



# Douglas & McIntyre

Fall  
2019





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Information for all books in print including book description, author information, cover, and up-to-date price and availability is listed on our website, [www.douglas-mcintyre.com](http://www.douglas-mcintyre.com).

All prices and specifications subject to change without notice.

COVER IMAGE: by Michael Nicoll Yahgulanaas, from *Carpe Fin: A Haida Manga*.

Douglas and McIntyre (2013) Ltd. acknowledges the support of the Canada Council for the Arts, which last year invested \$153 million to bring the arts to Canadians throughout the country.

*Nous remercions le Conseil des arts du Canada de son soutien. L'an dernier, le Conseil a investi 153 millions de dollars pour mettre de l'art dans la vie des Canadiennes et des Canadiens de tout le pays.*

We also gratefully acknowledge financial support from the Government of Canada and from the Province of British Columbia through the BC Arts Council and the Book Publishing Tax Credit.

# One Drum

## Stories and Ceremonies for a Planet

.....  
RICHARD WAGAMESE

*A posthumous volume of stories and ceremonies—and a fitting tribute to Richard Wagamese’s spiritual and literary legacy.*

FANS OF RICHARD WAGAMESE’S WRITING WILL BE HEARTENED by the news that the bestselling author left behind a manuscript he’d been working on until shortly before his death in 2017. *One Drum* welcomes readers to unite in ceremony to heal themselves and bring harmony to their lives and communities.

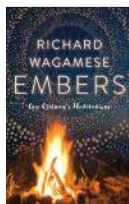
In *One Drum*, Wagamese wrote, “I am not a shaman. Nor am I an elder, a pipe carrier, or a celebrated traditionalist. I am merely one who has trudged the same path many of this human family has—the path of the seeker, called forward by a yearning I have not always understood.”

*One Drum* draws from the foundational teachings of Ojibway tradition, the Grandfather Teachings. Focusing specifically on the lessons of humility, respect and courage, the volume contains simple ceremonies that anyone anywhere can do, alone or in a group, to foster harmony and connection. Wagamese believed that there is a shaman in each of us, and we are all teachers and in the world of the spirit there is no right way or wrong way.

Writing of neglect, abuse and loss of identity, Wagamese recalled living on the street, going to jail, drinking too much, feeling rootless and afraid, and then the feeling of hope he gained from connecting with the spiritual ways of his people. He expressed the belief that ceremony has the power to unify and to heal for people of all backgrounds. “When that happens,” he wrote, “we truly become one song and one drum beating together in a common purpose—and we are on the path to being healed.”

**RICHARD WAGAMESE** (1955–2017), an Ojibway from the Wabaseemoong First Nation in northwestern Ontario, is recognized as one of Canada’s foremost authors and storytellers. He authored seventeen books including the national bestsellers *Indian Horse* (2012) and *Embers: One Ojibway’s Meditations* (2016).

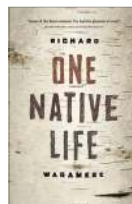
.....  
ALSO BY RICHARD WAGAMESE



978-1-77162-133-5  
**EMBERS**  
\$18.95 paper



978-1-55365-402-5  
978-1-77162-190-8 (movie edition)  
**INDIAN HORSE**  
\$21.95 paper  
2013-2014 FIRST NATION  
COMMUNITIES READ SELECTION



978-1-55365-312-7  
**ONE NATIVE LIFE**  
\$19.95 paper



PHOTO BY YVETTE LEHMANN

SPIRITUALITY / INDIGENOUS STUDIES

**October**

paper with French flaps

CAD \$18.95

5½" × 8" · 160 pages

25 colour photographs

Rights Held: World excluding US

**978-1-77162-229-5 (print)**

978-1-77162-230-1 (ebook)

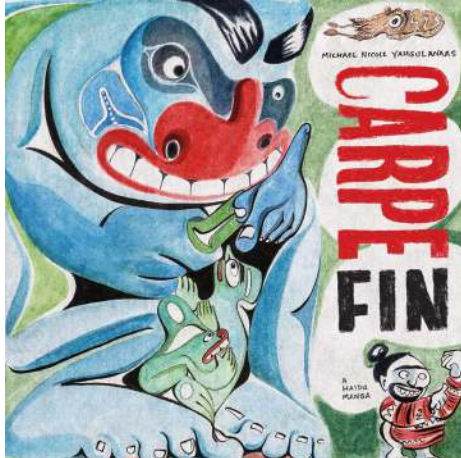


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# Carpe Fin

*A Haida Manga*

.....  
MICHAEL NICOLL YAHGULANAAS



*A prequel to the award-winning Red: A Haida Manga, combining the expressive style of manga with classical Haida art and legend.*

“THE RAGGED EDGES OF THE TEMPERATE RAINFOREST REACH far out onto an island in the western seas. It is a place where one chooses to go ahead or turn back...”

In a prequel to the award-winning *Red: A Haida Manga*, acclaimed artist Michael Nicoll Yahgulanaas blends Asian *manhwa/manga* with the Haida artistic and oral tradition in another stunning hand-painted volume.

