

FALL 2019

# familius

Helping Families Be Happy™



Don't forget to check out our 9 Habits of Happy families on the back of the catalog!

NEW!

A must have picture book for fall and winter! Find out *Why Evergreens Keep Their Leaves* on page 22.



FAMILIUS

We publish beautiful books that help families live our 9 Habits of Happy Families.

## HAPPY FAMILIES:



Love Together



Play Together



Learn Together



Work Together



Talk Together



Heal Together



Read Together

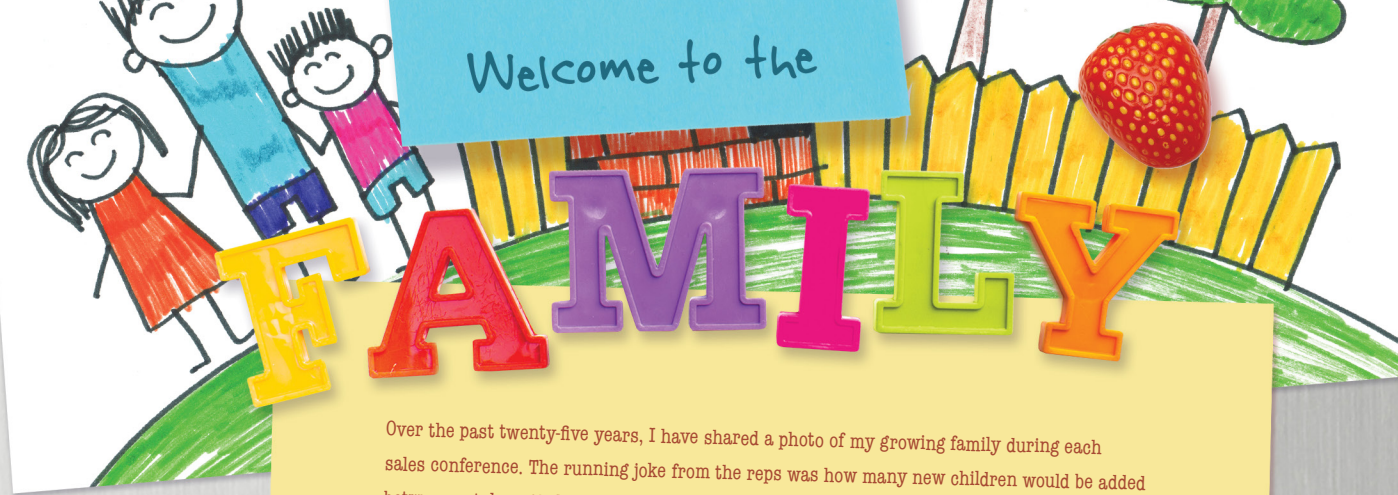


Eat Together



Laugh Together

THE MOST IMPORTANT WORK YOU WILL EVER DO WILL BE WITHIN THE WALLS OF YOUR OWN HOME.



Over the past twenty-five years, I have shared a photo of my growing family during each sales conference. The running joke from the reps was how many new children would be added between catalogs. To be fair, there never was more than one—well, except when we added twin girls at the end—and those new children often spanned at least two years. As a family-oriented publisher, I've been happy to share my family and what we're up to. Our family is our treasure.

With Familius, I now share a family photo in each seasonal catalog. Over the past twenty-five years, our family has grown from three to five to seven to nine to eventually the eleven you saw in the Spring 2019 catalog, a photo taken in the slot canyons of southern Utah. As with you, our family doesn't stay still. We continue to grow. Since our last catalog, the Robbins family has added two more to the nest. Our oldest sons, Konnor and Taylor, settled down with two wonderful, talented, and beautiful girls who we've welcomed with love and open arms to the Robbins Family. We celebrated the second son's wedding just a few days ago. Again, it was a family affair.

It's true that weddings and funerals are the best reunions. As I walked around my son's wedding reception last week, greeting friends and family I hadn't seen in twenty years, I was inspired by the love and support shown our family. As we greeted each other with hugs and kisses, it was as if no time had passed at all since we had last seen each other. We all looked older, yes (except for Michele, who is perpetually twenty-seven years old); but the relationships were immediately strong and powerful. We laughed, told stories, joked, and reminisced. I'm positive you've had the same experience. Those moments are joyful, and we treasure them.

The wedding and reception was again an important reminder that family is the fundamental unit of society, and that we all yearn for and need good, strong family relationships. As the Russian poet Joseph Brodsky said, "Cherish your human connections: your relationships with friends and family."

From my religious point of view, we only take three things with us when we pass on: our character, what we've learned during this mortal journey, and our family relationships. We strive and continue to hope that the books Familius publishes add to your family experience. Thank you, again, for helping us help families be happy.

*Christopher & Michele*

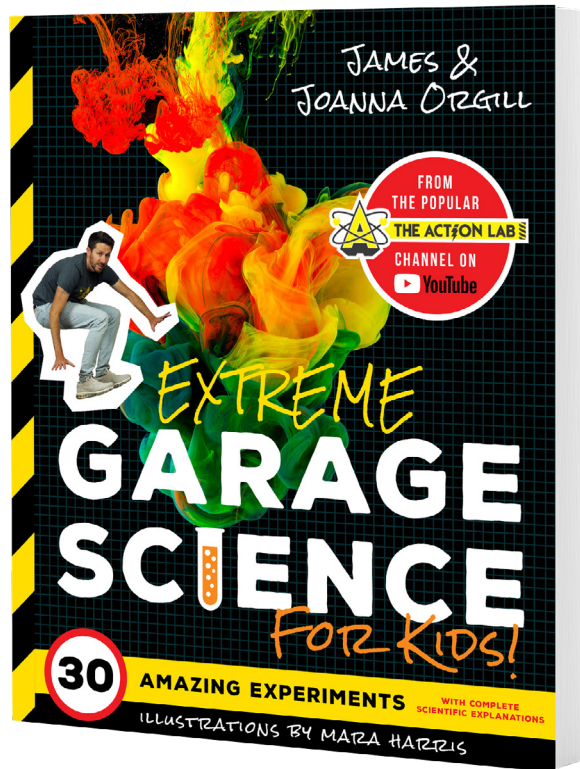
Christopher & Michele Robbins, Founders



# Extreme Garage Science for Kids!

JAMES AND JOANNA ORGILL  
ILLUSTRATIONS BY MARA HARRIS

For years, James Orgill has amazed millions of YouTube fans with zany experiments in his popular videos on The Action Lab channel. Now, for the first time, you can do these experiments at home! *Extreme Garage Science for Kids!* is jam-packed with killer projects and irresistibly nerdy explanations of how the world works. Draw on water. Remove the iron from your Cheerios. Defy Newtonian physics! Bursting with fun illustrations and full-color, photographed step-by-step instructions, *Extreme Garage Science for Kids!* is a thrilling scientific adventure for young minds everywhere! **Ages 8–14**



ISBN-13: 9781641701204 Price: \$24.99 (USD)

Covered spiral bound,  
8 × 10, 144 pages

ISBN 978-1-64170-120-4



Ships: July 2019

- Author is the owner of **The Action Lab on YouTube** with over 1.6 million subscribers—over 300 million views to date
- 30 science experiments that amaze and astonish
- Includes step-by-step photographs and scientific explanations with diagrams and illustrations
- Author has a PhD in Chemical Engineering and is a production engineer for Intel
- Features classic DIY experiments and new original experiments created by The Action Lab



**James Orgill** graduated with a BS in chemical engineering in 2010 and received his PhD in chemical engineering in 2014 from Brigham Young University. While working as a process engineer in the semiconductor industry, he began a YouTube channel in 2015 called The Action Lab. Because of the unique focus on a wide audience, his YouTube channel grew quickly, and as of June 2018, has amassed 1.6 million subscribers and over 300 million views. He enjoys his work as a scientist/engineer and loves to teach people. He is married to Joanna Orgill, and they have four wonderful children together. He loves being a father and husband and spends any spare time playing with his kids.



**Joanna Orgill** graduated with her BS in exercise science in 2008 from Brigham Young University and with her masters of physician assistant studies at the University of Utah in 2010. She has worked as a PA since then along with the full-time job of mothering four children. During any free time she can find, she loves to paint and take pictures. She is an amazing writer, is wonderfully supportive of her husband's YouTube channel, and has made many sacrifices to make it possible.



**Mara Harris** is a graphic designer, illustrator, and travel lover. She was born in the UK but spent her childhood growing up in the foothills of Southern California. She studied neuroscience and communication design at the University of Southern California and utilizes her dual love for science and illustration to bring a unique perspective to her work. She is most enthusiastic about children's book illustration, educational design, and design for print. She is currently based in Los Angeles, where she lives with her family and two quirky cats.

**EXPERIMENT 1 DRAWING ON WATER**

[HTTPS://WWW.YOUTUBE.COM/WATCH?V=3NZ-CAF8BBW](https://www.youtube.com/watch?v=3NZ-CAF8BBW)

The final effect of this experiment is as though you were able to draw on water with a marker! This simple experiment is a fun way to demonstrate how water can separate components of dry erase ink due to hydrophobic and hydrophilic interactions. It will also show you how a dry erase marker is different than a permanent marker. In this experiment, you will use a dry erase marker to draw a picture on glass or ceramic surface, pour water over it and see the picture float away on top of the water.

- SUPPLIES:**
- 1 black or blue dry erase marker (Expo brand works the best)
  - Smooth, shallow glass or ceramic bowl or rimmed plate, a 9 × 13 baking glass pan works well
  - Cup of warm water
  - Bonus supplies: Magnetic putty and strong neodymium magnet

**STEPS:**

- 1 Draw:** Use the dry erase marker to draw any simple drawing with all connected lines. Start with drawing a stick figure person on the plate. Make sure to connect all lines together (for example, don't draw eyes in the center of the face).
- 2 Unstick it:** Allow it to dry for 30 seconds then gently pour the warm water near your drawing so that it puddles around and over the drawing.
- 3 Make it move:** Blow on the drawing or gently shake the plate so that the drawing moves and seems to come to life! Be creative and try different drawings (my favorite is a person holding a balloon) and watch them come alive!



# Physics Animated!

TYLER JORDEN  
ILLUSTRATIONS BY ELSA MARTINS

**E**ngage with Newton on gravity and explore mass, lift, friction, and other amazing laws of physics with the most exciting and interactive physics book available for your little genius! With explanations and real-life examples of Newton's Three Laws, this interactive board book invites children to pull the levers, turn the wheels, and watch as a rocket lifts off, a roller coaster loops, and a boat floats. Each concept is animated and interactive to introduce and explore some of most important aspects of our physical world.

