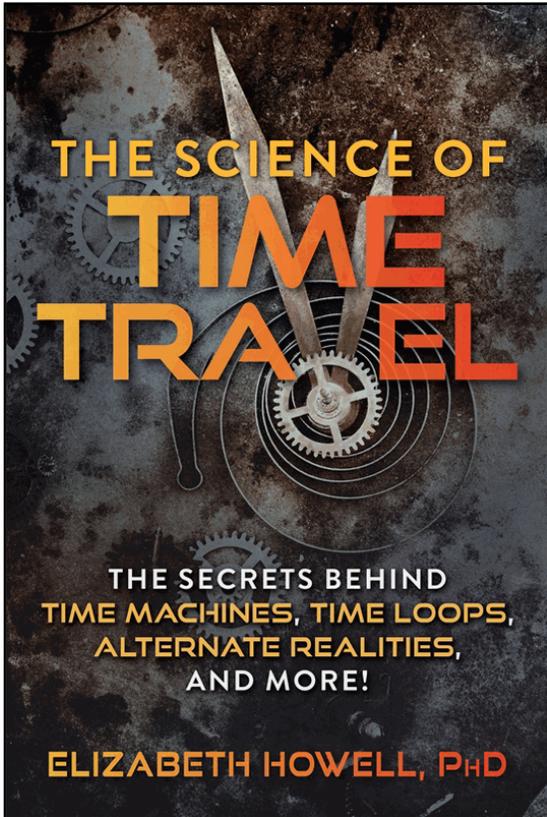
**Dave "Bio" Baranek** is the author of *Topgun Days* and *Before Topgun Days*. He enjoyed a successful and satisfying twenty-year career in the United States Navy, starting with assignments to F-14 Tomcat squadrons and the elite Topgun training program, and on to the Joint Chiefs of Staff and the US 7th Fleet. Baranek retired from the Navy in 1999 and is now a defense contractor. He is married and lives in Satellite Beach, Florida. Learn more about Dave Baranek at [www.TopgunBio.com](http://www.TopgunBio.com).

**MONTH: May****\$27.99 (\$36.99 CAD) Hardcover, dust****World • CQ 18****ISBN: 978-1-5107-4822-4****8 x 10.5 • 224 pages****Ebook ISBN 978-1-5107-4823-1****History/Military/Aviation****100 color photographs**

Elizabeth Howell

## Science of Time Travel

The Secrets Behind Time Machines, Time Loops, Alternate Realities, and More!



MONTH: May  
\$14.99 (\$19.99 CAD) Paperback  
World • CQ 36  
ISBN: 978-1-5107-4964-1  
6 x 9 • 232 pages  
Ebook ISBN 978-1-5107-4965-8  
Science/Time

Travel back in time with *Doctor Who*, the *Terminator*, the *X-Men*, and all your favorite time travelers!

Science fiction is the perfect window into the possibilities and perils of time travel. What would happen if you went back in time and killed your own grandparent? If you knew how to stop a presidential assassination, would time travel allow you to make your wish come true? Can we use time travel as a tool to escape the destiny of our future or mistakes of the past?

*The Science of Time Travel* explores time travel through your favorite science-fiction franchises, from the classic time travel paradoxes of *Star Trek* to the universe-crossing shenanigans of *Doctor Who*.

Discover the real science behind questions such as:

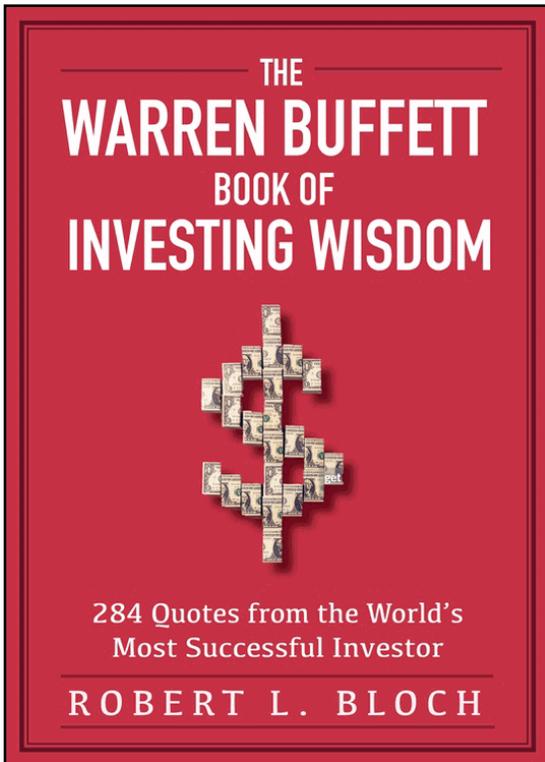
- Can time travel really erase our past regrets like in *A Christmas Carol*?
- Is it worth killing people in the past to prevent a horrible future like in *Terminator*?
- What can we learn from living the same day over and over again like in *Groundhog Day*?
- Could time travel destroy our right to privacy like in *Deja Vu*?
- And so much more!

It's time to fire up the DeLorean to 88 mph, jump into the TARDIS hiding in plain sight, or warp space with the *USS Enterprise* to explore what time travel means for us.

**Elizabeth Howell, PhD**, is a space and science journalist based in Ottawa, Canada. She covered astronaut launches on two continents, pretended to be a Mars astronaut for two weeks, and recently finished a PhD in Aerospace Sciences. Her love of space began in 1996 after she watched the movie *Apollo 13* for the first time, but it was *Star Trek* that got her thinking about the future of space travel and time travel. Read more about her work at [elizabethhowell.ca](http://elizabethhowell.ca).

Robert L. Bloch

## **The Warren Buffett Book of Investing Wisdom** **284 Quotes from the World's Most Successful Investor**



Compiled by the son of the cofounder of H&R Block, a collection of business quotes and advice from the most successful investor of the twentieth century, Warren Buffett.

Warren Buffett, chairman and CEO of Berkshire Hathaway, is widely considered the most successful investor of the twentieth century. Since the early 1950s, Buffett has proved himself to be an astute investor, and he turned Berkshire Hathaway from a struggling small textile business into the fifth-largest public company in the world, valued at nearly \$350 billion.

Buffett is well known for his simple but invaluable principles regarding investing and finances, and countless businessmen and people looking to be smarter with their money and their investments have turned to Buffett for his advice. One of those people is Robert Bloch, son of the cofounder of the tax preparation company H&R Block.

*The Warren Buffett Book of Investing Wisdom* contains nearly three hundred quotes that Bloch has personally found to be indispensable to financial success. With the written blessing of Buffett himself, Bloch has selected the best of Buffett, wisdom that will guide you to becoming the most disciplined and rational long-term investor you can be.

**MONTH: May**

**\$9.99 (\$12.99 CAD) Paperback**

**Selected Countries • CQ 36**

**ISBN: 978-1-5107-5399-0**

**5 x 7 • 168 pages**

**Ebook ISBN 978-1-63450-557-4**

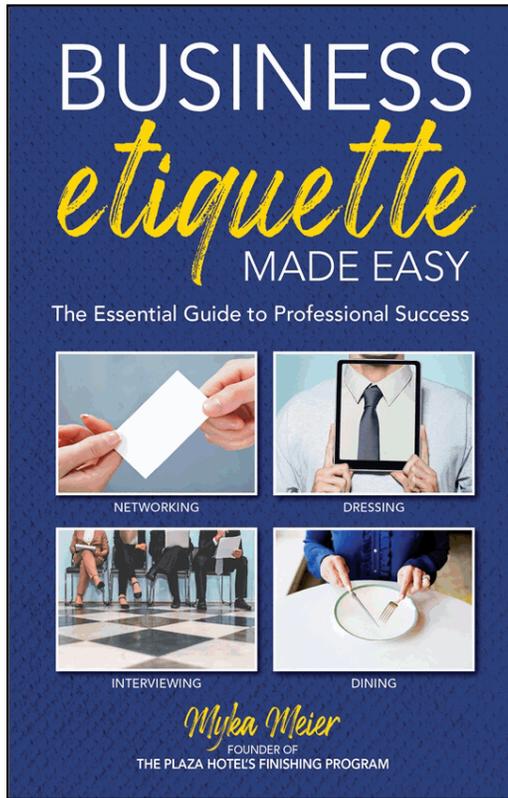
**Business & Economics/Investments &  
Securities/Stocks**

**Robert L. Bloch** is the program officer of the H&R Block Foundation, and treasurer and director of the Marion and Henry Bloch Family Foundation. His father, Henry Bloch, cofounded H&R Block in 1955. Bloch lives in Mission Hills, Kansas.

Myka Meier

## Business Etiquette Made Easy

### The Essential Guide to Professional Success



Crowned “the picture of grace” by *Vogue* magazine, founder of The Plaza Hotel’s Finishing Program spills her insider tips on how to achieve an upper edge in your career.

Etiquette expert Myka Meier has coached thousands of business professionals and worked with internal human resources and hiring departments of some of the most successful Fortune 100 companies to learn what it takes to be the best in business. It may surprise you to learn that etiquette is what differentiates *you* from everyone else, and *Business Etiquette Made Easy* shows you how to put your best professional foot forward.

Whether you’re just entering the workforce or have been working for many years and want to revamp your image, Myka shares practical tips that are simple to incorporate into your everyday business life.

Through easy-to-follow chapters, you’ll learn how to:

- Master resumes and interviews at any level
- Dress like a polished professional
- Make a great first impression
- Network like a pro
- Have superb business dining table manners
- And much, much more!

Perfect for a recent college graduate as well as those looking to climb the ladder in their respective job or industry, *Business Etiquette Made Easy* is an essential read for any working professional.

**MONTH:** May

**\$16.99 (\$22.99 CAD) Hardcover**

**World • CQ 36**

**ISBN: 978-1-5107-5193-4**

**5 x 8 • 176 pages**

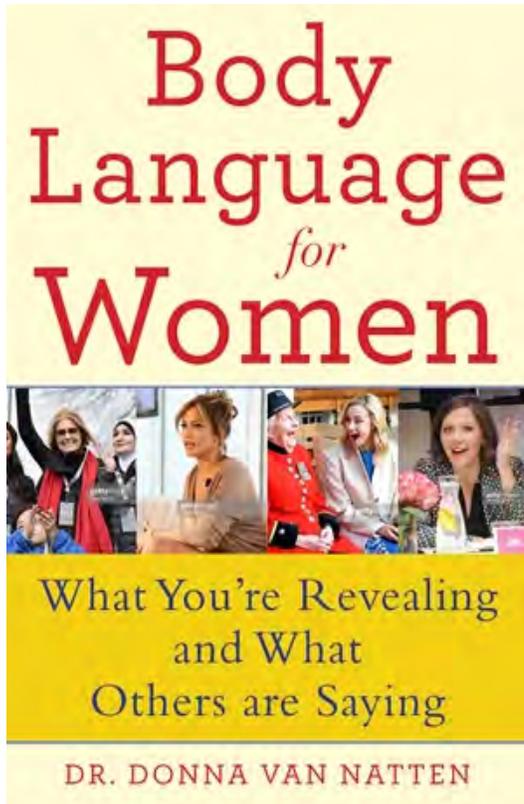
**Ebook ISBN 978-1-5107-5196-5**

**Business & Economics/Business Etiquette**

**10 color photographs and illustrations throughout**

**Myka Meier** is an entrepreneur and business etiquette coach with formal training at some of the world’s most prestigious finishing schools. She founded Beaumont Etiquette and co-founded The Plaza Hotel’s Finishing Program to bring a fresh and relatable perspective to modern manners. Myka travels the country as a keynote speaker, teaching business professionals what it takes to be the best in their industries, and resides in New York City with her Swiss husband and daughter.

Dr. Donna Van Natten

**Body Language for Women****What You're Revealing and What Others are Saying**

**Bodies talk. Do you know how to listen? A quick glance, a twist of the hips, or a biting of the lower lip can speak volumes about what someone is thinking or feeling.**

The powerful messages our bodies send can make all the difference when interviewing for a new job, going on a date, or detecting when a person is lying to you.

In *Body Language for Women*, body language expert Dr. Donna Van Natten provides you with the tools and resources that you need to analyze the movements of those around you. She helps you detect what you are subtly and unconsciously saying with your own body and the implications these communications are having on your life. Further, Dr. Van Natten challenges you to understand the nonverbal cues of other women and men in general, your family members, and your romantic interests. Finally, she fine-tunes your gut instinct to confirm the truth or deception of what others are saying.

Clear, concise, and filled with expert knowledge, *Body Language for Women* will help you win in the workplace, successfully navigate social situations, and gain a greater understanding of what's really going on when we communicate with others.

**MONTH: May**  
**\$14.99 (\$19.99 CAD) Paperback**  
**World • CQ 36**  
**ISBN: 978-1-5107-5121-7**  
**5.5 x 8.25 • 160 pages**  
**Ebook ISBN 978-1-5107-5123-1**

**Social Science/Body Language & Nonverbal Communication**  
**25 b/w photographs**

**Dr. Donna Van Natten's** research in the science driving non-verbal communication, facial expressions, gestures, and behavioral intentions has changed the way companies develop their people. Coupled with her dynamic personality and animated delivery, the Body Language Dr.® is a national spokesperson and expert in interpreting numerous components of communication.

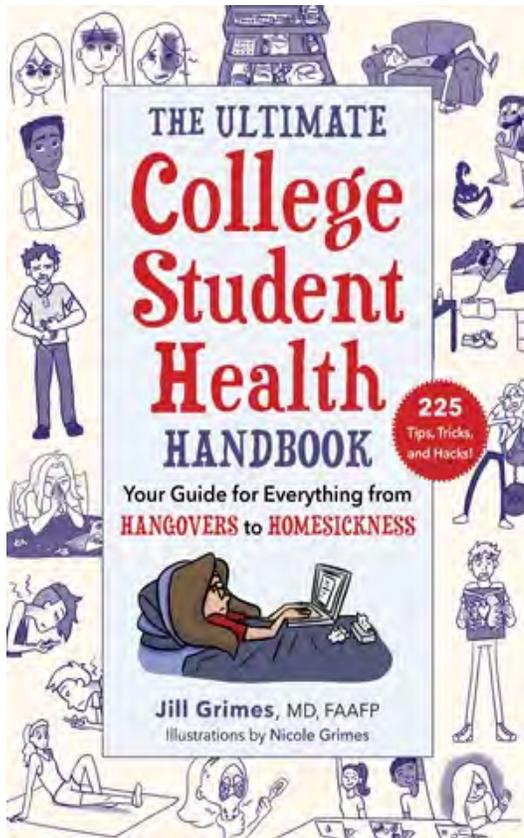
Dr. Donna synthesizes her education, knowledge, and expertise into high-octane, interactive, educational, and fun body language and communication programs. Her non-verbal communication sessions provide new insights and tools about human behaviors and cross a myriad of audiences—including corporate teams, community-based organizations, and national keynote engagements.

She holds multiple degrees, culminating with a doctorate in educational leadership. Dr. Donna was awarded a Japan Fulbright Scholarship, is published in the *Journal of Leadership Education*, and wrote *Image Scrimmage* about the power of body language and leadership. She's been featured multiple times in *Inc Magazine* for her expertise in nonverbal communication and leadership.

Jill Grimes, Nicole Grimes

## The Ultimate Healthy College Student's Handbook

### A Head-to-Toe Guide for Everything from Hangovers to Homesickness



**MONTH:** May  
**\$16.99 (\$22.99 CAD) Paperback**  
 World • CQ 36  
**ISBN:** 978-1-5107-5103-3  
 6 x 9 • 224 pages  
**Ebook ISBN** 978-1-5107-5105-7  
 Health & Fitness/Healthy Living  
 20 color illustrations

Consider this **College Health 101**—a guide to what students really want (or need) to know about their mental and physical health when they're away from home.

College students facing their first illness, accident, or anxiety away from home often flip-flop between wanting to handle it themselves and wishing their parents could swoop in and fix everything. Advice from peers and “Dr. Google” can be questionable. *The Healthy College Student's Handbook* provides accurate, trustworthy, evidence-based medical information (served with a dose of humor) to reduce anxiety and stress and help set appropriate expectations for more than 50 common issues.

What if you can't sleep well (*or can't sleep at all*) in your dorm-room? What if a pill “gets stuck” in your throat? What if your roommate falls asleep (or passes out) wearing contacts, and wakes up with one painfully stuck? Your friend's terrible sore throat isn't Strep or Mono? *What else could it be?* What if everyone from your group project thinks they're coming down with the flu the day before your presentation?

Dr. Jill Grimes has the answer to these questions and many more. Her guidebook is designed to help you:

- Decide if and when to seek medical help
- Know what to expect when you get there
- Plan for the worst-case scenario if you don't seek help
- Learn how you can prevent this in the future
- Realize what you can do right now, before you see a doctor
- Understand the diagnostic and treatment options

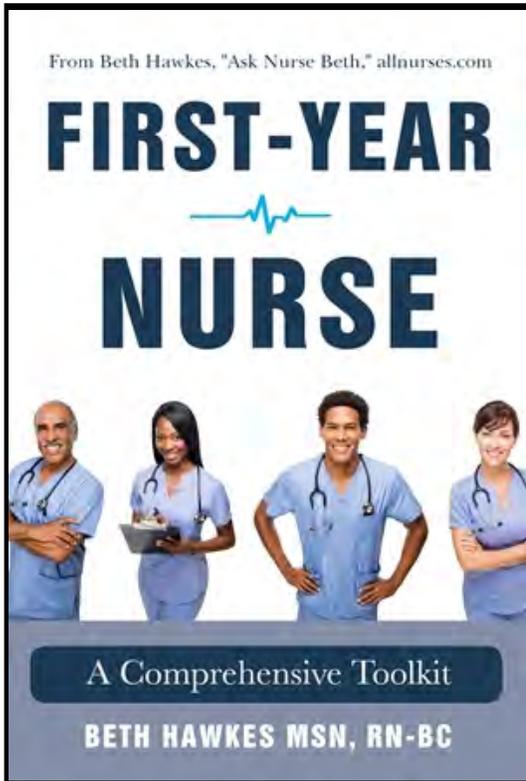
The topics of tattoos, smoking, vaping, pot, piercings, and prescription drugs will also be tackled throughout the pages of this handbook, ensuring you, your roommates, and your friends have a healthy semester.

**Jill Grimes, MD, FAAFP**, is a nationally recognized medical media expert, award-winning author, medical editor, and Board-Certified Family Physician. Her passion is prevention, and her message spans print (*Parenting Magazine, Glamour, etc.*), online (Livestrong.com), television and radio talk shows (*Sirius XM Doctor Radio*). After two decades of private practice, Dr. Grimes now enjoys seeing patients at the University of Texas at Austin. She is a proud mom to two awesome collegiate daughters. Academically, Dr. Grimes enjoys educating health care professionals by speaking at national AAFP, Pri-Med®, and Harvard Medical School conferences, and remains on clinical faculty at UMASS Medical School.

Beth Hawkes

## First-Year Nurse

### A Comprehensive Toolkit



**An Indispensable Guide for First-Time Nurses on Working with Doctors, the Joys of the Night Shift, and Facing Mistakes!**

You've completed the necessary education, passed the exams, and you're finally ready for your first year as a professional nurse. But there is still trepidation, accompanied by many unanswered questions.

A true first year of nursing 101 guide, this book covers topics like managing feedback, working with doctors, working night shift, and recovering from a mistake. Writer and nursing professional Beth Hawkes draws from her own experiences to offer expert tips for first-timers venturing into this important discipline. Writing in a manner that's digestible and including illustrative anecdotes along the way, Hawkes will put readers at ease with her clear advice and directives—many of which can be applied in professional settings outside of nursing. She offers rookie nurses sample questions to help guide them on how they should be communicating with preceptors and colleagues, from morning to night.

The perfect gift for nurses just entering the field!

**Beth Hawkes** is a nurse who operates the blog Nursecode.com. Hawkes also writes the "Ask Nurse Beth" column at AllNurses.com. She works as a nursing professional development specialist and does work with the American Nurses Association, the Association for Nursing Professional Development, and the Academy of Medical-Surgical Nurses as a column editor and content developer. Hawkes resides in southern California.

**MONTH:** May

**\$16.99 (\$22.99 CAD) Hardcover**

**World • CQ 36**

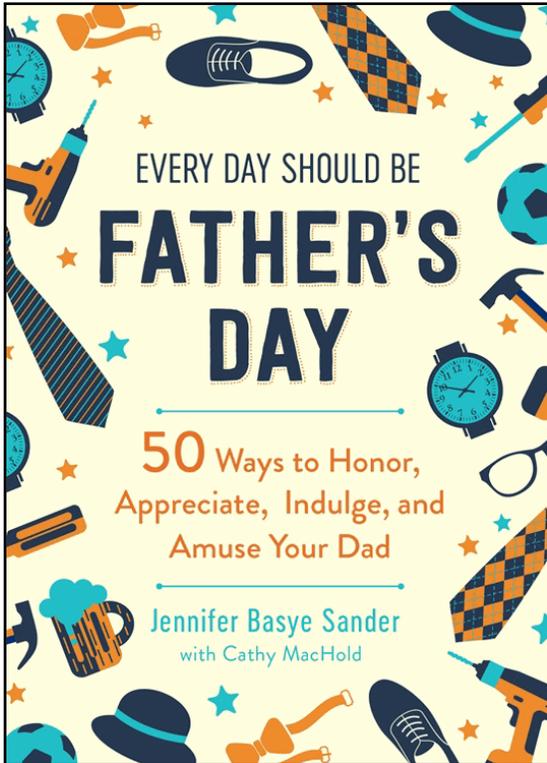
**ISBN: 978-1-5107-5513-0**

**5.5 x 8.25 • 192 pages**

**Ebook ISBN 978-1-5107-5514-7**

**Medical/Nursing/Fundamentals & Skills**

Jennifer Basye Sander, Cathy MacHold

**Every Day Should be Father's Day****50 Ways to Honor, Appreciate, Indulge, and Amuse Your Dad****Celebrate the dads in your life!**

After all they've done for us, dads everywhere deserve to be appreciated on a daily basis, rather than waiting all year for a card and tie (or some power tools). Though the holiday has morphed over the years into more of a commercial event, it's high time we got back to the idea of making Dad feel treasured and appreciated all the time.

Think back on the many things, big and small, your father has done for you over the years—isn't it time you started making those same gestures in the other direction? We think so! It is never too early, or for that matter, too late, to make a parent feel special.

In these pages, you'll find idea after idea that will encompass a wide variety of activities to get you thinking about how to make your dad feel special, even if you don't live close by. Also included are quotes, and special stories and memories from numerous people about what makes fatherhood, or their own father, special. Go ahead and remember to buy that card and bring over some treats on the actual Father's Day, but in the meantime, here are some ways to make every day count . . .

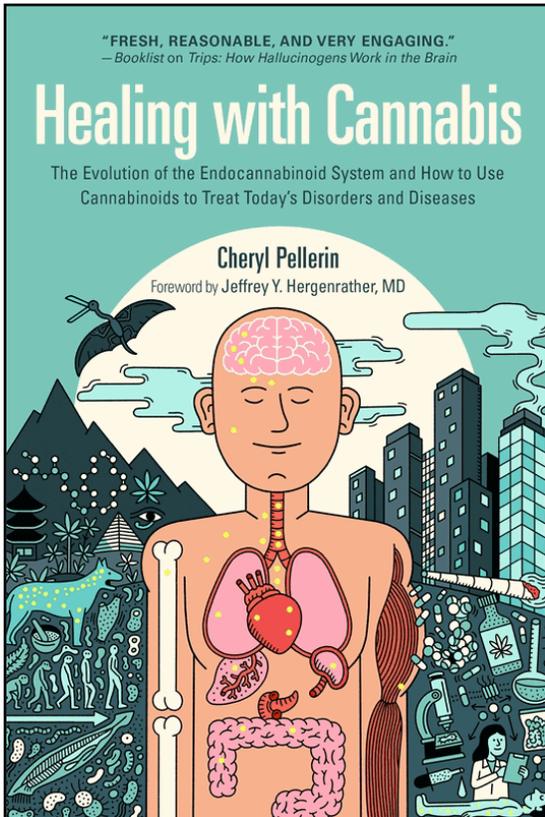
**Jennifer Basye Sander** was a senior editor at Random House and now coaches writers at all levels to develop their ideas into books. She coauthored *The Complete Idiot's Guide to Getting Published*. Jennifer teaches nonfiction writing and publishing at community colleges in California, and is an adjunct professor for the MFA program of the Northwest Institute of Literary Arts in Washington. She lives in Sacramento, California.

**MONTH: May****\$12.99 (\$17.99 CAD) Hardcover****World • CQ 36****ISBN: 978-1-5107-5235-1****5 x 7 • 128 pages****Ebook ISBN 978-1-5107-5236-8****Family & Relationships/Parenting/Fatherhood**

Cheryl Pellerin, Jeffrey Y. Hergenrather

## Healing with Cannabis

### The Evolution of the Endocannabinoid System and How to Use Cannabinoids to Treat Today's Disorders and Diseases



**An informative text for the general audience about why and how medical cannabis helps treat a range of illnesses—maybe all of them.**

When surveyed, 8 of 10 Americans support the medical use of cannabis, and millions now use medical cannabis or non-intoxicating cannabinoids like CBD. But many of them don't know that an ancient biological system—the endocannabinoid system—is the reason cannabis even works in the body, and it's the reason cannabis can treat a broad range of disorders.

*How Cannabis Heals* offers an informal tone, a little humor, interviews with cannabinoid scientists, color images, and some of the latest research and clinical trials to recount the billion-year-old story of the endocannabinoid system and to show how and why medical cannabis is such a versatile medicine.

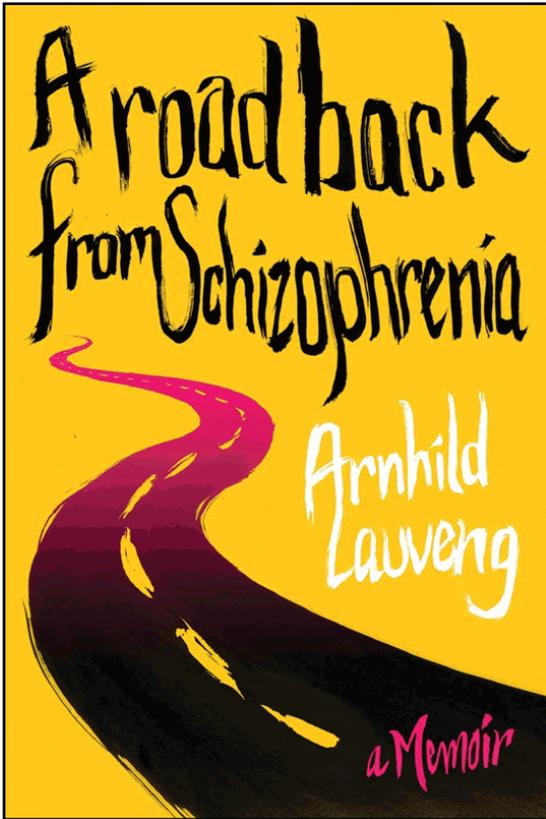
*How Cannabis Heals* explains specifically how cannabis has positive effects on some of society's most devastating illnesses, including symptoms of neurodegenerative diseases, post-traumatic disorder, pain, movement disorders, cancer, and addiction. And it shows how medical cannabis, widely available, will change the face of public health. This book identifies a problem and its constraints and explains how we can benefit from a medicine that has a 5,000-year history of safe and effective use.

**MONTH: May**  
**\$24.99 (\$33.99 CAD) Hardcover**  
**World • CQ 30**  
**ISBN: 978-1-5107-5186-6**  
**7.5 x 9 • 256 pages**  
**Ebook ISBN 978-1-5107-5186-6**  
**Medical/History**  
**175 color photos/illustrations**

**Cheryl Pellerin** is a science writer with a bachelor's of science degree in science journalism and nearly thirty years of experience writing about science in its many forms. Her first book was *Trips: How Hallucinogens Work in your Brain*, translated into French and German, with art by Robert Crumb and the underground cartoonists from Zap Comix. She worked as a freelancer for the Discovery Channel and others, then as a science writer for the State and Defense departments. She resides in Virginia.

**Jeffrey Y. Hergenrather**, M.D. began his medical career in 1976, practicing general medicine, obstetrics and gynecology, pediatrics, neonatal care, and emergency medicine. In 1999, he began a medical practice in general medicine and cannabis consultations. He was a founding member in 2000 of the nonprofit Society of Cannabis Clinicians and has been its president since 2008. SCC provides clinical cannabis education to physicians and allied health professionals. He also provides cannabis recommendations to Californians with serious medical conditions, and consultations worldwide by phone and through online appointments. The patient education website MedicalJane calls him "easily one of the most important cannabis physicians working today."

Arnhild Lauveng

**Road Back from Schizophrenia****A Memoir**

**A powerful memoir for sufferers, their families, and the professionals who care for them.**

For ten years, Arnhild Lauveng suffered as a schizophrenic, going in and out of the hospital for months or even a year at a time. *A Road Back from Schizophrenia* gives extraordinary insight into the logic (and life) of a schizophrenic. Lauveng illuminates her loss of identity, her sense of being controlled from the outside, and her relationship to the voices she heard and her sometimes terrifying hallucinations. Painful recollections of moments of humiliation inflicted by thoughtless medical professionals are juxtaposed with Lauveng’s own understanding of how such patients are outwardly irrational and often violent. She paints a surreal world—sometimes full of terror and sometimes of beauty—in which “the Captain” rules her by the rod and the school’s corridors are filled with wolves.

When she was diagnosed with the mental illness, it was emphasized that this was a congenital disease, and that she would have to live with it for the rest of her life. Today, however, she calls herself a “former schizophrenic,” has stopped taking medication for the illness, and currently works as a clinical psychologist. Lauveng, though sometimes critical of mental health care, ultimately attributes her slow journey back to health to the dedicated medical staff who took the time to talk to her and who saw her as a person simply diagnosed with an illness—not the illness incarnate.

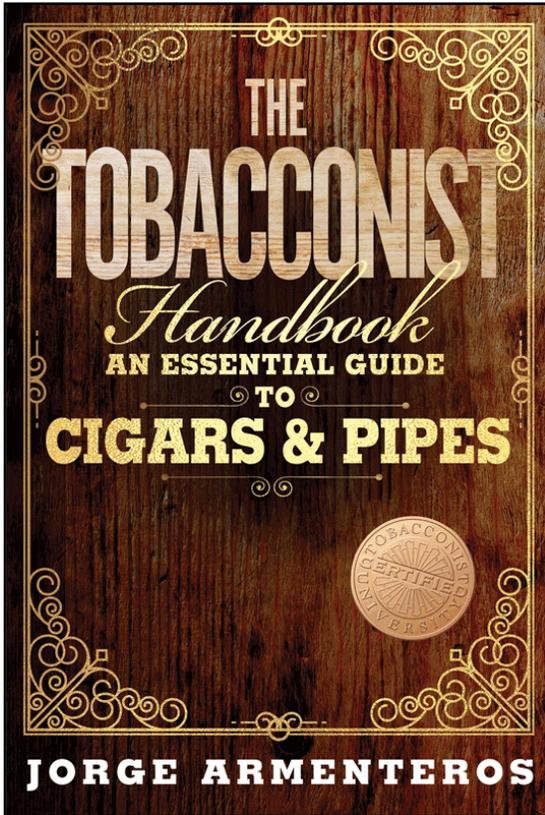
**MONTH: May****\$16.99 (\$22.99 CAD) Paperback****WORLD • CQ 36****ISBN: 978-1-5107-2495-2****5.50 x 8.25 • 208 pages****Ebook ISBN 978-1-61608-871-2****Psychology/Psychopathology/Schizophrenia**

**Arnhild Lauveng** studied at the University of Oslo, and now works as a clinical psychologist. She is a successful Norwegian author and a popular speaker. She was awarded the Mental Health Prize in 2004 for her openness in discussing her battle with mental illness.

Jorge Armenteros

## **Tobacconist Handbook**

### **An Essential Guide to Cigars & Pipes**



**MONTH:** May

**\$17.99 (\$24.99 CAD) Paperback**

**World • CQ 36**

**ISBN: 978-1-5107-5212-2**

**5.5 x 8.25 • 216 pages**

**Ebook ISBN 978-1-5107-5213-9**

**Antiques & Collectibles/Tobacco-Related  
color photographs throughout**

**Learn the ins and outs of tobacco use, from cigars, pipes, vapes, hookahs, and more!**

As we live in the “golden age of cigar making,” there is more to know and appreciate than ever before.

Great cigars and pipe tobaccos take years to grow, nurture, age, blend, and construct, yet their destiny is to return to dust; it is an extraordinary transformational and artistic journey that yields priceless moments and memories for the aficionado. But where do things begin? Where to start?

From Jorge Armenteros, founder of Tobacconist University®, you will learn everything you want and need to know about cigars and pipes. From seed to cigar, *Armenteros* will teach not only the history of tobacco, but what the future holds.

*The Tobacconist Handbook* exists as a resource for lovers of luxury tobacco to enhance our knowledge, appreciation, and quality of life.

Included in this handbook are numerous important lessons, including:

- Learning the different types of tobacco
- Which cigar best suits
- Making the perfect cut
- Setting up a humidor
- And much more

Great cigars and pipes help us ruminate, decompress, gather our thoughts and emotions, revitalize ourselves, and savor our time. Furthermore, through education you will learn that luxury tobacco products are used by choice and not out of habit. They are products created by great craftsmen and women who honor thousands of years of traditions and history.

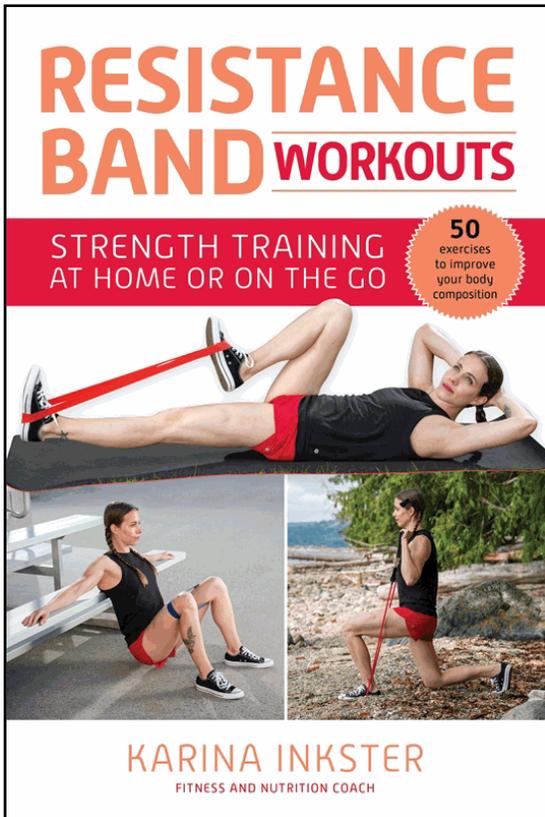
Whether you’re a seasoned smoker or someone looking to learn more about the history and becoming a cigar aficionado, *The Tobacconist Handbook* is the perfect place to start.

**Jorge Armenteros**, originally from Miami and born to Cuban American parents, opened his first retail tobacconist shop (*A Little Taste of Cubs*) in 1995. Feeling the need to further educate his customers and employees, he founded Tobacconist University in 2006, which became the official education curriculum for the premium tobacco industry in the United States. Armenteros continues to strive for preserving the luxury of the tobacco industry for generations to come, helping certify thousands of professionals and consumers around the world. He currently resides in Princeton, New Jersey.

Karina Inkster

## Resistance Band Workouts

### 50 Exercises for Strength Training at Home or On the Go



#### Improve Your Strength and Body Composition with 3 Types of Resistance Bands!

This is your one-stop-shop for anyone who wants to improve their strength and body composition without having to purchase a gym membership. Fitness coach and author Karina Inkster will teach you about the overall benefits of strength training, and resistance bands in particular. They'll learn how to choose resistance bands, how to use them at home with a door anchor, and how to use them safely. An overview of the 3 types of resistance bands will help readers put together their own "mini gym" that can fit into a small bag.

A collection of 50 resistance band exercises that work all the major muscle groups will inspire readers to create—and maintain—a regular strength training practice, whether they're working out at home, outdoors, or while travelling. Once readers are familiar with the various exercise possibilities, they'll learn how to put together their own strength programs.

**Karina Inkster** is a fitness coach, author, and podcast host. Karina's award-winning online programs offer vegan fitness and nutrition coaching to clients around the world. She's the author of two books (*Vegan Vitality: Your Complete Guide to a Healthy, Active, Plant-Based Lifestyle*, and *Foam Rolling: 50 Exercises for Massage, Injury Prevention, and Core Strength*), a writer for several magazines, and host of the No-Bullsh!t Vegan podcast. She holds a master's degree in Gerontology, specializing in health and aging. When she's not working with her clients, writing, or weight lifting, you'll find Karina playing accordion, piano, and Australian didgeridoo; hanging out with her two cats; or sneaking spinach into her husband's smoothies. Visit her website at [www.karinainkster.com](http://www.karinainkster.com).

**MONTH:** May**\$14.99 (\$19.99 CAD) Paperback****World • CQ 36****ISBN:** 978-1-5107-5347-1**6 x 9 • 176 pages****Ebook ISBN** 978-1-5107-5348-8**Health & Fitness/Exercise****100 Color photos**

Chelsey Brown, Kimberly Duran

## Rental Style

### The Ultimate Guide to Decorating Your Apartment or Small Home



**MONTH:** May  
**\$24.99 (\$33.99 CAD) Hardcover**  
 World • CQ 30  
**ISBN:** 978-1-5107-5813-1  
 8 x 10 • 176 pages  
**Ebook ISBN** 978-1-5107-5814-8  
 House & Home/Decorating  
 100 color photographs

**The must-have guide for renters and small-space dwellers.**

*Renting Revamped*, which doubles as a decor piece and handy design guide, shows readers how to decorate and organize small, rented spaces on a budget. The book will cover all home development stages from searching for a rental home to decorating and organizing it.

Many people are reluctant to design their spaces due to renter restrictions, which leaves homes bland and boring. *Renting Revamped* will erase that unease and demonstrate that you can turn a rented space into a home using temporary, creative tricks that won't drive landlords crazy.

*Renting Revamped* will demonstrate how to “renovate” a rental through clever design and budget-friendly tips on the following topics:

- Finding a home
- Items to invest in and not to invest in for the home
- Items to switch out when moving into a rental
- Myths most renters believe
- Designing a narrow entryway
- Install wainscoting in a rental
- Tricking the eye into believing a space is larger than it is
- Guidelines for decorating a coffee table
- Styling your sofa
- Incorporating seating into a small room
- Decorating blank walls
- Alternatives to using nails to hang art
- And more!

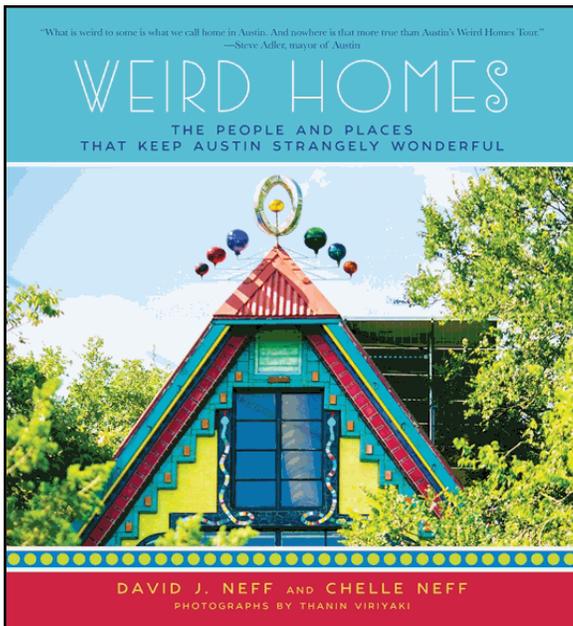
The budget and time-friendly tools, tips, and advice in this book will give readers the ability to stand out among the rest and revamp their rental space!