In a small near-future community perched between the ocean and the northern temperate rainforest, a series of disasters is taking a heavy toll. It is early fall and a fuel spill has contaminated the marine foods the village was preparing to harvest. As food supplies dwindle, a small group decides to make a late season expedition to search for sea lions. Surprised by a ferocious storm, they abandon one man, Carpe, on an isolated rock at sea. After ten days they are finally able to return, but he has vanished. The story follows Carpe's encounters with the Lord of the Rock, who demands retribution for Carpe's role in the hunt, and Carpe's fate in the half-life between human and animal, life and death.

INDIGENOUS STUDIES / GRAPHIC NOVELS

**September**

cloth

CAD \$29.95

10" x 10" · 120 pages

108 colour illustrations

Rights Held: World

**978-1-77162-224-0 (print)**

**MICHAEL NICOLL YAHGULANAAS** is a visual artist, storyteller and public speaker. Raised on Haida Gwaii, he melds cultural hybridity and his political experiences as an Indigenous person with contemporary graphic literature to produce a unique genre called Haida Manga. His books include *Flight of the Hummingbird* (Greystone, 2008), *A Tale of Two Shamans* (Theytus, 2001) and *Red* (Douglas & McIntyre, 2009). He lives in Canada with his wife and daughter, close to the Two Sisters Mountain on an island in the Salish Sea.



.....  
ALSO BY MICHAEL NICOLL YAHGULANAAS



978-1-77162-022-2

RED

\$19.95 paper

# The House the Spirit Builds

POEMS BY LORNA CROZIER, PHOTOGRAPHS BY PETER COFFMAN AND DIANE LAUNDY,  
INTRODUCTION BY RENA UPITIS

*Following the success of her bestselling 2015 gift book *The Wild in You: Voices from the Forest and the Sea*, renowned poet Lorna Crozier offers another masterful collection of poems inspired by nature, this time set in the Frontenac Arch Biosphere Reserve in Southeastern Ontario.*

ONE OF EIGHTEEN BIOSPHERE RESERVES IN CANADA, THE Frontenac Arch stands at the junction of the Canadian Shield and the St. Lawrence Valley and features some of Central Canada's most characteristic landscapes as well as some of its most revered cultural heritage, all sensitively evoked by Lorna Crozier's poetry and the photographs of Peter Coffman and Diane Laundry.

*The House the Spirit Builds* explores human-crafted and natural landscapes from a variety of angles. An image of a slice of light falling across a tablecloth, three oranges in a red bowl, a black beetle on a leaf: poems that speak of moments "when the dragonfly lands and grips the skin / on the back of your hand" or "rain stops falling / but / hangs around / like the shape of lust / in bedsheets"—the impressions and expression vary, but all are informed by sense of place and aim to take understanding to a more visceral plane.

**LORNA CROZIER** is the author of several books including *Small Beneath the Sky* (Greystone, 2009), *The Book of Marvels* (Greystone, 2012), and *What the Soul Doesn't Want* (Freehand, 2017), which was nominated for the Governor General's Literary Award for Poetry. She is a professor emerita at the University of Victoria and an officer of the Order of Canada. She lives in North Saanich, BC.

**PETER COFFMAN**'s photography has appeared in galleries in Canada and internationally, and in books and periodicals. He is the author and photographer of *Camino* (Wintergreen Studios Press, 2017) and photographer of *Exploring the Capital* (Figure 1, 2017). He lives in Ottawa, ON.

**DIANE LAUNDY** has been a photographer for over eighteen years. Her work has been exhibited in Kingston, Halifax and Almonte and is held in both public and private collections. She lives in Ottawa, ON.

**RENA UPITIS** is the founding president of Wintergreen Studios, a retreat located in the Frontenac Arch where much of the photography in *The House the Spirit Builds* was done. She is living in Riyadh, Saudi Arabia, during 2018–2019 and lives permanently in Yarker, ON.



PHOTO BY PETER COFFMAN

POETRY / PHOTOGRAPHY

**September**

paper with French flaps

CAD \$22.95

7½" × 8" · 88 pages

37 colour photographs

Rights Held: World

**978-1-77162-241-7 (print)**

978-1-77162-242-4 (ebook)



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# The Long Table Cookbook

*Plant-Based Recipes for Optimal Health*

.....  
AMY SYMINGTON



PHOTO BY DARREN KEMPER

*A community-oriented cookbook that will inspire readers to embrace the proven health benefits of plant-based eating.*

“Chef Amy Symington demonstrates perfectly that eating nutritiously is not about eliminating the dishes we love, but adapting them with subtle changes, using healthy fresh local ingredients ... The theme and core of this cookbook resonate with me, the idea of taking the time to eat and share homemade nutritious meals with friends and family is something I believe in. This guide reinforces and teaches us all that the simple act of sharing and breaking bread together not only improves the family bond but can create significant benefits to your health.”

—Chef Lynn Crawford

A NUTRITIOUS DIET IS KEY TO BOTH THE PREVENTION AND management of chronic illness, but to make us feel wonderful, it must also taste wonderful—and a meal shared with family and friends is even better. Grounded in this perspective, *The Long Table Cookbook* makes the transition to a health-optimizing plant-based diet simple and satisfying, featuring over seventy-five recipes along with the latest evidence-based nutritional advice, meal planning suggestions and tips for hosting community gatherings.