Kids will delight in seeing centripetal force, inertia, thrust, and more. A perfect tool for instructing and inspiring little physicists of all ages. **Ages 5-7**

THIS BOOK HELPS FAMILIES:



Read Together



Learn Together

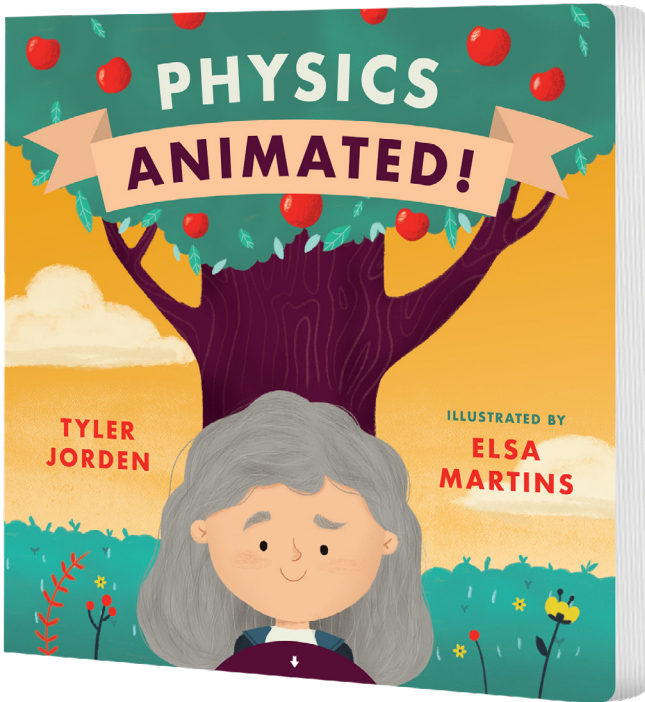
- Takes the increasingly popular STEM topic and adds a fun and interactive element
- Introducing children to science at a young age has shown to have great benefits later in life



**Tyler Jorden** earned a BS in chemical engineering from BYU. He has worked for Micron in Singapore, for Intel in China, and now in management for IM Flash Technologies in Utah. Also an accomplished musician, Tyler previously played violin with the Billings Symphony Orchestra. He and his wife and three children live in Cedar Hills, Utah.

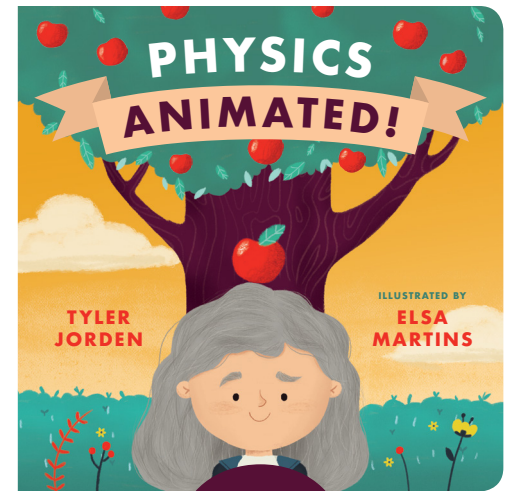


**Elsa Martins** is an illustrator and designer based in sunny Portugal. One day, she decided that instead of working for someone else, she'd be happier building her own dream and working for herself. So she built her brand, Somebodyelsa, and now she spends her days drawing for both children and children at heart. And yes, it is as fun as it sounds!



ISBN-13: 9781641701327 Price: \$14.99 (USD)  
Includes interactive wheels, sliders, and rockers, 7.5 x 7.5, 14 pages  
Ships: August 2019

Pull the tab to make the apple fall on Isaac Newton's head!



**CENTRIPETAL FORCE**  
A centripetal force is what makes an object move in a curved path.

Each spread features a basic physics concept along with a pull tab, slider, or spinning wheel to bring that concept to life.

Each illustration includes everyday objects children will recognize to help them remember the concept and later relate it to play.



**CENTRIFUGAL FORCE**  
A centrifugal force is a force that acts outward on an object moving in a curve.



Let's Make Yoga Magic  
\$14.99 ISBN-13: 9781641701297

Don't miss Let's Make Yoga Magic!



# Little Fingers Ballet

ASHLEY MARIE MIRELES  
ILLUSTRATIONS BY  
OLGA SKOMOROKHOVA

THIS BOOK HELPS FAMILIES:



Read Together



Play Together



Learn Together

Being a prima ballerina is simple with *Little Fingers Ballet*! Flip through the pages and become the star of classic ballets. The six spreads feature scenes from *Coppélia*, *Cinderella*, *La Bayadère*, *The Nutcracker*, *Romeo & Juliet*, and *Swan Lake*. Each page gives the reader a ballet step to practice from the actual choreography of the scene. **Ages 4-5**

- **Interactive ballet book allows readers to become a part the scene cut out holes for your fingers and mini pointe shoes**
- **Perfect gift for beginning ballerinas, gives the actual names for each step**
- **There are currently over 32,000 dance studios in the United States**



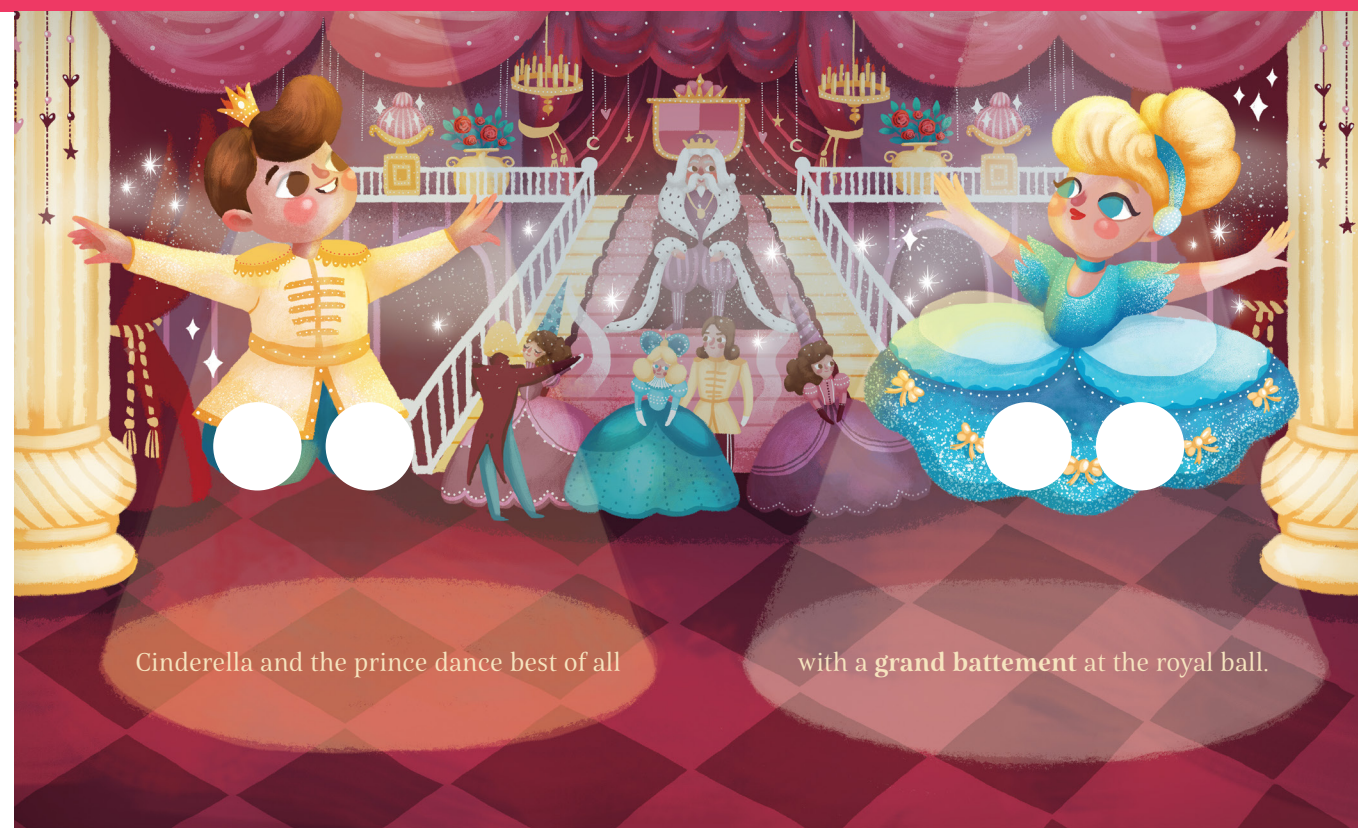
ISBN-13: 9781641701556 Price: \$14.99 (USD)  
Die cut board book with finger holes and ballet leggings, 9.5 x 7.75, 10 pages  
Ships: August 2019



**Ashley Marie Mireles** was born and raised in the heart of California's Central Valley where, as a child, she spent much of her time in her local library. Her love of books lead her to a career in the publishing industry. Ashley loves to travel, try new foods, read, and learn the choreography from her favorite music videos as a form of exercise. She currently lives in Fresno, California, with her boyfriend of six years and their terrier.



**Olga Skomorokhova** was born and grew up in Russia. She specializes in magazine and book illustrations and other commissioned and personal projects. As a child, Olga found immense pleasure in painting and drawing. This activity soon transformed into an interest in graphic design while illustration was just a passionate hobby. Five years ago, she became a full-time freelance illustrator based in Tallinn. Olga is inspired by travel and people; thus you can see a lot of botanical, architectural, and animalistic topics in her art.



Cinderella and the prince dance best of all

with a grand battement at the royal ball.

Each page features ballet steps for the dancer to perform



Solor soars with a grand jeté, jumping high in this ballet.

Features famous ballets from around the world

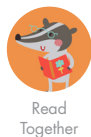
# Nita's Day

## More Signs for Babies and Parents

KATHY MACMILLAN  
ILLUSTRATIONS BY SARA BREZZI

Sign language makes it easy to communicate with your child, and Nita makes it fun! The second book in the Little Hands Signing series (which introduced the bestselling *Nita's First Signs*), *Nita's Day* teaches ten new and essential ASL signs for every parent and child to know: *wake up*, *change*, *clothes*, *eat*, *potty*, *go*, *play*, *bath*, *book*, and *bed*. A simple story about Nita and her parents teaches each sign in context, and repetition throughout each story makes them easy to practice. Even better, each page slides open to reveal accurate instructions on how to make each sign, plus tabs on the side of each page make it simple to locate every sign for later reference. No signing book collection is complete without Nita! **Ages 6–20 months**

THIS BOOK HELPS FAMILIES:



Read Together



Learn Together



ISBN-13: 9781641701488 Price: \$14.99 (USD)

Includes tabbed pages that split open to reveal instructions for each sign, 8 x 7, 12 pages

ISBN 978-1-64170-148-8



Ships: July 2019

- Board book that teaches signs for everyday communication
- Each page slides open to reveal an illustration of how to perform that sign
- Helps break communication barriers between parents and pre-verbal children
- Author is a nationally certified American Sign Language interpreter and teacher

Don't miss *Nita's First Signs*!



**Nita's First Signs**

\$14.99 ISBN-13: 9781945547676



### Kathy MacMillan

is a nationally certified American Sign Language interpreter, writer, teacher, librarian, and storyteller. She is the author of the board book *Nita's First Signs* (Familius), the young adult novels *Sword and Verse* and *Dagger and Coin* (HarperTeen), and nine books for parents, librarians, and educators, including *Little Hands and Big Hands: Children and Adults Signing Together* (Huron Street Press). She lives near Baltimore, Maryland. Find her online at [KathyMacMillan.com](http://KathyMacMillan.com).



### Sara Brezzi

Italian surface pattern designer and illustrator, was born and raised in the small town of Poppi, near Florence. She still lives there with her partner and their little boy. Her father was a librarian and her mother was a kindergarten teacher, so she grew up surrounded by beautiful books and images. This certainly influenced her imagination. She graduated from the University of Siena with a BA in preservation of cultural heritage and history of illustration, but she always preferred the application over the theory of art. Her designs are hand drawn and then scanned in for processing and color management. She loves creating colorful illustrations by combining cheerful and quirky elements to convey a positive vibe and spread joy!