**Chelsey Brown** is an interior decorator living in Manhattan. Chelsey started her blog, *City Chic Decor*, when she realized how little information there was on decorating and designing rented spaces. Soon after starting the blog, she was designing and decorating apartments all over New York City and the United States. Chelsey's designs, writing, and photography have been featured in countless publications, print magazines, and online resources such as the *Today Show*, *Small Space Makeovers Magazine*, *Flea Market Style Magazine*, *Apartment Therapy*, *The Everygirl*, *The Kitchn*, and *Inspired By This*. Additionally, Chelsey has been nominated for four awards and won Interior Decorating Blog of the Year and Excellence in Affordable E-Design Services by *Build* magazine. She has also collaborated with big-name brands such as Pier 1 Imports, HomeGoods, Sleep Number, Apt2B, and StreetEasy.

David J. Neff, Thanin Viriyaki, Chelle Neff

## Weird Homes

### The People and Places That Keep Austin Strangely Wonderful



#### A welcome mat to some of Austin's most inspirational homes!

Have you ever walked through your neighborhood, taken a look at a weird house, and thought “Who lives *there*?” or, “What in the world does it look like inside?” We’ve all been curious, which is why the founders of the Weird Homes Tour™ began their strange and wonderful journey.

Three years later, they’ve opened the doors and unlatched the windows of dozens of Texas’s strangest homes for thousands of onlookers. Why? To show that design really has no boundaries. And that we would rather neighbors be strange than be strangers. Like many other communities around the world, Austin can be fun, irreverent, outside the box, innovative, dynamic, proud, strange, and so much more. You just need to know where to look.

This gorgeous book features the one-of-a-kind Austin homes that started it all for the Weird Homes Tour. Page by page, we proudly present these homes and the weird people who live in them, many of whom designed and built their awe-inspiring dwellings by hand. From grand, historic haunts to treehouses and dumpster dwellings, you’re guaranteed to find something that will inspire design changes in your own home.

**MONTH:** May**\$19.99 (\$26.99 CAD) Paperback****WORLD • CQ 24****ISBN: 978-1-5107-5922-0****8.5 x 9.5 • 224 pages****Ebook ISBN 978-1-5107-2360-3****Travel/United States/South/West South Central  
(AR, LA, OK, TX)****300 Color Photos**

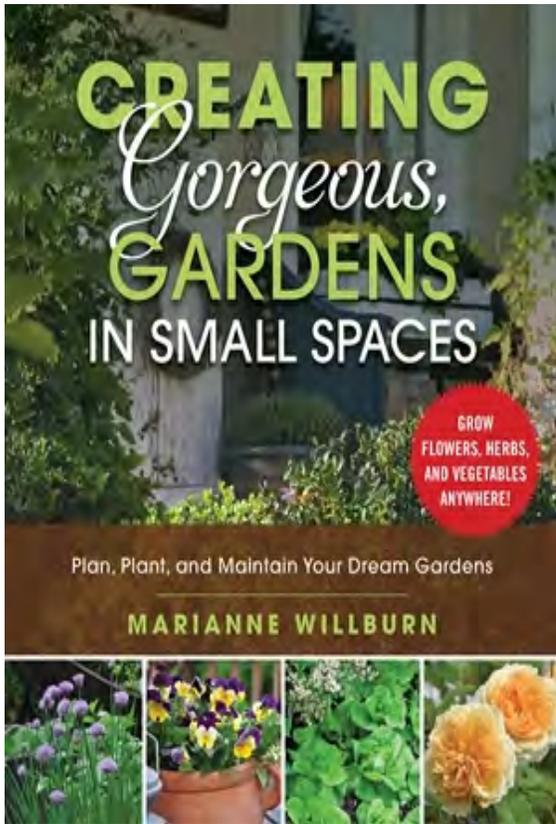
**David J. Neff and Chelle Neff** share a love for interesting design, eye catching architecture, and all things weird and whimsical. These things brought the two together and are the driving force catapulting their Weird Homes Tour™ into new markets each year. By day, David is an author and digital strategy consultant and Chelle owns and operates Urban Betty Salon, an Austin beauty-scene institution. The Weird Homes Tour has not only given the couple a way to satisfy their own curiosity about what lurks inside the county’s weirdest homes but it has given them a way to give back to the communities that are home to these iconic treasures as each tour donates a percentage of its sales to local affordable housing nonprofits.

**Thanin Viriyaki** came from Bangkok, Thailand, at a very early age to settle in Texas and become an American. Though in his youth he wished to become a transformer, his strong interest in art eventually led him to pick up a camera. He always had piles of photographs covering his bedroom floor; the family camera became his tool to record inspirations for his drawings and paintings and eventually led him to take up photography for his major at the University of North Texas. Since then he’s become an internationally known photographer around people, places, and food.

Marianne Willburn

## Creating Gorgeous Gardens in Small Spaces

### Plan, Plant, and Maintain Your Dream Gardens



#### How to Design, Plant, and Cultivate Beautiful Gardens in Any Space!

Are you anxious to create a green, restful outside space, but waiting until you move into “the perfect place” and not so sure when that will happen? Do you long for a gardening life that brings together your friends and family, but you honestly don’t know where to start?

Marianne Willburn doesn’t want you to wait a minute longer. In *Creating Gorgeous Gardens in Small Spaces* this popular garden columnist and blogger helps you to change your perspective, pack away feelings of envy and inadequacy, and build the skills you need to start creating the space you’ve always dreamed of.

An ideal guide for those who struggle with limited resources, *Creating Gorgeous Gardens in Small Spaces* leads you through the process of visualizing, achieving, maintaining, and enjoying your unfolding garden. It gives you tips for making a sanctuary in less-than-ideal situations and profiles real-life gardeners who have done just that—including the author herself.

**Marianne Willburn** is a garden columnist and master gardener with more than twenty years of experience in the garden. She holds a BSc from University College London and has won several national awards for her popular column and blog, *The Small Town Gardener*. A California native, she now lives with her husband and two children in the scenic—and highly convenient—wine region of Northern Virginia.

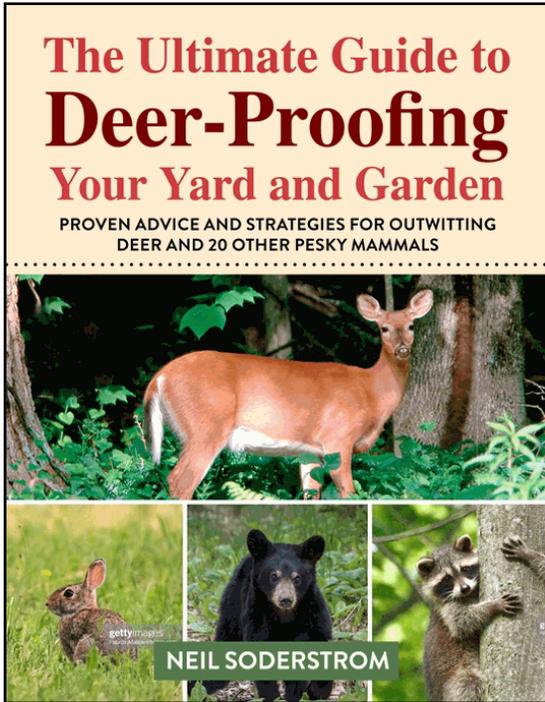
**MONTH:** May  
**\$17.99 (\$24.99 CAD) Paperback**  
**Selected Countries • CQ 24**  
**ISBN:** 978-1-5107-5800-1  
**8 x 10 • 224 pages**

**Gardening/Garden Design**  
**130 color photos**

Neil Soderstrom

# The Ultimate Guide to Deer-Proofing Your Yard and Garden

## Proven Advice and Strategies for Outwitting Deer and 20 Other Pesky Mammals



Dozens of tips and tricks to remove troublesome animals from your yard and garden!

Deer, rabbits, and raccoons, among a dozen other mammals, are a constant plague to the homeowner, whether they devour the plants in the vegetable garden or chew up the landscaping in your yard. Replacing and replanting these plants can be expensive and the average person doesn't have time to deal with the extra spending and stress. But with *Deer-Resistant Landscaping*, you can worry no more!

You'll learn the proven strategies needed to repel and combat deer, chipmunks, skunks, squirrels, and more. Included are features such as:

- Strategies for every season and every size pest
- Interviews and tips from regional gardening and wildlife control experts from coast to coast
- Encyclopedic coverage of more than one thousand resistant plants, especially those least likely to be destroyed by deer
- Over four hundred stunning, full-color wildlife photographs, including some by legendary naturalist Dr. Leonard Lee Rue III

All the information in this handy guide is based on scientific studies from gardening and pest control authorities across the country. Easy-to-understand instructions and beautiful photographs highlight solutions and deterrents for even the most stubborn mammals.

From simple, low-cost home remedies, scare tactics, and deterrents to live trapping, barriers, and community action procedures suitable for more intense problems, this tip-filled handbook will have your home and garden pest-free in no time!

**MONTH:** May  
**\$19.99 Hardcover**  
**US & Canada • CQ 24**  
**ISBN: 978-1-5107-5849-0**  
**7 x 9 • 368 pages**

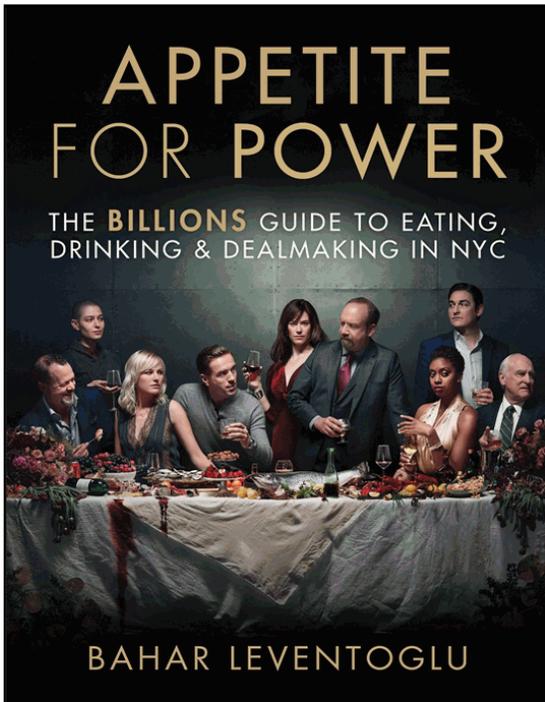
**Gardening/Reference**  
**Color photos throughout**

**Neil Soderstrom** was an English instructor, author, and editor, as well as a freelance photographer specializing in the outdoors and wildlife. He published four books, as well as countless articles in national magazines. His gardening photos regularly appeared in books and magazines such as *Horticulture*, *Fine Gardening*, *Country Living*, *Family Circle*, and *Mother Earth News*. He passed away in 2018 in Wingdale, NY.

Bahar Leventoglu

## Appetite for Power

### The Billions Guide to Eating, Drinking & Dealmaking in NYC



#### More than 100 iconic New York City dining institutions

From hole-in-the-walls to cozy neighborhood gems to Michelin-starred restaurants, the characters in the SHOWTIME® series *Billions* know how to eat well, as any fan of the beloved show can confirm. Creators Brian Koppelman and David Levien spectacularly display the city's vibrant food scene—but it's more than showing us how the one percent eats. It's about integrating food, which brings people together and is an integral part of our daily lives, into the storyline while honoring the quality, the diversity, and the legacy of culinary culture in New York City.

It's about the city staples that have been around for generations. It's about the immigrants who brought their own food to New York and made it a part of city culture. It's about the power joints where the movers and shakers of the city discuss the affairs of the day. It's about the pizza slice or the candy bar that takes you back to your childhood. It's about those who start at the bottom of the kitchen chain and ultimately open their own restaurant as well as about the old who pass the torch to future generations. It's about the energy and the creativity in New York food industry that is setting the standards for the rest of the world. It's about everyone who has contributed to making New York the dining capital of the world as it is today.

This book presents the complete list of restaurants, bars, bakeries, bodegas, and more, featured in *Billions*. The listings include description and history of the chef and building, signature dishes, fun facts, and of course, tie-in to the show's storyline. Which characters are eating there? What is the occasion? What are they discussing?

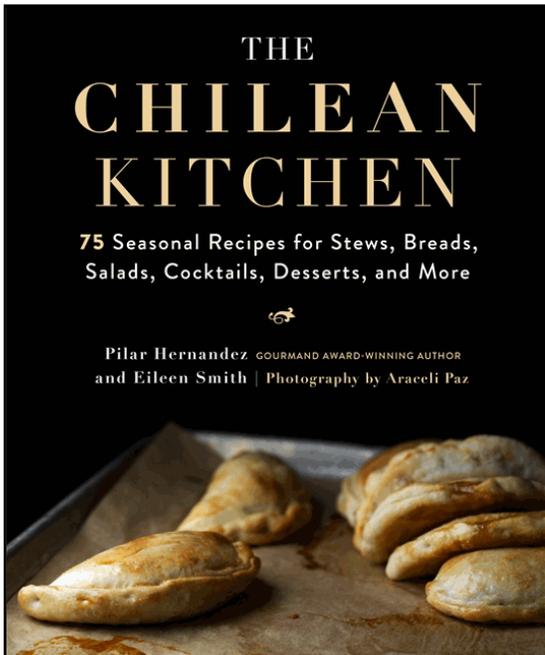
**MONTH:** May**\$19.99 (\$26.99 CAD) Hardcover****World • CQ****ISBN: 978-1-5107-5729-5****7 x 9 • 160 pages****Ebook ISBN 978-1-5107-5730-1****Cooking/Media Tie-In****100 Color Photos**

**Bahar Leventoglu** was a typical academic attending to her work until a red-headed Brit came along as Nicholas Brody in *Homeland* and turned everything upside down! She is still a professor teaching at Duke University, while moonlighting as the blogger behind "Fan Fun with Damian Lewis," writing all about Damian Lewis and his brilliant work. *Billions* is a dream come true for Bahar because, not only does it have her favorite actor, but also because it is filmed in New York City—her favorite city on earth—and finally, it deals with game theory, which she teaches for a living. On top of this, she and her husband are a proud foodie couple—thus, she decided to turn this love of the New York City food scene and the acclaimed tv show into this *Billions* dining guide. She splits her time between Durham, North Carolina, and New York City, with her husband, who is her greatest supporter.

Pilar Hernandez, Eileen Smith, Araceli Paz

## Chilean Kitchen

### 75 Seasonal Recipes for Stews, Breads, Salads, Cocktails, Desserts, and More



These authentic recipes will bring classic Chilean flavors to your doorstep!

The Spanish phrase *quédate un poquito*, or “stay a while,” is the essence of Chilean hospitality—one does not “stop by for a quick bite” in Chile. Comprised of more than seventy authentic Chilean recipes, organized seasonally for maximum freshness, and tweaked ever-so-slightly to fit neatly into the US market, this book creates an accessible, authentic, and uniquely Chilean cooking experience. It marries Pilar’s family recipes and Eileen’s astute writings, which make even those who have never visited Chile feel like they have found home.

Seasonality is the backbone of the Chilean table—each of the four seasonal sections will include a short opening essay to prepare the reader for the bounty of the season. A unique fifth section is included for *La Once*, or tea time, which transcends the seasons but is quintessentially and irrevocably Chilean.

Mouthwatering recipes will include:

- Caramelized onion empanadas
- Double crusted spinach pie
- Grilled steak soup
- Pickled chicken thighs
- Spicy pork ribs
- Tomato shrimp stew
- Dulce de leche thousand layer cake
- Chilean white sangria
- So many more!

MONTH: May

\$24.99 (\$33.99 CAD) Hardcover

World • CQ 24

ISBN: 978-1-5107-5285-6

7.5 x 9 • 160 pages

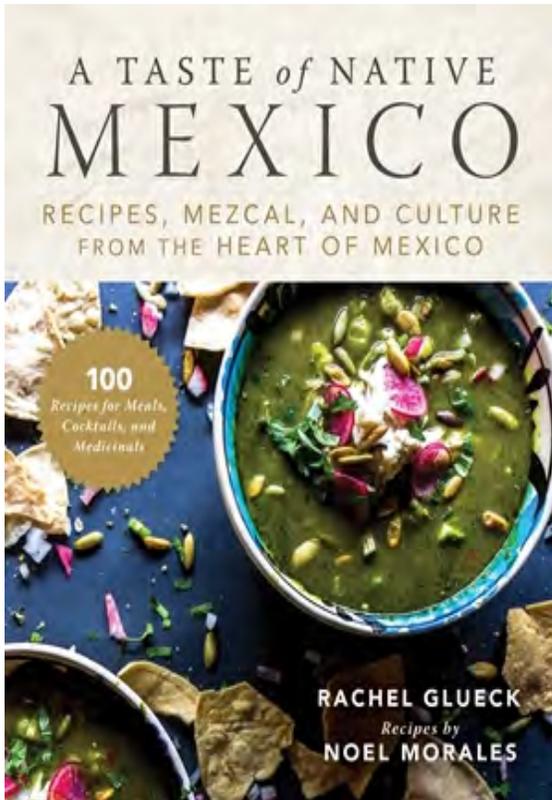
Ebook ISBN 978-1-5107-5286-3

Cooking/Regional & Ethnic/Central American & South American  
75 Color photos

**Pilar Hernandez** was born into a traditional family in central Chile. She was raised by confident home cooks in a matriarchal household chock-full of traditional Chilean food. In 2008, Pilar began to share her zeal for Chilean cuisine on her (now) award-winning recipe blog *En Mi Cocina Hoy*. She has twice been recognized as one of the 100 Top Latina Bloggers. She is the author of *Del Blog A La Mesa*, which was awarded Gourmand Best Blogger Cookbook in Chile.

**Eileen Smith** is a bilingual travel and food writer and photographer originally from New York who moved to Santiago, Chile, in 2004. Of all of the charms of Chilean life, she most especially loves how Chileans tend to use their hands to describe how to make different dishes, miming cutting, mixing, or kneading as they explain recipes. Eileen writes mainly about food, travel, and Chile, and has written extensively for *NPR's The Salt*, *Fodor's*, *Lonely Planet*, *Tales of the Cocktail*, *Latin Kitchen*, *Paste*, *Dwell*, *Ensemble*, *New Yorker*, and many others.

Rachel Glueck, Noel Morales

**Taste of Native Mexico****Recipes, Mezcal, and Culture from the Heart of Mexico**

**A Deep Dive into the Complex and Vibrant Native Culture that is the Bedrock of Mexican Cuisine, with Over One Hundred Recipes, Including Moles, Pozoles, Chiles en Nogada, and More.**

Mexican cuisine is ubiquitous in the American dining scene, yet it remains far removed from its roots. *Taste of Native Mexico* is an homage to the indigenous peoples and their culinary and cultural traditions that create Mexican cuisine, elevating it beyond Americanized tacos and tequila.

With recipes by Mexican chef Noel Morales—born of Aztec and Omec blood, grandson to a mezcalero, and raised by native dancers—*Taste of Native Mexico* offers its readers the ability to recreate the flavors of centuries-old dishes in a modern kitchen. Morales shares well-known plates such as birria and barbacoa, and beloved market foods like tlayudas and tacos al pastor, as well as a few of his own vegetarian and seafood creations. Signature mezcal cocktails and decadent desserts adorn these pages, while the Medicinales section includes teas, tinctures, and baths of traditionally used herbs for a variety of ailments, such as colds, muscle tension, and infertility.

Author Rachel Glueck provides rare access and insight into a Mexico that few foreigners or nationals see today, leading you through indigenous festivals with masked dancers, bountiful market places, and sacred pilgrimage sites. Unwrap the philosophies and customs of Mexico's native communities and discover the depth of this magical country and how you can welcome it into your own kitchen.

Personal stories of mezcaleros, traditional cooks, and native healers are accentuated by 130 stunning photographs and are woven through with mouth-watering recipes. With pages bursting with color, culture, and wisdom, you'll discover a Mexico you never knew existed.

**Rachel Glueck**, together with her husband, Noel Morales, runs the cult-favorite restaurant and mezcal bar, El Refugio Mezcaleria, in Todos Santos, Mexico. Her enthusiasm for writing about the culture behind cuisine and its greater significance was sparked when she created the food blog for Nopa, one of San Francisco's most treasured restaurants. She lives in Todos Santos, Mexico.

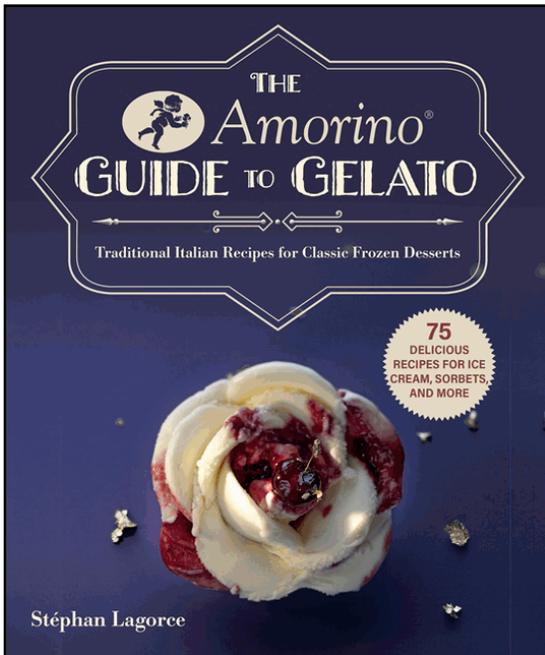
**Noel Morales** is a native Mexican chef, Aztec dancer, and grandson of a mezcalero, raised by traditional cooks in Guerrero. He has spent his life immersed in his indigenous culture, learning the regional cuisine, native dances, art, and cosmology of his people. An avid storyteller, Noel brings his indigenous knowledge and insights to guests at his restaurant, El Refugio Mezcaleria. He lives in Todos Santos, Mexico.

**MONTH: May****\$24.99 (\$33.99 CAD) Hardcover****World • CQ 30****ISBN: 978-1-5107-4524-7****8 x 10 • 224 pages****Ebook ISBN 978-1-5107-4525-4****Cooking/Regional & Ethnic/Mexican****130 photographs**

Stéphan Lagorce, Bob Mitchell

## Amorino Guide to Gelato

Traditional Italian Recipes for Classic Frozen Desserts



**The comprehensive guide for any gelato lover or frozen dessert aficionado!**

Learn the ins and outs of gelato, sorbet, and ice cream from the masters: how it's made, how to create different flavors and aesthetics, and more.

Combining sweet flavors and scents with the smoothness of ice cream, fruits with the freshness of sorbets, choosing the best ingredients and the most natural, this is the passion of Amorino.

Included within this book are dozens of recipes for different types of frozen desserts and delicious accompaniments, such as chocolate and caramel sauces, as well as instructions to take your recipes to the next level by making them beautiful and ornate, adding embellishments, and more.

Ice cream is the delectation of the moment, the whim of pleasure, a pure delicacy. Let yourself be guided by your taste buds into deliciousness with *The Amorino Guide to Gelato*.

**Stéphan Lagorce** is both a chef and an author. He is an expert in the application of theory to practice in culinary matters, having studied Agro-food science and technology and trained under two renowned chefs in France. He runs a course on the science of chocolate at the Agro Paris Tech Science and Industry Institute.

**MONTH:** May

**\$19.99** Hardcover

**World (ENGLISH) • CQ 24**

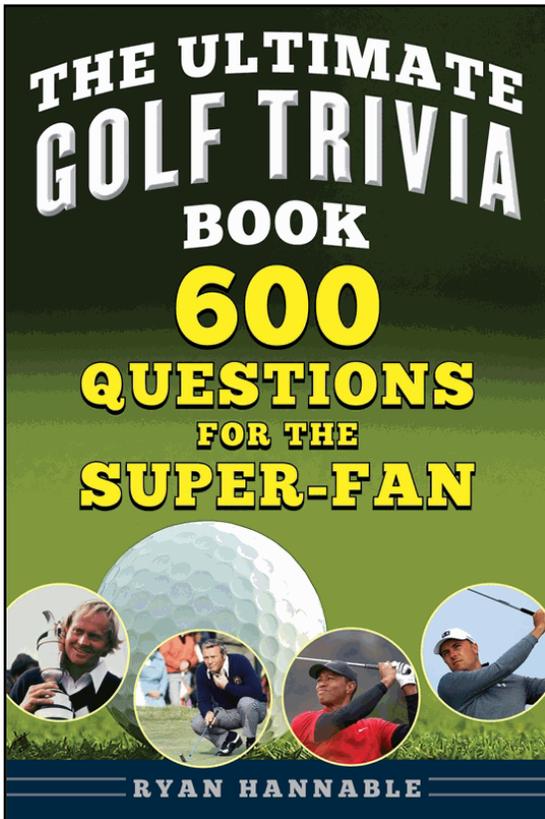
**ISBN:** 978-1-5107-5818-6

**7.5 x 9 • 240 pages**

**Cooking/Courses & Dishes/Ice Cream, Ices, etc.**

Ryan Hannable

## Ultimate Golf Trivia Book 600 Questions for the Super-Fan



Become a golf trivia expert with these challenging questions about Jack Nicklaus, the Masters, Tiger Woods, and more!

*The Ultimate Golf Trivia Book* tests and expands your knowledge of golf—covering the sport from the 1970s (and earlier) up to the present day. In this collection of six hundred questions, seasoned sports writer Ryan Hannable tests your level of expertise on all things golf.

Some of the many questions that Hannable poses include:

- Which major was Jack Nicklaus's 18th and final one?
- What is the only Grand Slam tournament Lee Trevino did not win?
- Where did Jordan Spieth go to college?
- At the 2016 Summer Olympics in Rio de Janeiro, which golfer won gold in the men's individual tournament?

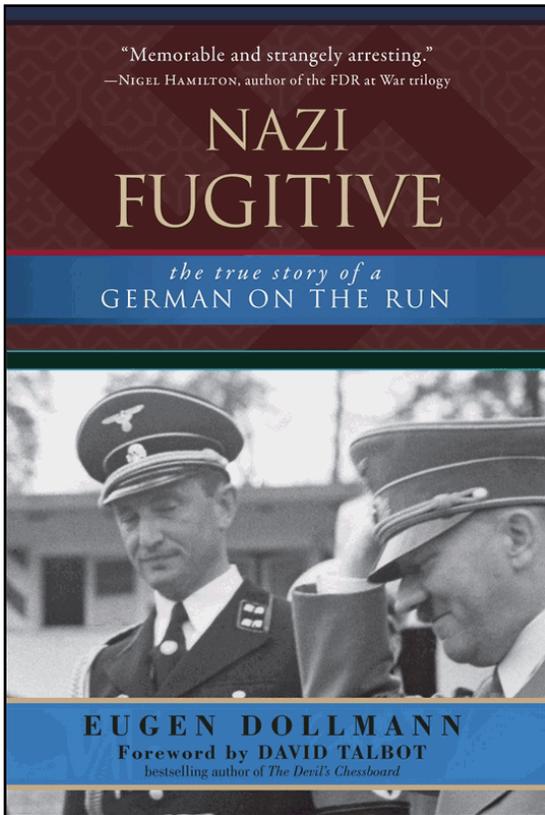
Superstars of the past and present are represented, from Walter Hagen to Tiger Woods, Arnold Palmer to Jason Day, Gary Player to Brooks Koepka, Ben Hogan to Phil Mickelson and everyone in between. The book also includes a special section on the rules of the game.

*The Ultimate Golf Trivia Book* is the definitive test for knowledgeable golf fans!

MONTH: May  
\$14.99 (\$19.99 CAD) Paperback  
World • CQ 36  
ISBN: 978-1-5107-5555-0  
5.5 x 8.25 • 224 pages  
Ebook ISBN 978-1-5107-5892-6  
Sports & Recreation/Golf

**Ryan Hannable** is a sportswriter for WEEI in Boston with a personal passion for golf. He has covered multiple PGA Tour events over the years, and his work has appeared in outlets like ESPNBoston.com. Hannable resides in Boston, Massachusetts.

Eugen Dollmann, David Talbot

**Nazi Fugitive****The True Story of a German on the Run**

**The remarkable story of an SS colonel turned ally on the run during the early years of the Cold War.**

Eugen Dollmann was a scholar and member of the SS whose connections among Italian society led to a posting as a liaison officer attached to Mussolini during World War II. In his work as a diplomat and interpreter, he associated with Heydrich, Himmler, and Hitler.

This memoir begins with the surrender of the Germans in 1945 and relates how after Dollmann escaped from the British, a Roman Catholic cardinal helped him by allowing him to hide in a home for drug addicts. Later, Dollmann was provided with false papers by the CIA who enlisted him for the fight against communism.

After he was arrested by the Italian police, the Americans had no alternative but to jail him, and after some months he was transferred to a camp near Frankfurt for "outstanding cases," where some of the prominent Nazis were held. Dollmann was released, but he decided to get back to Italy across the frontiers, which he succeeded in doing only after a series of varied escapades.

**Eugen Dollmann** was born in 1900 in Ratisbon, Germany. He graduated as a doctor of philosophy from the University of Munich and continued his studies in the Vatican Library. After the war, he wrote and translated books in both German and Italian. Dollmann died in 1985 in Munich, Germany.

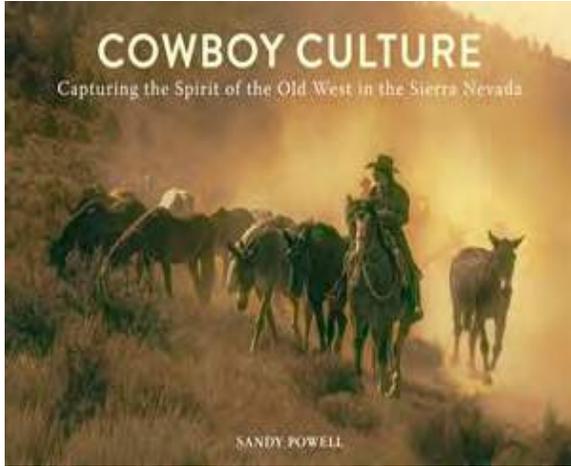
**David Talbot** is the *New York Times* bestselling author of *Brothers: The Hidden History of the Kennedy Years* and *The Devil's Chessboard*. He is the founder and former editor-in-chief of *Salon* and has written for the *New Yorker*, *Rolling Stone*, and *Time*. He lives in San Francisco.

**MONTH: May****\$16.99 (\$22.99 CAD) Paperback****World • CQ 36****ISBN: 978-1-5107-5801-8****5.50 x 8.25 • 216 pages****History/Military/World War II**

Sandy Powell

## Cowboy Culture

Capturing the Spirit of the Old West in the Sierra Nevada



### A Photographic Look at the Old West That Is Alive and Well in California

It was a thrilling time, when wagon trains and stagecoaches raced to the California goldfields – on the trail where the dust and campfire smoke met. In the shadow of the towering Sierra Nevada, the *real* Wild West was born. And it still lives today, in the extraordinary people who pack mule-strings into the mountains, race over mountain passes on horseback while recreating the Pony Express, and drive cattle out of the high country each fall. It lives on beneath the massive wheels of the 20 mule team wagons and teams of draft horses pulling historic wagons over a mountain pass.

Sit back and enjoy this fascinating journey as the Old West comes alive in a book filled with unique western images, inspiring stories from the trail, memorable cowboy poetry, and some western history.

**Sandy Powell** is based in the Eastern Sierra, where she spends her time documenting the Old West that still remains in the Sierra Nevada. Her photographs have appeared in *Western Horseman* magazine, *Range* magazine, *Cowboys & Indians* magazine, *Draft Horse Journal*, *Western Mule* magazine, Rural Heritage publications, and numerous art galleries.

**MONTH:**May

**\$29.99 (\$39.99 CAD) Hardcover**

**World • CQ 12**

**ISBN: 978-1-5107-4226-0**

**13 x 9.25 • 240 pages**

**Ebook ISBN 978-1-5107-4227-7**

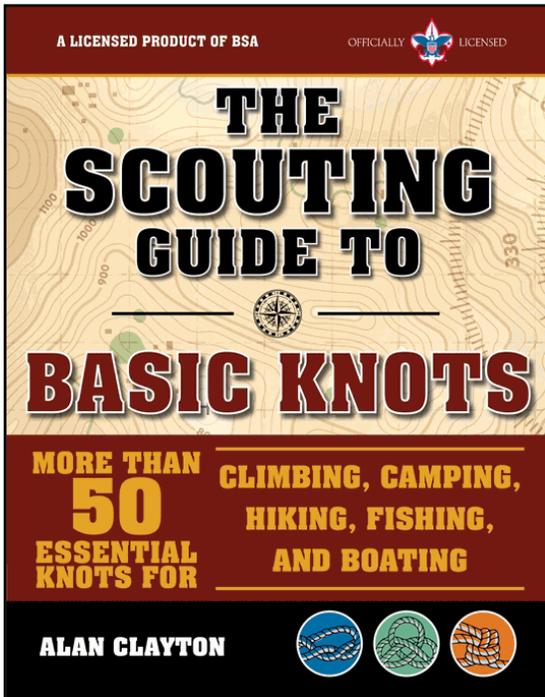
**Nature/Animals/Horses**

**200 color photographs**

The Boy Scouts of America

## Scouting Guide to Basic Knots: An Officially-Licensed Boy Scouts of America Handbook

More Than 50 Essential Knots for Climbing, Camping, Hiking, Fishing, and Boating



**Be Prepared. For Life.®**

In *The Scouting Guide to Basic Knots*, current Scouts, Scout alumni, and anyone interested in the outdoors are provided with a step-by-step guide that masterfully breaks down the art of tying knots with diagrams, vivid photographs, and lessons on everything the beginner needs to know, including:

- Different types of knots for fishing, boating, climbing, crafts, and household uses
- Glossary of terms to ensure that every part of the knot-tying process is easy to learn
- Selecting the right knot materials for every purpose
- Developing your own tying style
- And so much more!

Since 1910, the Boy Scouts of America has helped build the future leaders of this country by combining educational activities and lifelong values with fun. The BSA is committed to training youth in responsible citizenship, character development, and self-reliance through participation in a wide range of outdoor activities.

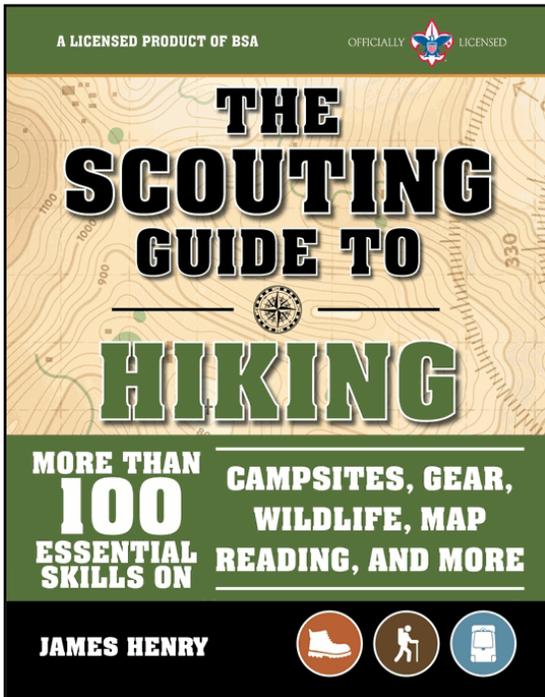
**MONTH:** May  
**\$16.99 (\$16.99 CAD) Paperback**  
 United States • CQ 30  
**ISBN:** 978-1-5107-4274-1  
 7 x 9 • 192 pages  
 Ebook ISBN 978-1-5107-4278-9  
 Sports & Recreation/Outdoor Skills

**The Boy Scouts of America** provides the nation's foremost youth program of character development and values-based leadership training, which helps young people be "Prepared. For Life.®" The Scouting organization is composed of nearly 2.4 million youth members between the ages of 7 and 21 and approximately 960,000 volunteers in local councils throughout the United States and its territories. For more information on the Boy Scouts of America, please visit [www.scouting.org](http://www.scouting.org).

The Boy Scouts of America, Len McDougall

## Scouting Guide to Hiking: An Officially-Licensed Boy Scouts of America Handbook

More Than 100 Essential Skills on Campsites, Gear, Wildlife, Map Reading, and More



In *The Scouting Guide to Hiking*, current Scouts, Scout alumni, and readers interested in the outdoors are provided with time-tested advice on hiking and backpacking in the wilderness.

Some practical tips include:

- How to choose the best gear
- How to set up a campsite
- How to interact safely with wildlife
- How to properly read a map
- How to forecast the weather
- Learning practical navigation skills
- And so much more!

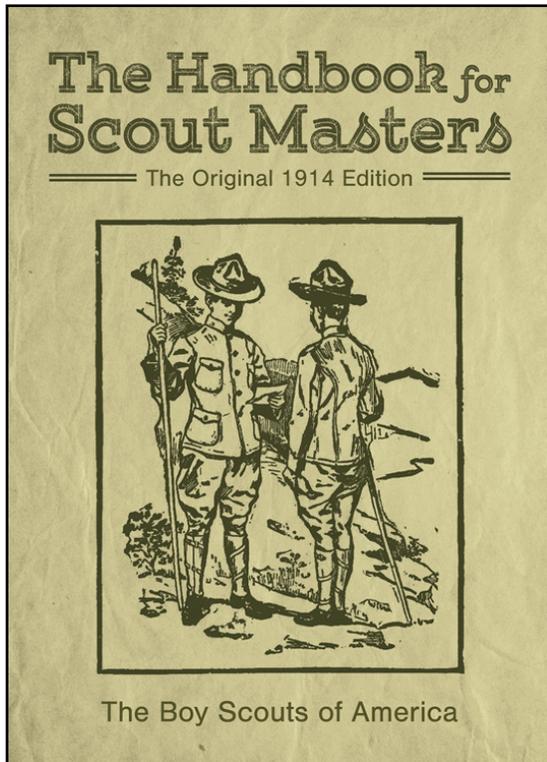
Since 1910, the Boy Scouts of America has helped build the future leaders of this country by combining educational activities and lifelong values with fun. The BSA is committed to training youth in responsible citizenship, character development, and self-reliance through participation in a wide range of outdoor activities.

**The Boy Scouts of America** provides the nation's foremost youth program of character development and values-based leadership training, which helps young people be "Prepared. For Life.®" The Scouting organization is composed of nearly 2.4 million youth members between the ages of 7 and 21 and approximately 960,000 volunteers in local councils throughout the United States and its territories. For more information on the Boy Scouts of America, please visit [www.scouting.org](http://www.scouting.org).

**Len McDougall** is a field guide and wildlife tracker in Michigan's north woods, where he teaches survival classes and tests outdoor products. He has written for *Field & Stream* and published several books, including *The Self-Reliance Manifesto*, *The Complete Tracker*, *The Encyclopedia of Tracks and Scats*, *The Field & Stream Wilderness Survival Handbook*, and *Practical Outdoor Survival*.

**MONTH:** May  
**\$16.99 (\$22.99 CAD) Paperback**  
 United States • CQ 36  
**ISBN:** 978-1-5107-4276-5  
 7 x 9 • 192 pages  
**Ebook ISBN** 978-1-5107-4280-2  
 Sports & Recreation/Hiking  
 color images throughout

The Boy Scouts of America  
**Handbook for Scout Masters**  
 The Original 1914 Edition



Now available again, the original 1914 rules, regulations, and lessons necessary for Boy Scout leaders

First published in 1914, the *Handbook for Scout Masters* was the foremost compendium on leading and guiding a Boy Scout troop. Here, word for word, you can read all about just what it took to be a Scout Master, with a focus on the boys themselves. After all, the Boy Scouts' main purpose was "not to exploit methods, not glorify movements. . . but to lead boys into useful lives" (from the Introduction).