Chef Amy Symington and *The Long Table Cookbook* team have put a gourmet spin on healthy ingredients with recipes that are made to share. Readers won't be able to resist flavourful dishes like Watermelon, Mint, Tofu Feta & Arugula Salad, Caramelized Fennel, Sweet Potato & Pine Nut Cheese Pizza and Strawberry & Hazelnut Streusel Cake with Maple Vanilla Glaze. And while the recipes are satisfying and simple to prepare, they are also crafted to offer a balanced, nutrient-rich menu of whole foods.

Whether cooking for four or twenty-four people, the vibrant recipes and beautiful photographs in *The Long Table Cookbook* will inspire readers to come together to enjoy their best health.

**AMY SYMINGTON** is a nutrition professor, research associate and plant-based chef at George Brown College. She is also the culinary nutrition program coordinator at Gilda's Club Greater Toronto, a not-for-profit group that provides social support for those who have been touched by cancer, to which she will be donating all royalties from the sales of this book. She lives in Toronto, ON.

## COOKING

**September**

paper with French flaps

CAD \$29.95

9" x 12" · 256 pages

100 colour photos

Rights Held: World

**978-1-77162-227-1 (print)**

978-1-77162-228-8 (ebook)



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# Rising

*First Canadian Woman to Summit Mount Everest, a Memoir*

.....  
SHARON WOOD

*Sharon Wood's memoir, Rising, is part mountain adventure story, part meditation on finding and sustaining passion and purpose.*

IN 1986, AS PART OF A CANADIAN TEAM, SHARON WOOD BECAME the first woman from the Americas to summit Mount Everest—and the first woman in the world to do so via the West Ridge from Tibet and without Sherpa support. But it's how she got there that is truly compelling.

In *Rising*, the personal motivation that drove Wood to reach further and further heights are detailed through the years leading up to the career-defining climb. Often the only woman on expeditions, Wood was an outlier in a predominantly male bastion of high altitude alpine climbing. With the backdrop of stunning Himalayan mountains, Wood explores the camaraderie and rivalry, the relatable challenges of falling in and out of love, and recalls how she smashed gender-based expectations of the day, all while never losing her drive to keep going. Subsequently, she recounts how she struggled with unexpected acclaim and expectations following her ascent of Everest, but ultimately found fulfilment and her place in the world.

As she tells her story today, her perspective is steeped in six decades of life experience rich with adrenalin, change, reflection and humility. It is a tale that still feels poignantly relevant—a testament to the strength the human spirit to overcome all obstacles, whether mountain peaks, social expectations or self-imposed barriers.

**SHARON WOOD** is the owner of her own speaking and mountain guiding business, Adventure Dynamics. She has co-authored an ebook with Pat Morrow, *Everest: High Expectations* (Bungalo Books, 2012) and has been published in several anthologies, including *Everest: Eighty Years of Triumph and Tragedy* (Mountaineers Press, 2001). This is her first full-length memoir. Wood can now be found in Canmore, AB, writing, public speaking and, of course, climbing mountains.



PHOTO COURTESY OF SHARON WOOD

MEMOIR / ADVENTURERS & EXPLORERS

**October**

cloth

CAD \$29.95

6" × 9" · 276 pages

16-page colour insert, map

Rights Held: World excluding US

**978-1-77162-225-7 (print)**

978-1-77162-226-4 (ebook)



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# Forty Fathers

*Men Talk about Parenting*

.....  
TESSA LLOYD WITH A FOREWORD BY PETER MANSBRIDGE



PHOTO BY TESSA LLOYD

*Forty Canadian fathers, from the prime minister to prominent athletes and artists, reflect on their unique parenting challenges and accomplishments.*

WHEN TESSA LLOYD'S SONS-IN-LAW BECAME FATHERS, SHE searched for resources that would help inspire them—especially parenting stories from other fathers. However, that book didn't seem to exist. As a counsellor for children and families, Lloyd understood the ways a father-child relationship can have a lasting effect through the generations. Seeing a need, Lloyd decided to gather these stories herself.

This resulting volume collects the stories and portraits of forty Canadian fathers who open up about both their own fathers and their deeply personal parenting experiences. This diverse group includes Prime Minister Justin Trudeau, writer Lawrence Hill, academic Niigaan Sinclair, athlete Trevor Linden, restaurateur Vikram Vij, anthropologist Wade Davis, musician Alan Doyle, artist Robert Bateman and philanthropist Rick Hansen. The contributors reflect on their varied parenting experiences and challenges, including parenting while incarcerated, parenting across cultural barriers, parenting through divorce, parenting while transgender, parenting as a celebrity and parenting with a disability. Many common themes emerge throughout the stories, including the process of overcoming cultural messages that encourage men to be strong, authoritarian and emotionally unavailable.