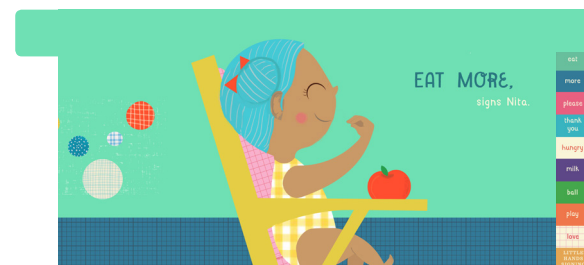
Pull each word tab . . .

. . . and signing instructions appear!



Simple story puts each sign in context.

Interactive pull-tabs make Nita the best signing book on the market!



# On the Stroke of Goodnight

CLAY RICE

Reminiscent of Susan Marie Swanson's *The House in the Night*, world-renowned paper-cut artist Clay Rice weaves a poetic scene of what happens around a small farmhouse as night falls.

*A baby coos; a mommy sighs. Little ones tucked in, with dreams in their eyes. A gentle hand turns out the light. And all is quiet on the stroke of goodnight.*

A perfect bedtime story that gently and beautifully depicts a busy world settling in for a warm night's sleep. **Ages 3-5**



ISBN-13: 9781641701440 Price: \$16.99 (USD)

Jacketed hardcover with spot foil and spot UV, 8 x 10, 32 pages

ISBN 978-1-64170-144-0

Ships: July 2019



THIS BOOK HELPS FAMILIES:



Read Together



**Clay Rice** is described by author Pat Conroy as a "great talent who combines soul and passion." Silhouette artistry and storytelling have been in his family for more than eighty years. His grandfather, Carew Rice, was described by poet Carl Sandburg as "America's Greatest Silhouettist" and traveled worldwide, sharing his mesmerizing cutouts with delighted customers. Each profile silhouette takes Clay about one minute, and he estimates that in his thirty-two-year career, he has cut over one million silhouettes. Clay's nationwide following has families flocking to have this talented artist create keepsake silhouettes and sign copies of his award-winning children's book, *The Lonely Shadow*. His work has been featured in *Country Living*, the *Washington Times*, the *Atlanta Constitution*, *Cookie Magazine*, and has appeared in the CBS series *Army Wives*. Clay is the recipient of the Moonbeam Children's Book Award and the IPPY Award for Children's Book of the Year. Clay's landscape scenes and children's illustrations are sought after by collectors worldwide, and his work is on permanent display at the South Carolina State Museum.

- **Nationally recognized silhouette artist: Bestselling author Pat Conroy calls Clay "a great talent who combines soul and passion"**
- **National appearances: As one of the foremost paper-cut artists in the world, Clay tours the United States giving lectures and workshops on the art of paper cutting**
- **Award winner: *The Lonely Shadow* won the Gold Medal Winner Moonbeam Children's Book Award and IPPY award for Best Children's Book of 2011**
- **More than 70,000 copies sold of Clay Rice's silhouette art picture books**



And all is quiet, at the stroke of goodnight.



A baby coos,

a mommy sighs . . .

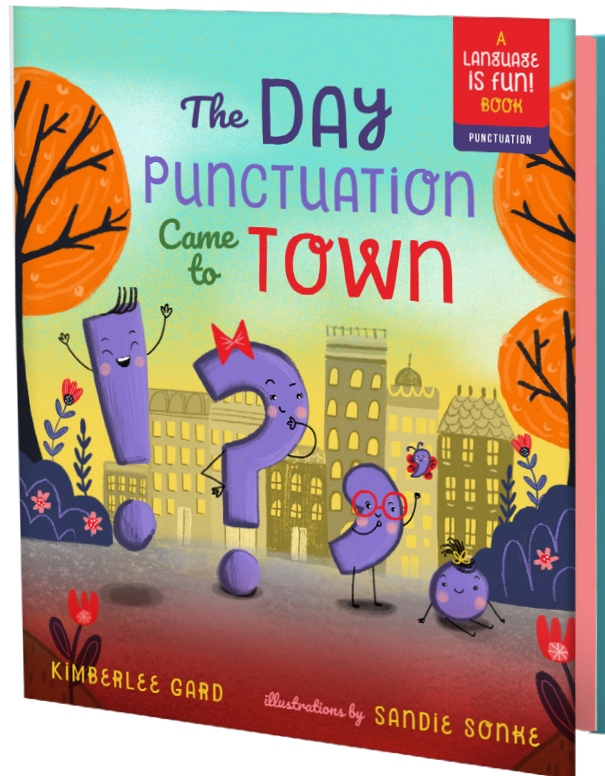
# The Day Punctuation Came to Town

KIMBERLEE GARD

ILLUSTRATIONS BY SANDIE SONKE

There's a new family in town: the Punctuations! When Exclamation Point, Question Mark, Period, and Comma join the letters at school, they form words like *Wow!* and *Why?* and *Yes*. But Comma isn't sure where he belongs. He just seems to get in the way. Is he really important?

Kids, parents, and teachers will enjoy this latest instalment in the Language Is Fun series. With colorful illustration and clever wordplay, *The Day Punctuation Came to Town* is a wonderful introduction to punctuation and the important role it plays in language. **Ages 5-8**



ISBN-13: 9781641701457 Price: \$16.99 (USD)

Jacketed hardcover with spot UV, 8 x 10, 32 pages ISBN 978-1-64170-145-7

Ships: July 2019



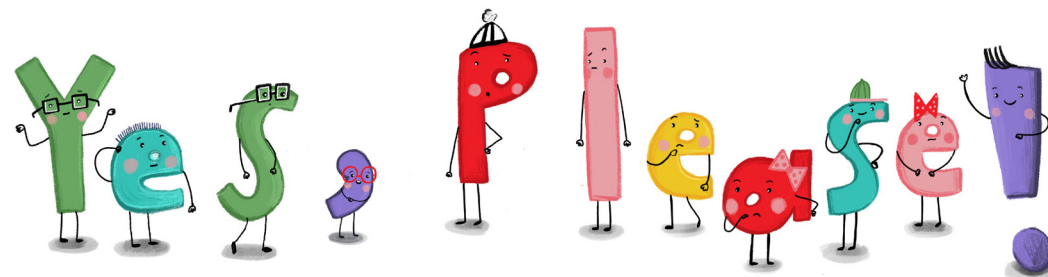
- An entertaining book that teaches punctuation
- A tool to encourage word and sentence formation
- An educational source for using punctuation with words and sentences

Also in the Language Is Fun series:



**The Little i Who Lost His Dot**

\$16.99 ISBN-13: 9781641700160



**Kimberlee Gard** spent most of her childhood running from books instead of reading them. A learning disorder held her back until one teacher taught her the tools to overcome the disorder. From this came Kimberlee's aspiration to write children's books that would bring about the same love of reading she eventually found. She was further inspired after watching her own son battle dyslexia and committed herself to creating stories that would encourage and engage even the most struggling and reluctant reader. Kimberlee lives on a small farm in Colorado with her husband, sons, and a gagging group of barnyard friends. You can visit her at [www.kimberleegard.com](http://www.kimberleegard.com)



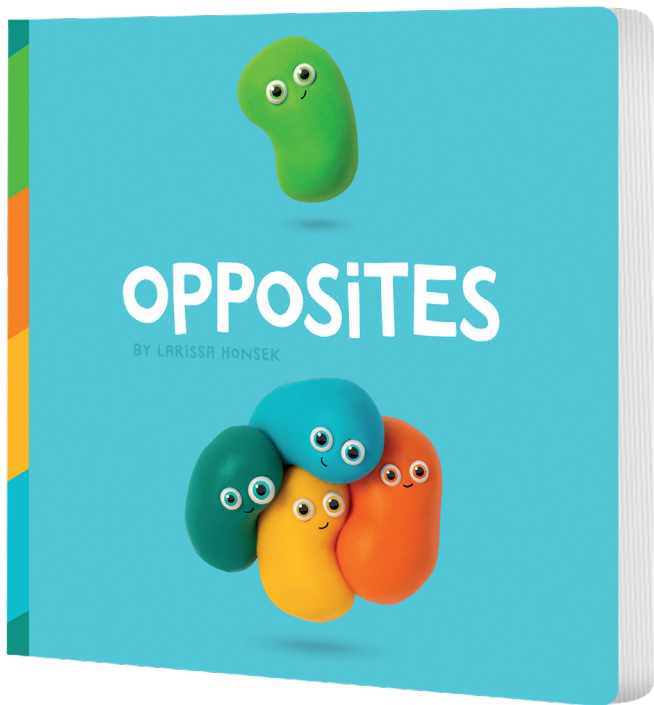
**Sandie Sonke** is an illustrator living in Rancho Cucamonga, California. She graduated with a BA in Studio Art from Cal State University-Fullerton in 2010. Wearer of many hats, Sandie is a freelance illustrator, wife, and mom to two inspirational souls. When she is not drawing, you can find her playing Legos with her kids or sipping coffee with her husband.



# Opposites

LARISSA HONSEK

Short and tall. Happy and sad. Hot and cold. Globally famous artist Larissa Honsek's adorable clay figures help little ones identify the difference in these important concepts. **Ages 2-5**



ISBN-13: 9781641701433 Price: \$8.99 (USD)

Board book, 7 x 7, 20 pages

Ships: June 2019



THESE BOOKS HELP FAMILIES:

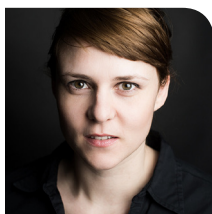


Read Together

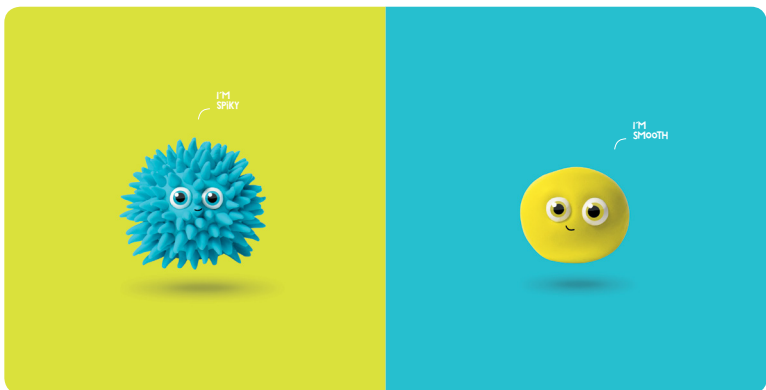
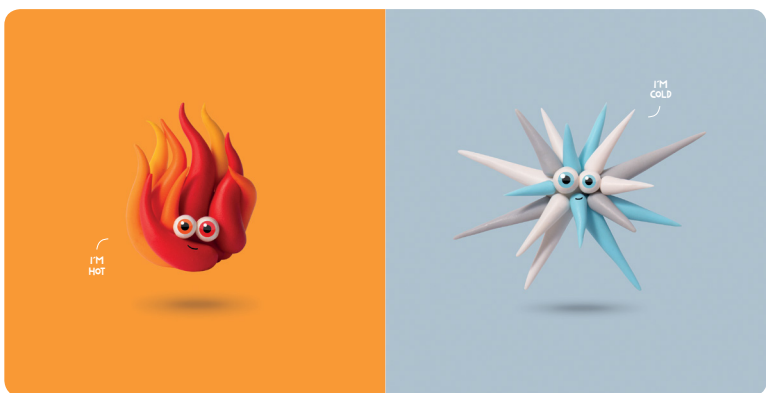


Learn Together

- **First time the global commercial artist Larissa Honsek's art has been featured in book form**
- **Adorable clay figures teach the basics of opposites**
- **Modern design and feel make this a perfect addition to any trendy child's room**
- **Adorable clay forms are sure to delight readers of all ages!**



**Larissa Honsek** is a Berlin-based graphic designer, photographer, and illustrator who loves to explore the intersections of these fields. Her tribe of bright and colorful characters is born out of experiments with a multitude of mixed-media elements: clay sculpting, photography, digital and analogue collaging, painting, drawing, printing, and scanning. Larissa is currently working as a graphic design freelancer and cofounder of NINO Kreativ, a small company that produces creative kids' products and materials.