Chapters from this classic, standard handbook include:

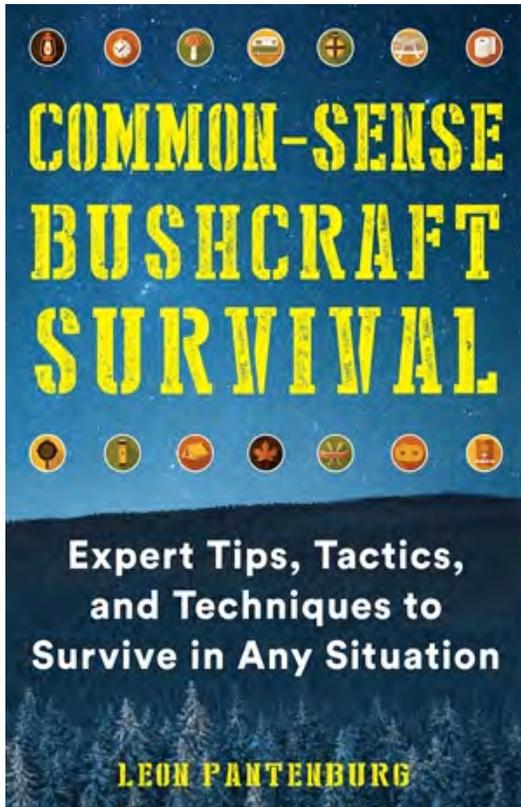
- Scout Requirements
- Principles and Methods
- Troop and Patrol Management
- Drills and Demonstrations
- Chivalry and Morality
- And more!

From age limits, hierarchies, and oaths to lessons on cooking, first aid, and nature, *The Handbook for Scout Masters* covers all the basics of what it took to lead a Boy Scout troop. Scouts and scout masters alike will love reading about the original guidelines to one of America's most well-known youth organizations.

**MONTH:** May  
**\$14.99 (\$19.99 CAD) Hardcover**  
**World • CQ 30**  
**ISBN: 978-1-5107-5861-2**  
**5 x 7 • 360 pages**  
**Ebook ISBN 978-1-5107-5862-9**  
**Sports & Recreation/Outdoor Skills**  
**Approx. 10 b/w photos throughout**

**The Boy Scouts of America** provides the nation's foremost youth program of character development and values-based leadership training, which helps young people be "Prepared. For Life.®" The Scouting organization is composed of nearly 2.4 million youth members between the ages of 7 and 21 and approximately 960,000 volunteers in local councils throughout the United States and its territories. For more information on the Boy Scouts of America, please visit [www.scouting.org](http://www.scouting.org).

Leon Pantenburg

**Common-Sense Bushcraft Survival****Expert Tips, Tactics, and Techniques to Survive in Any Situation**

Be ready for any emergency, at any time. Could you survive in the wilderness on your own? From clothing recommendations to picking the best firestarter, expert survival instructor Leon Pantenburg shares his immense knowledge of bushcraft and survivalist skills so that anyone—backpackers, preppers, city dwellers, and more—can be ready for a possible emergency.

In *Common-Sense Bushcraft Survival*, Pantenburg delivers practical tips and anecdotes that cater to readers who are looking to improve their outdoor skills and prepare for every potential disaster. Drawing from his personal experience as an avid outdoorsman and years as a journalist, Pantenburg lays out easy-to-follow steps to prep for both short and long-term survival situations.

As natural disasters become increasingly present and people continue to rely on reality television shows for survival tips, developing bushcraft abilities is becoming more and more important.

In this thorough handbook, Pantenburg covers a wide range of topics, including:

- Developing a survival mindset
- Crafting survival kits
- Choosing clothing best suited to survival
- Picking materials and objects to help you survive
- Building a variety of shelters
- Deciding what survival tools you should pack and leave at home
- Effectively make a fire using different techniques

Filled with time-tested techniques and first-hand experience, *Common-Sense Bushcraft* is the ideal book for those who want to step up their hiking or camping game, as well as those who are searching for relevant advice on emergency preparedness.

**Leon Pantenburg** is the author of Survival Common Sense, a bushcrafting/wilderness survival website and blog that has been in continuous operation since October, 2009. Pantenburg is a wilderness enthusiast, and while he doesn't claim to be an expert survivalist, he has interviewed many who are. As a newspaperman and journalist for four decades covering all sorts of news stories, he has seen his share of floods and forest fires, hurricanes and tornadoes, earthquakes, mudslides, and other natural disasters. He's also reported on too many tragic outcomes from wilderness emergencies where common sense actions might have changed the tragic outcome. After graduating from Iowa State University in Ames, he completed a six-month, 2,552-mile solo Mississippi River canoe trip from the headwaters at Lake Itasca, Minnesota, to the Gulf of Mexico.

MONTH: May

\$14.99 (\$22.99 CAD) Paperback

World • CQ 36

ISBN: 978-1-5107-5191-0

5.5 x 8.25 • 224 pages

Ebook ISBN 978-1-5107-5192-7

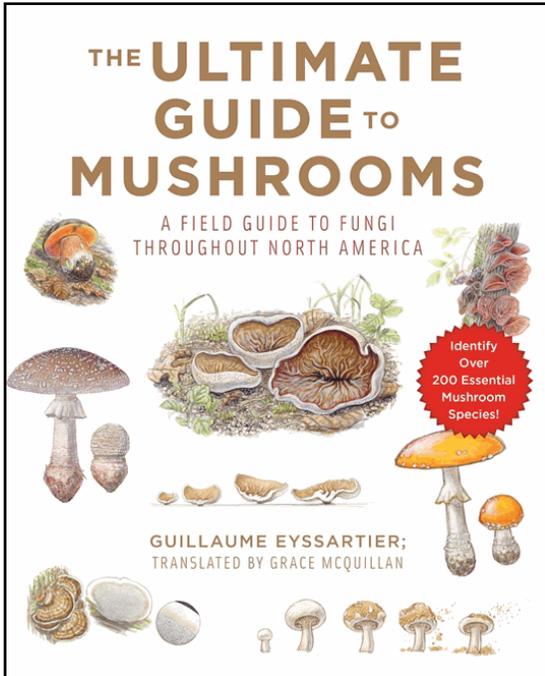
Sports &amp; Recreation/Outdoor Skills

40 color illus

Guillaume Eyssartier

# Ultimate Guide to Mushrooms

A Field Guide to Fungi throughout North America and Europe



## Everything You Could Ever Want to Know about Mushrooms!

Mushrooms are an incredibly vast range of species, including all shapes and sizes and colors. This exciting collection includes a wealth of information on two hundred essential mushroom varieties, including their:

- Scientific names
- Habitats
- Modes of development
- Botanical specificities
- Uses in culinary cuisine
- And more!

Spread throughout this book are hand-drawn illustrations and full-color photographs of every mushroom you can imagine. Whether you want to identify mushrooms, study mushrooms, or use edible mushrooms in your recipes, *The Ultimate Guide to Mushrooms* is for you!

**Guillaume Eyssartier** is a Doctor of Science at the National Museum of Natural History in Paris, France. He is a professional mycologist and has written multiple books on mushrooms from around the world and has been published in multiple scientific journals.

**MONTH:**May

**\$24.99 (\$33.99 CAD) Hardcover**

**World • CQ 24**

**ISBN: 978-1-5107-4067-9**

**9.25 x 11.5 • 312 pages**

**Ebook ISBN 978-1-5107-4068-6**

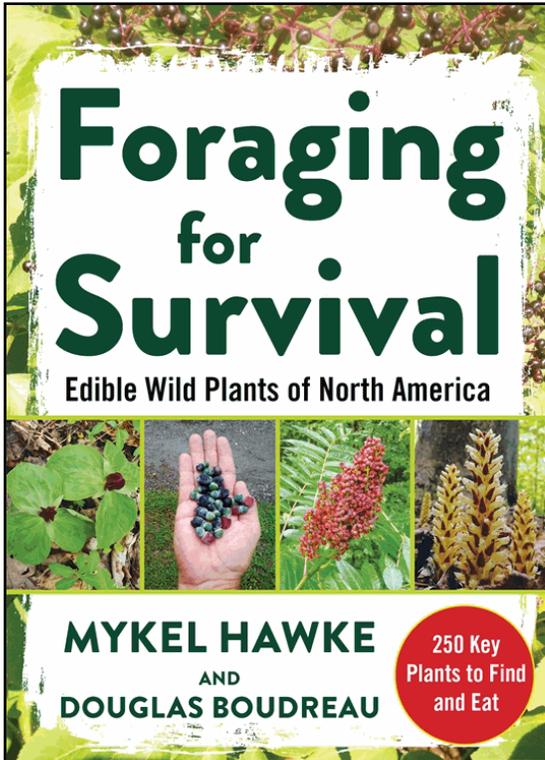
**Nature/Plants/Mushrooms**

**100 color illustrations**

Douglas Boudreau, Mykel Hawke

## Foraging for Survival

### Edible Wild Plants of North America



Whether you're a hiker taking a walk through your local wilderness, or chef looking for new ingredients to incorporate in your dishes, *Foraging for Survival* is the book for you!

As consumerism and a meat-heavy, processed diet become the norm and the world's population continues to grow at an exponential rate, more and more people are looking toward a more sustainable path for food. Authors Douglas Boudreau and Mykel Hawke believe that the future of food lies in the wild foods of times spanning back to before the mass-agriculture system of today.

People have become distanced from the very systems that provide their food, and younger generations are increasingly unable to identify even the trees in their backyards. In response, Boudreau and Hawke have provided a compendium of wild edible plants in North America. *Foraging for Survival* is a comprehensive breakdown of different plant species from bearded lichen to taro, and from all over the United States. There are also tips for growing local native plants in the backyard to facilitate learning and enhance table fare at home.

Other information you'll find inside:

- A list of different types of edible wild plants
- Foraging techniques
- Bugs and other grubs that can be consumed
- Warning signs of poisonous plants
- And much more!

MONTH: May

\$17.99 (\$24.99 CAD) Paperback

WORLD • CQ 36

ISBN: 978-1-5107-3833-1

6 x 9 • 272 pages

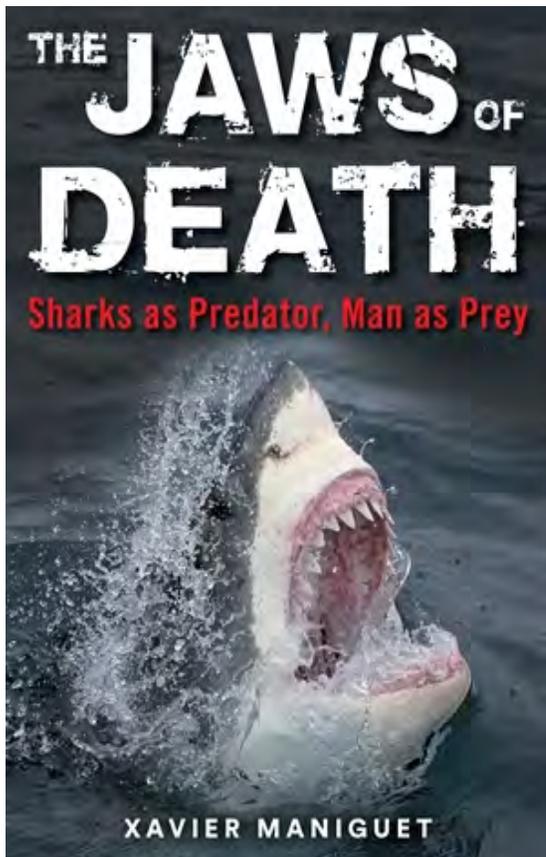
Ebook ISBN 978-1-5107-3835-5

Nature/Plants/General

**Douglas Boudreau** is a self-taught foraging instructor and native Floridian. Poverty forced him to learn about wild food early in life, and he studied edible plant guidebooks while traveling around the country. He is now semiretired and teaches free EDIBLES-4-SURVIVAL classes on local edible wild plants where he lives in Zephyrhills, Florida.

**Mykel Hawke** is a retired US Army Special Forces officer, author, and television and film personality. He is perhaps best known for the television programs he created on Discovery Channel called *Man, Woman, Wild* and Travel Channel's *Lost Survivors*. He resides in Miami, Florida, with his family.

Xavier Maniguet, David A. Christie

**Jaws of Death****Sharks as Predator, Man as Prey**

Discover the reality behind the history, rumors, and mistaken beliefs of sharks, shark attacks, and other potentially deadly predators with *The Jaws of Death*.

Biggest of all fish and best equipped for hunting, sharks live in every ocean. No natural predator except the killer whale threatens them, and they possess an extraordinary physiology, including those unrivaled jaws. They have become the stuff of movies, books, and nightmares, but some of what we commonly believe is fiction, not fact.

Through the examination of case histories, including gruesome attacks on humans, *The Jaws of Death* documents the truth. It discusses why sharks are essential to the equilibrium of the marine biotope and what benefit they have provided to science and medicine. In addition to sharks, other "jaws of death" receive attention, including piranhas, crocodiles, and barracudas.

Inside you'll find:

- 67 photographs of sharks and shark-attack victims
- Busted myths about sharks
- A directory of shark types
- Detailed accounts of shark attacks
- 1001 uses of a shark
- And much more!

MONTH:May

\$16.99 Paperback

Selected Countries • CQ 30

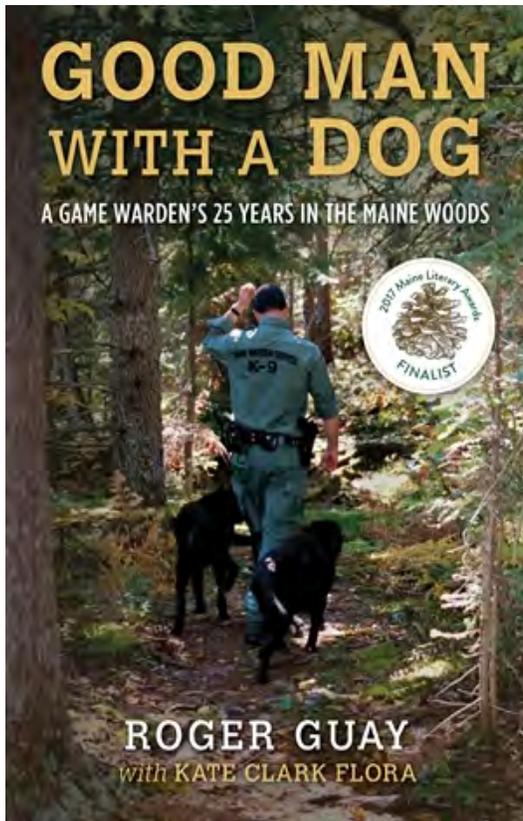
ISBN: 978-1-5107-5249-8

6 x 9 • 352 pages

Nature/Animals/Marine Life  
color photos throughout

**Xavier Maniguet** is best known as a survival specialist, but he is also a medical doctor, pilot, and parachutist, as well as the author of *Survival: How to Prevail in Hostile Environments*.

Roger Guay, Kate Clark Flora

**Good Man with a Dog****A Game Warden's 25 Years in the Maine Woods**

A Maine Literary Awards Finalist, *A Good Man with a Dog* follows a game warden's adventures from the woods of Maine to the swamps of New Orleans. Follow along as he and his canine companions investigate murder, search for missing persons, and rescue survivors from natural disasters. This is a memoir that reads like a true crime novel.

Roger Guay takes readers into the patient, watchful world of a warden catching poachers and protecting pristine wilderness, and the sometimes CSI-like reconstruction of deer- and moose-poaching scenes. When Guay's father died in a tragic fishing accident, a kind game warden helped him through the loss. Inspired by this experience, as well as his love of the outdoors, he became a game warden.

Guay searches for lost hunters and hikers. He estimates that over the years, he has pulled more than two hundred bodies out of Maine's north woods! His frequent companion is a little brown Labrador retriever named Reba, who can find discarded weapons, ejected shells, hidden fish, and missing people.

*A Good Man with a Dog* explores Guay's life as he and his canine partners are exposed to terrible events, from tracking down hostile poachers to searching for victims of violent crimes, including a year-long search for the hidden graves of two babies buried by a Massachusetts cult. He witnessed firsthand FEMA's mismanagement of the post-Katrina cleanup efforts in New Orleans, an experience that left him scarred and disheartened. But he found hope with the support of family and friends, and eventually returned to the woods he knew and loved from the days of his youth.

**MONTH: May****\$16.99 (\$22.99 CAD) Paperback****World • CQ 30****ISBN: 978-1-5107-5843-8****6 x 9 • 312 pages****Ebook ISBN 978-1-5107-0480-0****Pets/Dogs/General****33 black and white photos**

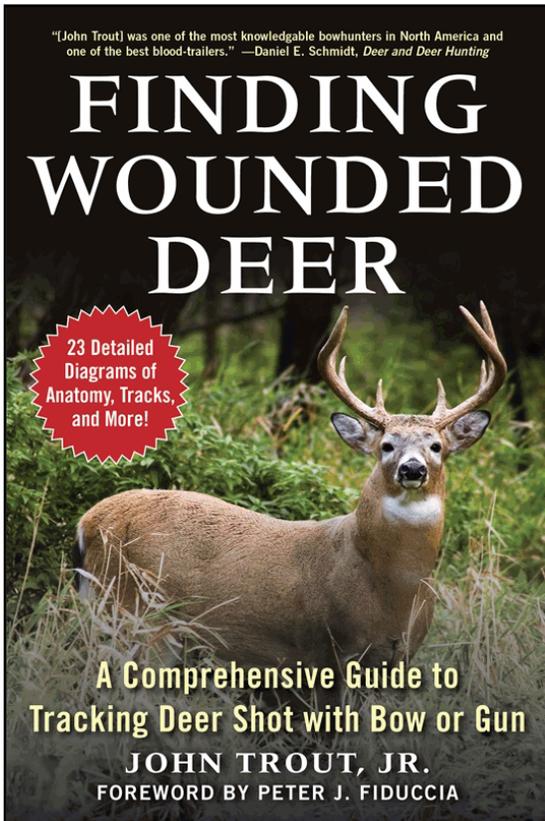
**Roger Guay** served with the Maine Warden Service from 1986 until his retirement in 2010. He is a K9 master trainer, a certified K9 handler, and certified in cadaver and explosives searches. In addition to decades of search and rescue experience, he has extensive experience in missing persons/homicide searches and body recovery. Guay has received numerous commendations from the warden service; the Maine House of Representatives; the Maine State Police; the Miramichi, New Brunswick, police; and the USPCA. Guay lives in Guilford, Maine.

**Kate Clark Flora** has published fourteen mystery and true crime books. Her titles include *Finding Amy*, an Edgar Award nominee, *Death Dealer*, an Agatha and Anthony finalist and 2015 Public Safety Writers Association Award-winner for Best Non-fiction, *Grant You Peace*, a Joe Burgess police procedural and winner of the 2015 Maine Literary Award for Crime Fiction, and the *Thea Kozak* mysteries. A former Maine assistant attorney general, Kate lives in Harpswell, Maine.

John Trout Jr.

## Finding Wounded Deer

### A Comprehensive Guide to Tracking Deer Shot with Bow or Gun



**In this book, author John Trout gives hunters all the information and tools they will need to track down a wounded deer in any situation.**

Although all hunters strive to make clean kills, sometimes that doesn't happen. And when a deer has been hit and runs off, it's every hunter's obligation to do his best to find it.

Here you will find research and information on recognizing deer trails, identifying various types of wounds, reading sign in snow, mud, and hard ground, and understanding the behavior of wounded deer. With photographs, informational charts, and diagrams, hunters can learn about the intricacies of deer anatomy and wounds so they can become accomplished trackers. Accounts of real tracking events and a handy reference guide ensure that *Finding Wounded Deer* is a useful tool for all deer hunters.

Topics covered include:

- Wounded deer realities
- Deer hair identification
- Blood trails
- Last-ditch recovery tactics
- Analyzing the shot
- Deer anatomy
- Tracking factors
- And much more!

**MONTH:** May

**\$17.99 (\$24.99 CAD) Paperback**

**WORLD • CQ 30**

**ISBN: 978-1-5107-3868-3**

**6.00 x 9.00 • 192 pages**

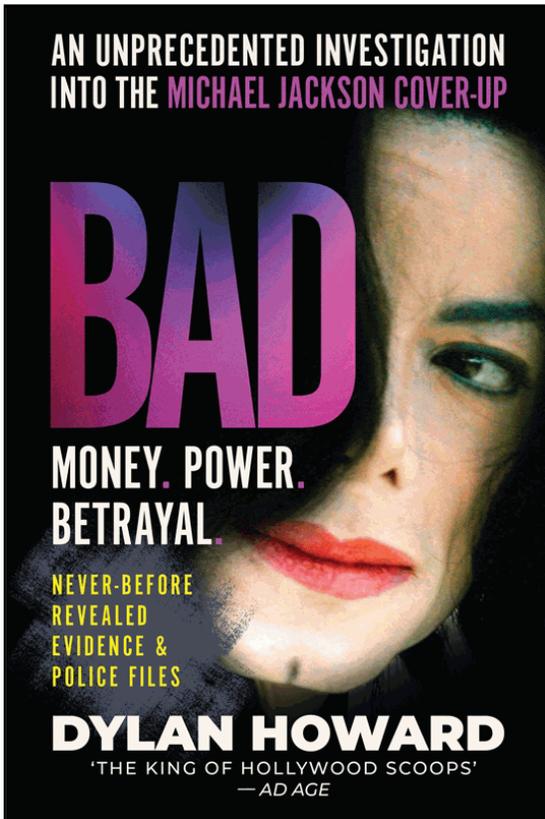
**Ebook ISBN 978-1-61608-836-1**

**Sports & Recreation/Hunting**

**John Trout, Jr.** was an outdoor writer and photographer. An award-winning journalist and author, he wrote many successful books, including *Trailing Whitetails*, *Hunting Farmland Bucks*, *Hunting Rutting Bucks*, and *The Complete Book of Wild Turkey Hunting*. His articles appeared in regional and national publications more than nine hundred times. An enthusiastic hunter all his life, he hunted and traveled with his wife, Vikki.

**Peter J. Fiduccia** is an award-winning journalist and a freelance writer. His articles have been published in *Outdoor Life*, *Field & Stream*, *Sports Afield*, *Whitetail Hunting Strategies*, *Petersen's Hunting*, and many other periodicals. Since 1985 he has been the host and producer of the popular *Woods 'N' Water* television series.

Dylan Howard

**Bad****An Unprecedented Investigation into the Michael Jackson Cover-Up**

**MONTH:** June  
**\$24.99 (\$33.99 CAD) Hardcover**  
**World • CQ 30**  
**ISBN:** 978-1-5107-5509-3  
**6 x 9 • 256 pages**

True Crime/General

**An Inside View into the Dark Side of a Music Icon.**

He was the King of Pop, a superstar, the idol of millions of young people around the world. But was Michael Jackson also a sexual predator without equal, someone who preyed on the very fans who adored him?

*Bad* is the revelatory untold true story of the strange and larger-than-life career of Michael Jackson. In the wake of the controversial two-part documentary *Leaving Neverland*, which told the stories of two young boys who were befriended by the singer and have claimed they suffered years of agonizing abuse, Dylan Howard set out to investigate Jackson's life and death in unprecedented depth, to determine—as one lawyer suggested—that the pop star ran “the most sophisticated child sexual abuse procurement and facilitation operation the world has known.”

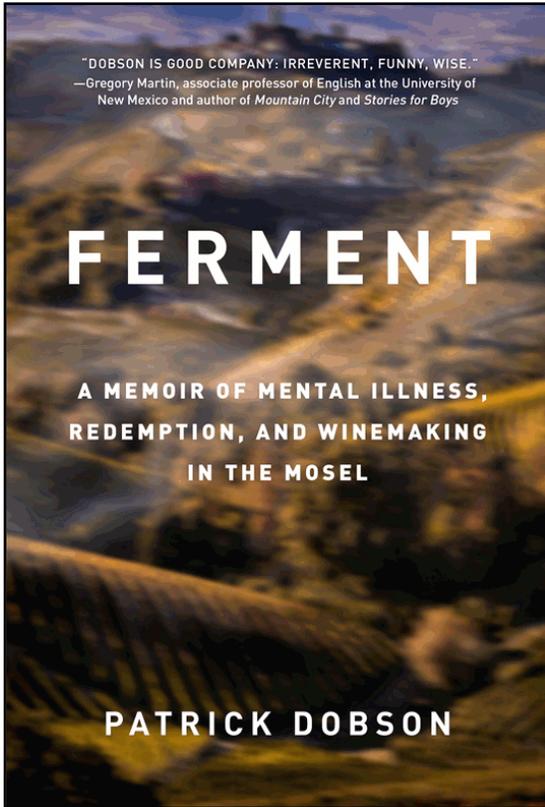
After all the highly publicized trials and unfounded accusations, stunning new information has finally come to light: irrefutable evidence that one of the best-known, best-loved figures in the world was a monster behind closed doors—a foul-mouthed, abusive, drug-sodden freak whose deeds and the reasons for those deeds are revealed now for the first time.

A dramatic narrative account based on dozens of interviews, Howard shares Jackson's own riveting personal journal—obtained exclusively for this book—interviews with family members, multiple first-person sources—some of whom have asked to remain anonymous—as well as thousands of pages of court documents. What he uncovers is a man who was both naive and Machiavellian, unorthodox, a devoted father, shrewd businessman, and drug addict whose life was cut short but whose sound and style have influenced artists of various genres and generations.

Remarkably though, in death, there remains two portraits of Michael Jackson: the reigning King of Pop, and a pedophile whose pattern of abuse ruined his reputation. Fans and individuals alike will forever be asking if the insidious claims being made about MJ are true. This is the new narrative and the sad legacy of one of the best-selling music artists of all time.

Investigative reporter **Dylan Howard** has cracked open scandals that have brought down the careers of Mel Gibson, Charlie Sheen, Hulk Hogan, and Paula Dean and others. Howard's sense for news saw him rise to become the undisputed most powerful gossip editor in the world, publishing dozens of salacious tabloid magazines each week, including *Us Weekly*, *The National Enquirer*, *Star*, *In Touch*, *Life & Style*, *RadarOnline.com*, and more. In 2011, Howard was named Entertainment Journalist of the Year at the National Entertainment Journalism Awards, where the judges labelled him the “go-to guy for authoritative showbiz news and analysis on cable and over-the air television.” Howard lives in New York City.

Patrick Dobson

**Ferment****A Memoir of Mental Illness, Redemption, and Winemaking in the Mosel**

**A deeply moving account of one man's return to the German town where he first pursued a career in winemaking, and his attempt to reckon with the mental illness, alcoholism, and enduring relationships that defined the most formative chapter of his life.**

After an attempted suicide by hanging—with his son in the next room—author Patrick Dobson checks into a mental hospital, clueless, reeling from bone-crushing depression and tortuous, racing thoughts. A long overdue diagnosis of manic depression offers relief but brings his confused and eventful past into question.

To make sense of his suicide attempt and deal with his past, he returns to Germany where, three decades earlier, he arrived as a twenty-two-year-old—lost, drunk, and in the throes of untreated mental illness—in search of a new life and with dreams of becoming a winemaker. The sublime Mosel vineyards and the ancient city of Trier changed his life forever.

*Ferment* charts his days in Trier's vineyards and cellars, and the enduring friendships that would define his life. A winemaker and his wife become like parents to him. In their son, he finds a brother, whose death years later sends Dobson into a suicidal tailspin. His friends, once apprentices like himself, become leaders in their fields: an art historian and church-restoration expert, an art- and architectural-glass craftsman, a painter and photographer, and a theologian/journalist. The relationships he builds with them become hallmarks of a life well-lived.

In *Ferment*, Dobson reconnects with the people who stood by him through his dissolution and eventual recovery. In these relationships, he seeks who he was and how his time in Germany changed him. He peers into his memory to understand how manic depression and alcoholism affected who he was then and how his time in Germany made him who he's become.

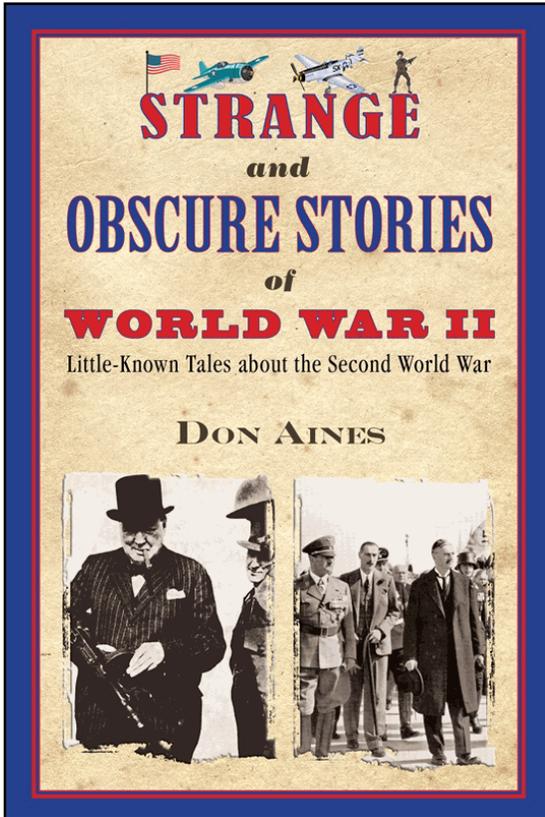
**MONTH:** June**\$23.99 (\$32.99 CAD) Hardcover, dust****World • CQ 30****ISBN:** 978-1-5107-5731-8**6 x 9 • 272 pages****Ebook ISBN** 978-1-5107-5732-5**Biography & Autobiography/Personal Memoirs**

**Patrick Dobson** is an essayist, poet, historian, author, and ironworker. His first book, *Seldom Seen*, chronicled a 1,200-mile walk from Kansas City to Helena, Montana and his second, *Canoeing the Great Plains*, detailed his journey home by canoe down the length of the Missouri River. He lives in Kansas City, Missouri.

Don Aines

## Strange and Obscure Stories of World War II

### Little-Known Tales about the Second World War



Here are overlooked or forgotten tales from the world's greatest conflict. These are stories of courage, daring, and stupidity, some of which would challenge the imaginations of Hollywood scriptwriters.

Some of the many true tales that author Donald Aines recounts include:

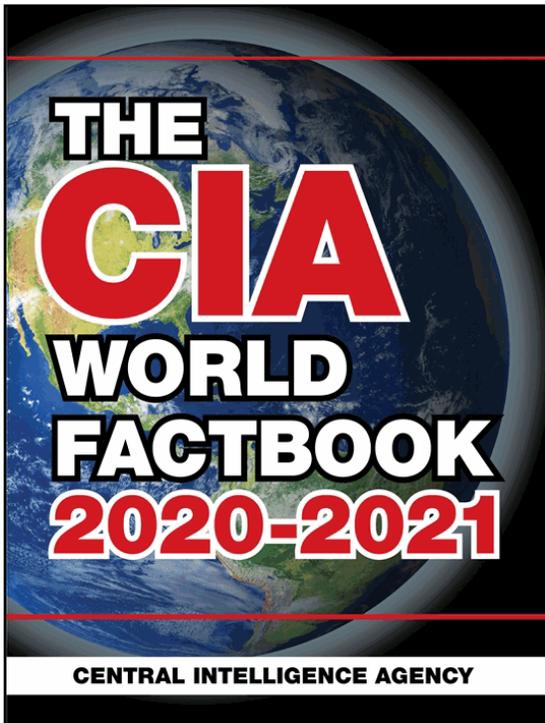
- He would never be cast as a dashing war hero, but a cast member of "The Addams Family" television show volunteered for one of the most dangerous jobs the Army Air Force had to offer.
- The US Navy's deadliest submarine claimed an unexpected victim with its last torpedo, and led to one of the war's most harrowing tales of survival.
- Bob Hoover's escape from a German *stalag* would have made a great movie.
- British commando "Mad Jack" Churchill earned his nickname, arming himself to fight a 20th century war with a 15th century attitude and weapons.
- The Germans and Japanese wasted precious resources developing weapons more dangerous to the users than their enemies.
- The GI who stole the voices of his victims, and other Allied and Axis serial killers.

Within the pages of *Strange and Obscure Stories of World War II*, the reality of war trumps fiction.

**MONTH:** June  
**\$16.99 (\$22.99 CAD) Paperback**  
**World • CQ 36**  
**ISBN: 978-1-5107-4685-5**  
**5.5 x 8.25 • 204 pages**  
**Ebook ISBN 978-1-5107-4686-2**  
**History/Military/World War II**

**Don Aines** is the son of a WWII veteran and career US Army officer, as well as a self-proclaimed World War II buff. He covers Washington County Circuit and District Courts for Herald-Mail Media. Aines resides in Chambersburg, Pennsylvania.

Central Intelligence Agency  
**CIA World Factbook 2020-2021**



From the world's most sophisticated intelligence gathering organization, here is the CIA's official country-by-country data on nations around the world.

From Afghanistan to Zimbabwe, *The CIA World Factbook 2020-2021* offers complete and up-to-date information on the world's nations. This comprehensive guide is packed with data on the politics, populations, military expenditures, and economics of 2020 and looks ahead to 2021.

For each country, *The CIA World Factbook 2020-2021* includes:

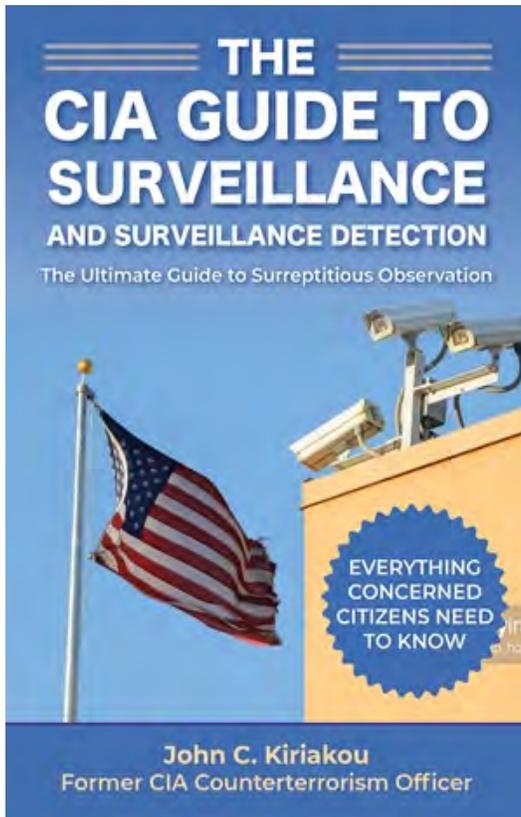
- Detailed maps with new geopolitical data
- Statistics on the population of each country, with details on literacy rates, HIV prevalence, and age structure
- New data on military expenditures and capabilities
- Information on each country's climate and natural hazards
- Details on prominent political parties and contact information for diplomatic consultation
- Facts on transportation and communication infrastructure

Also included are appendixes with useful abbreviations, international environmental agreements, international organizations and groups, weight and measure conversions, and more. Originally intended for use by government officials, this is a must-have resource for students, travelers, journalists, and business people with a desire to know more about their world.

**MONTH:** June  
**\$16.99 (\$22.99 CAD) Paperback**  
**World • CQ 8**  
**ISBN: 978-1-5107-5825-4**  
**7 x 9.25 • 1176 pages**  
**Ebook ISBN 978-1-5107-5826-1**  
**Political Science/Reference**

The **Central Intelligence Agency** is an independent agency responsible for providing national security intelligence to senior US policymakers. The CIA is separated into four basic components: the National Clandestine Service, the Directorate of Intelligence, the Directorate of Science & Technology, and the Directorate of Support. They carry out "the intelligence cycle," the process of collecting, analyzing, and disseminating intelligence information to top US governmental officials. They are located in Langley, Virginia.

John Kiriakou

**CIA Guide to Surveillance and Surveillance Detection****The Ultimate Guide to Surreptitious Observation**

**Have you ever thought you were being followed or watched? Have you ever needed to follow or observe someone and not be seen?**

In the world of espionage, surveillance and surveillance detection are a way of life. It is the job of every CIA operations officer to make sure he or she is not under surveillance—that is, being followed to the commission of an “operational act.” It is also the job of every CIA operations officer to surveil his own targets, whether they are terrorists or terrorist suspects, foreign intelligence officers, hostile actors, or even sometimes his own agents, for vetting purposes.

In everyday life, many people from all walks of life need to know how to perform similar operations. Whether avoiding a stalker, checking up on an unfaithful partner, or just securing one’s own privacy, a working knowledge of modern surveillance and surveillance detection techniques is a critical skill to possess. And there is nobody better to teach that skill than someone trained by the CIA.

From former CIA counterterrorism officer John C. Kiriakou, *The CIA Guide to Surveillance and Surveillance Detection* takes you through the CIA’s surveillance and surveillance detection program. It will teach you to apply CIA surveillance techniques to your own everyday life. You’ll learn how to stay safe, to ensure your privacy, and to keep the honest people honest—the CIA way.

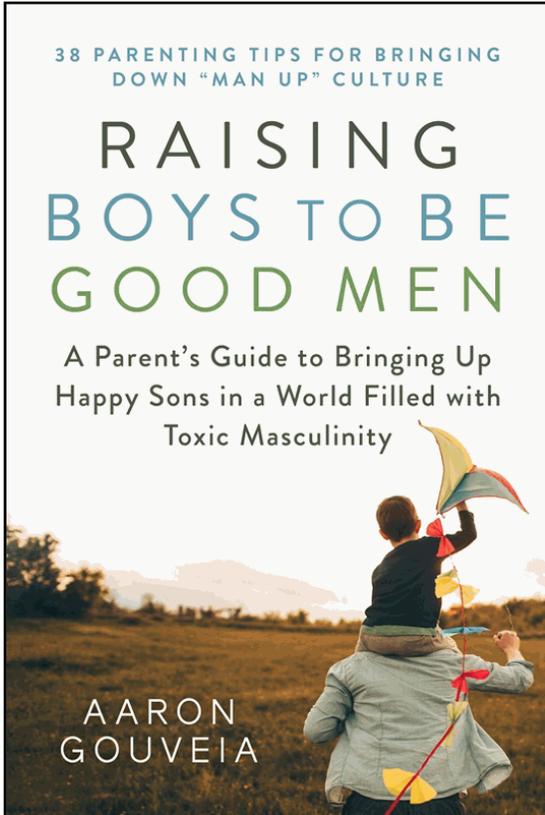
**MONTH: June****\$16.99 (\$22.99 CAD) Paperback****World • CQ 30****ISBN: 978-1-5107-5610-6****6 x 9 • 352 pages****Ebook ISBN 978-1-5107-5615-1****Reference/Personal & Practical Guides**

**John Kiriakou** is a former CIA counterterrorism officer, former senior investigator for the Senate Foreign Relations Committee, and former counterterrorism consultant for ABC News. He was responsible for the capture in Pakistan in 2002 of Abu Zubaydah, then believed to be the third-ranking official in al-Qaeda. In 2007, Kiriakou blew the whistle on the CIA’s torture program, telling ABC News that the CIA tortured prisoners, that torture was official US government policy, and that the policy had been approved by then– President George W. Bush. He is the author of multiple books on intelligence and the CIA.

Aaron Gouveia

## Raising Boys to be Good Men

A Parent's Guide to Bringing up Happy Sons in a World Filled with Toxic Masculinity



**MONTH:** June

**\$19.99 (\$26.99 CAD) Hardcover**

**World • CQ 36**

**ISBN: 978-1-5107-4941-2**

**5.5 x 8.25 • 216 pages**

**Ebook ISBN 978-1-5107-4942-9**

**Family & Relationships/Parenting/Fatherhood**

**From the dad who created the viral tweet supporting his son's nail polish, this essential parenting guide shares 38 parenting tips for battling gender norms, bringing down "man up" culture, and helping sons realize their potential.**

Our boys are in a crisis. Toxic masculinity and tough guy-ism are on display daily from our leaders, and we see anger, dysfunction, violence, and depression in young men who are suffocated by harmful social codes. Our young sons are told to stop throwing like a girl. They hear phrases like “man up” when they cry. They are told “boys will be boys” when they behave badly. The “Girl Power” movement has encouraged women to be whoever and do whatever they want, but that sentiment is not often extended to boys. Just watch the bullying when boys try ballet, paint their fingernails, or play with a doll.