The stories are extraordinarily candid and vulnerable, as the fathers describe their own failings, regrets and childhood traumas, as well as the humbling process of trying to do better. In one anecdote, Dr. Greg Wells describes the experience of meeting another father walking the empty streets at three a.m. with an infant, and how that moment of shared recognition gave him strength at a difficult time. The stories in this book offer a similar glimpse into the shared experiences and trials of fatherhood, but also offer fascinating reflections on the more universal experiences of finding one's place within a family and striving to be a better person for the sake of others.

**TESSA LLOYD** is a counsellor, writer and photographer. She has a BA in child and youth care and a Masters degree in counselling psychology, and has over thirty years' experience as a counsellor with children and families. She has four children and six grandchildren and lives with her husband in Victoria, BC.

PARENTING

**October**

cloth

CAD \$34.95

6" x 9" · 320 pages

80 B&W photographs

Rights Held: World

**978-1-77162-243-1 (print)**

978-1-77162-244-8 (ebook)





# My Year of Living Spiritually

*From Woo-Woo to Wonderful—One Woman’s Secular Quest for a More Soulful Life*

.....  
ANNE BOKMA

*Part seeker’s memoir, part spiritual travelogue, this is a book for anyone looking to uncover—or recover—their spiritual self.*

IN 2017, ANNE BOKMA EMBARKED ON A QUEST TO BECOME A more spiritual person. After leaving the fundamentalist religion of her youth, she became one of the eighty million North Americans who consider themselves spiritual-but-not-religious, the fastest growing “faith” category.

In mid-life she found herself addicted to busyness, drinking too much, hooked on social media, dreading the empty nest and still struggling with alienation from her ultra-religious family. In response, she set out on a year-long whirlwind adventure to immerse herself in a variety of sacred practices—each of which proved to be illuminating in unexpected ways—to try to develop her own definition of what it means to be spiritual.

In *My Year of Living Spiritually*, Bokma documents a diverse range of soulful first-person experiences—from taking a dip in Thoreau’s Walden Pond, to trying magic mushrooms for the first time, booking herself into a remote treehouse as an experiment in solitude, singing in a deathbed choir and enrolling in a week-long witch camp—in an entertaining and enlightening way that will compel readers (non-believers and believers alike) to try a few spiritual practices of their own. Along the way, she reconsiders key relationships in her life and begins to experience the greater depth of meaning, connection, gratitude, simplicity and inner peace that we all long for. Readers will find it an inspiring roadmap for their own spiritual journeys.

**ANNE BOKMA** is an internationally recognized award-winning freelance journalist who specializes in writing on spiritual topics. She’s the “Spiritual but Secular” columnist for *Broadview* (previously the *United Church Observer*) and her articles have appeared in many of Canada’s leading national magazines and newspapers, including the *Toronto Star*, *Canadian Living*, *Best Health*, *Reader’s Digest*, *Today’s Parent*, *MoneySense* and *Chatelaine*. She is a dynamic public speaker and the founder of the popular 6-Minute Memoir “speed storytelling for a cause,” a charitable series of events which brings together storytellers to share tales on a theme. She lives in Hamilton, ON.



PHOTO BY LUCY MAHONEY

SPIRITUALITY / MEMOIR

**October**

paper

CAD \$24.95

6" × 9" · 240 pages

12 B&W photographs

Rights Held: English Canada and US

**978-1-77162-233-2 (print)**

978-1-77162-234-9 (ebook)



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# The River Battles

Canada's Final Campaign in World War II Italy

.....  
MARK ZUEHLKE



PHOTO BY LAURA SAWCHUK

*The story of I Canadian Corps's crossing of the Emilia-Romagna plain, in the thirteenth instalment of the bestselling Canadian Battle Series.*

THE CANADIANS CALLED IT THE PROMISED LAND. IN LATE September 1944, the Emilia-Romagna plain before I Canadian Corps stretched to the far horizon—a deceptively wide-open space where the tanks could run free. Throughout British Eighth Army, hopes ran high that once it entered the plain, the Germans could be driven from Italy. As soon as the advance began, however, the plain's true nature was revealed: the land was criss-crossed by rivers, canals and drainage ditches over which all bridges had been demolished.

With higher command urging haste, the Canadians entered a long and nightmarish series of battles to win crossings over each waterway, whose high banks provided the Germans with perfect defensive positions. Early fall rains caused rivers to spill their banks and transformed the countryside into the worst quagmire the soldiers had ever seen.

More than five months of battle followed, with weeks of hard fighting required to advance from one river to the next. Each month, conditions only worsened, and the casualty rates rose appallingly. As their comrades fell one by one, most soldiers sought merely to survive. Doing that much required every measure of stamina, courage and fighting skill they possessed.

The fifth and final Canadian Battle Series volume set in Italy, *The River Battles* tells the story of this campaign's last and hardest months. In riveting detail and with his trademark "you-are-there" style, Mark Zuehlke shines a light on this forgotten chapter of Canada's World War II experience.

**MARK ZUEHLKE's** Canadian Battle Series is the most detailed accounting of any army in World War II written by a single author. He is the winner of the 2014 Pierre Berton Award. In 2006, series volume *Holding Juno* won the City of Victoria Butler Book Prize. He lives in Victoria, BC.