# Proud to Be Latino: Food/Comida

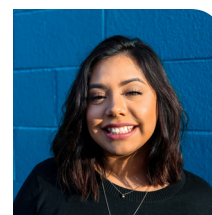
ASHLEY MARIE MIRELES  
ILLUSTRATIONS BY EDITH VALLE

*Did you know that there are over 5,000 types of potatoes sold in South America? Or that in Honduras, a song about conch soup reached the Billboard Top 100 Charts?*

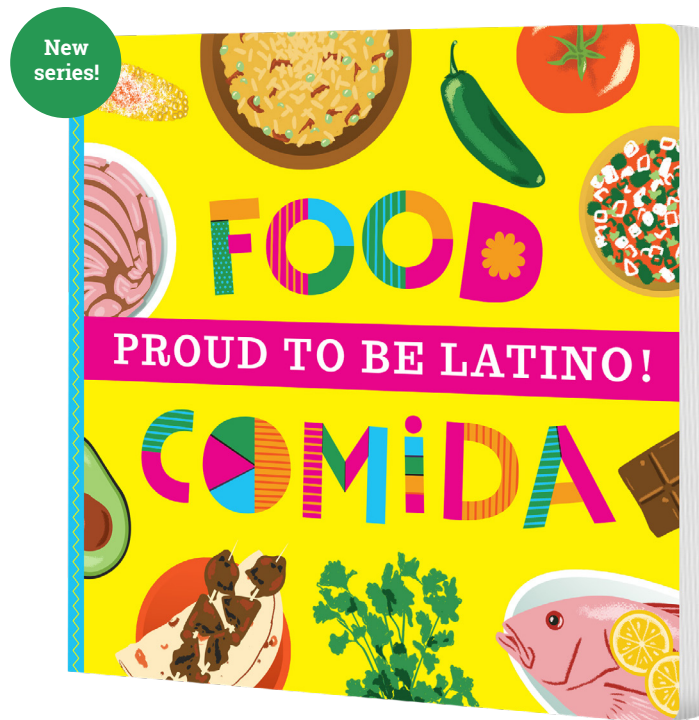
Latino culture spans Southern and Central America as well as the Caribbean, but often when we think of Latino foods, we think tacos, burritos, and other common Mexican dishes. *Proud to Be Latino: Food/Comida* teaches children how different Latino countries use similar ingredients to create unique regional dishes.

The dishes and their descriptions are given in both English and Spanish, and parents will enjoy the sidebars with additional fun facts about Latino food and culture. This bilingual board book takes the reader beyond a basic language primer and dives deep into the heart of Latino culture . . . which is the food, of course! **Ages 3-5**

- **Releases in time for Hispanic Heritage Month**
- **First book in a series that aims to educate readers about the rich diversity found in Latino culture**



**Ashley Marie Mireles** was born and raised in the heart of California's Central Valley where, as a child, she spent much of her time in her local library. Her love of books lead her to a career in the publishing industry. Ashley loves to travel, try new foods, read, and learn the choreography from her favorite music videos as a form of exercise. She currently lives in Fresno, California, with her boyfriend of six years and their terrier.



ISBN-13: 9781641701549 Price: \$12.99 (USD)

Board book, 8 x 8, 20 pages

Ships: August 2019



Each section is printed in both English and Spanish!



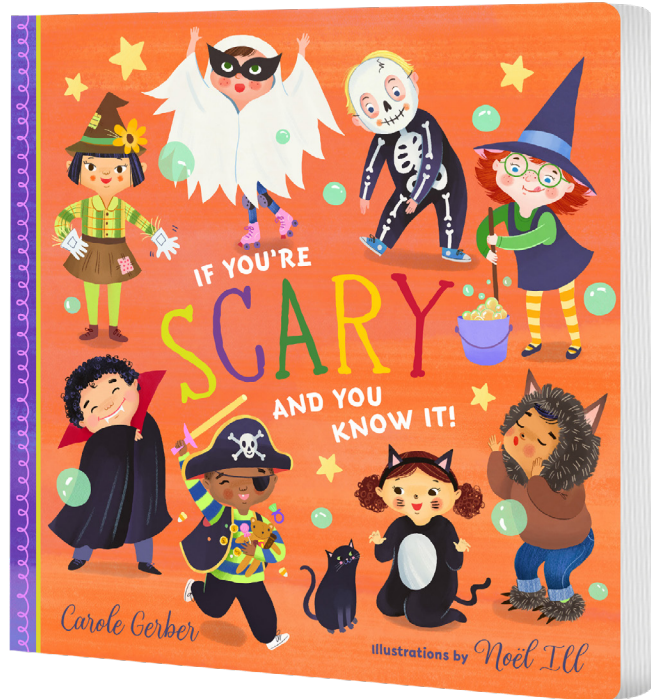
**Edith Valle** is an artist based in Austin, Texas. She graduated with a BA in graphic design from St. Edward's University in 2016. She illustrates projects such as marketing campaigns, branding, and posters for local nonprofit organizations.

# If You're Scary and You Know It!

CAROLE GERBER  
ILLUSTRATIONS BY NOËL ILL

Set to the tune of "If You're Happy and You Know It," this festive holiday book is perfect for all of the boys and ghouls roaming around on Halloween night! Ghosts *moan and groan*, while pirates *yo ho!* *If You're Scary and You Know It!* is sure to be a Halloween hit! **Ages 4–5**

- Adorable Halloween board book perfect for holiday displays

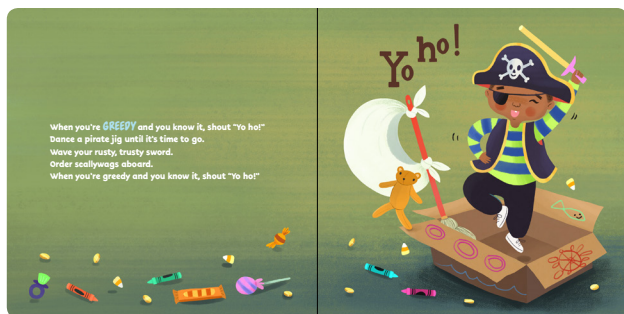


ISBN-13: 9781641701464 Price: \$9.99 (USD)

Board book, 7 × 7, 20 pages

ISBN 978-1-64170-146-4

Ships: July 2019



- Consumer-friendly price point makes this a great addition to any Halloween-lover's collection
- Text follows the pattern of the popular song "If You're Happy and You Know It"

## Carole Gerber

has written sixteen picture books, three chapter books, and more than one hundred elementary science and reading texts for major publishers. Her most picture recent book, *A Band of Babies*, was named a 2017 Best Book for Children by Amazon editors. She holds a BS in English education and an MA in journalism from Ohio State, and has taught middle school and high school English as well as college newswriting and factual writing at OSU. Learn more at [www.carolegerber.com](http://www.carolegerber.com).

## Noël Ill

earned her BFA with honors in illustration from ArtCenter College of Design in Pasadena, California. Throughout her design and illustration career, she has had the opportunity to apply her art-work and tasteful design sense to the publishing and entertainment media fields. Her notable work includes production art for animation, the Be Mine sticker pack for Facebook stickers, and The Sweetest Little Ghost, her licensed illustration for Papyrus greeting cards. She's inspired by the whimsical books she read as a kid, and her art motto is "Making the world a happier place one drawing at a time."

# Marvin's Monster Diary 2 (+Lyssa!)

ADHD Emotion Explosion  
(But We Cool Our Jets, Big Time)

DR. RAUN MELMED AND CAROLINE BLISS LARSEN  
ILLUSTRATIONS BY ARIEF KRIEMBONGA

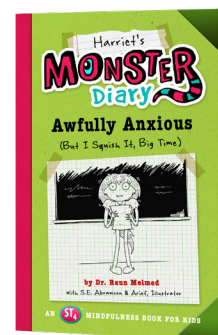
Marvin Monster got a handle on his ADHD in *Marvin's Monster Diary: ADHD Attacks*, but his lab partner Lyssa's emotional roller coaster is a bit out of control. Can he help her—and win the Science Scare-Fair—before she explodes?

In the same humorous spirit of *Diary of a Wimpy Kid* comes *Marvin's Monster Diary 2 (+Lyssa!): ADHD Emotion Explosion*. Using the "ST<sub>4</sub>" techniques developed by Dr. Raun Melmed of the Melmed Center in Arizona, *Marvin's Monster Diary 2* teaches kids how to be mindful and take time to think about their actions. Marvin's hilarious doodles and diary entries chronicle his delightful adventures in a funny, relatable way. It's the series on ADHD that kids will actually *want* to read!

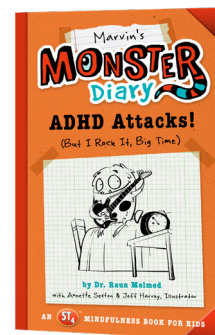
*Marvin's Monster Diary 2* also includes a resource section to help parents and teachers implement Dr. Melmed's methods, plus ST<sub>4</sub> badge reminders that kids can remove, color, and place around the house. **Ages 7–11**

- Goes beyond explaining ADHD symptoms and provides simple, concrete techniques (ST<sub>4</sub>) that kids can use to manage their ADHD
- Written in the style of the very popular *Diary of a Wimpy Kid*, this book gives children the information they need in a fun and entertaining format

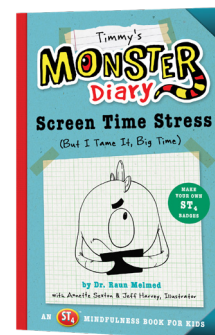
Don't miss the other books in the series!



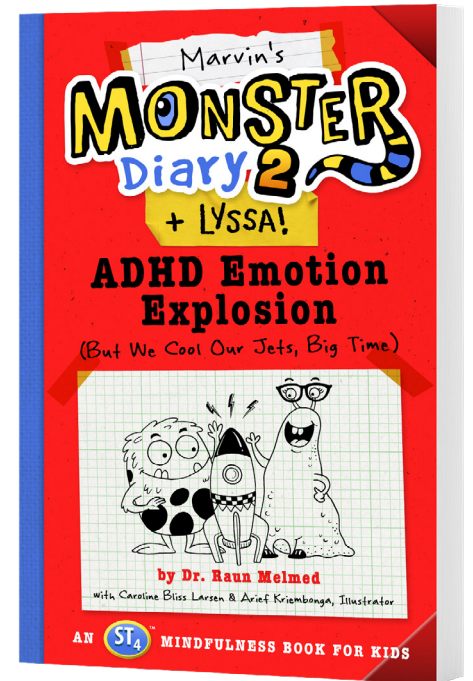
Harriet's Monster Diary  
\$12.99 ISBN-13: 9781641701273



Marvin's Monster Diary  
\$9.95 ISBN-13: 9781942934103



Timmy's Monster Diary  
\$9.99 ISBN-13: 9781945547195



ISBN-13: 9781641701365 Price: \$12.99 (USD)

Trade paperback,  
5 × 8, 116 pages

ISBN 978-1-64170-136-5

Ships: July 2019



## Dr. Raun Melmed

is a practicing developmental and behavioral pediatrician. He founded the Melmed Center in 1989 in Scottsdale and is a cofounder and medical director of the Southwest Autism Research and Resource Center. Dr. Melmed serves on the faculty of the University of Arizona and at Arizona State University.