But we can treat this problem—and the power lies in the hands of parents. It's not only possible to raise boys who aren't emotionally stifled and shoved into stereotypical gender boxes; it's vital if we want a generation of men who can express their emotions, respect women, and help nurse society back to a halfway healthy place. We can reframe manhood. From Aaron Gouveia, who gained viral fame after tweeting his support for his son's painted fingernails (and who knows toxic masculinity *very* well), learn practical and actionable tips such as:

- Don't accept different standards for moms and dads
- Teach boys that “girl” is not an insult and retire phrases like “boys will be boys”
- Show boys that expressing their emotions and being physical is a good thing
- Let boys pursue nontraditional interests and hobbies
- Talk to boys about consent and privilege
- Model healthy and respectful relationships for boys to emulate

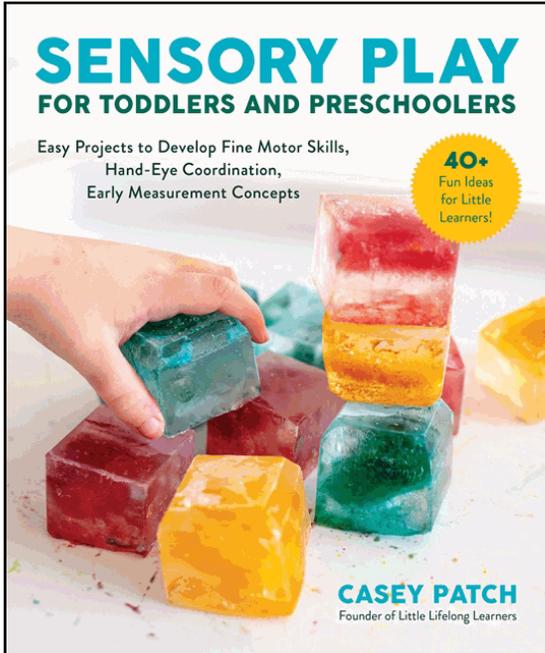
Penned with equal parts humor, biting snark, and lived advice, *Raising Boys to Be Good Men* is the essential parenting guide for raising sons to realize their potential outside the box.

**Aaron Gouveia** is a former award-winning journalist who has appeared in *TIME*, the *TODAY Show*, *Good Morning America*, *People*, *Mashable*, and *USA Today* to discuss topics on parenting young boys in the age of toxic masculinity. He started the website *The Daddy Files* in 2008 to promote involved fatherhood, has contributed to *Parents*, *American Baby*, and the *Huffington Post*. His content on topics like gun control and abortion have been seen by millions around the world. He resides in Franklin, Massachusetts, with his wife and three sons.

Casey Patch

## Sensory Play for Toddlers and Preschoolers

Easy Projects to Develop Fine Motor Skills, Hand-Eye Coordination, and Early Measurement Concepts



Explore taste-safe small worlds, create colorful pieces of art, and ignite all five senses while investigating the great outdoors. Sensory play is a wonderful way to explore the world with your little learners!

*Sensory Play for Toddlers and Preschoolers* is a practical, hands-on guide for parents and educators that want to inject more play into their children's day! Since this collection features simple sensory play ideas with items you already have in your home, playtime has never been easier.

Inside the book, you'll find 40 easy sensory play tubs and activities with extra bonus ideas for extending the activities even further! Not only will your child be learning and exploring through play, but you'll also be creating some magical memories of playtime that will last a lifetime!

- Learn how to get started with sensory play using tips, tricks, and sensory play staples.
- Follow quick and easy, tried and tested sensory base recipes designed to ignite the senses and inspire hours of sometimes messy, always memorable playtime.
- Create thoughtful sensory invitations and artworks while developing fine motor skills, hand eye-coordination, early measurement concepts and so much more!

Sensory play allows our little learners to make connections as they explore the world around them using their senses of sight, smell, taste, sound, and touch. It's the beginning of a lifelong journey of scientific understanding and a wonderful way to connect and bond with your little learners!

**MONTH:** June  
**\$14.99 (\$19.99 CAD) Paperback**  
**World • CQ 36**  
**ISBN:** 978-1-5107-5601-4  
**7.5 x 9 • 160 pages**

**Family & Relationships/Activities**  
**150 color photos**

**Casey Patch** is an advocate for play-based learning in the early years. She has a bachelor's degree in Primary Education and was a kindergarten teacher before leaving the classroom to be at home with her own little learners full-time. Creating a beautiful bond and magical memories of childhood playtime is a passion of hers and one that she hopes to spread through her business, Little Lifelong Learners. She resides in Queensland, Australia.

Richard O'Brien, George Hirsch  
**New York City Marathon**  
**Fifty Years Running**



How do you tell the story of a race that symbolizes New York City's vitality, diversity, and charm? Here, Richard O'Brien offers more than forty definitive articles from over the years that capture the color and excitement of one of the world's most beloved annual events.

In this rich run through the decades, readers will revisit all of the results, relive all of the highlights, and share the road again with all of the marathon's unforgettable figures, including Fred Lebow, Grete Waitz, Bill Rodgers, Germán Silva, Meb Keflezighi, Mary Keitany, Shalane Flanagan, and so many others. With special sections highlighting the race's volunteers, spectators, celebrities, and more, as well as an introduction by New York Road Runners Chairman of the Board George Hirsch, the book celebrates the marathon's first fifty years with a thrilling selection of photographs.

Like the stories of everyday women and men overcoming obstacles to complete the race, these curated images capture the inimitable charge of running the New York City Marathon, while providing a compelling visual tapestry reflecting a half century of cultural change. The images not only show how running gear and hairstyles changed from the early 1970s to the present, but they also reveal the ever-dynamic political and cultural climate of New York City.

This beautifully designed, heavily illustrated coffee-table style book is the perfect gift for any fan of this fifty-year-old race!

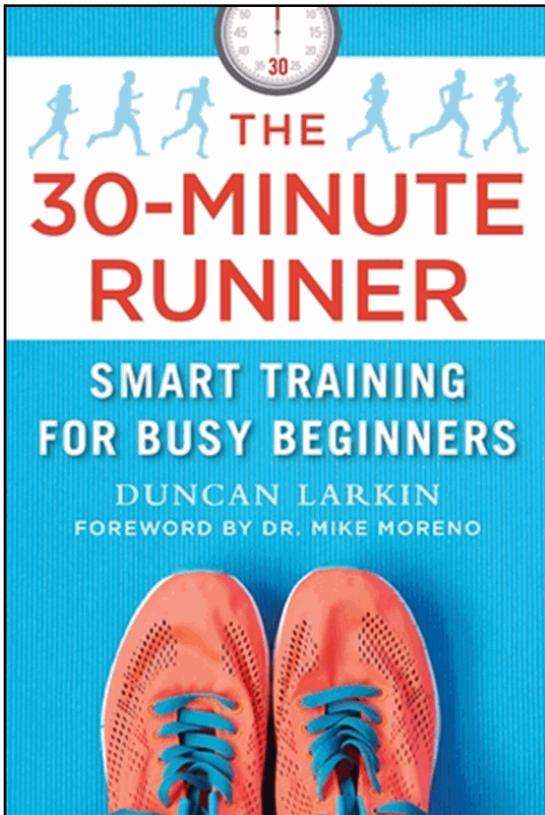
**MONTH:** June  
**\$40.00 (\$54.00 CAD) Hardcover**  
**World • CQ 10**  
**ISBN:** 978-1-5107-5868-1  
**11 x 10 • 204 pages**

**Sports & Recreation/Running & Jogging**  
**100 full color photos**

**Richard O'Brien** is a former senior editor at *Sports Illustrated*, where he covered the Olympics, track and field, and marathoning, among other sports. He has written for *Runner's World* and was an editor at *The Runner*. Currently working as a freelance writer and editor, he lives in Trenton, New Jersey.

**George A. Hirsch**, chairman of the New York Road Runners, is a founder of the five-borough New York City Marathon. He is the founding publisher of *New York* magazine, was the long-time worldwide publisher of *Runner's World*, and lives in New York City.

Duncan Larkin, Dr. Mike Moreno  
**30-Minute Runner**  
 Smart Training for Busy Beginners



**MONTH:** June  
**\$14.99 (\$19.99 CAD) Paperback**  
**WORLD • CQ 36**  
**ISBN:** 978-1-5107-5894-0  
**6.00 x 9.00 • 156 pages**

**Sports & Recreation/Running & Jogging**

*The 30-Minute Runner* takes a simplified approach to training, which is to break down everything into one thirty-minute session per day, a manageable segment for first-time runners and those who may be in decent shape but lead incredibly busy lives.

Everything in the book, including training schedules, techniques, and tips, is put forth purely in terms of minutes spent running, without any goal paces to worry about, mileage to keep track of, or anything to measure other than time spent out on the roads and trails. The book focuses on how to maximize those thirty critical minutes in order to achieve two primary goals: shedding extra pounds and completing a 5K race.

Author Duncan Larkin, a certified Army Master Fitness Trainer, also covers topics like running for new moms, single-parent training, how to prepare to run your first race, race-day tips, how to train while on business travel, and taking it to the next level, running forty-five and sixty minutes a day (10K and half-marathon schedules). In addition to the running-based guidelines, *The 30-Minute Runner* also offers nutritional advice and core exercises that complement the thirty-minute runs.

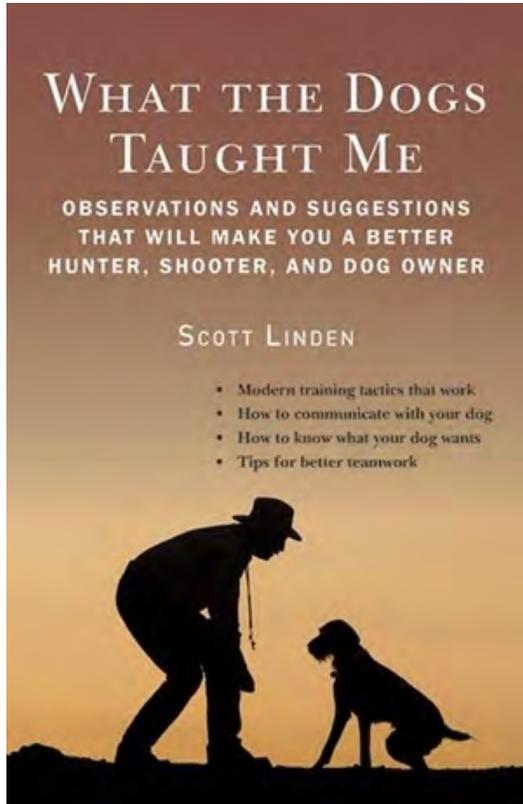
**Duncan Larkin** has covered the sport of running for more than a decade. He's a certified Army Master Fitness Trainer and was a top-300 American marathoner back in 2006. He has won the Himalayan 100-Mile Stage Race and the Mohawk-Hudson Marathon. His first book, *Run Simple*, was published in 2012. Duncan writes about fitness for *Outside Magazine*, *Competitor Magazine*, *Runner's World*, *ESPN*, and *Running Times*. He lives in West Chester, Pennsylvania, with his wife and four children.

**Dr. Mike Moreno** is the #1 *New York Times* bestselling author of *The 17 Day Diet*. Moreno practices family medicine and serves on the board of the San Diego Chapter of the American Academy of Family Physicians. A graduate of the University of California at Irvine and Hahnemann Medical School, he completed his residency at Kaiser Permanente in Fontana, California.

Scott Linden

## What the Dogs Taught Me

Observations and Suggestions That Will Make You a Better Hunter, Shooter, and Dog Owner



With lessons on dogs' desires, skills, and abilities to learn, care and feeding, health and safety, preparation, and shooting, *What the Dogs Taught Me* is the ultimate guide to maximizing happiness and minimizing frustration whether out on the hunt or relaxing in the backyard.

"My dogs and I get along best when I hit the birds they produce for me. Putting the odds in my favor is the least I can do. Now, so can you."

If you hunt for pheasants, grouse, quail, and other upland birds, forming a partnership with your dog can be a daunting challenge. *Wingshooting USA's* Scott Linden is here to help. *What the Dogs Taught Me* fills in the blanks for the wingshooter and dog owner with solid advice that will improve dog and hunter's levels of communication, respect, and hunting efficiency. Even better, Linden's lovable, often hilarious tone makes taking advice on training, strategizing, and partnership enjoyable to human and canine alike.?

Don't be a student at the school of hard knocks—*What the Dogs Taught Me* advances an upland hunter's skills quickly, creatively, and without any of the angst of more difficult methods.

**Scott Linden** is the creator and host of the television show *Wingshooting USA*, an active magazine writer, podcaster (*UplandNation.com*) and blogger (*scottlindenoutdoors.com*). He also publishes a monthly newsletter devoted to helping readers become better hunters and dog owners. His Upland Nation University seminars and speeches have been presented throughout the country. He lives near Bend, Oregon with his wife and German Wirehaired Pointer "Flick."

**MONTH:** June

**\$17.99 (\$24.99 CAD) Paperback**

**Selected Countries • CQ 36**

**ISBN: 978-1-5107-5593-2**

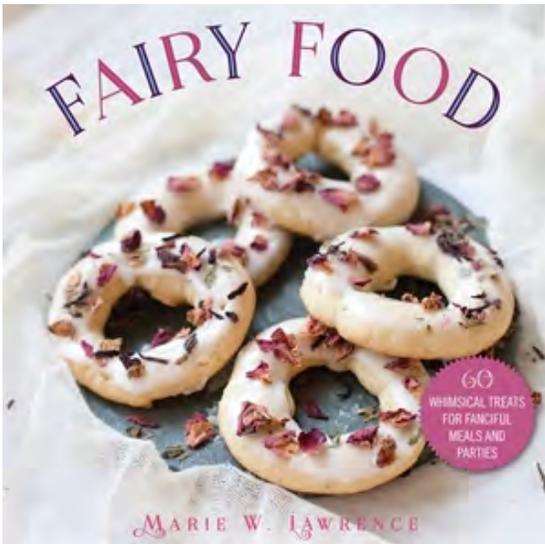
**6 x 9 • 208 pages**

**Sports & Recreation/Hunting**  
color photographs throughout

Marie W. Lawrence

## Fairy Food

### Whimsical Treats for Fanciful Meals and Parties



#### Whimsical recipes for fairy-themed lunches, teatime, desserts, and more!

There are many kinds of fairies—garden fairies, orchard fairies, meadow fairies, woodland elves, and a number of unique water fairies such as sprites and nymphs. One thing all fairies have in common is a love of delicious food! Fruits, berries, and wild honey are sure to keep almost any fairy happy for hours on end. A nibble of cake or pastry will make them positively joyous!

Explore the whimsical world of fairy food in this delightful cookbook. Whether you're planning a fairy-themed party or just wish to add an element of fancy to your meals, you'll find plenty to inspire you here, from breakfasts and lunches to teatime to dessert.

Discover recipes such as:

- Pastel Berry Shortbread Rounds
- Rainbow Tea Bread
- Wild Violet Tea Sandwiches
- Elves' Emerald Mushroom Pizza
- Water Sprites' Watermelon Soup
- Cream Puff Fairy Ring
- Firefly Cupcakes
- Fondant Fireflies, Honeybees and Bumblebees
- Creamy Chocolate Rainbow Cones
- Pixies' Popcorn
- Blooming Honey Biscuits
- and much more!

Many recipes include elements that children can help prepare for added fun. Full of inspiring photographs of fairy food and drink, as well as a fairy-themed garden tea party, this delightful cookbook makes a unique gift for the fairy enthusiast in your life.

**Marie W. Lawrence** has loved to cook, bake, and write for as long as she can remember. She is the author of *The Farmer's Cookbook* and *Creative Cooking for One or Two*. Lawrence calls upon her twenty-five years of public school experience—including coordinating an after-school kids' cooking program and coordinating classroom healthy snack units—to create the recipes in *Fairy Foods*. A mother of three, the author lives with her husband in Brattleboro, Vermont, where she enjoys walking her dog, gardening, and cooking with her grandchildren.

**MONTH:** June

**\$19.99 (\$30.99 CAD) Hardcover**

**World • CQ 24**

**ISBN: 978-1-5107-5594-9**

**7.5 x 7.5 • 208 pages**

**Ebook ISBN 978-1-5107-5595-6**

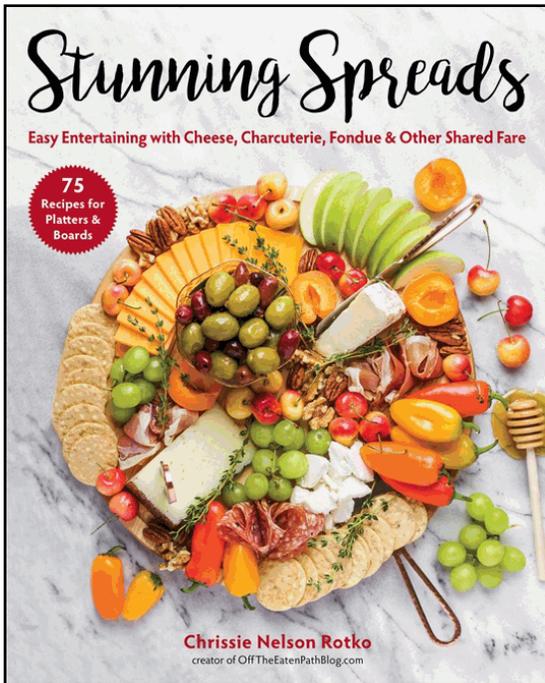
**Cooking/Cooking for Kids**

**100 color photographs**

Chrissie Nelson Rotko

# Stunning Spreads

## Easy Entertaining with Cheese, Charcuterie, Fondue & Other Shared Fare



Offer your guests a variety of bites and flavors with unique and delicious dips, fondues, boards, and more!

From baby showers to birthday brunches, *Stunning Spreads* offers more than seventy-five approachable appetizers paired with a variety of simple, seasonal cocktails such as spiked hot apple cider and watermelon frosé that are sure to be the showstopper at your next gathering. To round out this fun, delicious fare is helpful hosting advice for preparing and serving everything from big boards to small bites.

Beautiful and stress-free spreads fitting for any crowd include:

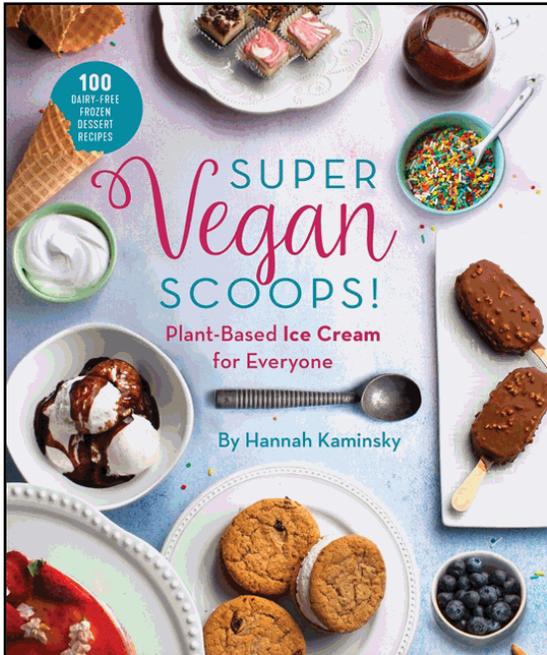
- Beer cheese fondue
- Grilled brie with blackberry balsamic glaze
- The ultimate cheddar snack board
- Pimento cheese deviled eggs
- Summer grilled fruit and veggie board
- Roasted garlic dip
- Bourbon apple butter
- And so much more!

Whether you're entertaining family for the holidays, having friends over to watch the big game, or cozying up on the couch with your loved ones, hosting at home doesn't have to be a hassle.

**MONTH:** June  
**\$24.99 (\$33.99 CAD) Hardcover**  
**World • CQ 30**  
**ISBN:** 978-1-5107-5522-2  
**8 x 10 • 232 pages**  
**Ebook ISBN** 978-1-5107-5523-9  
**Cooking/Entertaining**  
**75 color photographs**

**Chrissie Nelson Rotko** is the writer and photographer behind award-winning food and travel blog *Off the Eaten Path*. Launched in 2013 as a passion project to combine her love of food and writing, *Off the Eaten Path* features easy, seasonal recipes as well as travel guides focused on exploring new destinations through their local food and drinks. Chrissie lives in Charlotte, North Carolina with her husband, AJ.

Hannah Kaminsky

**Super Vegan Scoops!****Plant-Based Ice Cream for Everyone**

**Freeze! Leave those stock issue frozen desserts at the grocery store and dive into creamy, cool custards made in your own kitchen.**

It's not a crime to want a more exciting ice cream experience than the average chocolate or vanilla scoop, but you'd think such a request is treasonous based on the current state of the freezer aisle.

*Super Vegan Scoops!* churns out cool treats without dairy or eggs in unconventional flavors truly offer tastes to delight even the most discerning sweet tooth. Special equipment need not apply for many of these surprisingly simple sweets, covering no-churn options for quick pops and decadent ice cream cakes. Even handheld novelties like you've never seen before, complete with chewy cookies and crisp chocolate shells, come together with ease.

If temperatures should ever drop too cold to indulge in something icy, don't despair. Innovative recipes transform traditional ice cream bases into entirely new treats. There's no such thing as too much ice cream when excess can be melted down and baked up into everything from quick bread to scones. Yes, you can have ice cream for breakfast, without getting brain freeze, too! Put a stick in it, dig in a spoon, slice it thick, or melt it all down; there's a bolder face to plant-based ice cream waiting for you just beyond the ice maker.

**MONTH:** June  
**\$22.99 (\$32.00 CAD) Hardcover**  
**World • CQ 24**  
**ISBN:** 978-1-5107-5797-4  
**7.5 x 9 • 264 pages**  
**Ebook ISBN** 978-1-5107-5798-1  
**Cooking/Courses & Dishes/Ice Cream, Ices, etc.**  
**80 color photos**

**Hannah Kaminsky** has developed an international following for her delicious recipes and mouthwatering food photography at the award-winning blog [BitterSweetBlog.com](http://BitterSweetBlog.com). She is the author of *Sweet Vegan Treats*, *Vegan Desserts*, *Vegan à la Mode*, and *Easy as Vegan Pie*. Passionate about big flavors and simple techniques, she works in San Francisco's bay area developing recipes and photographing food from morning to night.

Stephanie Thurow

## Can It & Ferment It: Updated & Expanded Second Edition

More Than 75 Satisfying Small-Batch Canning and Fermentation Recipes for the Whole Year



### Can It & Ferment It

More Than 75 Satisfying Small-Batch Canning and Fermentation Recipes for the Whole Year



Stephanie Thurow

#### An Updated & Expanded New Edition of *Can It & Ferment It!*

Welcome to the world of produce preservation. In *Can It & Ferment It*, blogger and preservation enthusiast Stephanie Thurow brings the canning and fermenting communities together by offering recipes that work for both canning and fermenting. From a first-timer to the advanced preservationist, *Can It & Ferment It* shows canners and fermenters alike how they can have the best of both worlds.

Recipes include:

- Strawberry Rhubarb Jam
- Sugar Snap Pea Pickles
- Dandelion Jelly
- Pickle Fennel
- Fiddlehead Fern Pickles
- Spicy Spring Onion Relish
- Napa Cabbage Kimchi
- And much much more

Stephanie explains the differences between the canning and fermentation processes, emphasizes the importance of using local and organic produce, describes canning and fermenting terminology and the supplies needed for both methods, and offers even more fun and easy recipes for every season in this book's second edition. Readers will learn how to preserve each fruit or vegetable in two different ways; each can be enjoyed water bath-canned or as a healthy, probiotic-rich ferment.

**MONTH:** June

**\$16.99 (\$22.99 CAD) Hardcover**

**World • CQ 24**

**ISBN: 978-1-5107-5760-8**

**6 x 8 • 192 pages**

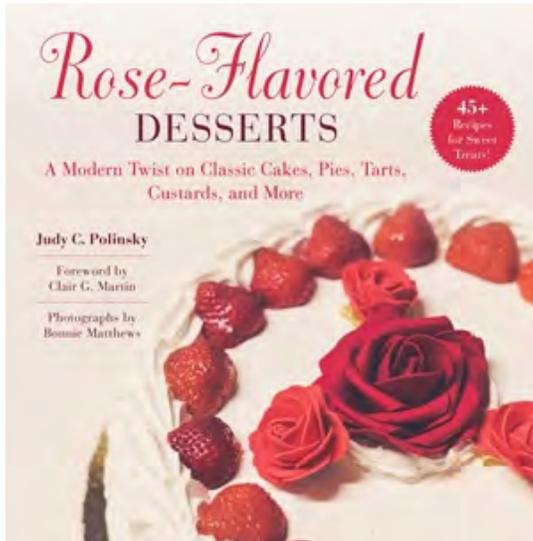
**Cooking/Methods/Canning & Preserving**  
Color photos throughout

**Stephanie Thurow** fell in love with kimchi as a toddler and never looked back. She is the creator of canning and fermenting blog *Minnesota from Scratch* and has been a fanatic for preserving foods since the mid-2000s. She resides in Minneapolis, Minnesota, with her husband, daughter, and plethora of pets.

Judy C. Polinsky, Clair Martin, Bonnie Matthews

## Rose-Flavored Desserts

A Modern Twist on Classic Cakes, Pies, Tarts, Custards, and More



Whether your interest is in cooking, rose gardening, or history, using roses from your garden to re-create recipes is an adventure and great fun!

Imagine a table laden with sweet dishes—cakes, puddings, creams, custards, jellies, candied fruits, marzipan, ice creams—molded into exotic forms, all flavored with roses and served as the final course of an elegant meal! In the Georgian era (1714–1830), rose-flavored treats were a mainstay in the homes of the well-to-do, who would create an entire table of sweets as a show of wealth and power.

In *Rose-Flavored Desserts*, culinary historian Judy Polinsky explores the use of roses and rose water in Georgian cooking and baking. With a foreword by Clair Martin, curator emerita of the Rose Garden at the Huntington Library and Gardens, this book is packed with information about the history of roses as a food flavoring and the benefits of consuming rose water, instructions on how to select roses by scent and rose family, and directions for how to prepare rose water from your own roses, in addition to more than fifty recipes (or as the Georgians wrote, “receipts”).

Unique in its structure, *Delicious Rose-Flavored Desserts* features the original eighteenth-century recipe along with the modern version. Polinsky tested each recipe first by hand, and then retested using modern appliances such as mixers and food processors. The reward is in the subtle blending and mixing of unexpected flavors to create wonderfully tasty treats.

MONTH: June

\$16.99 (\$22.99 CAD) Paperback

World • CQ 30

ISBN: 978-1-5107-4591-9

7 x 7 • 192 pages

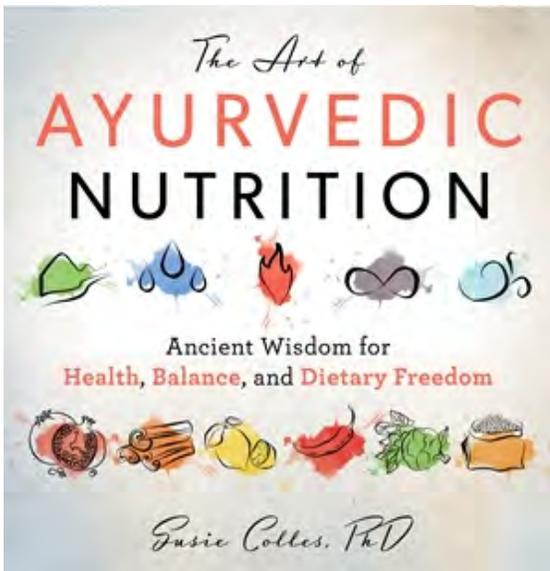
Cooking/Courses & Dishes/Desserts

24 color photographs

**Judy Polinsky** retired from a career in the television and film industry to focus on her passions for theater and history, giving presentations interpreting food of the eighteenth century. Her extensive collection of original and reprint Colonial-era cookbooks gave her the source material to develop accurate period-specific menus for her historical presentations. She is now a culinary historian in association with the Huntington Library and Gardens in San Marino, California.

**Clair Martin** spent most of his horticultural career of forty-one years at the Huntington Library, Art Collections, and Botanical Gardens, San Marino, California. He is the author of four books, including *100 English Roses for the American Garden* and *100 Old Roses for the American Garden*. He retired as curator emeritus of the Rose Garden in 2011 and lives in Goodyear, Arizona.

Susie Colles

**Art of Ayurvedic Nutrition****Ancient Wisdom for Health, Balance, and Dietary Freedom**

**Nourish your physical body, support your mind and emotions, generate vital energy, inspire intuition and intelligence, and enrich your spirit.**

Ayurvedic practitioner and dietitian Susie Colles blends Western science with the ancient wisdom of Ayurveda to offer a modern-day, self-guided reconnection with food, body, health, and the natural world of which we are a part. Through the lens of India's traditional healing system, *The Art of Ayurvedic Nutrition* delivers an alternative view of the body you live in, the food you eat, and what it means to be truly healthy. Topics include:

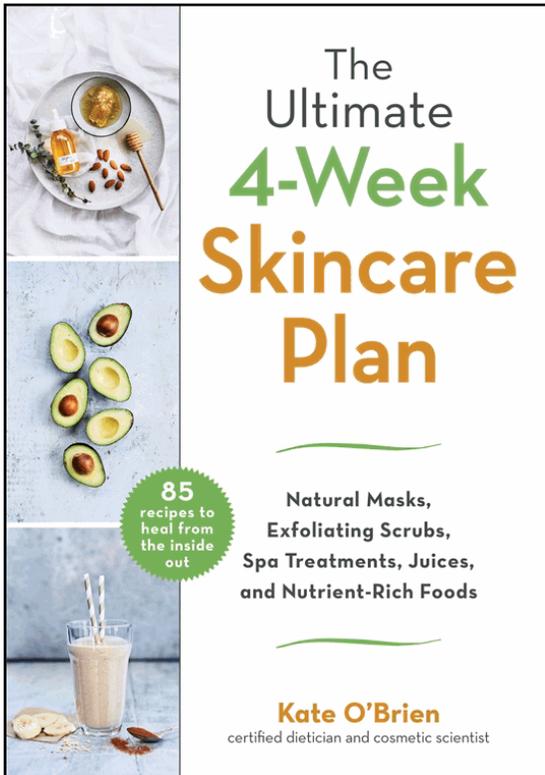
- Discovering your unique constitution
- Building your personal relationship with food
- Living in harmony with natural cycles and seasons
- Overcoming the diet mentality, hunger, food cravings, and weight gain
- Creating new, favorable eating habits
- And much, much more

*The Art of Ayurvedic Nutrition* offers deep practical know-how and tangible steps to empower you to better understand and experience yourself and the food that nourishes you.

**MONTH:** June  
**\$17.99 (\$24.99 CAD) Paperback**  
**World • CQ 24**  
**ISBN:** 978-1-5107-4902-3  
**8 x 8 • 240 pages**  
**Ebook ISBN 978-1-5107-4903-0**  
**Health & Fitness/Holism**  
**Color illustrations throughout**

**Susie Colles, PhD** grew up in Australia, trained as a dietitian, and spent many years in dietetic practice in Western nutrition and clinical health settings. She then initiated research in eating behavior and obesity, completed a PhD, lectured at university, and maintained her practice in nutritional, behavioral, and cognitive counseling. Susie's passion took her to southern Africa where she worked in women's health development, as well as to remote Aboriginal communities in northern Australia, and most recently to rural India. For the past seven years Susie has studied and practiced Ayurveda under experienced Indian and Western practitioners. She lives in the hills of India.

Kate O'Brien

**Ultimate 4-Week Skincare Plan****Natural Masks, Exfoliating Scrubs, Spa Treatments, Juices, and Nutrient-Rich Foods**

**Detox, cleanse, and nourish your way to radiant skin with these 85 recipes to heal from the inside out!**

For anyone frustrated by spending vast amounts of money on expensive skincare products that don't deliver on their promise, Kate O'Brien's easy four-week plan is a must. The tried-and-tested revitalizing plan contains over sixty easy, skin-nourishing, plant-based recipes along with a targeted step-by-step skincare routine that separates skincare fact from fiction.

Discover what works for your skin, whatever your age, from face oils, scrubs, and serums to moisturizers, skin acids, and an optimum sleep plan that will take years off your face. Kate's gut-friendly foods are overflowing with the necessary nutrients that will keep your skin, gut, and body vibrant, alive, and glowing.

Whether you have an upcoming wedding, a holiday, or simply want to look and feel your best, this quick and easy plan puts you on the fast track to beautifully radiant skin.

Recipe sections include Breakfasts & Brunches, Dressings, Dips & Spreads, Soups, Salads & Sides, Mains, Seasonal Bowls, Snacks & Sweet Things, Juices, and Teas.

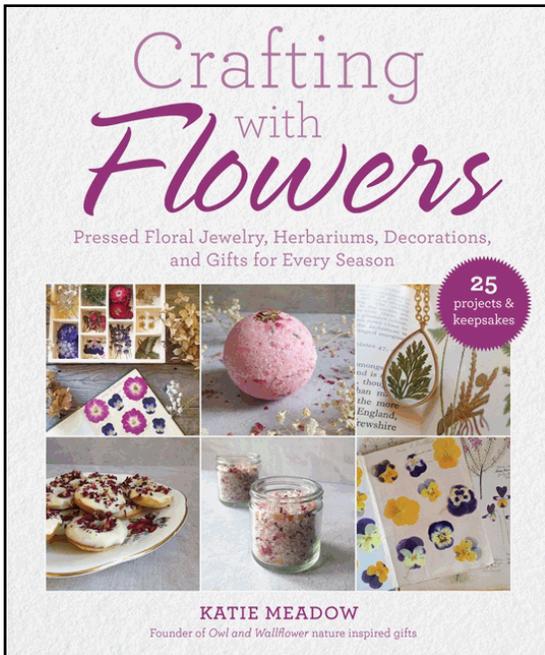
**MONTH: June****\$22.99 (\$32.00 CAD) Hardcover****North American English • CQ 24****ISBN: 978-1-5107-5525-3****6.5 x 9.25 • 288 pages****Ebook ISBN 978-1-5107-5526-0****Health & Fitness/Body Cleansing & Detoxification****85 Color photos**

**Kate O'Brien** is a qualified dietician and cosmetic scientist, and an author of seven books. She returned to Ireland in 2013 after eighteen years living and working in Asia. Kate has become an established writer on lifestyle and spa culture. She writes for *Asia Spa* magazine, *The Gloss* in Ireland, and *Vacations and Travel* magazine in Australia.

Katie Meadow

## Crafting with Flowers

Pressed Flower Jewelry, Herbariums, Decorations, and Gifts for Every Season



**Make your own unique, whimsical jewelry and gifts inspired by nature's beauty!**

Everyone could add a bit of brightness to their daily life. This book will teach you how to make a wide range of floral crafts, and help you truly connect to nature and the magical woodlands. It will introduce different methods of drying and pressing flowers including traditional flower press and the more modern technique of microwaving!

The crafts are organized seasonally, so you can happily craft all year-round, and always have gifts at the ready. Chapters will begin with lovely spring crafts using bright, beautiful flowers, summer crafts aimed more at weddings, celebrations, and festivals, such as dried flower crowns and pressed flower nail art. Then autumn will move to more cozy self-care crafts like bath melts and dried flower body scrubs, and winter will include crafts that are handmade gift ideas such as dried flower candles, bookmarks, and soaps.

Crafts will include:

- Crystallized edible flowers to top cakes and cupcakes
- Phone cases using pressed flowers
- Floral body scrub
- Beautiful botanical frames
- All types of pressed flower jewelry

**MONTH: June**

**\$19.99 (\$26.99 CAD) Hardcover**

**World • CQ 30**

**ISBN: 978-1-5107-5599-4**

**7.5 x 9 • 160 pages**

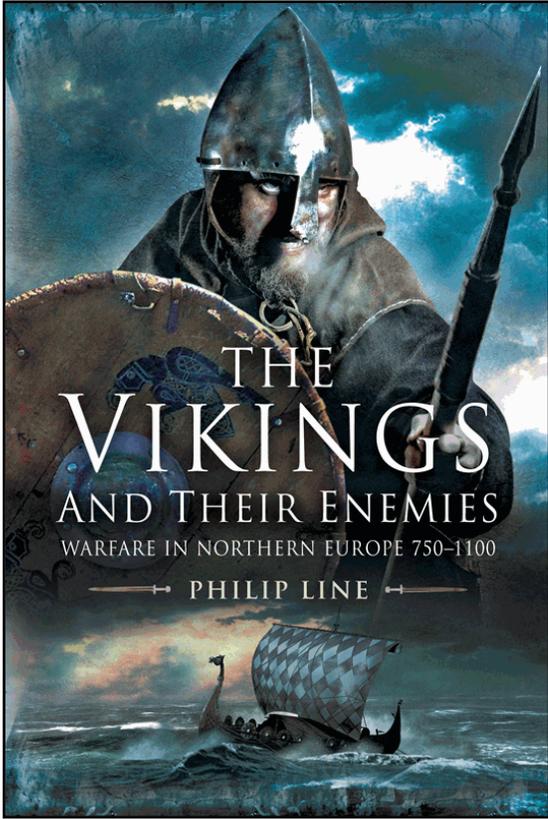
**Ebook ISBN 978-1-5107-5600-7**

**Crafts & Hobbies/Jewelry**

**Color photographs**

**Katie Meadow** is an artist based in Lancashire, England, who creates botanical jewelry and keepsakes, so the wearer can take a little bit of nature with them wherever they go. Her work is inspired by natural curiosities, magical woodlands, and botanical illustrations. She uses natural materials in her jewelry such as foraged field ferns, wildflowers, roses, larkspur, and viola pressed from country gardens, preserved moss, feathers, and real seashells. She completed her master's degree in Photography in and have pursued a creative career ever since. Her jewelry and gifts can be found online at her Owl and Wallflower Etsy store.

Philip Line

**Vikings and Their Enemies****Warfare in Northern Europe, 750–1100**

"A wide range of topics are covered, from the equipment and training of the individual warriors to the overall structure of their campaigns. There is also an interesting section on the world view of the Viking warriors and their contemporaries." —HistoryofWar.org

The Vikings had an extraordinary and far-reaching historical impact. From the eighth to the eleventh centuries, they ranged across Europe—raiding, exploring, colonizing—and their presence was felt as far away as Russia and Byzantium. They are most famous as warriors, yet perhaps their talent for warfare is too little understood. Philip Line, in this scholarly and highly readable study of the Viking age, uses original documentary sources—the chronicles, sagas, and poetry—and the latest archaeological evidence to describe how the Vikings and their enemies in northern Europe organized for war.

His graphic examination gives an up-to-date interpretation of the Vikings' approach to violence and their fighting methods that will be fascinating reading for anyone who is keen to understand how they operated and achieved so much in medieval Europe. He explores the practicalities of waging war in the Viking age, including compelling accounts of the nature of campaigns and raids, and detailed accounts of Viking-age battles on land and sea, using all the available evidence to give an insight into the experience of combat.

Throughout this fascinating book, Philip Line seeks to dispel common myths about the Vikings and misconceptions about their approach to warfare.

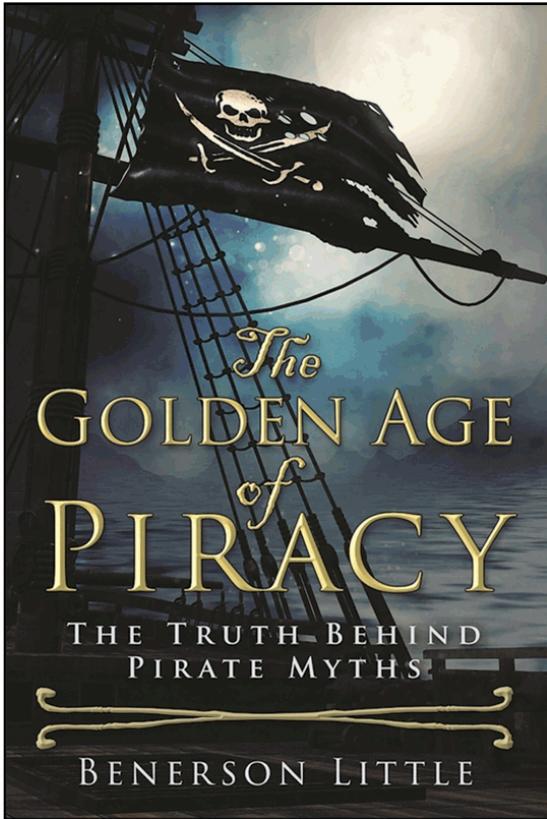
**MONTH: June****\$17.99 (\$24.99 CAD) Paperback****World • CQ 30****ISBN: 978-1-5107-5836-0****6 x 9 • 344 pages****History/Europe/Scandinavia**

**Philip Line** is an expert on Viking land and sea warfare and on the early medieval history of Scandinavia and has published articles on aspects of the subject including a study of Norwegian naval warfare and the role of churchmen in military campaigns. He has written on aspects of state formation and colonization in Scandinavia and the Baltic, his main work being a large study of state formation in Sweden. He has also studied ancient history and Scandinavian languages. He lives in Leeds, United Kingdom.