MILITARY HISTORY

**October**

cloth

CAD \$37.95

6" x 9½" · 432 pages

16-page photo insert

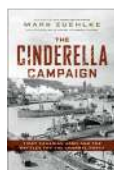
Rights Held: World

**978-1-77162-235-6 (print)**

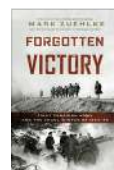
978-1-77162-236-3 (ebook)



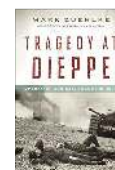
.....  
ALSO IN THE CANADIAN BATTLE SERIES



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J W DAFOE BOOK PRIZE



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\$27.95 paper



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978-1-77162-016-1 paper  
**TRAGEDY AT DIEPPE**  
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\$27.95 paper

# My Bow of Burning Gold

*A Memoir*

.....  
MICHAEL AUDAIN

*The unlikely story of how a left-wing organizer became one of BC's most accomplished business leaders and philanthropists.*

FREEDOM RIDER. STUDENT RADICAL. ACADEMIC. SOCIAL activist. High-rise developer. Museum builder. Grizzly bear protector. Michael Audain has been all these things and more in a colourful life spanning eight decades, three continents and five careers. Yet greatness was not expected of Audain, who as a young man was a dismal failure in the classroom and on the playing field. Born to a branch of the legendary BC Dunsmuir clan that had lost its wealth and social status, Audain was mistreated by his alcoholic father, ostracized by classmates and plagued by insecurities. Yet he would become one of the most prominent home builders in British Columbia and a well-known philanthropist in support of the visual arts.

Along the way, Audain did time in a Mississippi prison for participating in the Freedom Rider movement. He started the Nuclear Disarmament Club at the University of British Columbia. He advocated for the radical Sons of Freedom Doukhobor sect on their protest march from the Kootenays to Vancouver. He proudly displayed a photograph of the communist revolutionary Fidel Castro at the founding convention of the New Democratic Party until Tommy Douglas persuaded him to take it down. Audain earned a commercial pilot's license, worked as a prison guard, was arrested in Ireland under suspicion of terrorism and sought wisdom from a Buddhist monk in Thailand. In 1980, he took the most unexpected turn of all and became a developer in Vancouver's volatile housing market. As chairman of Polygon Homes Ltd. he has overseen the construction of over 27,000 homes.

"My life never had a business plan," muses Audain. *My Bow of Burning Gold* is a story of life's unplanned twists and turns, victories and defeats, recounted with characteristic wit and candour. It is a tale of adventure and perseverance that will inspire anyone who seeks to find their place in the world and to make a difference.

**MICHAEL AUDAIN** is the founder and chairman of Polygon Homes Ltd. and an officer of the Order of Canada and a member of the Order of British Columbia. He lives with his wife, Yoshiko Karasawa, in Vancouver, BC.



PHOTO BY JOHN LEE IMAGES

MEMOIR

**October**

cloth

CAD \$29.95

6" x 9" · 256 pages

Rights Held: World

**978-1-77162-237-0 (print)**

978-1-77162-238-7 (ebook)





# Blood of the Black Donnellys

A Novel Based on a True Story

.....  
KEITH ROSS LECKIE



PHOTO BY ADRIAN LYONS

*Based on the true story of the “Black” Donnellys, this epic novel is the iconic tale of the Old World and its sins visited upon the new.*

IN THE MIDST OF THE FEUDS AND FAMINE OF TIPPERARY, Ireland in 1845, Jim Donnelly and Johannah McGee fall passionately in love. She is the beautiful daughter of an affluent estate manager, he the rebellious son of dispossessed peasants. With her father’s men in pursuit and a sizable price on Jim’s head, they board a ship set for Canada to start a new life and put the troubles of the old country behind them.

Thousands of miles away in rural Ontario, they find the feuds and vendettas of Ireland are very much alive. Jim must make a place for his young family not just with his back, but with his fists.

Fifteen years later, the Donnelly family have become one of the most powerful in Lucan Township, loved by some and hated by others. Jim and Johannah’s sons are notorious as both fighters and lovers and torment the townspeople, swinging shillelaghs, burning barns and seducing daughters.

But certain citizens of Lucan have had enough. At midnight on February 3, 1880, a mob of thirty armed men in women’s clothing and carnival masks ride out for the Donnelly farm. Sustained by whisky and the blessings of the local priest, their goal is to wipe the Donnelly family from the face of the earth. Yet there is an eye witness and during the trial that follows, it becomes clear that in small town Ontario of the late 1800s, order is valued above truth.

Eventful and conveyed with cinematic detail, *Blood of the Black Donnellys* is an engaging and historically enlightening read.

**KEITH ROSS LECKIE**, author of *Coppermine* (Viking, 2010), has worked in the film and television business as a dramatic scriptwriter for more than thirty years. His credits include multiple movies and miniseries, including *Everest!*, *Shattered City*, *Milgaard*, *The Arrow* and *Lost in the Barrens*. He is currently working with Bell Media to develop a dramatic series based on *Blood of the Black Donnellys*. He lives in Toronto, ON.