## Caroline Bliss Larsen

edits BYU Independent Study courses by day and writes and edits novels by night. She is also a freelance acquiring editor for Jolly Fish Press and Flux, imprints of North Star Editions. *Marvin's Monster Diary 2 (+Lyssa!)* is her debut novel. Originally an East Coast girl, Caroline lives in Utah with her game-developer husband.

## Arief Kriembonga

graduated from Jakarta Institute of Arts, Indonesia. He started his career as a children's and comic book illustrator in 2010. In addition to being an illustrator, Arief also works as a UI/UX and graphic designer. Besides art, his greatest passion is single-origin coffee. He lives with his wife and one beloved daughter in Jakarta, Indonesia.

# Christmas Train

BY DAVID MILES

All aboard the Christmas Train! Join Santa, Rudolph, Santa's enterprising elves, snugly snowmen, and the rest of Christmas's colorful characters on a train ride that teaches colors and seek-and-find activities all for the Christmas season. This adorable two-in-one board book unfolds into a 56" train (perfect for playtime or room decor!) A handy velcro clasp keeps everything snugly shut when reading time is over. **Ages 5-6**



ISBN-13: 9781641701655 Price: \$12.99 (USD) Die-cut novelty board book that unfolds accordion style into a 56" train. Wrap-around cover with velcro snap, 8 x 6, 14 pages  
ISBN 978-1-64170-165-5  
Ships: August 2019

- Unfolds into a 56" train
- Playful two-in-one format: read as a book or play as a train
- Includes Santa, Rudolph, Elves, Snowmen, and other fun winter and Christmas icons
- Wrap-around cover and velcro snap keep book snug and protected when not in use
- Interactive and visually stimulating for small hands

Wrap-around cover and velcro snap keep book safely closed



**David Miles** makes books for a living. He also reads books, writes books, sells books, shelves books, thinks about books, drives to books, sleeps to books, and cooks from books, but he doesn't eat books (which is fortunate). He is the author of *Book, Unicorn (and Horse)*, and *Allegro* and has illustrated multiple series. David graduated from Brigham Young University with a BS in business management. He and his wife and son live in California where they enjoy lots of tacos, donuts, and, well . . . books.

Unfolds into a 56" train!



Don't miss *Alphatrain* and *Color Train*!



**Alphatrain**  
Christen Farley, Stephanie Miles

\$12.99 ISBN-13: 9781945547812



**Color Train**  
David Miles

\$12.99 ISBN-13: 9781641701068



LIT for LITTLE HANDS™

# A Christmas Carol

ADAPTED BY BROOKE JORDEN  
ILLUSTRATIONS BY DAVID MILES

**B**ah! Humbug! Charles Dickens' classic Christmas ghost story, a tale of human nature and second chances, comes to life for children! Tons of interactive elements invite kids to follow the miserly Ebenezer Scrooge as he is haunted by the Ghosts of Christmas and learns the value of kindness. Much more than a primer, *Lit for Little Hands: A Christmas Carol* tells the actual story in simple, engaging prose, and fans of the novella will be delighted by the book's attention to detail and clever use of original dialogue. And the book's use of super-sturdy board means everyone can enjoy this tale of Christmas spirit over . . . and over . . . and over again! **Ages 3-6**



Packed with interactive mechanisms

ISBN-13: 9781641701518 Price: \$12.99 (USD)

Includes interactive wheels, sliders, and rockers, 6.5 x 7.5, 20 pages

Ships: August 2019



THIS BOOK HELPS FAMILIES:



Read Together



Play Together

- Tells the whole story—not just a primer!
- Adorable illustrations, simple text, and original dialogue bring this beloved classic to life for young kids.

Built with sturdy board for little hands



At home that night, Scrooge heard a terrible clanking noise.

Suddenly, the ghost of Jacob Marley, Scrooge's former business partner, floated through the locked door, surrounded by a heavy iron chain: punishment for all the cruel things Marley had done while he was alive.

I WEAR THE CHAIN I FORGED IN LIFE. I MADE IT LINK BY LINK, AND YARD BY YARD.

Marley warned Scrooge that he would also have a chain—and his would be even longer—if Scrooge did not change his ways. "You will be haunted by Three Spirits," Marley said. "Expect the first tomorrow, when the bell tolls one."

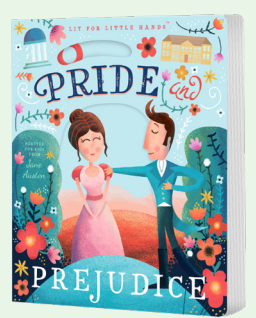
Open the door to reveal Marley's ghost!

Don't miss the other interactive classics in this exciting series!



Alice's Adventures in Wonderland

\$12.99 ISBN-13: 9781945547683



Pride and Prejudice

\$12.99 ISBN-13: 9781945547355



Peter Pan

\$12.99 ISBN-13: 9781641700511



The Secret Garden

\$12.99 ISBN-13: 9781641701051



When the clock struck two, the second ghost appeared. This was the Ghost of Christmas Present. He sat by a roaring fire, surrounded by a scrumptious feast. Turkeys and sausages and mince-pies and pears formed a great throne for the jolly giant.

SPRIT, CONDUCT ME WHERE YOU WILL. . . TO-NIGHT, IF YOU HAVE AUGHT TO TEACH ME, LET ME PROFIT BY IT.

Turn the wheel and the fireplace flickers!

# Why Evergreens Keep Their Leaves

ANNEMARIE RILEY GUERTIN  
ILLUSTRATIONS BY HELENA PÉREZ GARCÍA

One autumn evening, *Little Redbird* settled down for one last sleep before flying south for winter. As she slept, a strong gust of wind shook her from her cozy nest . . .

. . . Little Redbird hurts her wing and misses her chance to fly south for the winter. As she searches for a new home amongst the trees, she begins to realize that not all trees are fit for the winter cold. As more and more trees refuse her shelter, too preoccupied with their preparations for the frost, Little Redbird fears the worst. That is, until she comes across a friendly bunch of evergreens.

In the spirit of Oscar Wilde's *The Happy Prince*, *Why Evergreens Keep Their Leaves* is a timeless story of why the fir, spruce, and juniper trees are evergreen all winter long. **Ages 5–8**



**Annemarie Riley Guertin** is a newly minted author. Her debut picture book, *How the Finch Got His Colors* (Familius), flew onto shelves in 2018. Annemarie graduated from Wheelock College and Fitchburg State University, earning both a bachelor's and master's degree in education (summa cum laude). Annemarie is a literacy coach for the Salem Public School district in Salem, MA. She lives in Haverhill, MA, with her husband, Michael, and their two children.



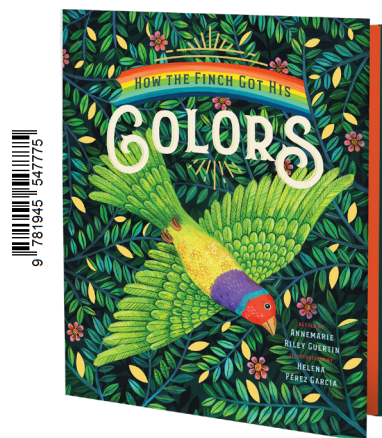
**Helena Pérez García** is an illustrator who specializes in portraits, editorial, and book illustration. She was born in Spain, where she earned a fine arts degree. She relocated to London in 2012, and after living there for six years, she moved back to Madrid, where she is based now.



ISBN-13: 9781641701587 Price: \$16.99 (USD)  
Jacketed hardcover with gold foil embossing and spot varnish,  
8 x 10, 32 pages ISBN 978-1-64170-158-7  
Ships: August 2019

- Author of *How the Finch Got His Colors*
- Author weaves cultural folktales into children's books
- Perfect fall and winter children's picture books for regions rich with evergreen trees

Also by Annemarie Riley Guertin:



**How the Finch Got His Colors**  
\$16.99 ISBN-13: 9781945547775



# The Gifts of the Animals

## A Christmas Tale

CAROLE GERBER

ILLUSTRATIONS BY YUMI SHIMOKAWARA

*The gentle beasts of sky and earth prepare their stable for Christ's birth.*

THIS BOOK HELPS FAMILIES:

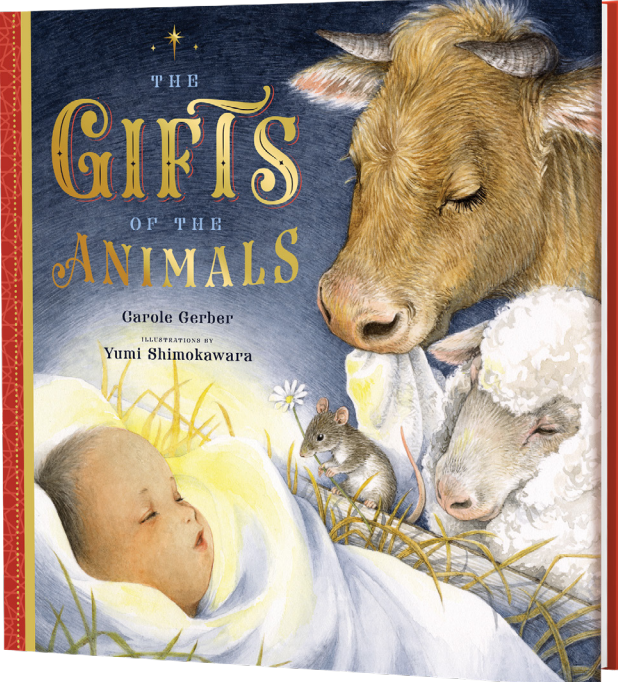


Read Together

With a beautiful narrative by author and poet Carole Gerber and stunning and intricate art by renowned Japanese artist Yumi Shimokawara comes one of the most anticipated Christmas gift books ever published. *The Gifts of the Animals* shares the miraculous offerings the humble animals in the manger gave to the baby Jesus.

Celebrating the Savior's birth, this full-color, gold-embossed hardcover is must-have addition to a family's Christmas library and Christmas Eve traditions. **Ages 3-8**

- Gold foil embossed, 10 × 10, beautifully crafted package for a family's Christmas keepsake
- Yumi Shimokawara is a celebrated Japanese artist
- Beautiful story of what the animals gave to baby Jesus as he lay in the manger



ISBN-13: 9781641701594 Price: \$17.99 (USD)  
 Jacketed hardcover with gold foil, embossing, and spot varnish, 10 × 10, 32 pages  
 Ships: October 2019



**Carole Gerber** has written sixteen picture books, three chapter books, and more than one hundred elementary science and reading texts for major publishers. Her most picture recent book, *A Band of Babies*, was named a 2017 Best Book for Children by Amazon editors. She holds a BS in English education and an MA in journalism from Ohio State, and has taught middle school and high school English as well as college newswriting and factual writing at OSU. Learn more at [www.carolegerber.com](http://www.carolegerber.com).