Benerson Little

## Golden Age of Piracy

### The Truth Behind Pirate Myths



**MONTH:** June  
**\$18.99 (\$25.99 CAD) Paperback**  
**World • CQ 30**  
**ISBN:** 978-1-5107-5834-6  
**6 x 9 • 388 pages**

**History/Maritime History & Piracy**

"Little has a deep affection for his subject that occasionally leads him to affectation, but his use of piratical jargon is more charming than jarring; clearly he's having a good time, and so will readers. Packed with insight and adventure, Little's book is sure to strike a note with armchair swashbucklers of all ages." —*Publishers Weekly*

For thousands of years, pirates have terrorized the ocean voyager and the coastal inhabitant, plundered ship and shore, and wrought havoc on the lives and livelihoods of rich and poor alike. Around these desperate men has grown a body of myths and legends—fascinating tales that today strongly influence our notions of pirates and piracy. Most of these myths derive from the pirates of the "Golden Age," from roughly 1655 to 1725. This was the age of the Spanish Main, of Henry Morgan and Blackbeard, of Bartholomew Sharp and Bartholomew Roberts.

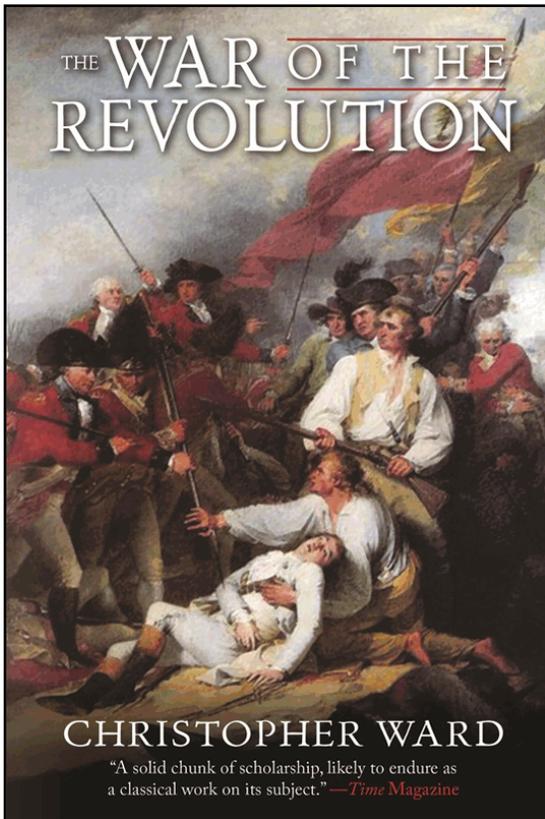
The history of pirate myth is rich in action, at sea and ashore. However, the truth is far more interesting. In *The Golden Age of Piracy*, expert pirate historian Benerson Little debunks more than a dozen pirate myths that derive from this era—from the flying of the Jolly Roger to the burying of treasure, from walking the plank to the staging of epic sea battles—and shows that the truth is far more fascinating and disturbing than the romanticized legends.

Among Little's revelations are that pirates of the Golden Age never made their captives walk the plank and that they, instead, were subject to horrendous torture, such as being burned or hung by their arms. Likewise, epic sea battles involving pirates were fairly rare because most prey surrendered immediately.

The stories are real and are drawn heavily from primary sources. Complementing them are colorful images of flags, ships, and buccaneers based on eyewitness accounts.

**Benerson Little** is the author of multiple books and numerous articles on pirates, has twice appeared on the History Channel to discuss piracy, and has served as a historical analyst for the Starz pirate drama *Black Sails*. A former Navy SEAL, he has worked as a naval special warfare analyst, an intelligence analyst, and a consultant on maritime subjects. He lives in Huntsville, Alabama.

Christopher Ward  
**War of the Revolution**



"A solid chunk of scholarship, likely to endure as a classical work on its subject." —*Time Magazine*

"[T]hrough these individual battles, rather than through a general strategic survey, the reader literally goes through this war, an exciting experience for those who are easy chair generals or who want to refresh or fill in their knowledge of the Revolution." —*Kirkus Reviews*

From the first crack of musket fire at Lexington and Concord to the downing of the British colors at Yorktown, Christopher Ward does not tell the whole history of the American Revolution, but rather, illuminates the history of the war caused by that revolution—the military operations on land in the War for Independence.

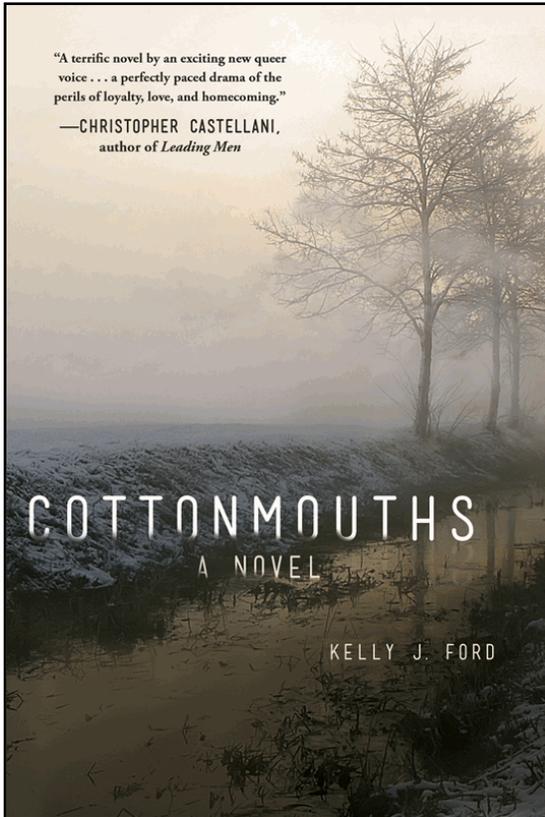
When *The War for the Revolution* was first published almost sixty years ago, it was instantly recognized as a modern classic of American historical scholarship, as well as a masterpiece of narrative nonfiction Revolutionary War history. Today it is probably the most cited single work on the American Revolutionary War. The combination of a simple format and eloquent writing make *The War of the Revolution* an ideal reference for the professional historian and American history buff alike.

Now available in one complete volume totaling more than 1,000 pages, readers have the opportunity to purchase the entire masterpiece and relive each battle through Ward's powerful descriptions. Hear the gunshots, know the soldiers, and experience the terrain and military tactics as the troops did with this classic account, still unmatched so many decades later—*The War of the Revolution*.

**MONTH: June**  
**\$24.99 (\$33.99 CAD) Paperback**  
**Selected Countries • CQ 12**  
**ISBN: 978-1-5107-5575-8**  
**6 x 9 • 1008 pages**  
**Ebook ISBN 978-1-5107-5576-5**  
**History/United States/Revolutionary Period**  
**(1775-1800)**

**Christopher Ward** served as president of the Historical Society of Delaware and worked with the Federal Writers' Project. Some of his works include *The Dutch and Swedes on the Delaware* and *The Saga of Cap'n John Smith*. He died at the age of seventy-five in 1943.

Kelly J. Ford

**Cottonmouths****A Novel****MONTH: June****\$15.99 (\$21.99 CAD) Paperback****Selected Countries • CQ 18****ISBN: 978-1-5107-4786-9****5.5 x 8.25 • 296 pages****Fiction/LGBT/Lesbian****A Los Angeles Review Best Book of 2017****From a compelling new voice in LGBTQ and Southern fiction, a gripping tale of crime and desire amid small-town America's meth epidemic.***This was Drear's Bluff. Nothing bad happened here. People didn't disappear.*

College was supposed to be an escape for Emily Skinner. But after failing out of school, she's left with no choice but to return to her small Arkansas hometown, a place run on gossip and good Christian values.

She's not alone. Emily's former best friend—and childhood crush—Jody Monroe is back with a baby. Emily can't resist the opportunity to reconnect, despite the uncomfortable way things ended between them and her mom's disapproval of their friendship. When Emily stumbles upon a meth lab on Jody's property, she realizes just how far they've both fallen.

Emily intends to keep her distance from Jody, but when she's kicked out of her house with no money and nowhere to go, a paying job as Jody's live-in babysitter is hard to pass up. As they grow closer, Emily glimpses a future for the first time since coming home. She dismisses her worries; after all, Jody is a single mom. The meth lab is a means to an end. And besides, for Emily, Jody is the real drug.

But when Jody's business partner goes missing, and the lies begin to pile up, Emily will learn just how far Jody is willing to go to save her own skin—and how much Emily herself has risked for the love of someone who may never truly love her back.

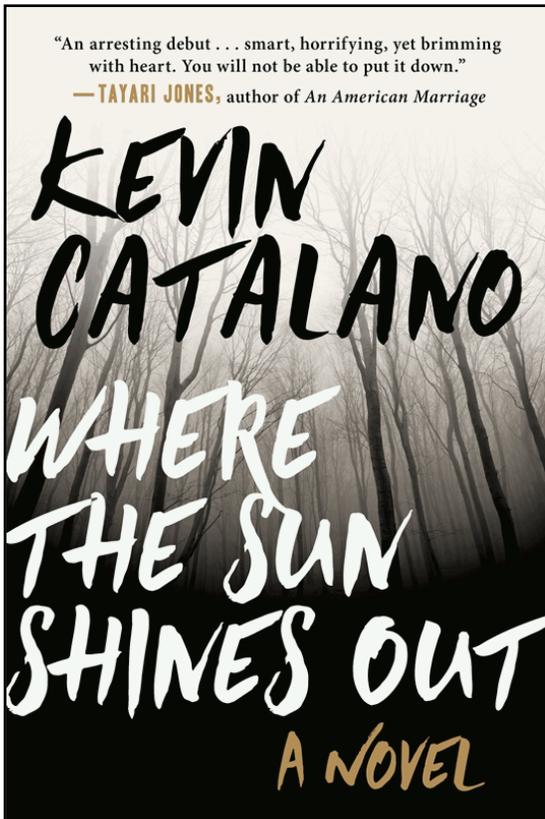
Echoing the work of authors like Daniel Woodrell and Sarah Waters, *Cottonmouths* is an unflinching story about the ways in which the past pulls us back . . . despite our best efforts to leave it behind.

**Kelly J. Ford** is an instructor for GrubStreet Writing Center and a graduate of their Novel Incubator program. Her fiction has appeared in *Black Heart Magazine*, *Fried Chicken and Coffee*, and *Knee-Jerk Magazine*. Although Kelly is from Fort Smith, Arkansas, she now lives in Boston with her wife and cat.

Kevin Catalano

## Where the Sun Shines Out

### A Novel



"An arresting debut . . . smart, horrifying, yet brimming with heart. You will not be able to put it down."

—TAYARI JONES, author of *An American Marriage*

**A raw, unflinching literary debut for fans of Dennis Lehane and Tom Franklin examining the aftershocks of survival, and the price of salvation.**

In the blue-collar town of Chittenango, New York, two young boys are abducted from a local festival and taken to a cabin in the woods. One is kept; one is killed. When they are next seen, ten-year-old Dean has escaped by swimming across Oneida Lake holding his brother's dead body.

As the years pass, the people of Chittenango struggle to cope with the collateral damage of this unspeakable act of violence, reverberations that disrupt the community and echo far beyond. With nothing holding it together, Dean's family disintegrates under the twin weights of guilt and grief, and the unspoken acknowledgment that the wrong child survived. At the center of it all, Dean himself must find a place in a future that never should have been his.

In a sweeping narrative spanning decades and told from alternating points of view, *Where the Sun Shines Out* tells the story of a town and the inevitable trauma we inflict upon each other when we're trying our best. Exploring the bonds, and breakdowns, of families, Kevin Catalano's fearless debut reminds us that although the path to redemption is pockmarked, twisted, and often hidden from view, somehow the sun makes it through.

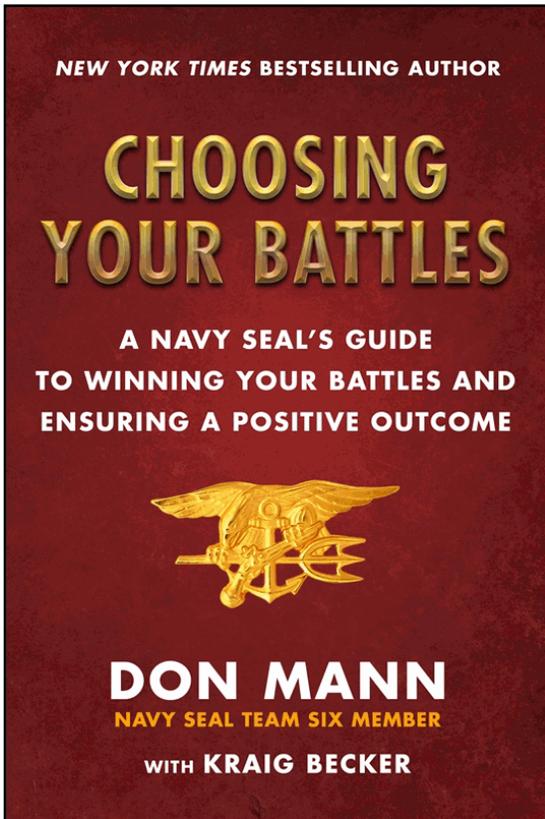
**MONTH:** June  
**\$15.99 (\$21.99 CAD) Paperback**  
**WORLD • CQ 24**  
**ISBN:** 978-1-5107-5447-8  
**5.5 x 8.25 • 304 pages**  
**Ebook ISBN 978-1-5107-2200-2**  
**Fiction/Small Town & Rural**

**Kevin Catalano** was born in Chittenango, NY, and met all of the surviving Munchkin actors as a child. His stories have appeared in [PANK], Gargoyle Magazine, Used Furniture Review, storySouth, Surreal South '13, Exigencies Anthology, and others. He received an MFA from Rutgers-Newark, and he lives in New Jersey with his wife and two children.

Don Mann, Kraig Becker

## Choosing Your Battles

### A Navy SEAL's Guide to Winning Your Battles and Ensuring a Positive Outcome



MONTH: July

\$16.99 (\$22.99 CAD) Hardcover, dust

World • CQ 36

ISBN: 978-1-5107-5204-7

5 x 7 • 144 pages

Ebook ISBN 978-1-5107-4578-0

Business &amp; Economics/Leadership

Wisdom and inspiration to help you overcome your doubts from a *New York Times* bestselling author.

A former Navy SEAL and current motivational speaker, Don Mann specializes in helping others achieve success in every aspect of life—personal and professional—by using techniques employed by Navy SEALs. In *Choosing Your Battles*, Mann zeroes in on finding ways to choose which battles are worth fighting, no matter what they may be.

This volume includes three subsections dedicated to helping the reader cope with his or her doubts and worries:

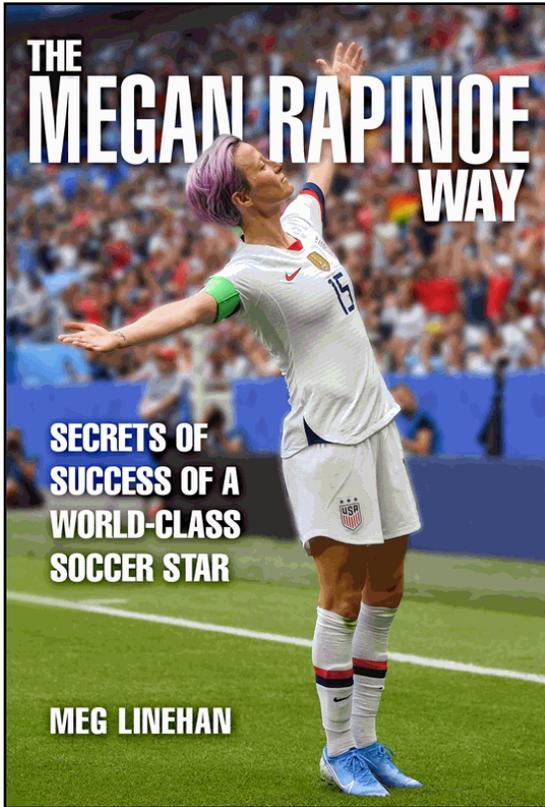
- Drawing a Line in the Sand
- Fight the Good Fight
- Winning the Battle

Featuring practical advice, inspirational quotes, engaging stories, and interesting anecdotes, *Choosing Your Battles* will give readers the tools they need to triumph in the face of adversity.

**Don Mann** is a former Navy SEAL, renowned world-class adventure athlete, *New York Times* bestselling author, and a motivational speaker. He has written twenty books, both fiction and nonfiction, including *Inside SEAL Team Six: My Life and Missions with America's Elite Warriors*; *The U.S. Navy SEAL Survival Handbook*; and *SEAL Team Six: Hunt the Wolf*. Don has been a frequent guest on radio and television shows, sharing his unique insights and knowledge with viewers of FOX, CNN, ABC, and numerous others. His popular “Pushing Beyond Boundaries” presentation has enthralled and inspired thousands, and as an athlete he has competed in multiple Ironman triathlons, dozens of adventure races, and countless marathons. He lives in Cape Charles, Virginia. Don's website is <http://usfrogmann.com/>.

**Kraig Becker** is a freelance writer, journalist, and consultant who covers mountaineering expeditions, polar exploration, adventure travel, and other outdoor pursuits. He is the editor of *The Adventure Blog*, the founder of *The Adventure Podcast*, and a contributor to online and print outlets like *National Geographic*, *Outside* magazine, *Popular Mechanics*, Gear Institute, Digital Trends, *OutdoorX4* magazine and others. He serves as the Adventure and Outdoor Travel Expert for About.com. His first book is *Reaching Beyond Boundaries* with co-author Don Mann. He lives in Nashville, Tennessee.

Megan Linehan

**Megan Rapinoe Way****Secrets of Success of a World-Class Soccer Star**

**A helpful guide for fans of Rapinoe looking to apply her wisdom to their own lives!**

In the summer of 2019, the US women's national soccer team offered fans a thrill when it won its fourth World Cup title and second straight, culminating in a 2–0 final over the Netherlands. Co-captain Megan Rapinoe led the team to victory with a penalty kick to score the first goal and ultimately captured MVP and top goal scorer designations for the tournament. The winger has also led the US to a gold medal in the 2012 London Olympics.

In addition to her athletic success, Rapinoe has proven to be a leader off the field as well. A vocal advocate on behalf of several LGBT organizations and a voice behind the women's team's equal pay complaint, she is one of many players involved in the gender discrimination lawsuit against the United States Soccer Federation.

In *The Megan Rapinoe Way*, the latest book in the Women in Power series, author Meg Linehan translates Rapinoe's success both on and off the field into digestible leadership lessons. In doing so, she draws from Rapinoe's still-young career as an athlete, businesswoman, and advocate.

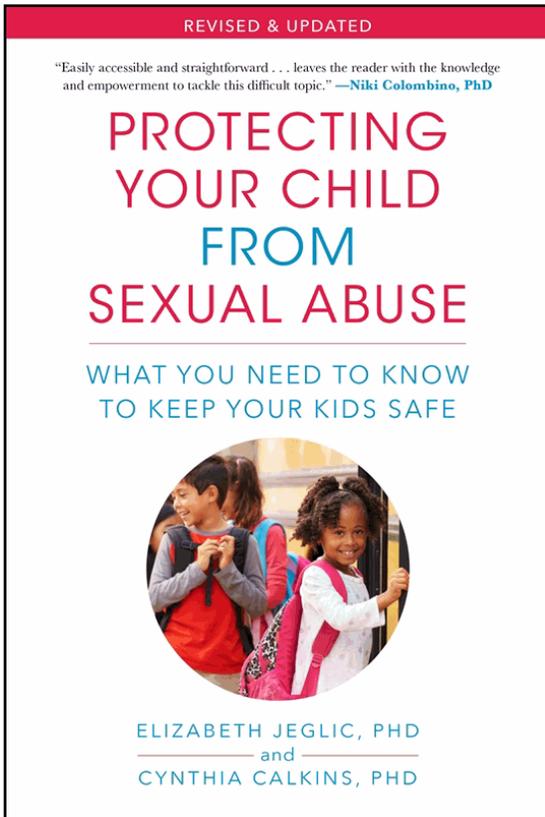
**Meg Linehan** is a staff writer for *The Athletic* covering the US women's national team, the National Women's Soccer League, and the wider world of women's soccer. Previously, she worked at the media branch of the NWSL. Linehan's work has also appeared in *Equalizer Soccer*, *Vice Sports*, *Teen Vogue*, *Unusual Efforts*, and other outlets. A member of the American Women in Sports Media, she resides in New York City.

**MONTH:** July  
**\$19.99 (\$26.99 CAD) Hardcover**  
**World • CQ 36**  
**ISBN:** 978-1-5107-5721-9  
**5.5 x 8.25 • 224 pages**  
**Ebook ISBN 978-1-5107-5722-6**  
**Sports & Recreation/Soccer**  
**15 B&W photos**

Elizabeth Jeglic, Cynthia Calkins

# Protecting Your Child from Sexual Abuse

## What You Need to Know to Keep Your Kids Safe



**A guide that empowers and equips parents with the knowledge and strategies to protect their children.**

Sexual violence against our children is a real and everyday danger. Protecting them from the threat of sex predators is one of our top concerns and fears—for both parents and educators—as we send our sons and daughters off to school and play. Unfortunately, not many of us know the right way—or even how—to think about and address such a sensitive topic.

*Protecting Your Child From Sexual Abuse* empowers parents by providing much needed knowledge about a subject that is hard for many to discuss, much less take action on.

Seeking both to present the right information as well as dispel misconceptions based on unfounded fears, this guide presents comprehensive research and evidence in an accessible way, equipping guardians with practical solutions, concrete tools, and tangible skills designed to keep kids of all ages—from child to tween to teen—safe from sex crimes. Learn about the realities of child sex offenders, how online registries function, what threats and risks exist online, what to do if you suspect abuse, and how to develop open and honest communication with your children on these dangers.

With easily digestible facts and figures, highlighted key points, and discussion group questions, *Protecting Your Child From Sexual Abuse* is a necessary guide for any parenting or community group to begin the conversation—and develop sexual violence prevention strategies in their communities that will make a difference.

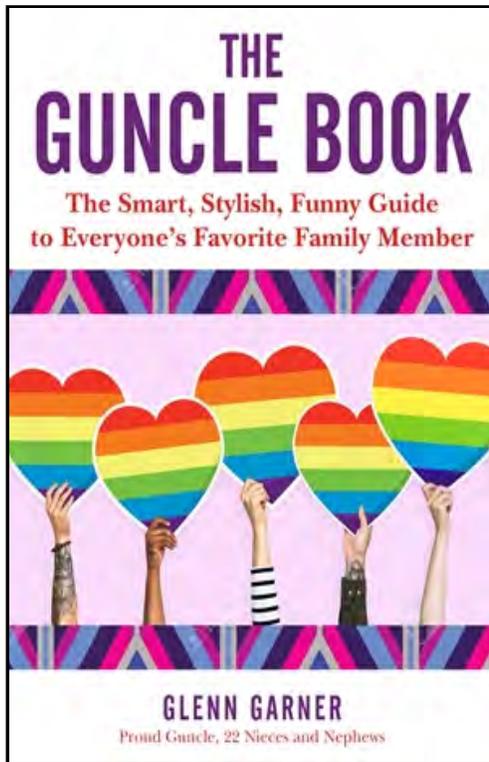
**MONTH:** July  
**\$16.99 (\$22.99 CAD) Paperback**  
**World • CQ 30**  
**ISBN:** 978-1-5107-5704-2  
**5.5 x 8.25 • 192 pages**

**Family & Relationships/Parenting/General**

**Elizabeth Jeglic, PhD**, is a professor, clinical psychologist, and mother of three young children. She has authored over sixty articles and book chapters on sexual violence prevention, as well as co-authored the book *Sexual Violence: Evidence-Based Policy and Prevention*. She was awarded the Faye Honey Knopp Award for her work. She lives in Cranbury, New Jersey.

**Cynthia Calkins, PhD**, is a professor, clinical psychologist, and mother of two young boys. She has devoted her career to seeking answers to how to better prevent sexual violence. She has authored fifty articles and book chapters on the topic as well as co-authored the book *Sexual Violence: Evidence-Based Policy and Prevention*. She lives in Union City, New Jersey.

Glenn Garner

**Guncle Book****Everything You Need to Know About Everyone's Favorite Family Member**

Gay uncles have become one of the most beloved family members, and National Guncles Day has even become a social media-approved holiday, inspiring adorable Instagram photo ops.

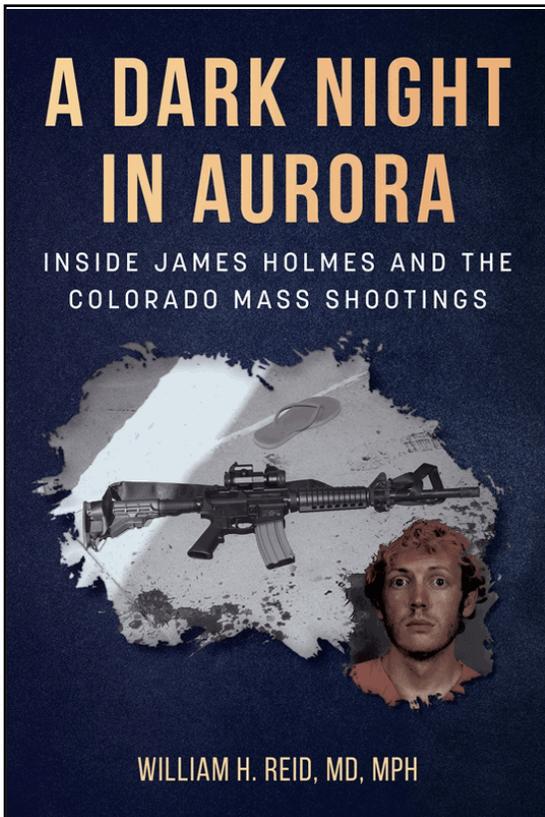
The typical family dynamic in the 21st century has become anything but typical. With the progress of social awareness in our society, there comes a new, ever-changing, diverse face of America. But one thing that's almost universal with the American family is the guncle.

In *The Guncle Book*, Glenn Garner, who has gained a lifetime of knowledge as a gay uncle to twenty-two nieces and nephews, imparts some of that wisdom through some heartwarming anecdotes and entertaining tips and hacks. Topics covered include being an open ear, how to spoil your nieces and nephews, how to be a good insta guncle, and more. Complete with forty full-color photos throughout, this book makes the perfect gift for your own beloved guncle.

**Glenn Garner** is a former editor of *OUT Magazine*. He also has bylines in *Teen Vogue*, *The Advocate*, *BlackBook*, and *Huffington Post*. Garner has covered a variety of queer topics in his career and has interviewed the likes of RuPaul Charles, Lily Tomlin, and Rupert Everett. He received a BS in Journalism and Photography from Northern Arizona University and resides in Los Angeles, California.

**MONTH:** July**\$16.99 (\$22.99 CAD) Hardcover****World • CQ 30****ISBN:** 978-1-5107-5754-7**6 x 8.5 • 176 pages****Ebook ISBN 978-1-5107-5755-4****Family & Relationships/Alternative Family****40 color photos**

Dr. William H. Reid

**Dark Night in Aurora****Inside James Holmes and the Colorado Mass Shootings**

**James Holmes killed or wounded seventy people in a movie theater in Aurora, Colorado. Only one man was allowed to record extensive interviews with the shooter. This is what he found. Now with an update by the author.**

On July 20, 2012 in Aurora, Colorado, a man in dark body armor and a gas mask entered a midnight premiere of *The Dark Knight Rises* with a tactical shotgun, a high-capacity assault rifle, and a sidearm. He threw a canister of tear gas into the crowd and began firing. Soon twelve were dead and fifty-eight were wounded; young children and pregnant women were among them. The man was found calmly waiting at his car. He was detained without resistance.

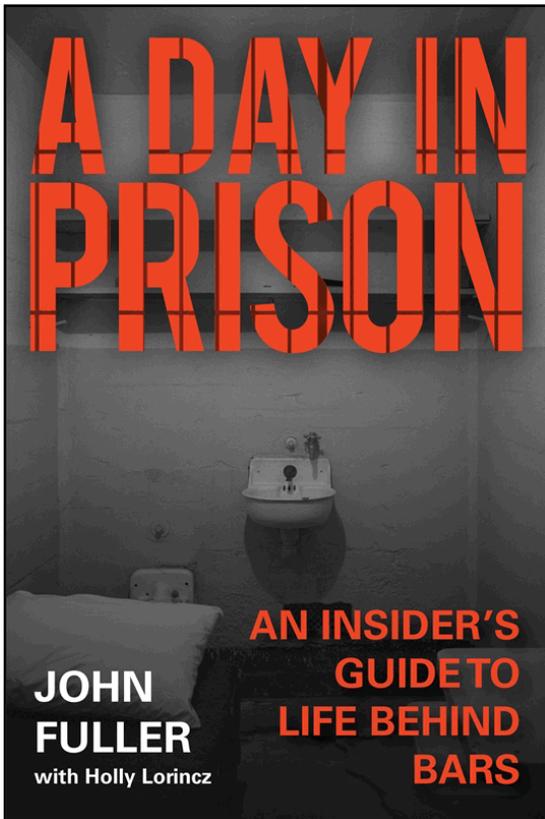
Unlike the Columbine, Newtown, San Bernadino, Orlando, Las Vegas, and Jacksonville shootings, and James Holmes is unique among mass shooters in his willingness to be taken into custody alive; the massacre was a precursor to those in New Zealand and Parkland. In the court case that followed, only Dr. William H. Reid, a distinguished forensic psychiatrist, would be allowed to record interviews with the defendant. Reid would read Holmes' diary, investigate his phone calls and text messages, interview his family and acquaintances, speak to his victims, and review tens of thousands of pages of evidence and court testimony in an attempt to understand how a happy, seemingly normal child could become a killer.

**MONTH: July****\$16.99 (\$22.99 CAD) Paperback****World • CQ 36****ISBN: 978-1-5107-5169-9****5.5 x 8.25 • 312 pages****Ebook ISBN 978-1-5107-5469-0****True Crime/Murder/Serial Killers**

Now in paperback and updated by Dr. Reid, *A Dark Night in Aurora* uses the twenty-three hours of unredacted interview transcripts never seen by the public and Reid's research to bring the reader inside the mind of a mass murderer. The result is chilling, gripping study of abnormal psychology and how a lovely boy named Jimmy became a killer.

**William Reid, MD, MPH**, is among the most experienced forensic mental health professionals in North America. He has received both the Manfred Guttmacher Award for forensic writing and the Seymour Pollack Award for Distinguished Contribution to Education in Forensic Psychiatry, and is a past president of the American Academy of Psychiatry and the Law. Dr. Reid has written, co-authored, or edited 16 professional volumes and over 200 professional articles and book chapters, many on antisocial behavior, terrorism and forensic practice. Dr. Reid was one of two psychiatric experts retained by the presiding judge in *People of the State of Colorado v. James Holmes*, and the only psychiatrist allowed to record interviews with Holmes and access the unredacted videos and transcripts. He currently resides in Horseshoe Bay, Texas.

John Fuller, Holly Lorincz

**Day in Prison****An Insider's Guide to Life Behind Bars**

"I would recommend *A Day in Prison* to anyone entering prison, as well as to the families who have someone going into the system." —Sal Luciano, nephew of mob boss Charles "Lucky" Luciano

Twenty-four hours pass slowly in a prison. *A Day in Prison* will help new inmates understand what's ahead of them, hour by hour, and how to deal with the many challenges. From doing laundry in "the hole" to surviving a fight, this book offers invaluable advice for both prisoners and their families, as well as plenty of first-hand stories.

Prison Coach John "Doc" Fuller illustrates what life is like behind bars from morning roll call to lights out, and a comprehensive description of the official prison rules and the inmates' "real" rules. The prison culture, detailed here, is maintained by violence; Fuller teaches inmates how to interact with convicts, prison guards, and administrators in different situations, so as to avoid bodily harm as much as possible, insisting prisoners embrace their new life as a cog in a system they cannot change. Fuller also offers specific suggestions for filling the hours in ways that benefit inmates in their daily prison life, provides meaning, and even prepares them for release. Also included is updated contact information for resources and helpful organizations.

*A Day in Prison* is structured like an actual day in prison, tracking where in the building an inmate might be at any given point in a twenty-four hour period, what they should be doing at that time, and what to watch out for. This realistic, thorough guide is based on the author's own time in a federal penitentiary and his years coaching people—from soccer moms to NBA stars—on how to survive on the inside.

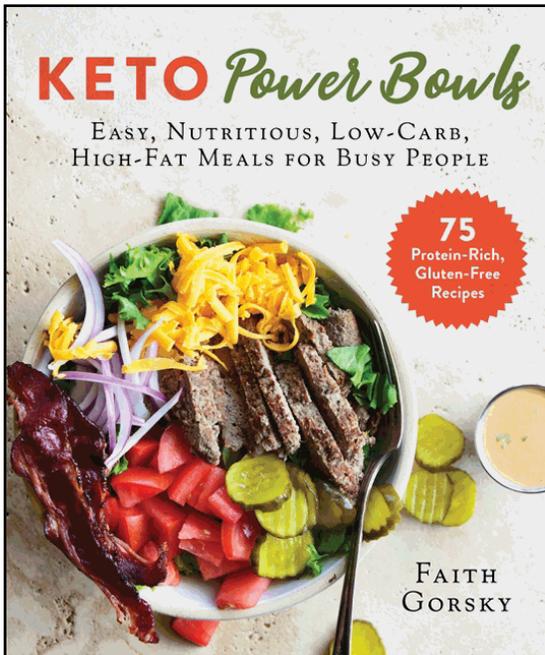
**MONTH:** July  
**\$15.99 (\$21.99 CAD) Paperback**  
**World • CQ 36**  
**ISBN:** 978-1-5107-5835-3  
**5.5 x 8.25 • 192 pages**

**Social Science/Penology**

**John "Doc" Fuller** is a public speaker and one of the pioneers of the modern prison consulting industry. He draws upon his own experience spending eleven years in prison for the insight and realism that he brings to his work. He currently lives in New York, New York.

**Holly Lorincz** is the author or coauthor of several works of fiction and nonfiction as well as a teacher and editor. Her most recent book was *Smart Mouth*, which won the 2014 Bronze Independent Publisher's national book award. She lives in Portland, Oregon.

Faith Gorsky

**Keto Power Bowls****Easy, Nutritious, Low-Carb, High-Fat Meals for Busy People**

**Eat Your Way to Health with 75 Quick and Easy and Gluten-Free LCHF Recipes for Busy People on a Keto Diet.**

Keto power bowls are the perfect way to pack a ton of nutrition into a single balanced meal for busy individuals and families on a keto diet! High-quality proteins, healthy fats, and non-starchy fruits and vegetables are the base of these customizable bowls. Use bases like zucchini noodles, cauliflower rice, and stir-fry, and add a protein, flavorful sauce, and nutrient-dense sides for one-bowl meals that are satisfying, easy to whip up (and can be made ahead of time), budget-friendly, and crowd-pleasing!

Featuring 75 easy-to-follow ketogenic recipes (that are also gluten-free and grain-free with no added sugar), *Keto Power Bowls* is for everyone—busy parents cooking for their families, singles who pack a healthy lunch for work, people who are trying to bulk up in the gym, and anyone who is short on time but doesn't want to sacrifice health. Learn to make breakfast, dinner, salad, soup, and desert bowls, as well as components like sauces and sides, with a variety of international flavors and dairy- and nut-free options:

- Poached Eggs with Pan-Fried Summer Squash Turkey Sausage Breakfast Hash
- Sweet and Sour Chicken Stir Fry
- Rosemary Lamb Greek Meatballs with Creamy Cucumber Salad and Feta
- Chipotle Lime Shrimp Cauliflower Rice Bowls
- Classic Taco Salad Bowls
- Thai Coconut Curry Bowls
- Kiwi Raspberry Smoothie Bowls
- And More!

Including information on how to meal prep power bowls, what a balanced meal looks like on a low-carb diet, how to swap out components to create new flavor profiles, and how to use power bowls to achieve different health goals (weight maintenance, weight loss, and weight gain), *Keto Power Bowls* is your ultimate guide for keto cooking and eating that will help you meet your macros.

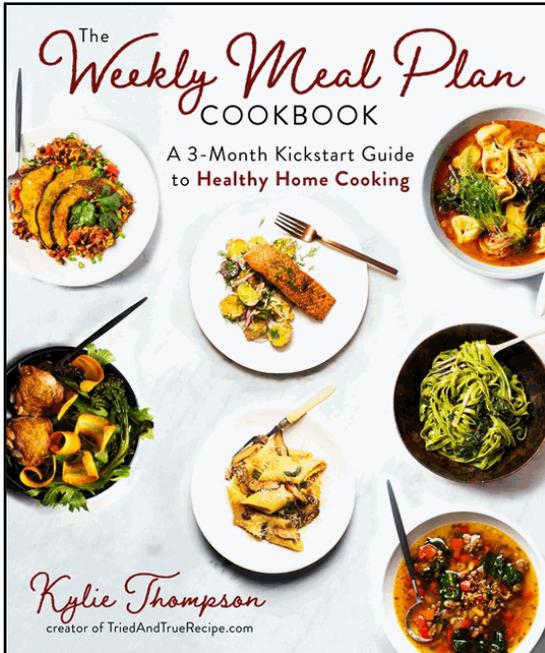
**Faith Gorsky** is a lawyer turned food stylist, photographer, and published cookbook author. She authors the food blogs [AnEdibleMosaic.com](http://AnEdibleMosaic.com) and [HealthySweetEats.com](http://HealthySweetEats.com), and coauthors [TheKetoQueens.com](http://TheKetoQueens.com) with Lara Clevenger. Faith is the author of *An Edible Mosaic: Middle Eastern Fare with Extraordinary Flair* and the coauthor of *Keto Bread*, *The Keto Meal Plan Cookbook*, and *Keto Drinks*. Faith lives in Tampa, Florida.

**MONTH:** July**\$19.99 (\$26.99 CAD) Hardcover****World • CQ 20000****ISBN: 978-1-5107-5456-0****7.5 x 9 • 176 pages****Ebook ISBN 978-1-5107-5893-3****Cooking/Health & Healing/Low Carbohydrate  
30 photos**

Kylie Thompson

# Weekly Meal Plan Cookbook

## A 3-Month Kickstart Guide to Healthy Home Cooking



**Deliciously easy and convenient meal plans to make the stresses of dinner planning disappear!**

Learn how to utilize common ingredients in new and exciting ways with this how-to guide for conquering the kitchen. *The Weekly Meal Plan Cookbook* offers three months' worth of meal plans with 84 tried-and-true dinner recipes for every night of the week. Comprehensive grocery lists take the guesswork out of grocery shopping and include simple, versatile ingredients that can be used multiple times throughout the week (so you'll never have to worry about that big bunch of basil going bad).