FICTION

**October**

paper

CAD \$22.95

6" x 9" · 320 pages

Rights Held: World English

**978-1-77162-239-4 (print)**

978-1-77162-240-0 (ebook)



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## Woo, the Monkey Who Inspired Emily Carr

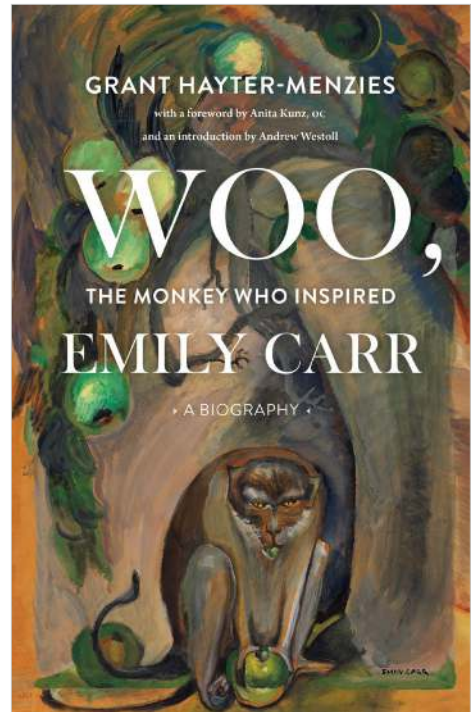
*A Biography*

GRANT HAYTER-MENZIES

ALTHOUGH EMILY CARR is now considered a Canadian legend, the most enduring image is that of her pushing a beat-up old pram into downtown Victoria, loaded with dogs, cats, birds—and a monkey. Woo, a Javanese macaque whom Carr adopted in 1923, has become inextricably linked with Carr in the popular imagination. But more than that, in her short lifetime Woo became equally connected to Carr’s life and art.

Born to a strictly religious family, Carr was never able to reconcile her wild and passionate nature with the stifling mores of the well-to-do Victorian society of her time. She increasingly turned to the company of animals to find the love and trust missing from her human relationships. Across the world in an Indonesian jungle lagoon, Woo (like Carr) was parted from her mother at a young age. The tiny ape was then shipped across the world. When Carr spotted Woo in a pet store, she recognized a kindred spirit and took her home. Woo was many things to Carr—a surrogate daughter, a reflection of herself, a piece of the wild inside her downtown Victoria boarding house. Welcoming the mischievous Woo into her life, Carr also welcomed a freedom that allowed a full blooming of artistic expression and gave Canada and the world great art unlike any other before or since.

BIOGRAPHY · 978-1-77162-214-1 · 5½ × 8½ · 192 pages plus 16-page colour insert  
paper with French flaps · \$22.95



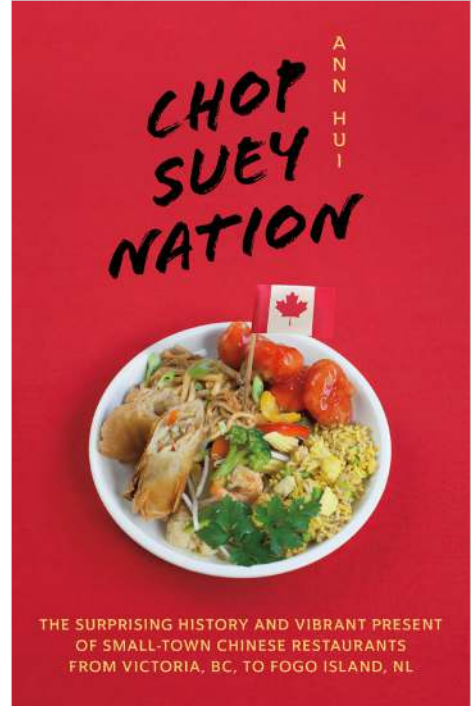
## Chop Suey Nation

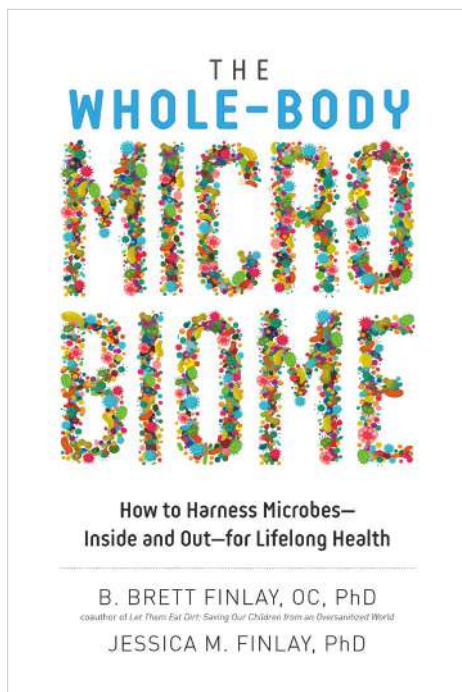
*The Legion Cafe and Other Stories from  
Canada's Chinese Restaurants*