**Yumi Shimokawara** was born in Tokyo. She took an illustration correspondence course with Kodansha Famous Schools in 2001 and later learned wildlife drawing at a KFS school. In 2013, she won the school's 7th KFS Picture Book Grand Prix. She made her debut into writing and illustrating with *Hoshi o sagashi ni (Star Hunting)*. She has since published *Potsu potsu potsu daij bu? (Plip-plop Plip-plop, Are You All Right?)* and *Osuwari d zo (Have a Seat)*. She loves animals and currently lives in with a white java sparrow in Chiba, Japan.



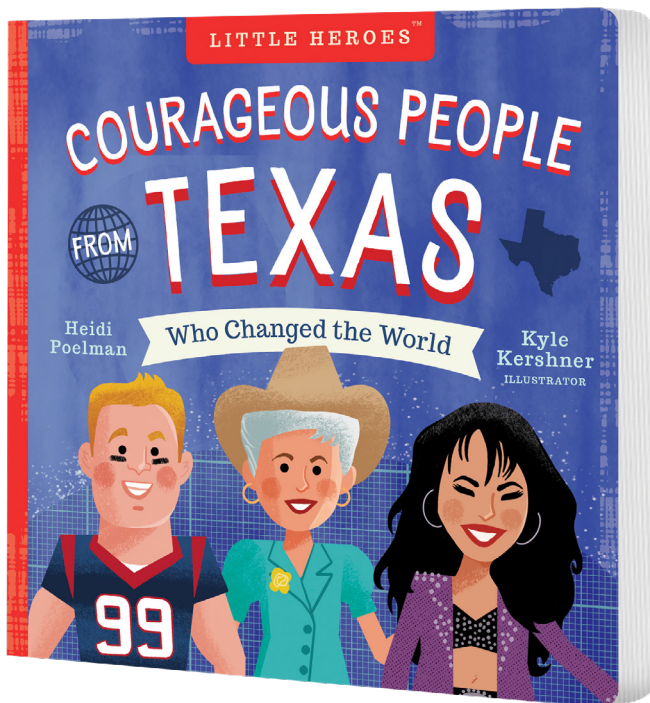
LITTLE HEROES™

# Courageous People from Texas Who Changed the World

HEIDI POELMAN  
ILLUSTRATIONS BY KYLE KERSHNER

From the fearless leadership of Sam Houston to the determination of Selena Quintanilla-Pérez, *Courageous People from Texas Who Changed the World* is a young child's first introduction to the brave people from their home state who made a difference.

Simple text and adorable illustrations tell the contributions of more than a dozen courageous Texans: Stephen Austin, Sam Houston, Lyndon and Lady Bird Johnson, the Bush Family, Sandra Day O'Connor, Ann Richards, Buddy Holly, Barbara Jordan, Selena Quintanilla-Pérez, Vickie Gutierrez, and J. J. Watt. A quote from each individual is included on each spread along with colorful, delightful artwork. **Ages 5-6**



ISBN-13: 9781641701501 Price: \$12.99 (USD)

Board book, 8 x 8, 16 pages

Ships: June 2019

ISBN 978-1-64170-150-1

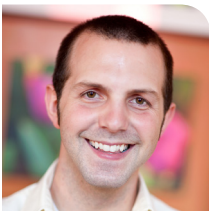


- **A cute and simple way to introduce your toddler to heroes from their homestate**
- **Expands the recent popularity of juvenile biography into the regional category**



## Heidi Poelman

graduated from Wake Forest University with a master's degree in communication. She is the author of *The Two-Minute Secret to Staying in Love*, in which she explores the significance of seemingly simple thoughts, words, and deeds. Heidi lives in Utah with her husband, with whom she has four children.



## Kyle Kershner

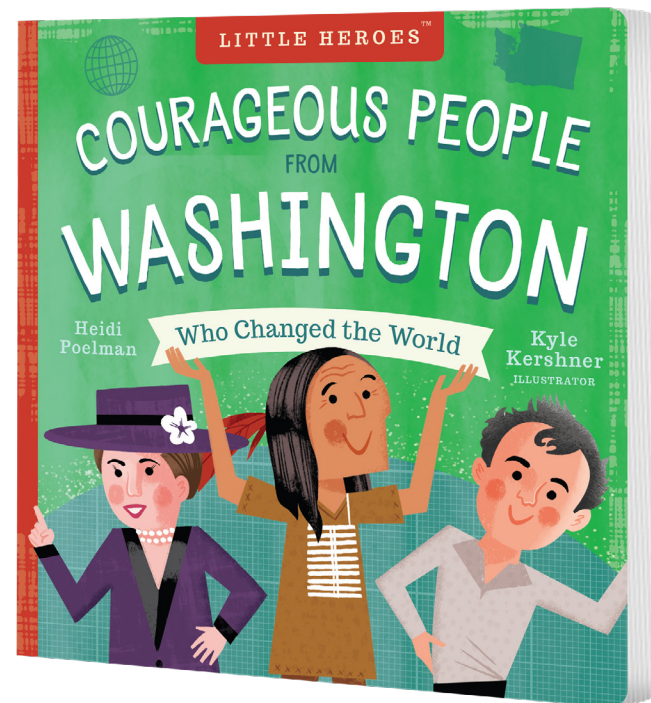
has loved drawing since he was a tot. He graduated from the Savannah College of Art and Design with a BFA in sequential art. He spends his days doing what he loves most, illustrating children's books and making kid-friendly art. Kyle resides in Northeast Ohio with his wife and son.

LITTLE HEROES™

# Courageous People from Washington Who Changed the World

HEIDI POELMAN  
ILLUSTRATIONS BY KYLE KERSHNER

From the creative vision of Merce Cunningham to the brave voice of Bernie Whitebear, *Courageous People from Washington Who Changed the World* is a young child's first introduction to the brave people from their home state who made a difference. Simple text and adorable illustrations tell the contributions of more than a dozen courageous Washingtonians: Chief Seattle, George Washington, Catherine Montgomery, Bertha Knight Landes, Dixie Lee Ray, Merce Cunningham, Bernie Whitebear, Gary Locke, Bill and Melinda Gates, and Pearl Jam (of course). A quote from each individual is included on each spread along with colorful, delightful artwork. **Ages 5-6**



ISBN-13: 9781641701495 Price: \$12.99 (USD)

Board book, 8 x 8, 16 pages

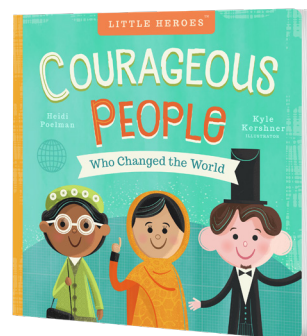
Ships: June 2019

ISBN 978-1-64170-149-5



- **The 8 x 8 trim size and price point pairs well with our current regional board book series**
- **Teaches children that they can make a difference no matter where they come from**

Don't miss the other books in this bestselling series!



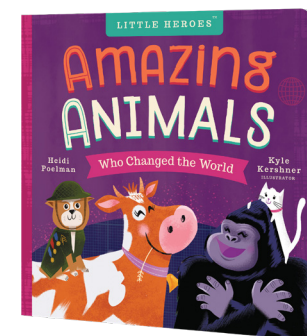
**Courageous People Who Changed the World**

\$9.99 ISBN-13: 9781945547751



**Inventors Who Changed the World**

\$9.99 ISBN-13: 9781641700351



**Amazing Animals Who Changed the World**

\$9.99 ISBN-13: 9781945547751

THESE BOOKS HELP FAMILIES:



Learn Together



Read Together

# 12 Little Elves

TRISH MADSEN  
ILLUSTRATIONS BY  
VALERIA DANILOVA

**T**welve charming elves travel up and down each state to see who is still awake before Santa comes. Along the way, they visit state landmarks and curiosities, all bedecked in holly and holiday fun. Their last stop? Your home, of course. Jump in bed! **Ages 4-8**

- The bestselling regional series continues!
- Adorable (and mischievous) elves explore each state before Santa arrives
- Beautiful package with spot glitter and large trim size

**Trish Madson** is a lifelong book enthusiast with over 20 years' experience in the publishing and entertainment industry. Her true passion is creating books that inspire and encourage children to learn while ultimately having fun. When she's not working on children's books, she enjoys reading, taking advantage of the amazing year-round outdoor activities in the Pacific Northwest, spending time with her family, and hanging out on the beach.

**Valeria Danilova** is a freelance illustrator based in Moscow, Russia. She received a classical art education at the Art School and Art College with a focus on book illustration. In 2011, she graduated from Moscow State University of Printing Arts, and since that time, she's been a part of the wonderful world of illustration. She loves to create picture books and board games for children with incredible characters, animals, cities, and adventures!



12 Little Elves Visit Canada

ISBN-13: 9781641701624 Price: \$16.99 (USD)  
Jacketed hardcover with spot varnish and glitter,  
9 x 9, 32 pages  
Ships: September 2019  
ISBN 978-1-64170-162-4



12 Little Elves Visit Nebraska

ISBN-13: 9781641701631 Price: \$16.99 (USD)  
Jacketed hardcover with spot varnish and glitter,  
9 x 9, 32 pages  
Ships: September 2019  
ISBN 978-1-64170-163-1



Don't miss this bestselling collection's other great titles!



See them all on page 88



# Dear Santa, Love, Oregon

**A Beaver State Christmas Celebration—With Real Letters!**

FORREST EVERETT  
ILLUSTRATIONS BY PHAM QUANG PHUC

Santa is all ready to leave on Christmas Eve, but last-minute letters are arriving from Oregon! From a little girl who is wishing for more sunshine to a beaver, meadowlark, and Chinook salmon all looking for a bit more attention, to the bears asking the reindeer for a play date, each letter contains a humorous request that gets even Santa chuckling. Even better, each letter comes tucked in its own pocket envelope with other delightful extras like cards, money for toll roads, and even a map of Oregon! How will Santa respond? It's Oregon Christmas magic you'll have to see! **Ages 6–9**



Learn Together



Read Together



ISBN-13: 9781641701679 Price: \$16.99 (USD)  
Hardcover picture book with 6 pocket envelopes filled with letters, maps, cards, and more!  
Gold foil on front cover, 8 × 8, 32 pages ISBN 978-1-64170-167-9  
Ships: September 2019

- Contains five real envelopes, each filled with delightful letters, maps, drawings, and even play “money” for toll roads!
- Highlights the unique places, animals, and food of Oregon
- Raises the bar on regional holiday books with a high level of interactivity

**Forrest Everett** is an author, designer, and illustrator. He has worked on several book series, including *Nom Nom Knowledge* (Familius 2018). He loves leftovers, glasses, and car washes—in that order. Forrest lives west of the Mississippi and east of Hawaii with his wife and son.

**Pham Quang Phuc** earned a degree in graphic design and has several years of experience as an illustrator. He currently works for Kim Dong Publishing House—the oldest publishing house for children in Vietnam—as an art editor and designer. With his childhood dream of writing for children, he now considers storytelling as a way to balance his life and hopes young readers will gain interests and dreams from his illustrations and stories.



**Dear Santa, Love, Washington**

\$16.99 ISBN-13: 9781641700399



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# Idaho

## The Gem State

BY MARK LISK

With stunning photography on every page, this coffee-table treasure will transport you on a visual journey through the wonders of Idaho. Highlighting the state's most beautiful spots and famous landmarks, *Idaho: The Gem State* is a must-own for everyone in love with Idaho.