Your first week's meal plan includes:

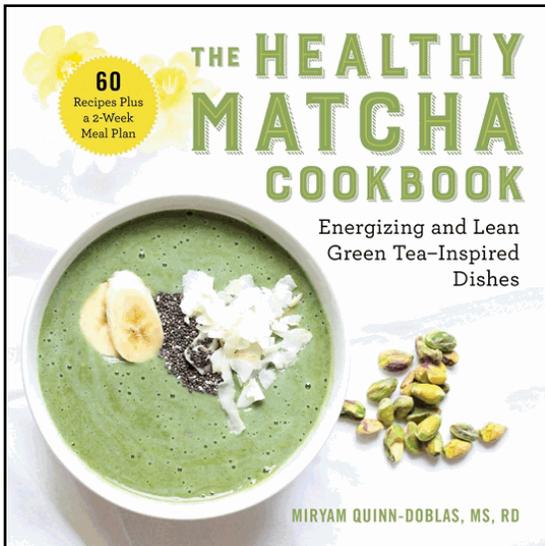
- Chicken and Butternut Squash Soup with Crispy Squash Seeds
- Roasted Pork Tenderloin with Herbed Pearl Couscous
- Vegetarian Lentil Salad with Roasted Butternut Squash and Mozzarella
- Spicy Turkey Sausage Orecchiette
- Poached Fish with Roasted Vegetables

Discover more time-saving plans to prep and portion your meals in *The Weekly Meal Plan Cookbook*, the ultimate guide to cooking healthy, homemade recipes all week long.

**MONTH:** July  
**\$22.99 (\$32.00 CAD) Paperback**  
**World • CQ 30**  
**ISBN:** 978-1-5107-4607-7  
**7.5 x 9 • 208 pages**  
**Ebook ISBN 978-1-5107-4608-4**  
**Cooking/Methods/Quantity**  
**100 color photographs**

**Kylie Thompson** is a self-taught home cook who started her website [triedandtruerecipe.com](http://triedandtruerecipe.com) because she wanted a no-frills, no-nonsense approach to finding easy, elegant, and delicious meals to make at home. She has been cooking since she was a kid, and her passion for food continued to develop when she began photographing restaurants for several NYC-based magazines. Her site has become the go-to resource for tens of thousands of home cooks who want easy-to-prepare recipes with no novels and no life stories. She lives in Baltimore, Maryland.

Miryam Quinn-Doblas

**Healthy Matcha Cookbook****Energizing and Lean Green Tea-Inspired Dishes**

"[Matcha] has taken the beverage world by storm as an ingredient in smoothies and baked goods, as a coffee replacement and even in face masks.?" —*The New York Times*

In *The Healthy Matcha Cookbook*, food blogger and dietitian Miryam Quinn-Doblas explores the various ways matcha powder—a main component of green tea—can be incorporated into everyday recipes to give your immune system the boost it needs to keep you healthy.

The health benefits of matcha powder far exceed those of green tea in drink form. The more than sixty recipes in this cookbook are easy to prepare and feature fresh, high-quality ingredients that aim to incorporate matcha powder, a powerful antioxidant, into the diet.

This cookbook will take each reader on a healthy cooking journey with 60+ foolproof recipes such as:

- Creamy kale tomato pasta
- Curried coconut broccoli soup
- Chocolate chunk cookies
- Breakfast frittatas and muffins
- Energy truffles and bars
- And many more!

If you want to feel better, have more energy, and decrease the amount of toxins in your body, *The Healthy Matcha Cookbook* is a great resource that will help you restore and strengthen your mental and physical health. This is a beautiful guide that offers home cooks of all levels the chance to transform meals into satisfying, wholesome, healthy food using one of the world's most popular superfoods.

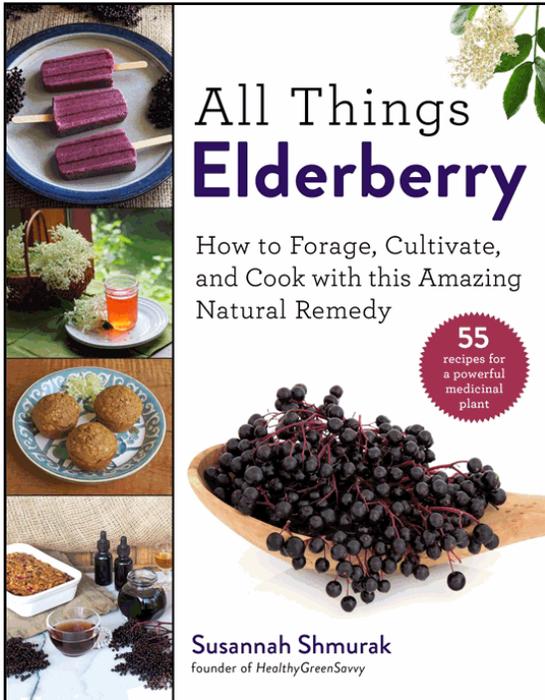
**MONTH: July****\$14.99 (\$19.99 CAD) Paperback****Selected Countries • CQ 30****ISBN: 978-1-5107-5856-8****7.25 x 7.25 • 176 pages****Cooking/Specific Ingredients/Herbs, Spices, Condiments**

**Miryam Quinn-Doblas, MS, RD**, is a clinical dietitian and physician's assistant, a recipe developer, a photographer, and the creator of EatGood4Life.com. Her blog focuses on healthy food made from scratch, as she is passionate about the importance of optimal nutrition. Born and raised in Spain, Miryam lives in New Jersey.

Susannah Shmurak

# All Things Elderberry

## How to Make the Most of a Potent Natural Remedy



This book is for everyone from novices to advanced herbalists and contains everything you need to know to source elderberries and make the most potent and delicious natural remedies and treats.

Used for centuries to fight illness, elderberries' reputation as an effective home remedy for colds and flu have been borne out by numerous scientific studies.

While elderberry syrup is perhaps this amazing berry's best-known form, there is so much more we can make from flavorful elderberries! In addition to its flu-fighting super powers, elderberry contains potent antioxidants that support long-term health. Elderberries make nutritious and tasty additions to baked goods, drinks, and all manner of treats. Once you get started making your own elderberry gummies and homemade beverages, you won't want to stop!

*All Things Elderberry* will introduce readers to the science behind elderberries, their traditional uses, what to know about growing and foraging elderberries, and how to prepare numerous mouthwatering elderberry and elderflower recipes. From simple teas, syrups, and tinctures, to jams, desserts, and wine, *All Things Elderberry* will have you hooked on these gorgeous gifts from Mother Nature!

The recipes featured here include:

- Elderberry hard candies and cough drops
- Superberry jam with foraged elderberries, mulberries, and blackberries
- Elderberry apple sauce
- Elderflower wine & kombucha
- Elderberry lemonade pops
- Elderflower tea & tinctures

**MONTH:** July

**\$17.99 (\$24.99 CAD) Hardcover**

**World • CQ 30**

**ISBN: 978-1-5107-5400-3**

**7 x 9 • 160 pages**

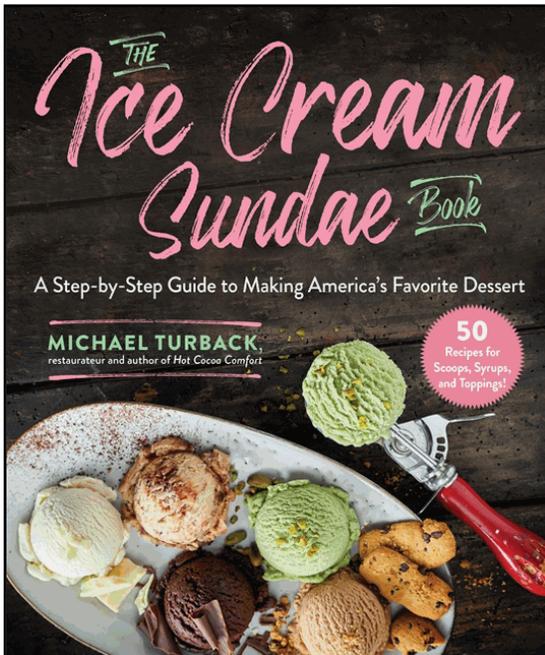
**Ebook ISBN 978-1-5107-5401-0**

**Health & Fitness/Herbal Medications**

**70 Color photos**

**Susannah Shmurak** is a green-living fanatic who researches endlessly about ways we can support our health naturally. As a freelance writer, she has written hundreds of articles on gardening, natural remedies, eco-conscious living, nutrition, and food preservation. She shares practical shortcuts to healthier, more sustainable living on her blog, HealthyGreenSavvy. Susannah resides in Minnesota.

Michael Turback

**Ice Cream Sundae Book****A Celebration of America's Favorite Dessert**

Recreate the classic and nostalgic flavors of your youth with ice cream recipes for French vanilla, chocolate, strawberry, coffee, rocky road, and so much more!

Ice cream sundaes have been pleasuring our collective senses ever since 1892, when an enterprising soda fountain proprietor in Ithaca, New York accessorized a scoop of ice cream with sweet syrup and a candied cherry, then named it after the day it was invented. *The Ice Cream Sundae Book* offers a scholarly glimpse into sundae culture with a collection of authentic formulas for the assembly of both plain and fancy sundaes as well as make-your-own ice creams and toppings.

Recipes include:

- Hot fudge sundae
- Black and white sundae
- Maple walnut sundae
- Butterscotch sundae
- Turtle sundae
- All-American sundae
- Banana split
- Snowball
- Mud pie

So much more than just a collection of dessert recipes, *The Ice Cream Sundae Book* is a culinary adventure story—with a cherry on top.

**MONTH:** July

**\$22.99 (\$32.00 CAD) Hardcover**

**World • CQ 30**

**ISBN: 978-1-5107-4923-8**

**7.5 x 9 • 144 pages**

**Ebook ISBN 978-1-5107-4924-5**

**Cooking/Courses & Dishes/Ice Cream, Ices, etc.**

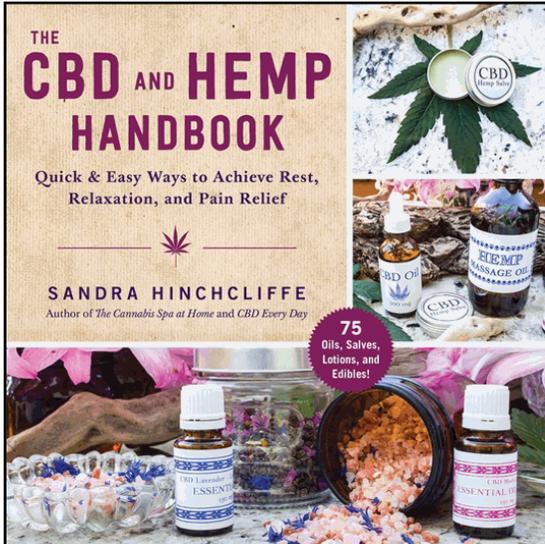
**50 color photographs**

**Michael Turback** not only created and nurtured one of Upstate New York's first destination restaurants, he built a reputation around his ability to stalk, procure, and support the best of local food and wine. *The Los Angeles Times* called Turback's "the first Finger Lakes restaurant to really devote itself to New York's culinary and enological bounty." He is the author of a culinary trilogy (*Hot Chocolate*, *Mocha*, and *Coffee Drinks*), and has taken on, in print, such topics as the ice cream sundae, the banana split, artisan cocktails, food and cocktail pairings, and the pleasures of Finger Lakes Wine Country. He lives in Ithaca, New York.

Sandra Hinchliffe

## The CBD and Hemp Handbook

A Quick & Easy Guide to Achieve Rest, Relaxation, and Pain Relief Using Cannabis Products



The perfect guide for beginner CBD/hemp users!

Have you been looking for a healthy and easy way to de-stress, relieve anxiety, and achieve relaxation? Marijuana is usually a go-to for many in this situation, but what if you wanted all of these elements without the high? Enter CBD and hemp products. Maybe you're on the fence about trying CBD and hemp. Maybe you're nervous about its effects, or maybe you just don't know what to do with the products once you buy them.

Did you know that most CBD that people purchase off of the shelf at grocers or retail stores is strictly a hemp product? Often, these products also contains hemp seed oil, which is a culinary product that has been available on the shelf for many years. Many other retail consumer products contain hemp seed oil only and no CBD at all, actually. But that's okay, because both hemp seed oil and CBD oil have their own therapeutic or culinary value.

Sandra Hinchliffe—creator of PosyandKettle.com, contributor to *High Times*, and author of three books about cannabis and CBD—can guide you through the types of products available to you in mainstream stores and how to use each one.

Hinchliffe introduces the beginner CBD/hemp user to 75 different ways they can use the products they've purchased—no cannabis farming, dispensary visits, or DIY involved.

These include:

- Smoothies
- Bowls
- Beverage
- Snacks and treats
- CBD spa products
- Aromatherapy
- and more!

MONTH: July

\$16.99 (\$22.99 CAD) Paperback

WORLD • CQ

ISBN: 978-1-5107-5763-9

7.25 x 7.25 • 176 pages

Ebook ISBN 978-1-5107-5764-6

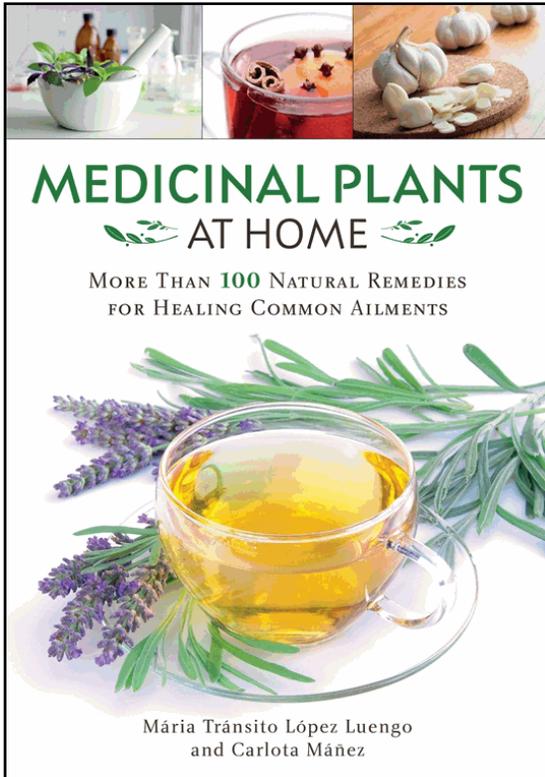
Health & Fitness/Herbal Medications  
color photographs

**Sandra Hinchliffe** is the founder of posyandkettle.com, a home herbalist, an allergy chef, an autoimmune disease survivor, and an inventor of pretty things for people of sensitive constitution. She uses her background as a home herbalist and medical cannabis patient to create a repertoire of recipes designed to be both beneficial and delightful. She is the author of *The Cannabis Spa at Home*, the first book to bring together cannabis, spa, and herbal healing, and *High Tea*, a collection of gracious cannabis tea-time recipes for every occasion, and *CBD Every Day*. She resides in Del Norte County, California.

Mária Tránsito López Luengo, Carlota Máñez

## Medicinal Plants at Home

More Than 100 Natural Remedies for Healing Common Ailments



**Grow medicinal plants and create natural remedies right in your own home.**

Although more and more people use medicinal plants, many are still unaware of those that are usually present in their own homes. For example, did you know that cranberries are effective in treating bladder problems, that olive oil helps regulate blood pressure, or that hops promote sleep in children?

Here you will find a selection of plants from which you can create natural remedies for every occasion. Learn how to grow and use these medicinal plants, and discover what they can do to boost your family's health. More than one hundred types of natural plants are presented in this book, grouped by the conditions that they most effectively treat.

You will also discover:

- Essential remedies to have while traveling
- The most useful plants and spices to have in the kitchen
- The best plants for respiratory, digestive, tension-related, circulatory, and hepatic concerns

**María Tránsito López Luengo** is a pharmacologist, dietitian, and herbal medicine expert. She has published several articles and books on medicinal plants and natural nutrition.

**Carlota Máñez Arisó** is a journalist and certified dietitian and nutritionist. She has edited and collaborated on numerous books and articles about health and personal well-being.

**MONTH: July**

**\$16.99 (\$22.99 CAD) Paperback**

**World • CQ 24**

**ISBN: 978-1-5107-5828-5**

**7 x 10 • 240 pages**

**Health & Fitness/Herbal Medications**

**380 color photos, 40 color illustrations**

Alicia Steele

## Eco-Chic Bags

Simple Sewing Projects to Make Tote Bags, Backpacks, Gift Bags, and More



Repurpose natural materials into beautifully useful items and reduce your plastic waste in the process with projects for homemade tote bags, grocery bags, gift bags, and more!

*Eco-Chic Bags* offers forty handmade projects with step-by-step instructions and visual aids for popular machine and hand sewing techniques. Appropriate for sewers of all skill levels, projects are budget-friendly and made with a variety of fabric-based materials like canvas and cotton, making *Eco-Chic Bags* the perfect resource for eco-conscious crafters.

Sew-it-yourself projects include:

- Beach tote
- Hanging organizers
- Library bag
- Quillow backpack
- Wine bag
- Fabric vase
- Makeup bag
- And so much more!

Learn how to create and customize your life with *Eco-Chic Bags*!

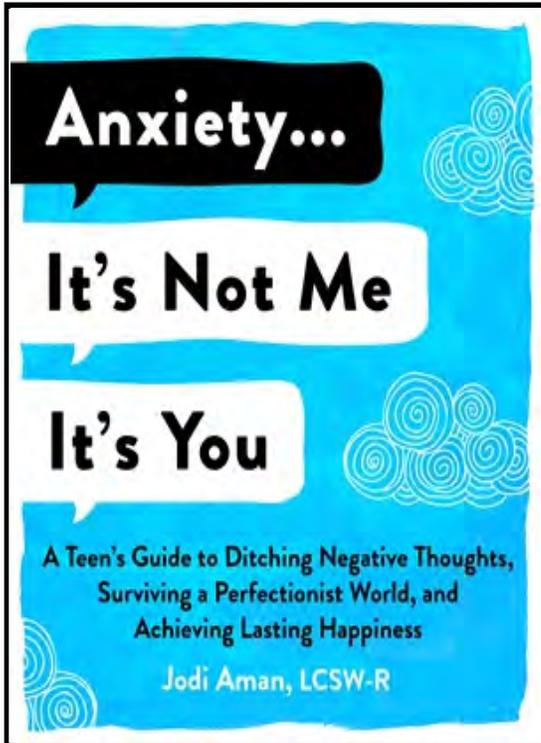
**MONTH:** July  
**\$14.99 (\$19.99 CAD) Paperback**  
**World • CQ 36**  
**ISBN:** 978-1-5107-5790-5  
**7.5 x 9 • 128 pages**  
**Ebook ISBN 978-1-5107-5791-2**  
**Crafts & Hobbies/Sewing**  
**Color photos throughout**

**Alicia Steele** is the creator behind sewing and crafting blog *Sew What, Alicia?*. She has been sewing and creating her own patterns for fifteen years and loves creating tutorials and patterns for sewers of all levels. Alicia lives in O'Fallon, Illinois, with her husband and their two boys.

Jodi Aman

## Anxiety...It's Not Me, It's You

A Teen's Workbook to Letting Go of Anxiety, Surviving a Perfectionist World, and Achieving Lasting Happiness



**A Practical Guide with Activities to Help You Break Out of Depression and Anxiety.**

Are you feeling stressed out, anxious, and alone? Do you stay up at night wondering if it will all work out? And how will you handle it when it doesn't? Do you double down on your efforts to be smart enough, cool enough, able enough, only to make everything worse? Is anxiety sucking the life out of you?

If you are familiar with these feelings—and want a way out—this book is for you. Teenagers, especially, are supposed to be carefree and energetic, but today's Gen Z is anything but free. We are exposed to political conflict, environmental disaster, and community violence daily. Life seems so out of control! In addition, competition encouraged by social pressures and social media has damaged our self-confidence, making our culture a petri dish where low self-esteem, anxiety, and depression grow.

This workbook shows you the way out. Learn to build trust in your skills and abilities so you can create your own life instead of being a passive recipient of it. Learn how to get rid of anxiety, let go of perfectionism, and experience lasting happiness.

**MONTH:** July

**\$15.99 (\$21.99 CAD) Paperback**

**World • CQ 30**

**ISBN: 978-1-5107-5134-7**

**7.5 x 9 • 192 pages**

**Ebook ISBN 978-1-5107-5135-4**

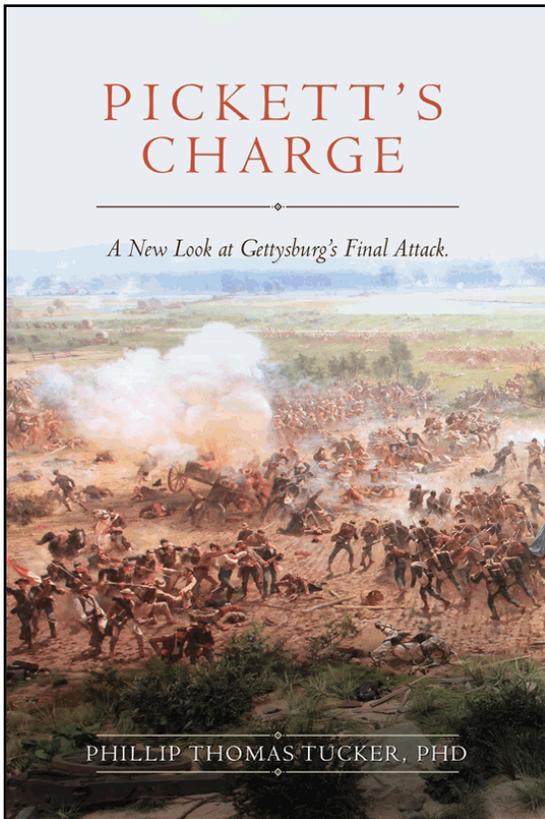
**Young Adult Nonfiction/Social Topics/Depression & Mental Illness**

**20**

- Learn the Biology behind Anxiety—What It Is and What It Isn't
- Identify the Lies that Anxiety Tells You
- Activate Your Own Agency—Your Confidence, Motivation, and Unique Skills
- Embrace an Attitude of Self-Acceptance
- Practice Happy Habits Daily

**Jodi Aman, LCSW-R**, has been a psychotherapist for over two decades. After earning her master's in social work at Columbia University, she studied and taught Narrative Therapy around the world, focusing on trauma and anxiety recovery. Her popular YouTube show, *Practical Miracles*, inspires people to get clarity, evolve past fear, and finally stop the out-of-control downward spiral by releasing that self-critic. Having clawed her way out of her own emotional crisis, Jodi shares her story of stepping into her personal power in her bestselling book *You 1, Anxiety 0*. Most important, she is the mom of three lovable young adults. She lives in Rochester, New York.

Phillip Thomas Tucker

**Pickett's Charge****A New Look at Gettysburg's Final Attack****MONTH: July****\$18.99 (\$25.99 CAD) Paperback****Selected Countries • CQ 18****ISBN: 978-1-5107-5573-4****6 x 9 • 528 pages****Ebook ISBN 978-1-5107-5574-1****History/United States/Civil War Period (1850-1877)****20 B&W photos**

"The book is most interesting for the bright nuggets of information Tucker presents as he unfolds the attack minute by minute, foot by foot... The account is a mosaic of thousands of tiny pieces that, seen whole, amounts to a fascinating picture of what probably was the most important moment of the Civil War." —*The New York Times Book Review*

"[*Pickett's Charge*] contains much to interest and provoke Civil War enthusiasts." —*Kirkus Reviews*

"Takes issue with many long-held assumptions and analysis of the famous attack and seeks to revise many of the long-held misconceptions about Lee's plans, the course of the attack, and the ultimate reasons for its failure... Overall, the author does a workman like job." —*New York Journal of Books*

The Battle of Gettysburg, the Civil War's turning point, produced over 57,000 casualties, the largest number from the entire war that was itself America's bloodiest conflict. On the third day of fierce fighting, Robert E. Lee's attempt to invade the North came to a head in Pickett's Charge. The infantry assault, consisting of nine brigades of soldiers in a line that stretched for over a mile, resulted in casualties of over 50 percent for the Confederates and a huge psychological blow to Southern morale.

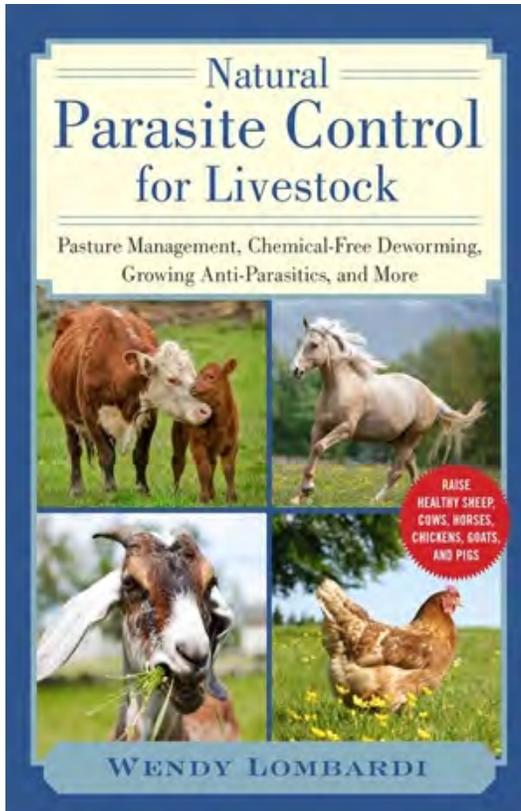
*Pickett's Charge* is a detailed analysis of one of the most iconic and defining events in American history. This book presents a much-needed fresh look, including the unvarnished truths and ugly realities, about the unforgettable story. With the luxury of hindsight, historians have long denounced the folly of Lee's attack, but this work reveals the tactical brilliance of a master plan that went awry. Special emphasis is placed on the common soldiers on both sides, especially the non-Virginia attackers outside of Pickett's Virginia Division. These fighters' moments of cowardice, failure, and triumph are explored using their own words from primary and unpublished sources. Without romance and glorification, the complexities and contradictions of the dramatic story of Pickett's Charge have been revealed in full to reveal this most pivotal moment in the nation's life.

**Phillip Thomas Tucker, PhD**, is a writer and historian who has edited and authored more than two dozen books and written over sixty scholarly articles. After earning his PhD in 1990, he took a position as civilian historian with the Department of Defense and specialized in air force history. His previous books include *George Washington's Surprise Attack*, *Exodus from the Alamo*, and *Father of the Tuskegee Airmen, John C. Robinson*. He lives in Upper Marlboro, Maryland.

Wendy Lombardi

## Natural Parasite Control for Livestock

Pasture Management, Growing and Harvesting Organic Anti-Parasitics, and More!



Everything you need to know about natural parasite control for livestock, all in one place!

This concise book is loaded with valuable information about ridding livestock of their unwanted guests. Whether you're raising sheep, pigs, horses, cows, chickens, goats, or other farm animals, this book will teach you how to keep them healthy and parasite free through organic systems and without the use of harsh chemicals. It includes easy-to-follow scientific explanations, and provides research-based practices that really work. Internal parasite control *can* be accomplished naturally 1) through environmental modifications, 2) by producing and using easy-to-grow & harvest anti-parasitics, and, 3) by understanding the life-cycles and road blocks of internal parasites.

In this practical guide you will learn about:

- Parasites, hosts, and lifecycles
- How to develop a working pasture rotation system
- How to create healthy pastures and clean watering systems
- Administering natural anti-parasitics
- Growing, collecting, and processing natural and herbal anti-parasitics
- And more!

This is a necessary reference manual for all sustainable, natural, animal-husbandry endeavors!

MONTH: July

\$12.99 (\$17.99 CAD) Paperback

World • CQ 48

ISBN: 978-1-5107-5710-3

6 x 9 • 128 pages

Technology & Engineering/Agriculture/Animal Husbandry

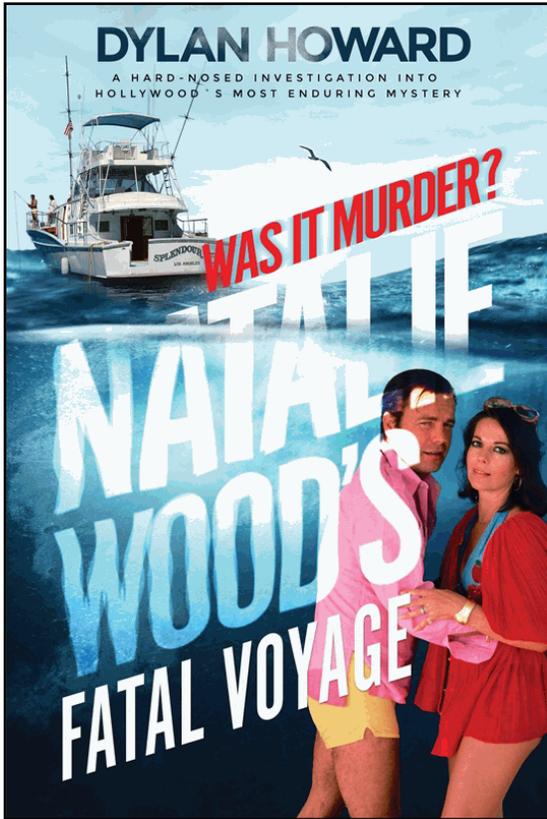
60 color photographs

**Wendy Lombardi** was born and raised in Nebraska, and her experience with agriculture and livestock management began at a very early age. She worked at various livestock facilities into her mid-twenties, and earned a degree in Equine Science. After a stint in the Army during Desert Storm, Wendy earned a masters degree in Wellness, and developed the U.S. Army's Pregnant Soldier Wellness Program, which is still used by the US military today. Post-service, she homeschooled her three children on a 40-acre homestead in the Ozarks of Missouri, teaching them (and others too!) how to live in a modern world while minding the health of our planet. Wendy is currently Director of Cultivating Veterans, which assists farming veterans in forming secure food cooperatives to distribute sustainably-grown foods from farm to table. She hosts veteran workshops, FFA student activities, WWOOF and Veterans volunteers, and does outreach and presentations at seminars and other community gatherings.

Dylan Howard

## Natalie Wood's Fatal Voyage

### Was It Murder?



**MONTH:** August  
**\$24.99 (\$33.99 CAD) Hardcover**  
**World • CQ 30**  
**ISBN:** 978-1-5107-5518-5  
**6 x 9 • 256 pages**

**True Crime/Murder/General**

### A Hard-Nosed Investigation Into Hollywood's Most Enduring Mystery!

For thirty-five years, it has been a riddle which has gripped the world. Part love story, part tragedy, it has all the elements of a Hollywood blockbuster: a beautiful actress, a handsome leading man, a brooding sidekick . . . and a moment of sickening terror with the most horrific consequences.

When Natalie Wood—one-time America's sweethearts and star of *West Side Story*, *Rebel Without a Cause*, and *Miracle on 34th Street*—was found washed up in her nightdress in the cold waters off Catalina Island, California, on Thanksgiving weekend 1981, it initially looked like a freak accident.

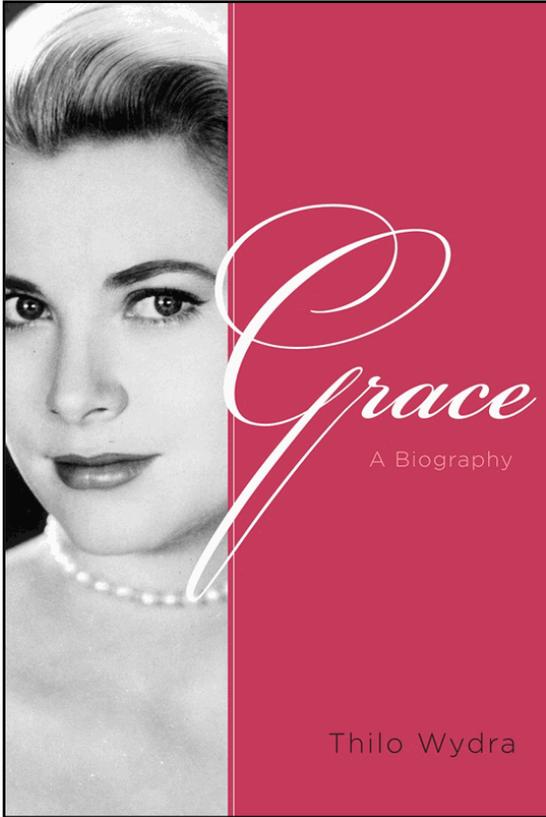
She had been holidaying with husband Robert Wagner and film co-star Christopher Walken on board Wagner's yacht *The Splendour* when somehow, in the dead of night, she lost her footing and fell into the water. The coroner's initial verdict: accidental drowning. The coroner was wrong.

For the first time, the real story of Natalie's final moments can be told—and it's every bit as monstrous as anything Hollywood scriptwriters could dream up. Forbidden affairs, twisted lies, sex, betrayal, murder, pay-offs, and a cover-up that continues to this day.

Internationally renowned journalist Dylan Howard has spent six years investigating Natalie's fateful final hours—and the immediate aftermath. After sifting through hundreds of pages of testimony, coroners reports, police statements and private journals, as well as amassing dozens of exclusive new interviews and witnesses, he's ready to reveal the shocking truth about the death of Hollywood's golden girl . . . and finally demand justice for Natalie Wood.

Investigative reporter **Dylan Howard** has cracked open scandals that have brought down the careers of Mel Gibson, Charlie Sheen, Hulk Hogan, and Paula Dean and others. Howard's sense for news saw him rise to become the undisputed most powerful gossip editor in the world, publishing dozens of salacious tabloid magazines each week, including *Us Weekly*, *The National Enquirer*, *Star*, *In Touch*, *Life & Style*, *RadarOnline.com*, and more. In 2011, Howard was named Entertainment Journalist of the Year at the National Entertainment Journalism Awards, where the judges labelled him the "go-to guy for authoritative showbiz news and analysis on cable and over-the air television." Howard lives in New York City.

Thilo Wydra  
**Grace**  
 A Biography



**MONTH:** August  
**\$15.99 (\$22.99 CAD) Paperback**  
**World • CQ 30**  
**ISBN:** 978-1-5107-5521-5  
**6 x 9 • 340 pages**

**Biography & Autobiography/Entertainment & Performing Arts**

**Movie Star. Princess. Philanthropist. Icon. The compassionate, revealing, and surprising biography of Grace Kelly, one of the most admired women in Hollywood history.**

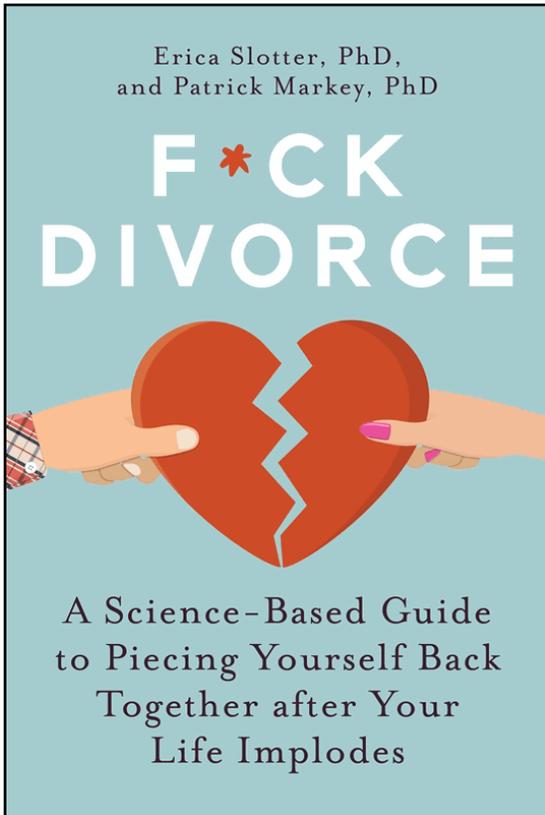
On September 14, 1982, Grace Kelly was tragically killed when her vehicle tumbled forty meters from the serpentine roads of Monaco. She has since become a myth, a style icon existing between the glamour of Hollywood and the royalty of Monaco. As Hitchcock's favorite actress to work with, Kelly acted in classic films including *Rear Window* and *To Catch a Thief*, opposite actors such as Frank Sinatra and Cary Grant. Yet her private life remained in the shadows. Her marriage to Prince Rainier III was not anchored by love, and her life on the Riviera was more akin to a golden cage. She was an individual torn between illusion and reality, simultaneously idolized by millions.

This comprehensive biography draws from previously unreleased photographs and documents from the Grimaldi family archive and, for the first time, access to the letters between Kelly and Hitchcock. It is also based on interviews with Kelly's companions and relatives, including an exclusive interview with Prince Albert II of Monaco.

Skyhorse Publishing, along with our Arcade, Good Books, Sports Publishing, and Yucca imprints, is proud to publish a broad range of biographies, autobiographies, and memoirs. Our list includes biographies on well-known historical figures like Benjamin Franklin, Nelson Mandela, and Alexander Graham Bell, as well as villains from history, such as Heinrich Himmler, John Wayne Gacy, and O. J. Simpson. We have also published survivor stories of World War II, memoirs about overcoming adversity, first-hand tales of adventure, and much more. While not every title we publish becomes a *New York Times* bestseller or a national bestseller, we are committed to books on subjects that are sometimes overlooked and to authors whose work might not otherwise find a home.

**Thilo Wydra** was born in 1968 in Wiesbaden, Germany. He studied literature, art history, and film in Mainz, Germany, and Dijon, France. He works as a freelance publicist and author concentrating on French- and German-language cinema. He is a German correspondent for the Cannes Film Festival. He resides in Germany. He resides in Germany.

Erica Slotter, Patrick Markey

**F\*ck Divorce****A Science-Based Guide to Piecing Yourself Back Together after Your Life Implodes**

**A Divorcee’s Empirical (and Slightly Irreverent) “What’s Next” Guide to Life after Marriage.**

Just about everything about divorce sucks. It sucks away your time, your money, and occasionally your will to live. We know. We’ve been there. We’ve both been divorced and are now remarried . . . to each other.

*F\*ck Divorce* is not a book about divorcing (which stinks); it is a book about putting the pieces back together afterward (which doesn’t have to). Using the latest scientific research, a bit of tough love, and a highly questionable sense of humor, psychologists and relationship scientists Erica Slotter, PhD, and Patrick Markey, PhD, will teach you how to navigate your post-divorce relationships with yourself, kids, and even your slug-breath ex-spouse. They’ll hold your hand as you navigate the complicated, exciting, and sometimes terrifying world of dating and sex as a born-again singleton and be by your side as you (hopefully) find your way to new love.

Learn:

- Self-Care in the Post-Divorce Haze
- How to Rediscover the Newly Single *You*
- The Importance of Being Nice(ish) to Your Ex
- How to Help Your Kids Through the Sh\*tstorm
- How to Survive the Awkwardness of First Dates . . . Again
- Navigating Your Newfound Sexy Time
- Divorce-Proofing: Keeping Marriage 2.0, or 3.0, Together

So, welcome to the world of being newly unwed. It’s good, bad, and ridiculous, and sometimes your blind date smells like soup. Pull up a chair, pour yourself a drink (or three), and let’s do this sh\*t.

**Erica Slotter, PhD,** and **Patrick Markey, PhD,** are professors in the Department of Psychological and Brain Sciences at Villanova University. They have published over a hundred research articles and given hundreds of presentations at scientific conferences. Their research on romantic relationships and other topics has garnered widespread media attention and has been featured in the *New York Times*, *Washington Post*, and *The Atlantic*, and on CNN, NPR, BBC, PBS, and NBC. They are happily married and live with their three children/stepchildren and two dogs in Swarthmore Pennsylvania.