ANN HUI

IN 2016, REPORTER Ann Hui drove across Canada to write about small-town Chinese restaurants and the families who run them. It was only after the story was published that she discovered her own family could have been included—her parents had run their own Chinese restaurant, The Legion Cafe, before she was born. This discovery, and the realization that there was so much of her own history she didn’t yet know, set her on a mission: to understand how, after generations living in a poverty-stricken area of Guangdong, China, her family had somehow wound up in Canada. *Chop Suey Nation* weaves together Hui’s family history—from her grandfather’s decision to leave behind a wife and newborn son for a new life, to her father’s path from cooking in rural China to running some of the largest “Western” kitchens in Vancouver—with the stories of dozens of Chinese restaurant owners from coast to coast. Hui also explores the fascinating history behind “chop suey” cuisine, detailing the invention of classics like “ginger beef” and “Newfoundland chow mein,” and other uniquely Canadian fare. Hui, who grew up in authenticity-obsessed Vancouver, begins her journey with a somewhat disparaging view of small-town “fake Chinese” food. But by the end, she comes to appreciate the essentially Chinese values that drive these restaurants—perseverance, entrepreneurialism and deep love for family. She makes the case for why chop suey cuisine should be recognized as quintessentially Canadian.

MEMOIR · 978-1-77162-222-6 · 5½ × 8½ · 288 pages plus insert  
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## The Whole-Body Microbiome

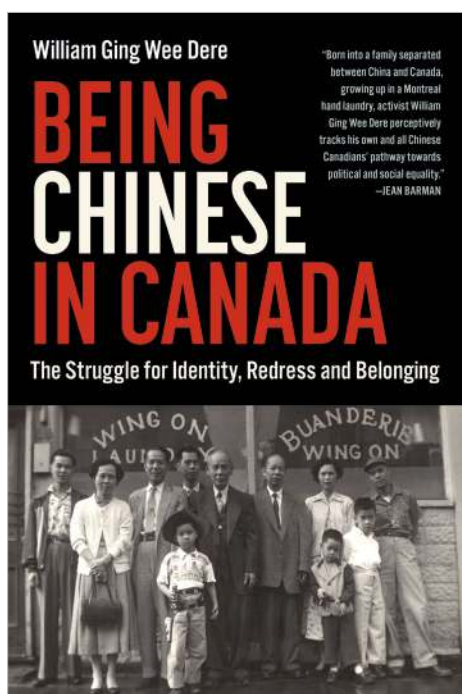
*How to Harness Microbes—Inside and Out—for Lifelong Health*

B. BRETT FINLAY, OC, PHD AND JESSICA M. FINLAY, PHD

SCIENCE HAS MADE huge leaps in prolonging life through disease prevention and treatment, but microbiologist Brett Finlay and gerontologist Jessica Finlay offer a different—and truly revolutionary—approach to the quest for the fountain of youth. Microbes are the oldest and smallest forms of life on earth, and encompass bacteria, viruses, protozoa, fungi and other microscopic organisms. While some bacteria and viruses *can* make us sick, normally we coexist peacefully with microbes. In fact, they are essential to our everyday health. Microbes help break down food in the digestive tract, support immune function and protect us from the pathogens we come into contact with on a daily basis. Our well-being is intimately tied to the microbes that surround us—on our cellphones, kitchen sponges, houseplants, pets and desks.

In this groundbreaking volume, the authors present current and emerging research on microbial interventions for the full gamut of age-related conditions, from sun spots and wrinkles to Alzheimer's disease, cancer, osteoporosis, menopause, chronic inflammation and more. The good news is that simple changes to nutrition and lifestyle can promote the right kind of microbial exposure to improve health whether we're eighteen or eighty. Incorporating interviews with leading microbiologists, scientific researchers and medical professionals, and with a compelling and proactive approach to cutting-edge science, *The Whole-Body Microbiome* will appeal to anyone looking to grow old as healthfully and gracefully as possible.

HEALTH · 978-1-77162-220-2 · 6 × 9 · 304 pages · paper · \$26.95



## Being Chinese in Canada

*The Struggle for Identity, Redress and Belonging*

WILLIAM GING WEE DERE

AFTER THE CANADIAN Pacific Railway was completed in 1885—the western stretch was largely built by Chinese workers—the Canadian government imposed a punitive head tax to deter Chinese citizens from coming to Canada. The exorbitant tax strongly discouraged those who had already emigrated from sending for wives and children left in China—effectively splintering families. After raising the tax twice, the Canadian government eventually brought in legislation to stop Chinese immigration altogether. The ban was not repealed until 1947. It was not until June 22, 2006, that Prime Minister Stephen Harper formally apologized to the Chinese Canadian community for the government of Canada's racist legacy. Until now, little had been written about the events leading up to the apology. William Dere's *Being Chinese in Canada* is the first book to explore the work of the head tax redress movement and to give voice to the generations of Chinese Canadians involved. Dere explores the many obstacles in their fight for justice, the lasting effects of state-legislated racism and the unique struggle of being Chinese in Québec.

Dere dedicated himself to the head tax redress campaign for over two decades. His grandfather and father each paid the five-hundred-dollar head tax, and the 1923 Chinese Immigration Act separated his family for thirty years. Dere tells of his family members' experiences, his own political awakenings, the federal government's offer of partial redress and what it means to move forward—for himself, his children and the community as a whole.