ISBN-13: 9781641701600 Price: \$40.00 (USD)  
Jacketed debossed and spot varnish hardcover,  
12 x 10, 208 pages  
Ships: September 2019

- An essential addition to any Idaho book collection
- Gorgeous coffee-table book with full-color imagery and beautiful package finishes, including a debossed and spot-varnished cover
- Contemporary cover reimagines what a regional coffee-table book can look like
- Well-known landmarks and lesser-known locales are featured throughout in stunning full-color photography

THIS BOOK HELPS FAMILIES:



Learn Together



Read Together



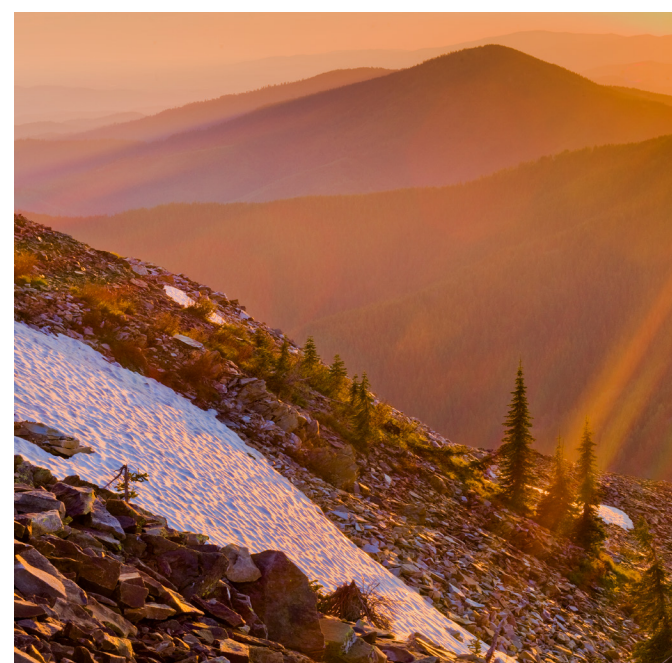
**Mark Lisk** has long roamed the deserts, mountains, and river canyons of the American West by foot. A graduate of Brooks Institute of Photographic Arts, Mark climbs from the sea to high ridges and plains, gathering within his camera worlds of color and expanse that few ever see or capture in any form. From dry curls of patterned lake bottom to the tiniest brilliant lichen set before a vast line of granite peaks, Mark's foregrounds set him apart. His work fits whole universes of wilderness into single frames under glass. Mark has recently rediscovered his passion for the black-and-white image. His strong sense of composition complements black and white tones, giving the viewer a sense of isolation, alone in a wide, sweeping landscape. Mark's photographs stand alone within seven books, *Idaho Impressions* (1997); *Salmon River Country* (2005); *Desert Water* (2005); *Idaho: Portrait of a State* (2007); *Owyhee Canyon Lands* (2008); *Owyhee Canyonlands: An Outdoor Adventure Guide* (2013); and his newest book, *Sawtooth/Whiteclouds* (2016).



Don't miss Washington!



Washington: The Evergreen State  
ISBN-13: 9781641700481 Price: \$40.00 (USD)



# Bad Day Ice Cream

50 Recipes that Make Everything Better

BY KATHRYN THOMPSON  
RECIPES BY BARBARA BEERY

Having a bad day? A bad week? A bad year? *Bad Day Ice Cream* is the cure to all that ails you! Life is unpredictable, and bad days happen. While ice cream may not be a cure-all, when combined with encouraging advice, it can be just the pick-me-up you need to keep going. This tongue-in-cheek cookbook makes the perfect gift for anyone going through a rough patch. Celebrated cookbook author Barbara Beery has created fifty unique recipes to help you get through any bumps in the rocky road, from getting a speeding ticket to dealing with a nosy mother-in-law. With humor that is anything but vanilla, Kathryn Thompson, author of the viral blog and book *Drops of Awesome*, provides the perfect dose of down-to-earth advice (or is it commiseration?) to put every piece of bad news in perspective. It's the cherry on top of each delightful treat!

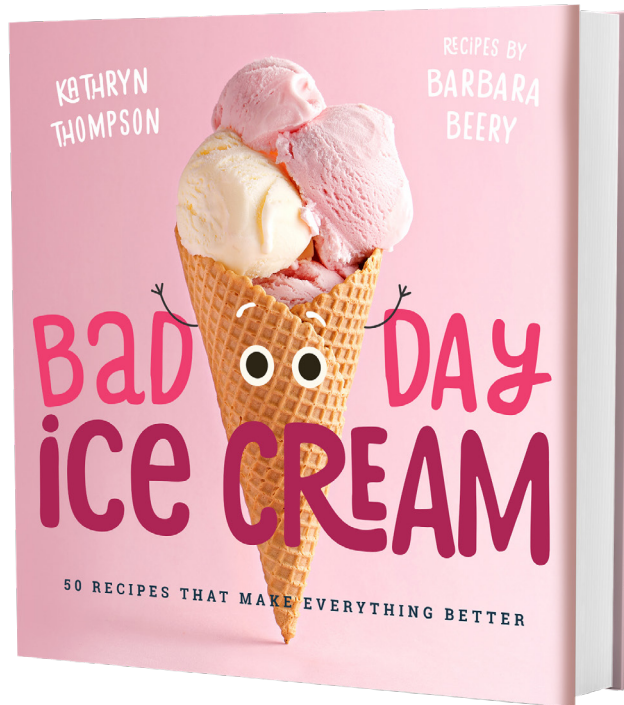
- A tongue-in-cheek ice cream cookbook to lift your spirits on a bad day
- The perfect gift book for anyone who needs a pick-me-up
- Each section includes an ice cream recipe and some funny, encouraging, commiserating words
- Bestselling cookbook author coupled with viral blog sensation author



**Kathryn Thompson** is a freelance writer and blogger living outside Seattle with her computer-genius husband and three frequently delightful children. She believes that the world would be a drastically better place if everyone understood how *awesome* they were. Kathryn is a self-certified, eminently renowned ice cream clinician, with years of experience consuming and prescribing frozen desserts. She has been featured everywhere from *The Today Show* to *The Seattle Times*, and you can find her writing scattered around the internet. Check out her personal site: DropsOfAwesome.com.



**Barbara Beery**, founder of Foodie Kids Culinary Center in Austin, TX (one of the country's first kids-only culinary schools), has taught thousands of children over the past thirty years through year-round classes, cooking birthday parties, and summer cooking camps. Beery is the author of eighteen children's cookbooks, including three bestselling cookbooks which have sold over 500,000 copies! Her titles include *The Pink Princess Cookbook*, *The Mermaids Cookbook*, *The Pink Princess Cookbook*, *The Texas Longhorns Cookbook*, *The Pink Princess Spa Cookbook*, *The Green Princess Cookbook*, *The Pink Princess Cupcakes Cookbook*, *The Pink Princess Party Cookbook*, *The Snow Princess Cookbook*, *The Ultimate Guide to Being a Superhero*, *My First French Bakery*, and more.



ISBN-13: 9781641701372 Price: \$14.99 (USD)  
Paper over board with spot UV, 7 x 7, 128 pages ISBN 978-1-64170-137-2  
Ships: June 2019



**THE CURE**

**GLOOP 2.0**

There's nothing like an honest to goodness sick day to send you from zero to doom in nothing flat. When your head aches and your body aches, it's easy to see the world through doom-colored glasses. Food doesn't taste as good. Everything seems louder.

You need a box of tissues, a cup of tea, and a butler to serve you while you lie around thinking dark thoughts. *Pride and Prejudice* may come into the picture. And you have to eat something, but nothing sounds good.

When Kathryn got sick when she was little, her mom used to mix Jell-O and ice cream into a concoction she appetizingly called "Gloop." It was almost worth getting sick just to get the opportunity to slurp this stuff down. Today we prescribe for you Gloop 2.0, a delicious mix of cream and Jell-O and sugar and love.

Of course, it will taste 98.6 percent better if you can get someone else to make it for you.

Prep time: 5 minutes  
Chill and process time: 2-3 hours  
Makes 1 1/2 quarts

**INGREDIENTS**

2 cups heavy whipping cream	1 package (3 ounces) Jell-O, any flavor
2 cups whole milk	
1/4 cup sugar	
2 teaspoons vanilla	

**DIRECTIONS**

- Combine all ingredients in a bowl with a mixer or whisk until combined.
- Cover and chill 2-3 hours or overnight.
- Pour cold mixture into ice cream maker and process according to manufacturer's directions.
- Serve immediately for soft serve, or cover and freeze for 2-3 hours before serving.



**THE CURE**

**BAD NEWS BERRIES SHERBET**

Is the news real? Is it fake? All you know is that it sucks.

Maybe your mom left a message on your voice mail that simply said, "Call me," in that voice that never means, "Call me because I just found the cutest pink slippers at Ross!"

Or maybe you've spent too many hours watching news coverage of the latest celebrity breakup. *Not Liam and Taylor! I thought they had a forever love!* Nearly every one of us remembers getting news that rocked our world. Whether you're feeling shocked, disheartened, or unsure how life will ever be the same, bad news is never a good thing—hence the name.

As you come to terms with what you've just heard, you may need to move on to another flavor of ice cream. S'mores Ice Cream Sandwiches? You've Been Dumped Ice Cream? Family Drama Bananarama "Nice" Cream?

But for today? The day the bomb is dropped? Bad News Berries Sherbet will get the job done. It's sweet to drown out the bitter. It's light to remove some of the heaviness you're feeling. And it's way easy, so you can spend your energy coming up with a plan for what to do next.

Prep time: 10 minutes  
Freeze time: 4 hours  
Makes 4 cups

**INGREDIENTS**

3 cups frozen raspberries, strawberries, or blueberries	condensed milk, or regular con-
	or richer sherbet
	Fresh berries, for garnish
1/4 cup fat-free condensed milk, or regular con-	Mint, for garnish

**INSTRUCTIONS**

- Combine the berries and the condensed milk in a food processor or powerful blender and process until smooth and creamy.
- Transfer to an airtight container and freeze for 4 hours. If not scoopable after 4 hours, return to freezer for another hour.
- Garnish with fresh berries and a sprig of mint.



GIFT

THIS BOOK HELPS FAMILIES:



Laugh Together

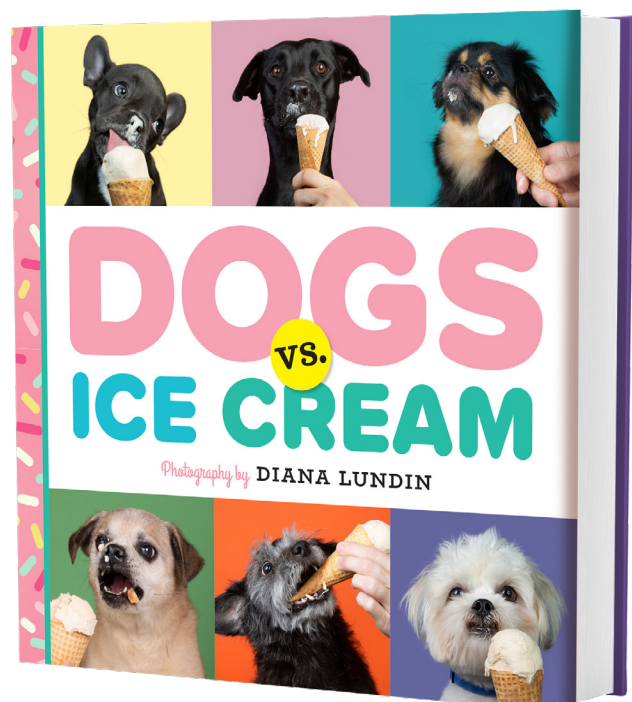


Read Together

# Dogs vs. Ice Cream

BY DIANA LUNDIN

A must-have gift book for any dog and ice cream lover, *Dogs vs. Ice Cream* is a hilarious collection of priceless reactions when cute canines sample our favorite frozen treat. Celebrity dog photographer Diana Lundin provides a fantastic and unforgettable collection of images, from pit bulls to Yorkies, from Doberman pinschers to springer spaniels, boxers, dalmatians, poodles, and every breed you can think of who might like a scoop of ice cream!