**MONTH:**August

**\$15.99 (\$21.99 CAD) Paperback**

**World • CQ 36**

**ISBN: 978-1-5107-5160-6**

**5.5 x 8.25 • 240 pages**

**Ebook ISBN 978-1-5107-5161-3**

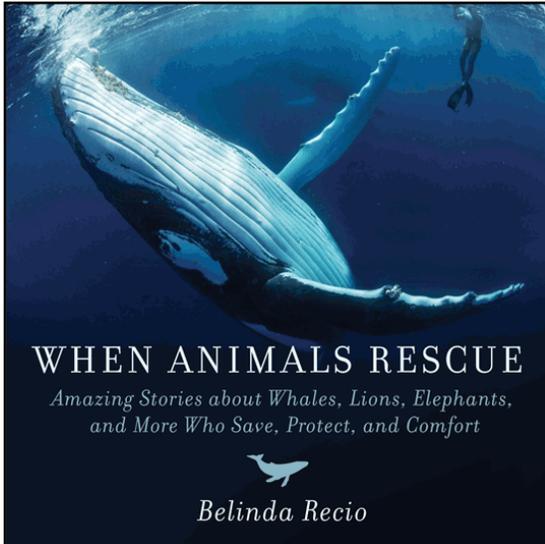
**Family & Relationships/Divorce & Separation**

**20**

Belinda Recio

## When Animals Rescue

Amazing Stories About Whales, Lions, Elephants, and More Who Save, Protect, and Comfort



**A Collection of True Tales of Animal Empathy and Altruism that will Inspire Us to Reflect on Our Own Human Nature.**

What do stories about humpback whales protecting a biologist from a shark, a pride of lions rescuing a girl from kidnappers, gorillas working together to dismantle poacher snares, a parrot warding off an attacker in a park, a chimpanzee consoling a human, and an elephant trying to rescue a baby rhino tell us about animal nature? And what might they suggest about our very own human nature?

Until just a few decades ago, there were only a few animals reported to behave empathetically and altruistically. More recently, the list of species who have been observed behaving in compassionate, helpful, and caring ways has grown exponentially, ranging from rats to elephants.

*Rescued by a Whale* presents dozens of astonishing and heart-warming stories about animals, such as chickens, horses, dolphins, and wolves, who engage in acts of helpful kindness. During a time in history when studies show that human empathy is decreasing, our knowledge about animal empathy is increasing. These true tales of heroism, kindness, and compassion suggest that we have far more in common with other animals than we once believed and provocatively suggest that what's best about our human natures just might be our *animal* natures.

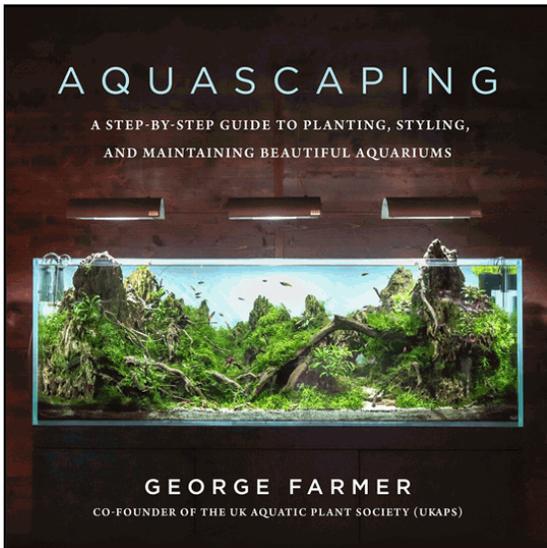
**MONTH:** August  
**\$24.99 (\$33.99 CAD) Hardcover**  
**World • CQ 24**  
**ISBN: 978-1-5107-5341-9**  
**9 x 9 • 160 pages**  
**Ebook ISBN 978-1-5107-5342-6**  
**Nature/Animals/General**  
**50**

**Belinda Recio** is a recipient of the Humane Society's Award for Innovation in the Study of Animals and Society. She has written numerous books—including *Inside Animal Hearts and Minds* (Skyhorse 2017)—and has developed award-winning science curricula for educational television, museums, and children's publishers. Recio is a columnist for *Organic Spa Magazine*, where she writes her "State of the Ark" column on animals, and the owner of True North Gallery where she exhibits art that connects people with animals and nature. She lives in Hamilton, Massachusetts.

George Farmer

# Aquascaping

## A Step-by-Step Guide to Planting, Styling, and Maintaining Beautiful Aquariums



Learn how to create and maintain your own underwater ecosystem.

Aquascaping is the art of arranging underwater plant life in aesthetically pleasing displays. From the brilliance of Takashi Amano and numerous other innovators, planted tanks have become one of the more popular methods of enjoying a personal aquarium. In *Aquascaping: A Step-by-Step Guide to Planting, Styling, and Maintaining Beautiful Underwater Aquariums*, internationally renowned aquascaper George Farmer teaches how to create the perfect aquascape.

Included in this book are full-color photographs that will supply readers with:

- Step-by-step instructions on setting up your tank
- Different styling suggestions that best suit your landscape
- How to pick plants, rocks, driftwood, substrate, and aquatic life
- Understanding the chemistry and biology involved in keeping a healthy aquarium
- Maintenance and upkeep
- And much more

Creating an underwater ecosystem is not only a rewarding experience, but can bring much peace and relaxation to your life. So whether you're a novice aquarist or seasoned aquascaper, *Aquascaping* will teach you all the tricks of the trade so that your sunken garden can be enjoyed by family, friends, and most importantly yourself.

**MONTH:** August

**\$19.99 (\$26.99 CAD) Hardcover**

**World • CQ 30**

**ISBN: 978-1-5107-5338-9**

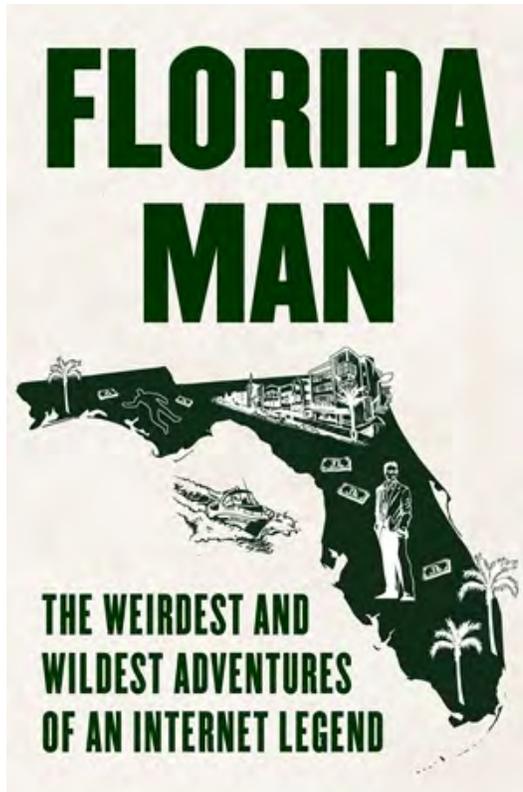
**9 x 9 • 240 pages**

**Ebook ISBN 978-1-5107-5339-6**

**Crafts & Hobbies/Nature Crafts**

**George Farmer** is an internationally renowned aquascaper, and considered one of the leading authorities on the subject. He is the co-founder of the UK Aquatic Plant Society (UKAPS), which was formed in 2007 by a small yet passionate group of planted aquarium and aquascaping enthusiasts. Farmer has traveled the world creating aquascapes while promoting the education of marine life and underwater worlds. He currently resides in the United Kingdom.

Skyhorse Publishing

**Florida Man****The Weirdest and Wildest Adventures of an Internet Legend**

**A full year's worth of the strangest, most outlandish antics of one of the Internet's true titans: Florida Man! Plus, for the first time ever . . . the equally bizarre, equally outrageous Florida Woman!**

Go to Google and type in your birth date and the words "Florida Man." Weird, right? Well, you haven't seen anything yet! That's just one day in the life of a Florida Man.

Originally a beloved Internet game made possible by Florida's Sunshine Laws, "Florida Man" has now become a phrase unto itself, a shorthand expression used online to capture the antics of Florida's residents, who somehow seem to find themselves in bizarre situations regularly. Now, *Florida Man* is here to collect the 366 greatest, most unusual adventures of both Florida Man and Florida Woman—a total of 722 incredible headlines sorted day-by-day from January 1 through December 31st. (Plus, special leap-year headlines for those readers who just can't get enough mayhem during the regular year!)

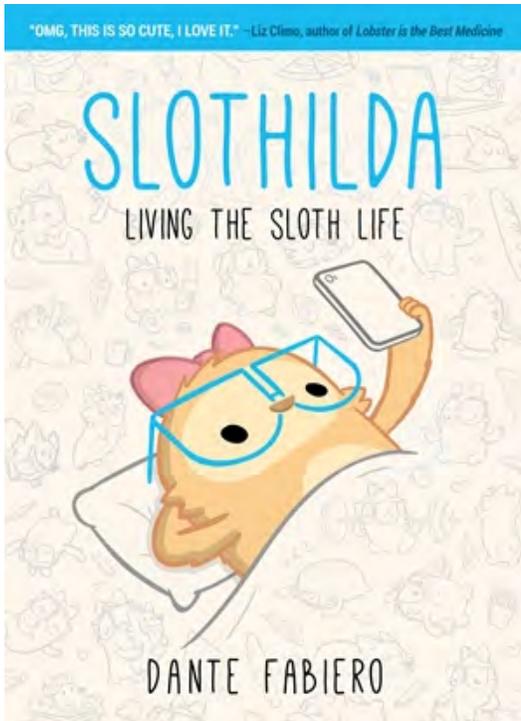
*Florida Man* features headlines such as:

- "Florida Man Throws Alligator Into Wendy's Drive-Thru Window"
- "Florida Man Shoots Self, Realizes it Three Days Later"
- "How Trump Became a Florida Man"
- Plus, corresponding Florida Woman headlines like "Florida woman attacked by 'aggressive' otter says 'severe bites' left her temporarily unable to walk"

This collection of classic Florida weirdness will astound and amuse even the most jaded, world-weary reader. Just don't go trying any of Florida Man's—or Florida Woman's—ideas for yourself!

**MONTH: August****\$12.99 (\$17.99 CAD) Paperback****World • CQ 36****ISBN: 978-1-5107-5784-4****5.5 x 8.25 • 160 pages****Ebook ISBN 978-1-5107-5785-1****Humor/Topic/Internet & Social Media****b&w illustrations throughout**

Dante Fabiero

**Slothilda****Living the Sloth Life**

Are you a fan of carbs, the internet, and naps? *Slothilda* is your spirit animal! This colorful, sweet, and funny book is the perfect gift for someone you know who really wishes he or she was living the “sloth life.”

Slothilda feels pressured to overachieve in a fast-paced world, but she's constantly fighting her DNA. Though Slothilda's sluggish ways might occasionally hold her back, it turns out her perceived deficits are actually her greatest attributes.

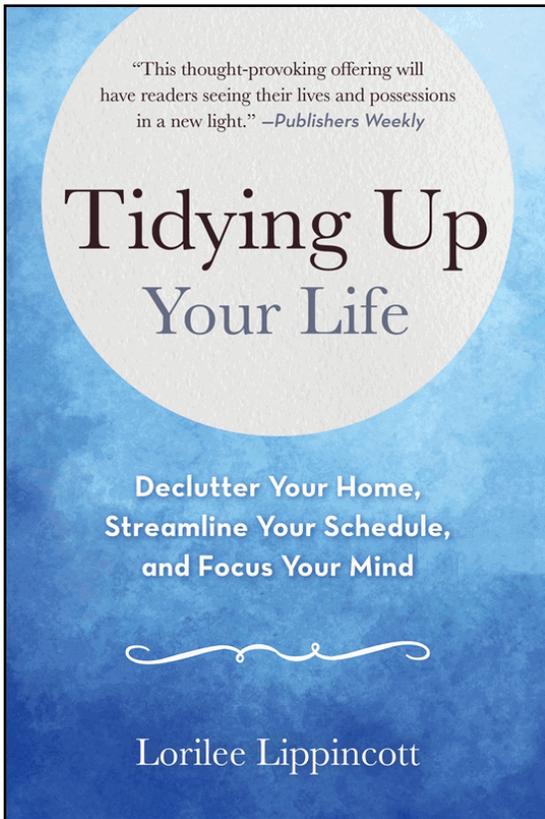
Slothilda gives us permission to feel unashamed about our slothy tendencies and emphasizes the importance of celebrating our authentic selves. From former *Simpsons* animator Dante Fabiero comes this all-too-real comic series about an adorable little sloth who's driven by her desire for self-improvement. Slothilda explores an inner conflict we can all relate to—the desire to succeed and grow, while paradoxically dealing with the ever-present temptation to sloth.

With hilarious themes related to work, fitness, food, shopping, and pets, this book shows that you're not the only sloth at heart.

**Dante Fabiero** is a Los Angeles native who has made a career working on some of TV's most popular animated shows, seen on Netflix, TBS, and Fox. Fabiero launched Slothilda in 2014 and has garnered close to half a billion views on the website Giphy. You can see Slothilda come to life and subscribe to receive future comics for free at [slothilda.com](http://slothilda.com).

**MONTH:** August**\$0.00 Paperback****WORLD • CQ****ISBN:** 978-1-5107-5799-8**6.50 x 8.50 • 128 pages****Humor/Form/Pictorial****Full color comics**

Lorilee Lippincott

**Tidying Up Your Life****Declutter Your Home, Streamline Your Schedule, and Focus Your Mind****Refocus, Reorganize, and Realize Your Goals**

*Where did all this stuff come from? I don't have time for a life. I need to get away!* Ever feel this way? Society is quick to fill our minds and homes with all the latest gadgets, tools, obligations, and entertainment, but what happens when it all doesn't fit? *Tidying Up Your Life* will teach you to create a life that has space for what really matters to you.

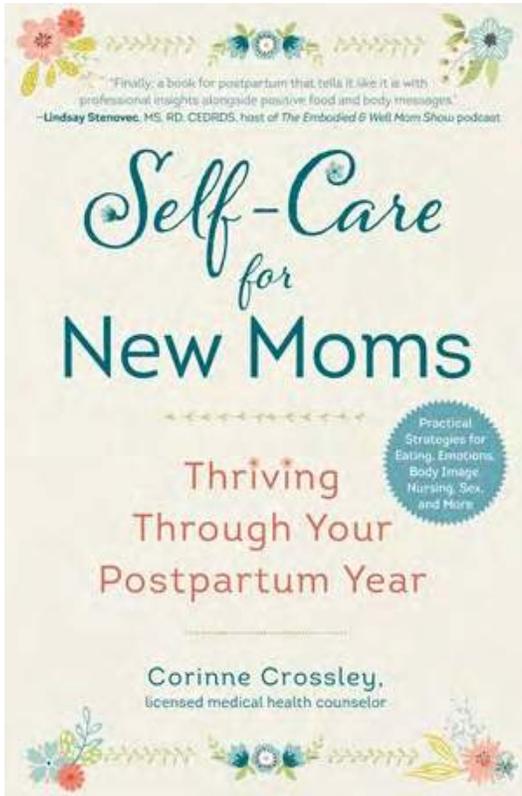
Lippincott's road to simplicity started in the fall of 2010 when she was on the verge of a breakdown. Her life was basically "normal"—husband, two kids, comfortable home, three home businesses—but she felt like she was running a rat race. She was desperate for more time and space to focus on family, health, and her own interests. So she and her husband decided to cut back on clutter—drastically. Now the family of four lives in a one-bedroom apartment with only the possessions they actually need and use; they stick to a simple diet of only whole foods; and they have managed to become productive without feeling busy. They've never been happier or healthier.

Through personal stories, advice, and tips, Lippincott teaches how to make the hard decisions necessary to simplify your home and your schedule. Beyond that, she addresses the hidden emotional hoarding that threatens to keep our souls running in circles. Through her inspiring story, readers will learn to take a step back, reassess priorities, and commit to making space for those people and things that really matter.

**MONTH: August****\$16.99 (\$22.99 CAD) Hardcover****World • CQ 30****ISBN: 978-1-5107-5703-5****5.5 x 8.25 • 192 pages****House & Home/Sustainable Living**

**Lorilee Lippincott** is the author of the blog [lovingsimpleliving.com](http://lovingsimpleliving.com). After playing in the business world for a few years, she left to take care of her kids and work with her husband on entrepreneurial projects. She is now working on the lifelong project of finding her own life, firmly believing that life is too short to try and live up to other people's or society's expectations. She and her husband home-school their two children and run construction, writing, and photography businesses out of their one-bedroom apartment.

Corinne Crossley

**Self-Care for New Moms****A Survival Guide to Your Postpartum Year**

**Explore postpartum self-care strategies for eating, body image, emotions, nursing and milk production, sex, and so much more!**

The role of motherhood is one where women are continuously asked to focus on the needs of everyone else but themselves. This is a significant issue in the arena of self-care, where we often ignore our own hunger, energy levels, and emotions in the pursuit of taking care of others.

Written from the perspectives of both therapist and busy mom, *Self-Care for New Moms* features several eye-opening exercises, interviews from a village of experts (who also happen to be moms), and helpful interventions to help you get through the chronic depletion common to the postpartum year.

Self-care strategies include:

- Exercise and yoga
- Pelvic floor recovery work
- Psychotherapy
- Self-compassion techniques
- Complementary and alternative methods (massage, chiropractic, or acupuncture)
- Simple recipes
- Methods for reconnecting with your partner
- And so much more

The practical exercises and comforting techniques in this book will help you manage one of motherhood's biggest challenges: self-care.

**MONTH: August**

**\$16.99 (\$22.99 CAD) Paperback**

**World • CQ 36**

**ISBN: 978-1-5107-5515-4**

**6 x 9 • 224 pages**

**Ebook ISBN 978-1-5107-5516-1**

**Family & Relationships/Parenting/Motherhood**

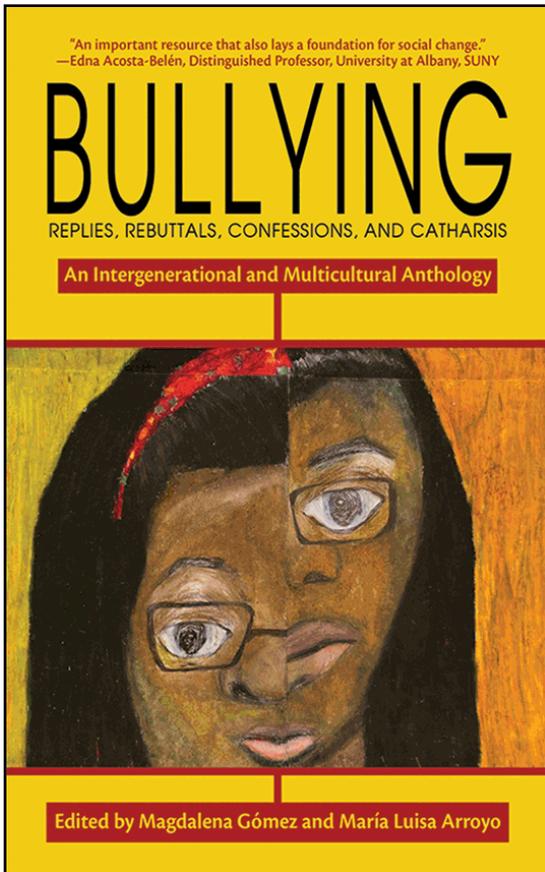
**Color illustrations throughout**

**Corinne Crossley, LMHC** has been in private practice for nine years treating women and men struggling with eating disorders, mood disorders, and anxiety disorders, and has a special interest in employing yoga and mindfulness techniques as adjunctive treatment in the recovery process. She is the primary writer of parenting blog *Mindful Eating Moms* and co-host of the *Momma Bites!* podcast. Corinne lives in Southeastern Massachusetts with her husband and two children, ages five and eight.

Maria Luisa Arroyo, Magdalena Gomez

## Bullying

Replies, Rebuttals, Confessions, and Catharsis



"An important resource that also lays a foundation for social change." —Edna Acosta-Belén, distinguished professor, University at Albany, SUNY

Physical, emotional, verbal, and now cyber bullying are an increasing problem in our nation's schools and within our children's social networks. How can we understand it? Community leaders and activists Gómez and Arroyo worked with children, teenagers, and parents—both the victims and the bullies—to put together this searing anthology of original essays, poetry, plays, and commentary on how bullying has affected their lives.

This anthology captures a wide spectrum of stories in diverse genres, from people of all ages and walks of life. This volume was created out of a sense of urgency to provide venue for those who too often remain unheard, or whose stories are relegated to the sidelines as the work of "experts" takes precedence. In *Bullying*, you will not find the words of the bullying "experts;" you will find the experiences of those who have lived it.

**María Luisa Arroyo** teaches writing in the Women as Empowered Leaders and Learners (WELL) program at Bay Path University. Her book publications include her full-length poetry collection, *Gathering Words: Recogiendo Palabras*; her chapbooks *Flight* and *Destierro Means More than Exile*; and *Just Imagine in Springfield: A Poetry Handbook for Middle School Students*.

**MONTH:** August  
**\$15.99 (\$21.99 CAD) Paperback**  
**World • CQ**  
**ISBN:** 978-1-5107-5838-4  
**6 x 9 • 288 pages**

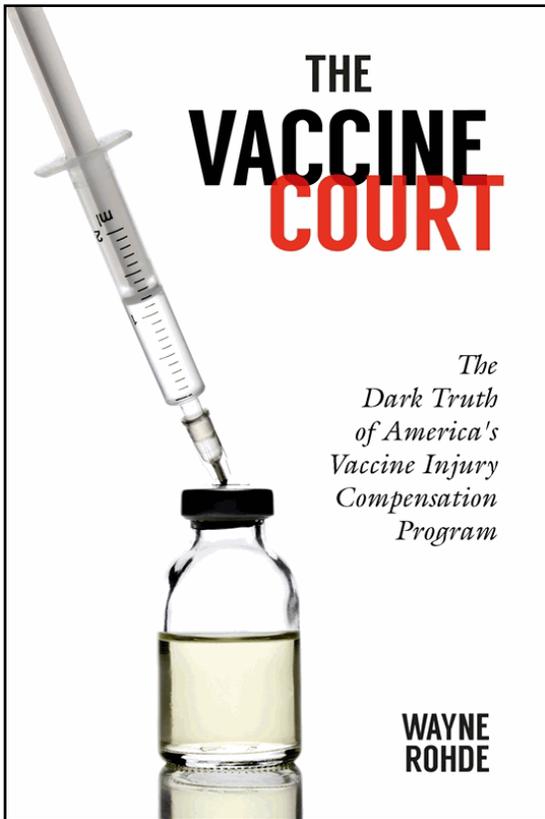
**Magdalena Gómez** is an American playwright, poet, author, educator, social activist, motivational speaker, and performer. She currently lives in Springfield, Massachusetts where she is the artistic director of Teatro V!da, the first Latin@ theatre in Springfield.

Family & Relationships/Bullying

Wayne Rohde, Robert F. Kennedy Jr.

## Vaccine Court

The Dark Truth of America's Vaccine Injury Compensation Program



"Here you have it, in black and white: the unfairness, the corruption and system-wide bias, documented for the world to see....This is a must-read book." —Sylvia Pimentel, vice-president of the California chapter of the National Autism Association, and founder and moderator of Sac-Autism-Biomed

"Rohde's book is a must-read for all those concerned about the intended and unintended consequences of US vaccines."—Mary Holland, research scholar, NYU School of Law

*The Vaccine Court* looks at the mysterious and often unknown world of the National Vaccine Injury Compensation Program (NVICP), the only recourse for seeking compensation for those who have been injured by a vaccine. The NVICP, better known as the "Vaccine Court," however, is not without controversy.

Established by Congress as a direct result of the passage of the National Childhood Vaccine Injury Act of 1986, the NVICP was supposed to offer a no-fault alternative to the traditional injury claims filed in state or federal courts and was to provide quick, efficient, and fair compensation for those who have been injured by vaccines. The reality, however, is that many cases take several years or longer to complete and require tremendous commitment from families already pushed to the brink of bankruptcy caring for the vaccine-injured family member, only to discover that the end result is manipulated by the government in defense of the US vaccine policy.

Mr. Rohde looks into the inner workings of the US Federal Claims Court and the NVICP. He interviews families who have filed petitions and won compensation, families who have been denied compensation, and families still waiting for a decision. By highlighting the journeys of these families—their efforts to find attorneys willing to represent them, the filing of their petitions, and the subsequent mountain of paperwork, medical records, and other documents that span years—Mr. Rohde exposes the bitter truth behind the NVICP. Through his thoughtful interviews and fact-finding research, *The Vaccine Court* sheds light on how the NVICP has evolved into something far more treacherous than what Congress envisioned with the National Childhood Vaccine Injury Act in 1986.

**Wayne Rohde** is the father of Nick Rohde, a vaccine-injured child who regressed into severe autism after receiving his first set of childhood vaccinations. He lives in Woodbury, Minnesota.

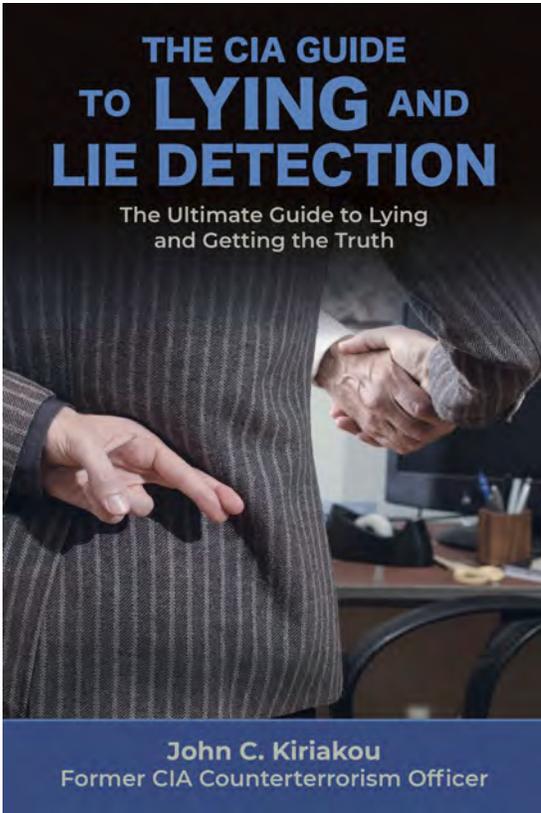
**MONTH:** August  
**\$17.99 (\$24.99 CAD) Paperback**  
**World • CQ 30**  
**ISBN:** 978-1-5107-5837-7  
**6 x 9 • 256 pages**

**Health & Fitness/Diseases/Nervous System (incl. Brain)**

John Kiriakou

## CIA Guide to Lying and Lie Detection

### The Ultimate Guide to Lying and Getting the Truth



A foolproof guide both to lying and to detecting deception, *The CIA Guide to Lying and Lie Detection* will teach you how the pros can tell if and when somebody is lying.

People lie all the time. Studies show that the average American lies between six and twenty times a day. Most lies are of the “little white” variety or are meant to spare a person’s feelings. But what about the big lies? What about the consequential ones? You have a right to know when somebody is lying to you.

Now, imagine if you had the tools to spot a lie from the truth—a guide to perfect your sixth sense. Whether it's finding out if you truly got the job, unmasking an infidelity, or a simple recommendation, you will no longer have to spend hours, days, or even weeks pondering about it.

Through the easy-to-follow instructions and professional anecdotes in *The CIA Guide to Lying and Lie Detection*, you’ll learn to lie and spot lies from John Kiriakou, a former CIA counterterrorism officer and senior investigator for the Senate Foreign Relations Committee responsible for the capture of Abu Zubaydah.

Remember, CIA operations officers are trained to lie. They lie all the time. When they are working undercover, they are actually *living* a lie. With the CIA as a teacher, you’ll learn how to tell.

**MONTH:** August

**\$16.99 (\$19.99 CAD) Paperback**

**World • CQ 30**

**ISBN:** 978-1-5107-5611-3

**6 x 9 • 352 pages**

**Ebook ISBN 978-1-5107-5614-4**

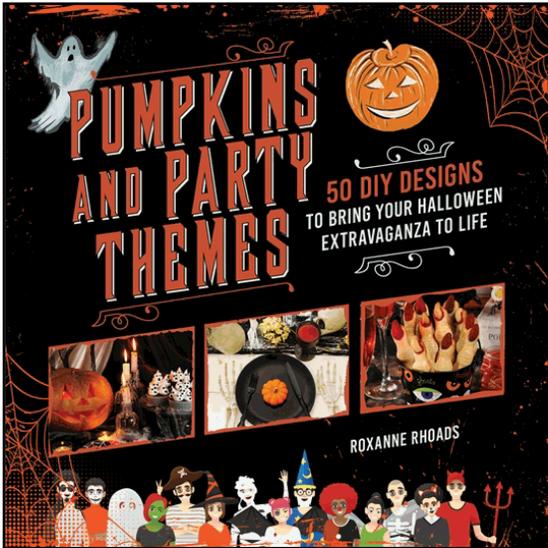
**Reference/Personal & Practical Guides**  
photo colors throughout

**John Kiriakou** is a former CIA counterterrorism officer, former senior investigator for the Senate Foreign Relations Committee, and former counterterrorism consultant for ABC News. He was responsible for the capture in Pakistan in 2002 of Abu Zubaydah, then believed to be the third-ranking official in al-Qaeda. In 2007, Kiriakou blew the whistle on the CIA’s torture program, telling ABC News that the CIA tortured prisoners, that torture was official US government policy, and that the policy had been approved by then– President George W. Bush. He is the author of multiple books on intelligence and the CIA.

Roxanne Rhoads

## Pumpkins and Party Themes

### 50 DIY Designs to Bring Your Halloween Extravaganza to Life



Bring your Halloween party theme to life with these quick tips and tricks!

*Pumpkins and Party Themes* features ten unique party themes with five do-it-yourself pumpkin designs for each theme. The pumpkin projects have a variety of decorating ideas that include carving, painting, and mixed media craftiness and easy-to-follow steps on each creation.

Author Roxanne Rhoads also includes quick ideas on how to bring the theme to life through décor, costumes, and activities. These fun party themes range from gothic elegance to Edgar Allan Poe, under the sea, let's get literary, and more!

With beautiful full-color images to illustrate the tools needed, steps to follow, and final products, this book makes for the perfect gift for Halloween enthusiasts and party hosts alike!

**Roxanne Rhoads** is an author, book publicist, mixed media crafter, and lover of all things spooky. The owner of Bewitching Book Tours, a virtual book tour and social media marketing company, she operates *Fang-tastic Books*, a book blog dedicated to paranormal and urban fantasy books, and she runs the blog, *A Bewitching Guide to All Things Halloween*, which is dedicated to everything Halloween related. Roxanne's sells handcrafted jewelry, art, and home decor through Bewitching Creations. When not reading or writing, Roxanne loves to craft, plan Halloween adventures, and search for unique vintage finds. She resides in Michigan.

**MONTH:** August

**\$14.99 (\$19.99 CAD) Paperback**

**World • CQ 36**

**ISBN:** 978-1-5107-5116-3

**7.5 x 7.5 • 176 pages**

**Ebook ISBN** 978-1-5107-5117-0

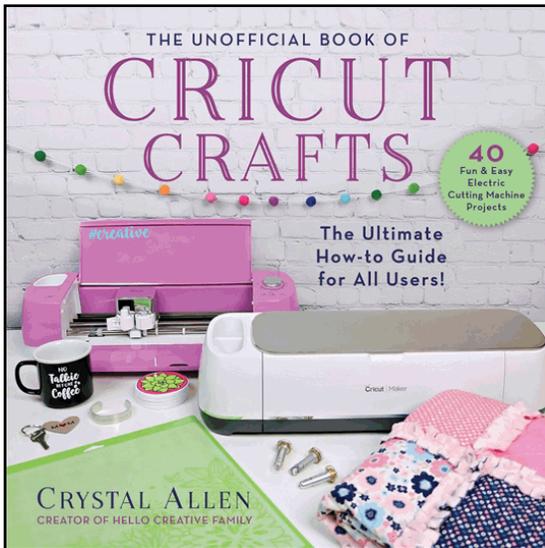
**Crafts & Hobbies/Holiday & Seasonal**

**75 color photos**

Crystal Allen

# The Unofficial Book of Cricut Crafts

## The Ultimate How-To Guide for All Users



**The ultimate Cricut how-to book that covers everything you need to know to purchase a Cricut and use it like a pro!**

Are you new to Cricut crafting? Returning after a hiatus and desperate for a refresher? Perhaps you're an old pro looking for brand-new ideas, tips, and tricks for your crafts? Look no further than *The Unofficial Book of Cricut Crafts*.

Throughout the pages of this book, author Crystal Allen will not only present you with craft ideas that embrace every awesome element of this popular cutting machine, but, perhaps most importantly, she'll start you at the very beginning of your Cricut journey with loads of information about the different Cricut machines (Cricut Explore Air 2 and Cricut Maker) so you can determine which is best for you before you buy.

Projects meant to inspire you will include step-by-step instructions and photos. They include:

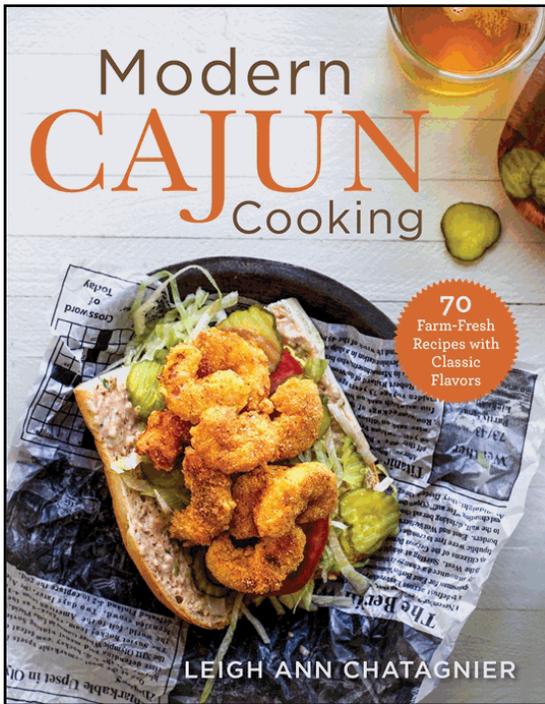
- Leather key chain for Mom
- Rag quilt
- 20-minute makeup bags
- Planner stickers
- Emoji stress balls
- Personalized file folders
- DIY etched glass casserole dishes
- "Color Me In" zipped pouches
- No-sew hoodies
- Inspirational signs for your home

*The Unofficial Book of Cricut Crafts* is perfect for the first-time Cricut user, the small business owner who has been using Cricut for years, and everyone in between!

**MONTH:** August**\$16.99 (\$22.99 CAD) Paperback****World • CQ 30****ISBN:** 978-1-5107-5714-1**7.5 x 7.5 • 176 pages****Ebook ISBN 978-1-5107-5715-8****Crafts & Hobbies/Leatherwork****200 color photographs**

**Crystal Allen** is the owner and creative director of Hello Creative Family, a website for families looking to ignite their creativity with simple, playful, and fun crafts, DIYs, and recipes. Raised by two creative parents, Crystal is a firm believer that creative parents raise creative kids. With an emphasis on projects that take sixty minutes or less to make, Hello Creative Family's goal is to inspire families everywhere to carve out a bit of time to get creative and create a handmade, homemade, heart-made home. She is the author of *Caticorn Crafts*. Crystal resides in British Columbia, Canada.

Leigh Ann Chatagnier

**Modern Cajun Cooking****70 Farm-Fresh Recipes with Classic Flavors**

**Bring the Big Easy home with these seventy original recipes!**

You don't have to live down south to enjoy some of your favorite foods from Louisiana! This is a cookbook that draws inspiration from classic recipes down in the bayou and transforms them into modern-day dishes for all to enjoy. These recipes have a touch of nostalgia while using fresh, locally grown ingredients native to Louisiana—but which can be found anywhere. The dishes are interesting and easy enough for anyone to make at home.

Whether you are a beginner in the kitchen or an old pro, you will love whipping up new takes on the Cajun tradition. Divided into fun, modern chapters such as Small Bites, Date Night, and Happy Hour, recipes include:

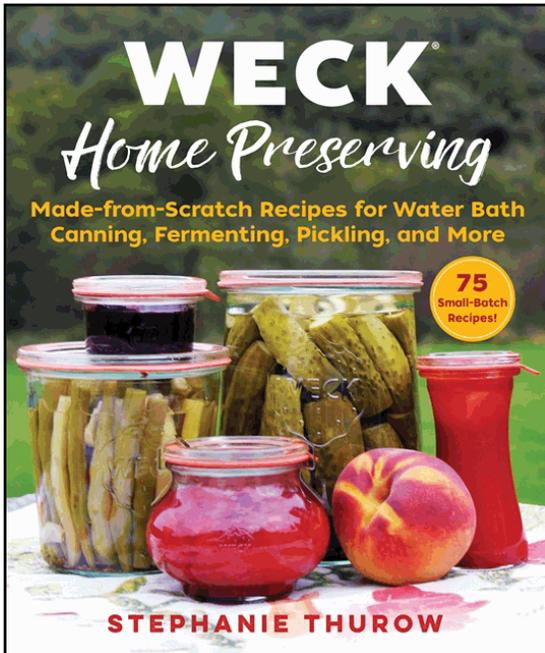
- Cheddar scallion tasso biscuit sandwiches
- Spiced pork burgers with remoulade mayonnaise
- Muffuletta sliders
- Pecan praline cinnamon rolls
- Mango bourbon smash

A fusion of deconstructed Cajun delicacies and traditional flavors, *Modern Cajun Cuisine* is a necessity for any season. Gather everyone around the table and celebrate food, life, and love with a fresh and unexpected home-cooked meal.

**MONTH:** August**\$15.99 (\$21.99 CAD) Paperback****World • CQ 36****ISBN:** 978-1-5107-5709-7**7 x 9 • 172 pages****Cooking/Regional & Ethnic/American/Southern States****100 Color photos**

**Leigh Ann Chatagnier** is the founder of food & lifestyle blog My Diary of Us and author of *Natural Baby & Toddler Treats: Homemade, Nourishing Recipes for Baby and Beyond*. Cooking has always been a part of her life, and she has always enjoyed creating recipes around fresh, not processed, foods. When her son was born, she knew she wanted to start him off on this healthy path as soon as possible! Leigh Ann lives with her husband and son in Houston, Texas.

Stephanie Thurow

**WECK Home Preserving****Made-from-Scratch Recipes for Water Bath Canning, Fermenting, Pickling, and More**

Preserve the harvest with WECK jars and enjoy all your favorite jams, spreads, dressings, kimchi, sauerkrauts, and more for the whole year!

Food preservationist Stephanie Thurow has once again teamed up with the canning jar experts at WECK to show readers how to preserve the harvest with their beautifully designed, reusable glass jars. In *WECK® Home Preserving*, Stephanie has created a step-by-step guide to preserving even more with WECK jars and has developed seventy-five delicious, small-batch recipes for water bath canning, fermenting, and pickling with them. Some recipes don't even require any processing at all!

Recipes in this helpful guide include:

- Flavored salts
- Coffee liqueur
- Peppercorn ranch dressing
- Crunchy garlic-dill pickles
- Elderberry syrup
- Fall-spiced peach jam
- Dijon mustard
- Pizza sauce
- Pickled eggs

With this go-to resource, you will become a confident food preservationist, understand how to safely and successfully preserve in the comfort of your own home, and learn the skills of kitchen crafts that can be passed down for generations.