MEMOIR · 978-1-77162-218-9 · 6 × 9 · 400 pages · 40 B&W photographs · paper · \$26.95



## Moccasin Square Gardens

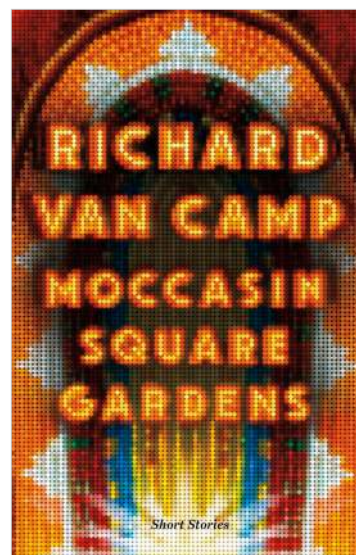
*Short Stories*

RICHARD VAN CAMP

THE CHARACTERS OF *Moccasin Square Gardens* inhabit Denendeh, the land of the people north of the sixtieth parallel. These stories are filled with in-laws, outlaws and common-laws. Get ready for illegal wrestling moves, pinky promises, a doctored casino, extraterrestrials or “Sky People,” love, lust and prayers for peace. While this is Van Camp’s most hilarious short story collection, it’s also haunted by the Wheetago, monsters of legend that have returned due to global warming and the greed of humanity. *Moccasin Square Gardens* shows that medicine power always comes with a price.

To counteract this darkness, Van Camp weaves a funny and loving portrayal of the Tłı̨chǫ Dene and other communities of the North, drawing from oral history techniques to perfectly capture the character of everyday small-town life. “Moccasin Square Gardens” is the nickname of a dance hall in Fort Smith that serves as a meeting place for a small but diverse community. In the same way, the collection functions as a meeting place for an assortment of characters, from shamans and time-travelling goddess warriors to pop-culture-obsessed pencil pushers, all seeking some form of connection.

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*A Novel*

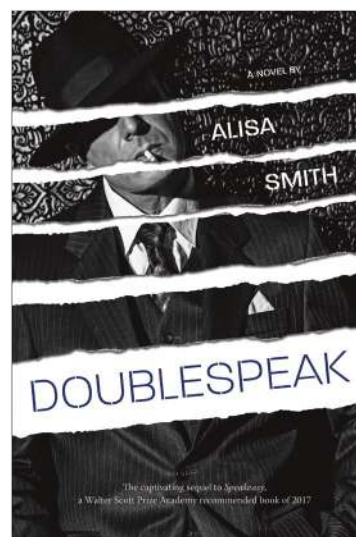
ALISA SMITH

LIEUTENANT LENA STILLMAN has been left, nearly alone, on her code-breaking mission in remote Alaska. World War II has been over for a month, but due to crimes committed a lifetime ago, Lena is still under the control of the powerful Miss Maggie, her spymaster in Washington, DC.

Shaken by her role in the disappearance of Corporal Link Hughes, Lena yearns for an opportunity to redeem them both. Then she receives a shocking message containing Link’s potential location: Siam. Embarking on a clandestine rescue mission to Bangkok, Lena is reunited with shadows from her past—including loyal friend Byron and the attractive yet dangerous “William Yardley.” As personal and political allegiances shift in the postwar maelstrom, it seems impossible to know who is innocent or culpable and whether their actions are motivated by love or revenge.

Overlaying an intricate plot with rich historical detail, *Doublespeak* is an entrancing sequel to Alisa Smith’s first novel, *Speakeasy* (Douglas & McIntyre, 2017), which received the honour of being a Walter Scott Prize Academy recommended book of 2017.

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## British Columbia

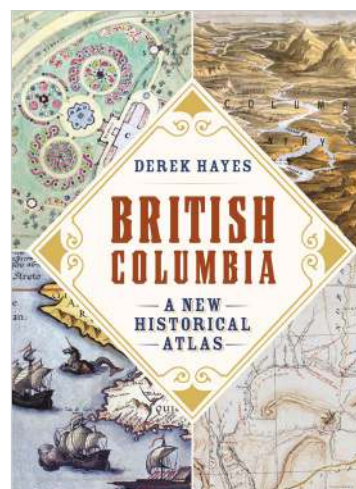
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THE ENDEAVOURS OF British Columbia’s early explorers, fur traders, gold seekers and builders involved the production of maps that showed where they had gone, what they had found and what they proposed to do. *British Columbia: A New Historical Atlas* reveals the plans and strategies that created the province we know today through a fascinating visual lens—from maps by early Indigenous inhabitants and the Europeans who arrived to explore and exploit vast resource wealth, to maps drawn by those who, decades later, prepared for war, built dams, promoted real estate and even tracked murders. Presented alongside award-winning historian Derek Hayes’s lively and authoritative text, this unprecedented collection offers a unique geographical history. This is the story of both the dreams that came true and those that didn’t—yet all are part of the dramatic tale of the forging of Canada’s western frontier.

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