**MONTH:** August

**\$18.99 (\$25.99 CAD) Hardcover**

**World • CQ 24**

**ISBN:** 978-1-5107-5127-9

**7.5 x 9 • 224 pages**

**Ebook ISBN** 978-1-5107-5129-3

**Cooking/Methods/Canning & Preserving**

**100 color photographs**

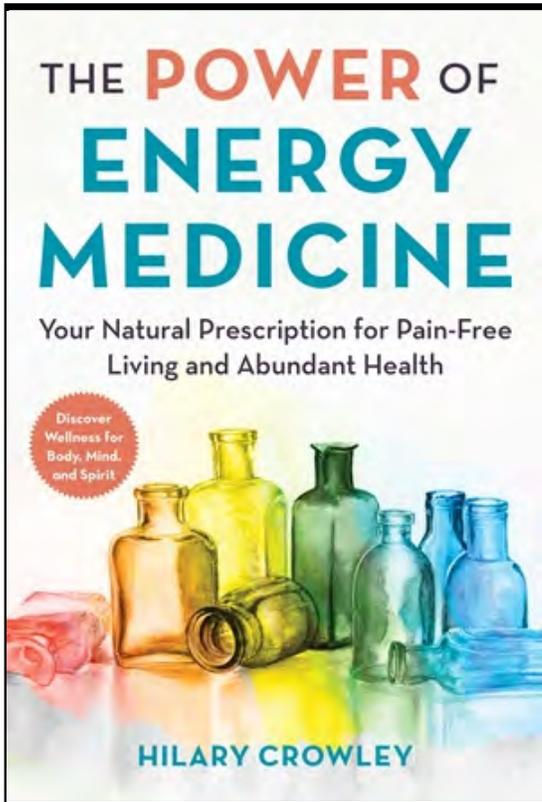
**The J. WECK Company** was founded in Oflingen Germany at the beginning of the twentieth century when they first developed and introduced the home-canning method for glass jars. Since then, WECK has made this method popular not only in Germany and Europe but worldwide. WECK is continually working in the field of home-canning research. Specializing in all problems and questions concerning home canning, WECK has continuously developed and improved home-canning methods with the aid of its long experience as well as the constant ideas and innovations of the canning experts at WECK.

**Stephanie Thurow** is a Certified Master Food Preserver from Minneapolis, Minnesota with a passion for food preservation. She loves creating easy-to-follow recipes to help others gain the confidence to preserve on their own, and has been using WECK jars for over a decade because of the versatility and eco-friendliness of their reusable and nontoxic all-glass jars. Stephanie is the author of *Can It & Ferment It* and *WECK Small-Batch Preserving*, and the creator of canning and fermenting blog *Minnesota from Scratch*.

Hilary Crowley

# The Power of Energy Medicine

## Your Natural Prescription for Pain-Free Living and Abundant Health



Learn how to unlock your own good medicine cabinet to discover the energy healing that will bring you health and joy.

Hilary Crowley is the resident energy healer at a general family medical center in Portsmouth, New Hampshire. Working alongside surgeons, physicians, nurses, and holistic practitioners, she uses energy medicine modalities and hands-on techniques to facilitate her clients' healing. In this book, Hilary sheds light on questions surrounding energy medicine by sharing stories from cases including cancer battles, suicide attempts, and chronic pain. She shares how to find healing through the good medicines in your own cabinet: things like connection, grace, forgiveness, creativity, and more.

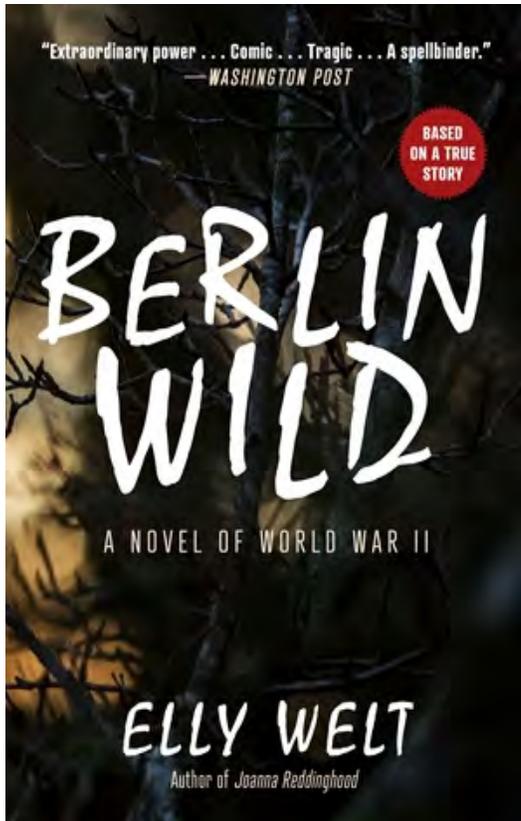
In a healthcare system that has become increasingly focused on specialization and treating specific ailments or organs, the concepts of energy medicine and treating the whole patient are, unfortunately, often lost. Hilary aims to revolutionize the conversation about our body and spirit in the healthcare industry by speaking directly to patients and medical providers.

Our bodies have the power to heal, and simply need guidance and awareness to access this vital energy for prevention and recovery. Through practical insights, inspiring stories, and thoughtful questions posed to the reader, this book is more than a guide to energy healing; it offers you the key to unlocking your good medicine cabinet and discovering holistic health and wellbeing.

**MONTH:** August**\$16.99 (\$22.99 CAD) Paperback****World • CQ 36****ISBN:** 978-1-5107-5822-3**6 x 9 • 224 pages****Health & Fitness/Healing**

**Hilary Crowley** discovered the healing arts as the grandchild of three doctors. In her early career, she worked as a Pediatric Continuing Education and Recruitment Specialist at both University of Massachusetts Medical Center and Dartmouth-Hitchcock Medical Center. Since 1995, she has studied with leaders in energy medicine and medical intuition. Hilary teaches on topics of energy medicine and health throughout New England, New York, and abroad. She is a pre- and post-operative energy care provider, working with the Wentworth Douglass Hospital's Integrative Care Center. She lives in Dover, New Hampshire.

Elly Welt  
**Berlin Wild**  
 A Novel



"One of the best I've ever read." —*Chicago Tribune*

"Extraordinary power . . . Comic . . . Tragic . . . A spellbinder." —*The Washington Post*

"Earns four stars . . . A wonderful book . . . Read it, by all means, and give it to a friend." —*San Francisco Chronicle*

"This novel hooks the reader on the first page and does not let go." —*USA Today*

"Pain and laughter . . . The author had the genius to allow comedy to dominate this powerful story of struggle." —*The Washington Book Review*

Dr. Josef Bernhardt, an anesthesiologist on the faculty of medicine at the University of Iowa, has tried his whole life to shut out the events of his youth in Berlin during the 1940s, but one incident in his operating room pulls him right back...

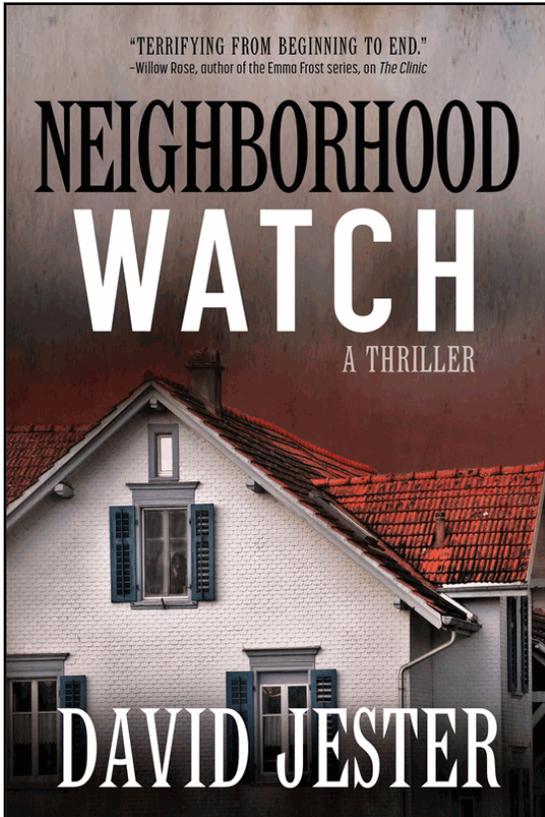
It's 1943, and sixteen-year-old Josef has been invited to leave his family and take up residence at the Wilhelm Institute of Berlin. Half-Jewish, he is unable to attend his high school due to Nazi laws, but as a mathematical genius, he has gained access to an opportunity that will assumedly spare and support him and eight other "special cases."

**MONTH:** August  
**\$14.99 (\$19.99 CAD) Paperback**  
 World • CQ 30  
**ISBN:** 978-1-5107-5698-4  
 6 x 9 • 380 pages  
**Ebook ISBN** 978-1-5107-5699-1  
 Fiction/Historical/World War II

Though Josef is unable to forget about the war and the unknown fate of his family for the two years the Institute offers him sanity and safety, he and the others manage to discover friendship, love, and generosity within and between each other. They work side by side, under the direction of Professor Avilov (The Chief), on genetic experiments and nuclear research—quietly attempting to sabotage the war that is funding their work. Each day for two years, Josef fears that the dreamlike opportunity he has been dropped into might shatter, and that the nightmare of the genocide and war outside will infiltrate his safe haven.

**Elly Welt** was a novelist, professor, and mother of three. She earned her bachelor's degree from Morningside College and her PhD from the University of Iowa Writers' Workshop. Her first published novel, *Joanna Reddinghood*, was released in 1980. In 1973, she met Peter Welt, a Berlin native and retired anesthesiologist living in the Canary Islands. Fascinated by him and his story, she moved to the Canary Islands to interview him about how he survived the war while hidden in the Kaiser Wilhelm Institute outside of Berlin. This became the basis of *Berlin Wild*, which was originally published in 1986, and Peter became the love of her life. Peter passed away in 1999. Elly passed away in 2018.

David Jester

**Neighborhood Watch****A Thriller**

**"Destined to have readers squirming in their seats. Terrifying from beginning to end." —Willow Rose, international bestselling author of the Emma Frost series, on *The Clinic***

Abi Ansel is not the most confident woman in the world; in fact, she might be the least. She's a perpetually anxious, constantly awkward woman with nervousness in her blood. She is unlucky in love, and everything else, but she's trying her best to change that.

The problem is that every new boyfriend makes life that much harder, and every new date sends her one step closer to giving up on men altogether. And in Robert Marlowe, a blind date who is as awkward as she is, Abi may have finally gone one man too far.

After a sweaty, awkward encounter with the wide-eyed, nervous hopeful, Abi's life changes forever. She discovers that Robert is her new next-door neighbor—his beaming, hopeful grin waiting for her every morning and every night. If that wasn't weird enough, she suspects that he's spying on her, that he's up to no good late at night, and that he's behind the gruesome murders gripping her small town.

Abi is scared. The police won't help, her grandmother, whom she lives with, is oblivious, and she doesn't have anyone else to turn to.

But not everything is as it seems, and there is something even darker and more insidious at play that Abi never saw coming.

*Neighborhood Watch* is a comically dark thriller filled with unexpected twists and turns.

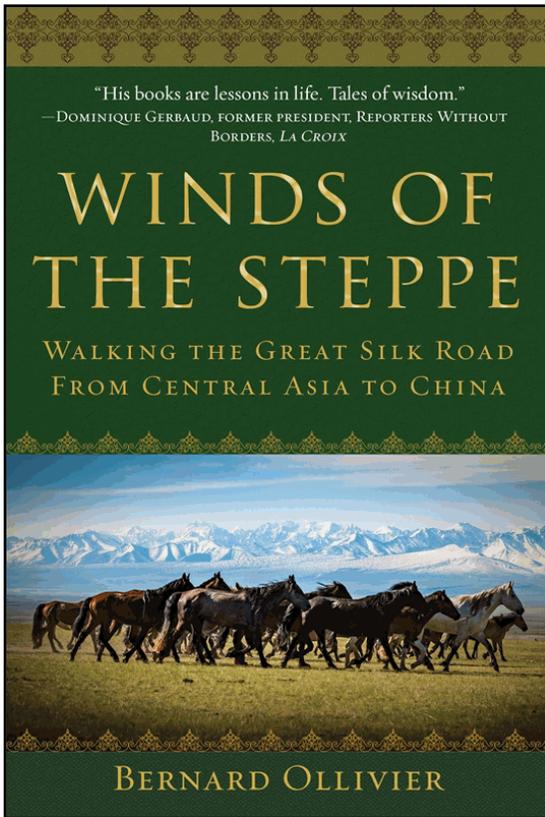
**David Jester** works as a freelance writer, that is, when he's not busy penning his next novel or short story. He has been writing for as long as he can remember, with his first short story published when he was eighteen and his first novel published a decade later. He's also the author of *The Clinic*, *Forever After*, and *This Is How You Die*. He lives in Newcastle, England, with his wife and their pets.

**MONTH:** August**\$16.99 (\$22.99 CAD) Paperback****World • CQ 36****ISBN: 978-1-5107-3123-3****6 x 9 • 256 pages****Ebook ISBN 978-1-5107-3124-0****Fiction/Thrillers/Suspense**

Bernard Ollivier, Dan Golembeski

## Winds of the Steppe

### Walking the Great Silk Road from Central Asia to China



**Bernard Ollivier pushes onward in his attempt to become the first person to walk the entire length of the Great Silk Road.**

**“A gripping account. More than just a travel story—this is a quest for the Other.”—Alexis Liebaert, *L'Événement***

Picking up where *Walking to Samarkand* left off, *Winds of the Steppe* continues the astonishing tale of journalist Bernard Ollivier's 7,200-mile walk from Turkey to China along the Silk Road, the longest and most mythical trade route of all time.

Taking readers from the snows of the Pamir Mountains to the backstreets of Kashgar—a Central Asian city that could be the setting for *One Thousand and One Nights*—to the Tian Shan Mountains to the endless Taklamakan and Gobi Deserts of China's Xinjiang Uyghur Autonomous Region, Bernard Ollivier continues his epic foot journey along the Great Silk Road hoping to make his way to Han China and reach, at long last, the legendary city of Xi'an.

After traveling through a region dotted with former Buddhist shrines, Ollivier finds himself craving the warm welcome of Islamic lands, where, regardless of their culture or nationality, travelers are often treated as esteemed guests. Beyond the occasional vestige of the old Silk Road, Ollivier comes face to face with sites of religious significance, China's Great Wall, and of course thousands of everyday people along the way.

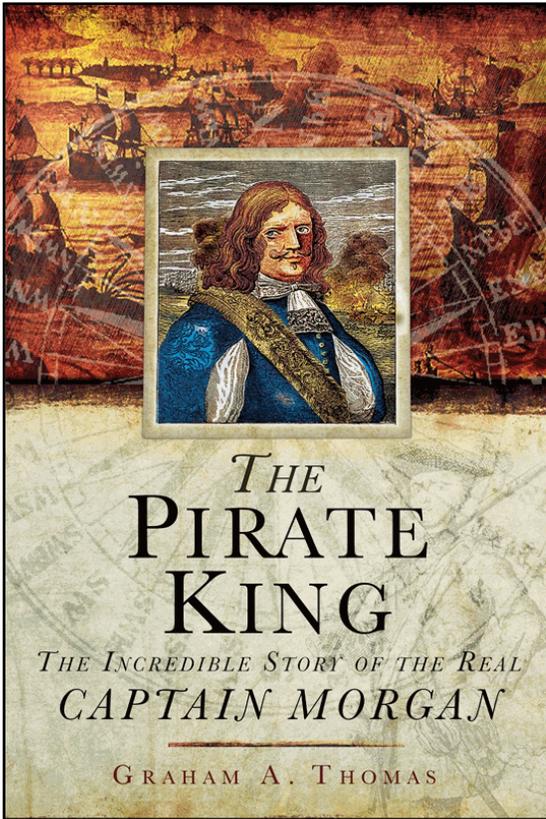
As Ollivier tries to make sense of his journey and find connections between these people's daily lives and the so-called “modern” world, he does so with a sense of humility that transforms his personal journey into a universal quest.

Career journalist turned traveler, **Bernard Ollivier** believes that walking has the power to transform. His publications include *Out of Istanbul*, *Walking to Samarkand*, numerous travel guides, both adult and young adult novels, and *Life Begins at Sixty*. In 2000, he founded the Seuil (“Threshold”) Association, helping troubled teens get back on track through walking. He lives in Normandy, France.

**Dan Golembeski** has worked as a French and Linguistics educator, a summer study abroad director in France, and has conducted fieldwork on language contact in Canada. An occasional, albeit fervent traveler, he increasingly crosses borders with words. In addition to *Out of Istanbul* and *Walking to Samarkand* he is currently translating a science-fiction novel. He lives in Petoskey, Michigan.

**MONTH: August****\$23.99 (\$32.99 CAD) Hardcover, dust****World • CQ 30****ISBN: 978-1-5107-4690-9****6 x 9 • 312 pages****Ebook ISBN 978-1-5107-4692-3****Travel/Essays & Travelogues**

Graham A. Thomas

**Pirate King****The Incredible Story of the Real Captain Morgan****MONTH:** August**\$15.99 (\$21.99 CAD) Paperback****Selected Countries • CQ 36****ISBN: 978-1-5107-5569-7****6 x 9 • 248 pages****Ebook ISBN 978-1-5107-5570-3****History/Maritime History & Piracy****A compelling new account of history's most famous pirate.**

*The Pirate King* is the compelling true story of a Welshman who became one of the most ruthless and brutal buccaneers of the golden age of piracy. The inspiration for dozens of fictionalized pirates in film, television, and literature—as well the namesake of one of the world's most popular rum brands—Captain Sir Henry Morgan was matchless among pirates and privateers. Unlike most of his contemporaries, he was not hunted down and killed or captured by the authorities. Instead he was considered a hero in England and given a knighthood and eventually was made governor of Jamaica. As Graham Thomas reveals in this fresh biography of this complex and intriguing character, Morgan was an exceptional military leader whose prime motivation was to amass as much wealth as he could by sacking and plundering settlements, towns, and cities up and down the Spanish Main.

Featuring graphic accounts of Morgan's exploits, eventually leading to an unparalleled rise to power and legitimacy, *The Pirate King* is a riveting read sure to become a key text in pirate literature. Thomas dispels myths and separates fact from fiction as he presents an intriguing new portrait of one of history's most compelling figures.

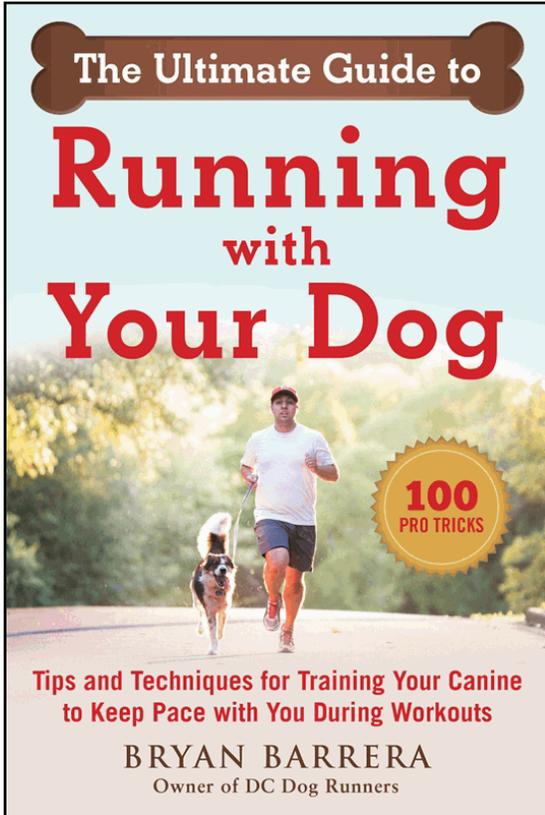
Skyhorse Publishing, along with our Arcade, Good Books, Sports Publishing, and Yucca imprints, is proud to publish a broad range of biographies, autobiographies, and memoirs. Our list includes biographies on well-known historical figures like Benjamin Franklin, Nelson Mandela, and Alexander Graham Bell, as well as villains from history, such as Heinrich Himmler, John Wayne Gacy, and O. J. Simpson. We have also published survivor stories of World War II, memoirs about overcoming adversity, first-hand tales of adventure, and much more. While not every title we publish becomes a *New York Times* bestseller or a national bestseller, we are committed to books on subjects that are sometimes overlooked and to authors whose work might not otherwise find a home.

**Graham A. Thomas** is a historian specializing in British naval and maritime history in the seventeenth and eighteenth centuries. He has also written on aerial warfare in the World War II and Korea. He is currently the editor of the *British Army Review*, a quarterly journal on the doctrine and history of the British Army. His other books include *Terror From the Sky: The Battle Against the Flying Bombs*, *Firestorm: Typhoons Over Caen*, *Operation Big Ben: Spitfires Dive-bombing V2 Sites*, *Pirate Hunter: The Life of Captain Woodes Rogers*, *Pirate Killers: The Royal Navy and the African Pirates*, and *Captain Kidd: The Hunt for the Truth*. He lives in Bath, England.

Bryan Barrera

## Ultimate Guide to Running with Your Dog

Tips and Techniques for Training Your Canine to Keep Pace with You During Workouts



Everything you need to know before you take your four-legged friend on a run.

When looking for a consistent running buddy, it's only natural that you look towards your dog. Who wouldn't want to share a workout with their loyal and energetic canine companion? Plus, there are numerous physical and mental benefits that both you and your four-legged friend can gain from running. But just like humans, dogs need to train properly and build up their fitness before tackling a longer run. Without physical cues to judge from, it can be hard to tell if your dog is ready for a run. Luckily, Bryan Barrera's book, *The Ultimate Guide to Running with Your Dog* contains all the information that you need to safely hit the pavement with your pet.

Cofounder and co-owner of one of the nation's first dog-running companies, DC Dog Runners, Barrera is an expert on running with dogs. Weaving in personal experiences, *The Ultimate Guide to Running with Your Dog* provides a comprehensive look at dog running, including topics such as:

- Assessing your dog as a runner
- Running in different types of weather
- The best terrains to run on
- Running with multiple dogs
- The best collars and leashes for active dogs
- Cross-training with your dog
- What to do if your dog gets injured
- Races to enter with your dog
- How to hire a professional dog runner
- And more!

So whether you and your canine are novice harriers or seasoned trail warriors, *The Ultimate Guide to Running with Your Dog* will help you make your future runs safer and more enjoyable.

**Bryan Barrera** is the co-founder and owner of DC Dog Runner, which specializes in running with dogs to promote health and fitness through vigorous exercise. Starting with their first client, Diesel, Bryan and his wife, Suzanne, have built DC Dog Runner into a twelve-person operation that runs more than fifty dogs per week. They make their home near Washington, DC with their five children.

**MONTH:**August

**\$17.99 (\$24.99 CAD) Paperback**

**World • CQ 36**

**ISBN: 978-1-5107-5070-8**

**5.5 x 8.25 • 196 pages**

**Ebook ISBN 978-1-5107-5877-3**

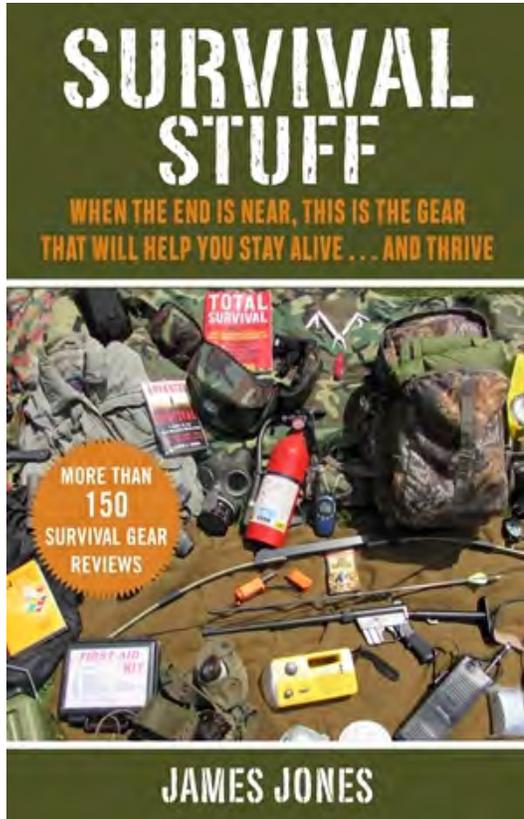
**Pets/Dogs/Training**

**40 color photos**

James C. Jones

## Survival Stuff

When the End Is Near, This Is the Gear That Will Help You Stay Alive . . . and Thrive



When the S...t Hits the Fan and the end of the world as we know it has arrived, who will survive and who will perish?

Chances are that those people who seriously prepare ahead of time, who have contingency survival plans, will have a definite edge over most other people. Part of those contingency plans involve having the right gear to help you make it.

In this book, survival expert James Jones lists every item of gear you need to have in order to survive and, eventually, thrive. Detailed descriptions of the following gear: sleeping bags, shovels and saws, stoves, clothing and footwear, advanced medical care equipment, communications and monitoring devices, biological and chemical survival equipment, and much more.

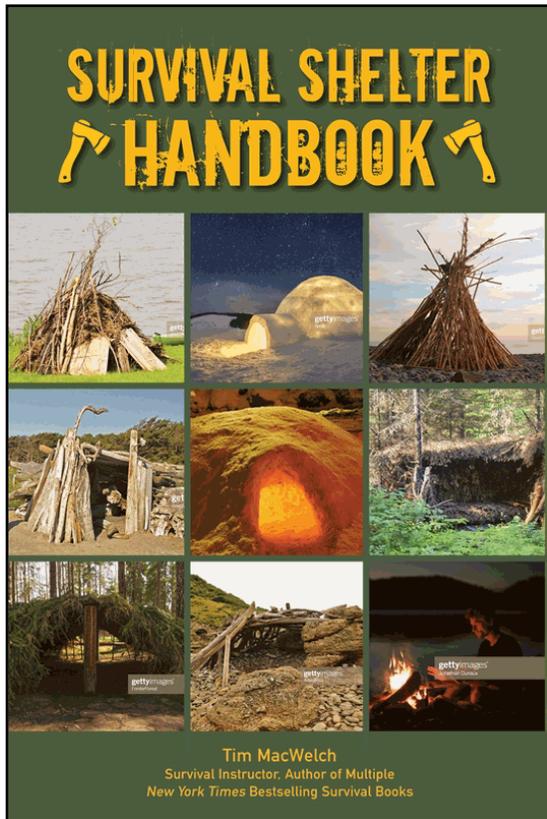
Not only is every item examined carefully, but Jones also tells you how to use it, and how to maintain it. You may not take the possible ending of the world seriously, but you need to, as it is a real possibility - and those who survive are those who are prepared.

**James C. Jones** is the cofounder of Live Free USA and has developed and conducted hundreds of survival training events and seminars over the past forty years and has written hundreds of articles for Live Free's newsletter, *American Survivor*. He currently writes articles for several national preparedness and survival related publications, while continuing to teach a variety of survival courses and make presentations at major preparedness exposition. He is also the author of *Beyond Survival* and *Total Survival*. He lives in the Midwest.

**MONTH:** August  
**\$12.99 (\$17.99 CAD) Paperback**  
**World • CQ 30**  
**ISBN:** 978-1-5107-5309-9  
**6 x 9 • 240 pages**

**Reference/Survival & Emergency Preparedness**  
**100 color photographs**

Timothy MacWelch  
**Survival Shelter Handbook**



**Your guide to shelter in most survival situations from a New York Times bestselling author and survival expert.**

New York Times bestselling author and survival school founder, Tim MacWelch shows us why shelter is our top survival priority in most emergency situations, and how we can provide ourselves with this lifesaving resource. In *Survival Shelter Handbook*, MacWelch details our risks for exposure (from both the heat and cold) and guides readers through the myriad of options for providing this necessary resource. Learn how to find, enhance, and build shelters in a wide range of environments and survival situations, and learn how to get by with less than you might have imagined.

Throughout this detailed handbook you'll find:

- The shelters you bring with you, including clothing and basic outdoor gear that everyone should carry
- The shelter you find in the wild (like rock overhangs, hollow trees and the right evergreen trees)
- Tarp Shelters (a simple square of plastic or fabric can become dozens of practical shelter styles)
- The shelters you can build from vegetation (sticks and leaves don't sound like much, but they can become a shelter that protects from the worst of weather)
- Snow shelters, including the ubiquitous igloo, and other snow shelters that are even easier
- Advanced shelters (with the right tools, semi-permanent shelters are within reach, all you need is a plan and building materials)
- Shelter in modern emergencies (your car, office and familiar haunts can become a shelter in a disaster, here's how to make the most of them)
- Make any shelter better, with these simple tricks and tips for warmth, waterproofing, cooling, pest control, and comfort!

*Survival Shelter Handbook* will give readers much more than just the knowledge to build a shelter in an emergency, it provides the tools to become a problem-solver and think outside the box in any situation.

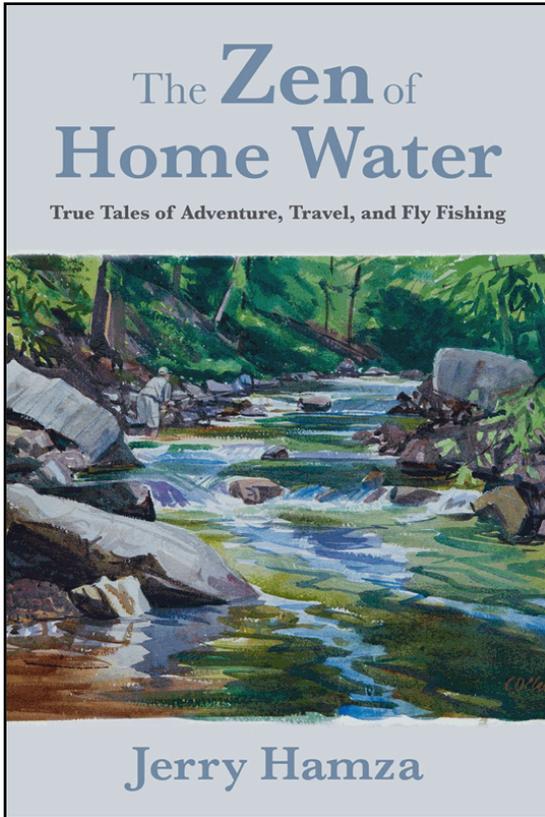
Tim MacWelch has been an obsessed devotee of survival and for over three decades. His love of the outdoors started at a young age, growing up on a farm in the Piedmont hills of Virginia. Eating wild edibles and learning about the animals in the forest were part of his rural youth, but as a teenager, he couldn't get enough of the subject of survival. In his early twenties, he began working with kids through youth workshops for schools, church groups, the Boy Scouts, and Cub Scouts. He has worked with thousands of Scouts and other children over the past thirty years. At the end of 2017, he also found a position at Survival Dispatch, writing for their monthly online magazine. Tim is also a husband and father of two beautiful girls, still residing in Virginia.

**MONTH: August**  
**\$14.95 (\$17.95 CAD) Paperback**  
**World • CQ 36**  
**ISBN: 978-1-5107-5556-7**  
**6 x 9 • 160 pages**  
**Ebook ISBN 978-1-5107-5847-6**  
**Reference/Survival & Emergency Preparedness**  
**30 full color illustrations**

Jerry Hamza

## The Zen of Home Water

### And Other Flyfishing Tales from the Outdoors



**A Collection of Fishing Stories from Across the Globe, by a Master Storyteller.**

Fishing is many things to many people. To some, dangling a worm for a sunfish in a farm pond is not only exciting, but relaxing and reflective. To others, it's all about the adventure of traveling to exotic locales and fishing for ten-pound rainbow trout in Alaska or 100-pound tarpon in Florida or Central America.

To others, it's an integral part of life, not just a pastime but something to live for. To author Jerry Hamza, it's about all of these things. In this highly entertaining and imminently readable collection of fishing tales, you'll tag along with Jerry as he takes you fishing across the globe.

In the entertainment business, Jerry had the opportunity to travel far and wide—and wherever he went, he always took a fishing rod, so he could steal away and fish local waters whenever he had free moments. To Jerry, they are all 'home waters.'

**Jerry Hamza** has spent decades putting himself in positions to live an outdoor life. For thirty years he was part of the management and good friend to legendary comedian George Carlin. During this time he traveled to every inch of North America, hunting and fishing the whole way. Jerry was elected president of the Cat Fanciers' Association and traveled the whole world, fly fishing and hunting on every continent except Antarctica. Jerry was awarded *Fly Rod & Reel's* Robert Traver Award in 2014.

**MONTH:** August

**\$24.99 (\$16.99 CAD) Hardcover**

**World • CQ 36**

**ISBN: 978-1-5107-5889-6**

**6 x 9 • 240 pages**

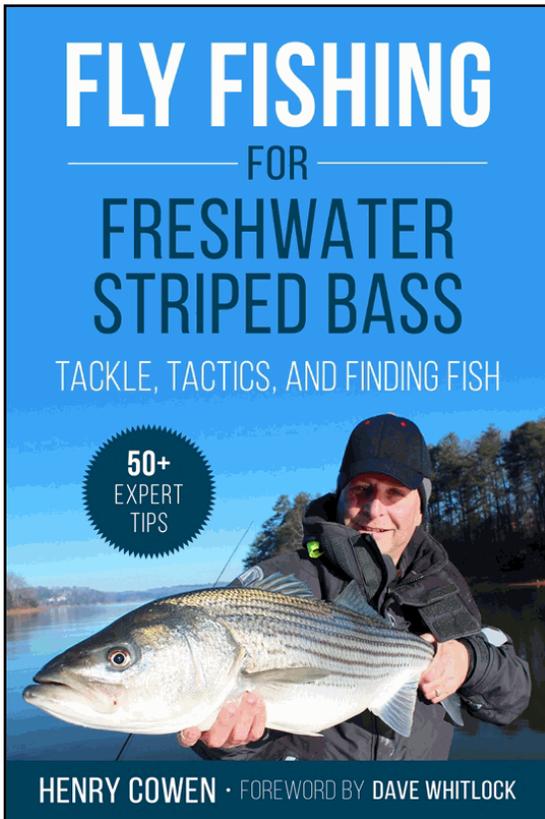
**Ebook ISBN 978-1-5107-5625-0**

**Sports & Recreation/Fishing**

Henry Cowen, Dave Whitlock

## Fly Fishing for Freshwater Striped Bass

### Tackle, Tactics, and Finding Fish



Here fishing guide and fly designer Henry Cowen shares decades of hard-earned knowledge of stripers for the first time. Learn about the species, its food, and where and how to find them, so you can land far more and bigger stripers.

Knowing where and how to find stripers is key, and Cowen offers proven techniques for locating fish in both reservoirs and rivers, including water temperature, seasonal patterns, weather patterns, locating the bait, water clarity, and wildlife and how it can help anglers.

Cowen carefully outlines fishing tactics, along with detailed photographs of the steps involved, covering:

- Retrieving a striper
- Fishing a point, uphill and downhill
- Working a topwater fly (constant retrieve)
- Hooking a fish (strip strike)
- Fishing a hump
- Fishing a saddle or blow-through
- Fishing a breakwater
- Using the countdown method
- Fishing a deep hole in a river
- Fishing a creek in a river
- And much more!

Cowen also takes a close look at freshwater striped bass, explaining how natural and stocked fisheries are managed as well as the difference between the various species. Along with help choosing equipment and some notes on wading tactics, anglers will have everything they need to improve their fishing techniques or make a start on this popular all-American outdoor sport.

**Henry Cowen** grew up in Brooklyn, New York, where he learned to fish for striped bass at an early age. He is an Umpqua Feather Merchants fly designer as well as a writer for many nationally renowned fly-fishing magazines, including *American Angler*, *Fly Tyer*, and *The Angler Magazine*. He started guiding for freshwater stripers around 2000 and has been at it ever since. Henry and his wife, Tina, reside in Atlanta, Georgia, with their two dogs, Starlet and Sweet Pea.

**Dave Whitlock** was born in Oklahoma, where he now lives, and is the author or illustrator of many fine angling books, including *Dave Whitlock's Guide to Aquatic Trout Foods*, the *L.L. Bean Fly-Fishing Handbook*, and the *L.L. Bean Fly Fishing for Bass Handbook*. Dave lives with his wife, Emily, but the Ozark Mountains in Welling, Oklahoma.

**MONTH:** August  
**\$16.99 (\$16.99 CAD) Paperback**  
**WORLD • CQ 30**  
**ISBN: 978-1-5107-3501-9**  
**6 x 9 • 208 pages**  
**Ebook ISBN 978-1-5107-3502-6**  
**Sports & Recreation/Fishing**  
**150 color photos**

# Index

## #

9 Moments That Taught Me  
How to Think, 2  
30 Minutes Runner, The, 44

## A

All Things Elderberry, 68  
Amorino Guide to Gelato,  
The, 23  
Anxiety...It's Not Me, It's  
You, 73  
Appetite for Power, 20  
Aquascaping, 80  
Art of Ayurvedic Nutrition,  
The, 51

## B

Bad, 36  
Berlin Wild, 93  
Black, Blind, and In Charge, 1  
Body Language for Women, 8  
Bullying, 85  
Business Etiquette Made  
Easy, 7

## C

Can It & Ferment It: Updated  
& Expanded Second Edition,  
49  
CBD and Hemp Handbook,  
The, 70  
Chilean Kitchen, The, 21  
Choosing Your Battles, 59  
CIA Guide to Lying and Lie  
Detection, The, 87  
CIA Guide to Surveillance and  
Surveillance Detection, The,  
40  
CIA World Factbook 2020-  
2021, The, 39

Common-Sense Bushcraft  
Survival, 30  
Cottonmouths, 57  
Cowboy Culture, 26  
Crafting with Flowers, 53  
Creating Gorgeous Gardens  
in Small Spaces, 18

## D

Dark Night in Aurora, A, 63  
Day in Prison, A, 64

## E

Eco-Chic Bags, 72  
Every Day Should be Father's  
Day, 11

## F

F\*ck Divorce, 78  
Fairy Food, 46  
Ferment, 37  
Finding Wounded Deer, 35  
First-Year Nurse, 10  
Florida Man, 81  
Fly Fishing for Freshwater  
Striped Bass, 101  
Foraging for Survival, 32

## G

Golden Age of Piracy, The, 55  
Good Man with a Dog, A, 34  
Grace, 77  
Guncle Book, The, 62

## H

Handbook for Scout Masters,  
The, 29  
Healing with Cannabis, 12  
Healthy Matcha Cookbook,  
The, 67

## I

Ice Cream Sundae Book, The,  
69

## J

Jaws of Death, The, 33

## K

Keto Power Bowls, 65

## M

Medicinal Plants at Home, 71  
Megan Rapinoe Way, The, 60  
Modern Cajun Cooking, 90

## N

Natalie Wood's Fatal Voyage,  
76  
Natural Parasite Control for  
Livestock, 75  
Nazi Fugitive, 25  
Neighborhood Watch, 94  
New York City Marathon,  
The, 43

## O

Operation White Rabbit, 3

## P

Pickett's Charge, 74  
Pirate King, The, 96  
Power of Energy Medicine,  
The, 92  
Protecting Your Child from  
Sexual Abuse, 61  
Pumpkins and Party Themes,  
88

## R

Raising Boys to be Good  
Men, 41  
Rental Style, 16

Resistance Band Workouts,  
15  
Road Back from  
Schizophrenia, A, 13  
Rose-Flavored Desserts, 50

## **S**

Science of Time Travel, The,  
5  
Scouting Guide to Basic  
Knots, The, 27  
Scouting Guide to Hiking,  
The, 28  
Self-Care for New Moms, 84  
Sensory Play for Toddlers  
and Preschoolers, 42  
Slothilda, 82  
Strange and Obscure Stories  
of World War II, 38  
Stunning Spreads, 47  
Super Vegan Scoops!, 48  
Survival Shelter Handbook,  
99  
Survival Stuff, 98

## **T**

Taste of Native Mexico, 22  
Tidying Up Your Life, 83  
Tobacconist Handbook, The,  
14  
Tomcat Rio, 4

## **U**

Ultimate 4-Week Skincare  
Plan, 52  
Ultimate Golf Trivia Book,  
The, 24  
Ultimate Guide to Deer-  
Proofing Your Yard and  
Garden, 19  
Ultimate Guide to  
Mushrooms, The, 31

Ultimate Guide to Running  
with Your Dog, The, 97  
Ultimate Healthy College  
Student's Handbook, The, 9  
Unofficial Book of Cricut  
Crafts, The, 89

## **V**

Vaccine Court, The, 86  
Vikings and Their Enemies,  
The, 54

## **W**

War of the Revolution, The,  
56  
Warren Buffet Book of  
Investing Wisdom, The, 6  
WECK Home Preserving, 91  
Weekly Meal Plan Cookbook,  
The, 66  
Weird Homes, 17  
What the Dogs Taught Me,  
45  
When Animals Rescue, 79  
Where the Sun Shines Out,  
58  
Winds of the Steppe, 95

## **Z**

Zen of Home Water, The, 100