ISBN-13: 9781641701426 Price: \$15.99 (USD)  
 Paper-over-board book with 4-color interior. Spot foil and varnish on front cover, 7 x 7, 152 pages  
 ISBN 978-1-64170-142-6  
 Ships: July 2019

- Author is a renowned celebrity pet photographer who photographs pets and their owners
- Perfect gift for any dog lover!
- Great addition to any dog or summer display
- Viral social media marketing outreach with hundreds of owners participating in the photoshoots

Don't miss these other adorable pet books!



**If It Sits, I Licks**  
 \$15.99 ISBN-13: 9781944822866



**If It Fits, I Sits**  
 \$15.95 ISBN-13: 9781942672968



Diana Lundin worked as a reporter, a television producer, and a website editor, and then struck career gold when she returned to photography, her first love. After a few snake-bitten forays into other genres of photography, Diana's eureka moment came when she began photographing her neighbors' dogs and cats and knew squeaking plush toys and waving pheasant feathers would be something she would be doing the rest of her life.

# The Munchy Munchy Cookbook for Kids

**Essential Skills and Recipes Every Young Chef Should Know**

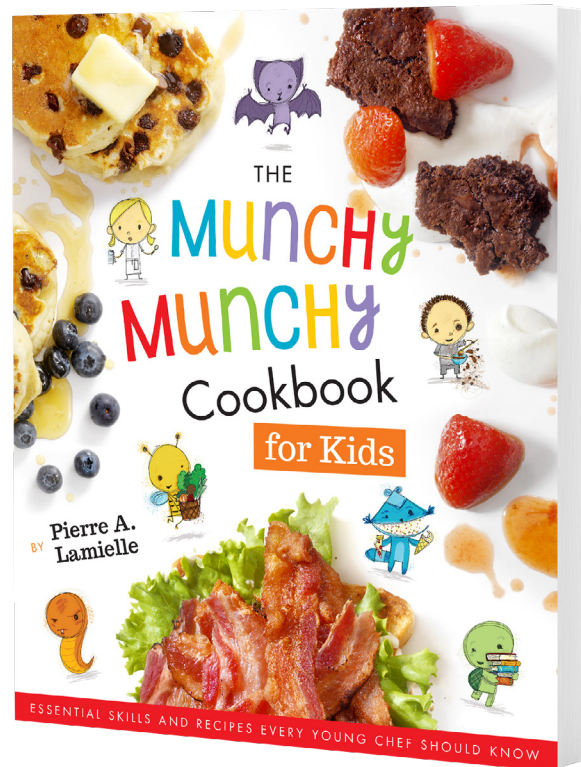
BY PIERRE A. LAMIELLE

What makes good food taste good? A team of tastes and flavors, of course!

Fun illustrations and quirky characters bring the kitchen to life. Join Pierre Lamielle on a kitchen adventure as he introduces you to the Munchy Munchy Gang, a team of characters here to educate kids on the art of cooking and the range of flavors they'll encounter. Learn how to make ketchup, pancakes, and other kid favorites with simple instructions and illustrations for every step. Pierre's characters make complex cooking theories, like balancing the five tastes, accessible to kids of all ages. The perfect manual for a budding chef!

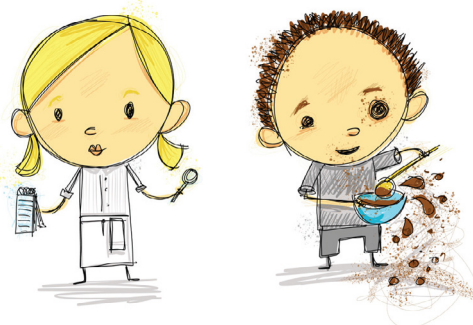


**Chef Pierre A. Lamielle** is the award-winning cookbook author of *Alice Eats: A Wonderland Cookbook* and *Kitchen Scraps: A Humorous Illustrated Cookbook*. Both won "Best Illustrated Cookbook in the World" at the Gourmand Cookbook Awards. He loves to teach cooking to all ages. He prefers cooking with friends but is not afraid of a little friendly culinary competition. He even competed on *Top Chef Canada* and *Chopped Canada*, which he won.



ISBN-13: 9781641701563 Price: \$19.99 (USD)  
 Covered-spiral bound hardcover with full color photography and illustration,  
 8 x 10, 160 pages ISBN 978-1-64170-156-3  
 Ships: August 2019

- Great tool to teach children the art of cooking!
- Author is the creator of several successful children's books
- Author is the winner of *Chopped Canada* and has competed on *Top Chef Canada*



## Ketchup is the best

- put all ingredients into a medium sized pot
  - 2 Tbsp sugar
  - 1 clove of garlic
  - 14 oz can of crushed tomatoes
  - 1 Tbsp paprika
  - 1 cup red wine vinegar
  - 1 tsp salt
  - 1 diced onion
- cook on low heat with the lid on tight for 1 hour stir some times to make sure nothing is sticking on the bottom of the pot
- remove the lid continue cooking for 30 minutes, stir sometimes, but watch out for splatters
- take the pot off stove and let cool for 30 minutes

### how to dice an onion

- cut the top off onion
- shave the roots off onion
- cut onion in half starting at root end
- remove peel
- cut 3/4 of the way to the root of the onion so it stays connected
- cut the other direction until you get to the end and have a pile of diced onion
- angle each cut slightly to the center of the onion
- start the blender on low speed, slowly increase the speed until it is going full speed. Blend until the mixture is smooth like ketchup... oh wait, it is ketchup.
- ladle spoonfuls of the mixture into a blender. Only fill the blender half way
- Take the lid off and remove the center cap from the lid
- Place a DRY cloth over the hole and put the lid back on. Hold the dry cloth while the blender is running.
- Use a funnel to pour ketchup into a squeeze bottle or any other plastic container.
- keep in the refrigerator until you need some ketchup.

Goofy illustrations and child-friendly photos make the book accessible to young children learning to cook.

## pancakes

- in one bowl combine "wet ingredients"
  - 2 cups milk
  - 2 eggs
  - 2 Tbsp vegetable oil
 whisk together
- in another bowl combine "dry ingredients"
  - 2 cups flour
  - 2 Tbsp sugar
  - 2 tsp baking powder
  - 1/2 tsp salt
 whisk together
- pour "wet ingredients" into bowl of "dry ingredients" while whisking until a smooth batter forms
- preheat non-stick frying pan on medium heat for 3 minutes
- when you are ready add 1 Tbsp butter to the pan when butter melts pour 1/2 cup batter into the pan
- drop down some tasty flavour nuggets
  - fresh blueberries
  - chocolate chips
  - banana bits
- when 6 bubbles pop on the top surface of your pancake flip it over using a flat heat proof flipper
- continue cooking the other side for 1 minute
- stack pancakes on a plate smear on some butter and pour on lots of maple syrup

# Eat, Laugh, Talk

## The Family Dinner Solution

THE FAMILY DINNER PROJECT

Research has shown what parents have known for a long time: sharing a fun family meal is good for the spirit, brain, and health of all family members. Recent studies link regular family meals with higher grade-point averages, resilience, and self-esteem. Additionally, family meals are linked to lower rates of substance abuse, teen pregnancy, eating disorders, and depression.

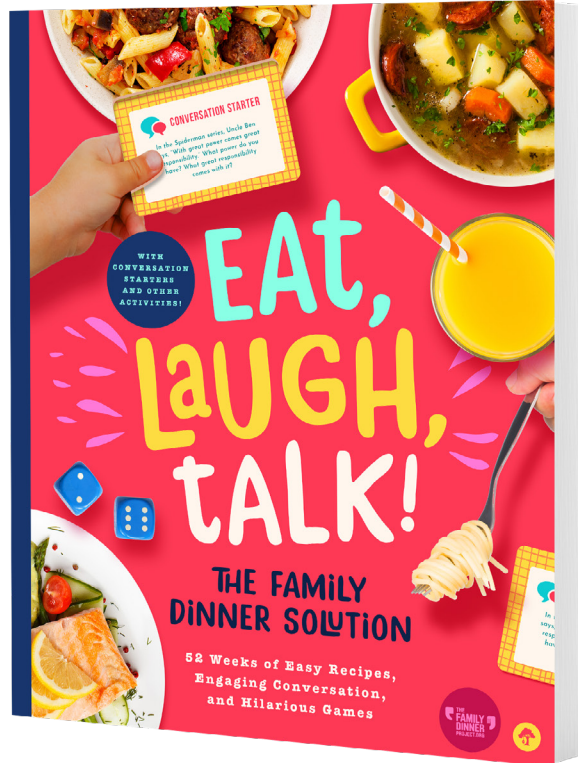
*Eat, Laugh, Talk: The Family Dinner*

*Solution* gives you the tools to have fun family dinners with great food and great conversation. The book includes conversation starters as well as quick and easy recipes to bring your family closer. You will find tips for bringing your family to the table such as setting dinner-time goals, overcoming obstacles, managing conflicting schedules, and how to engage everyone in the conversation.

*Eat, Laugh, Talk* also includes real stories from families who have successfully become a part of The Family Dinner Project's growing movement. Let's do dinner!

### The Family Dinner Project

is a growing movement of food, fun, and conversation about things that matter. We are a nonprofit initiative housed at Harvard University's Graduate School of Education. Our team members come from a variety of personal and professional backgrounds, brought together by our shared belief in the power of family dinners. We are parents and non-parents, from different types of families. Our ages range from "young professional" to "Medicare-eligible." Our collective professional experience includes education, family therapy, research, food, design, social work, marketing, and communication. We are working together, along with inspiring family dinner champions in numerous communities, to help families have more frequent and meaningful meals. We work both online and at community events to encourage families to share their experiences and learn from each other as they come together around the dinner table to benefit from the power of shared meals.



ISBN-13: 9781641701648 Price: \$24.99 (USD)

Covered spiral bound hardcover. Includes conversation starter cards!

7.75 x 9.5, 160 pages

ISBN 978-1-64170-164-8



Ships: September 2019



- **Dinner is the best time for families to bond, and statistics show that we just do not do this enough. This book is a great introduction to family dinner**
- **Cooking together takes time; this book provides quick and easy meals that you can cook ahead or throw together quickly after work**
- **Includes tips on how to engage the entire family in conversation from a baby just learning to speak to your teenager who chooses not to join in the conversation**
- ***Eat, Laugh, Talk* takes a friendly and flexible approach to family dinner, no mommy shaming here!**
- **The Family Dinner Project is a non-profit dedicated to making family dinner a regular occurrence in every household**



WEEK

1

### LET EVERYONE BUILD THEIR OWN DINNERS

Andrea and Matthew were tired of the dinner table battles with their picky preschoolers. "Many times I will make a meal only to have the kids refuse it, which sends me back into the kitchen to make another meal I know they will eat. It's exhausting making two meals every night!" As a military family constantly juggling the realities of unpredictable schedules, possible deployments and work with on-base family organizations, they had only so much energy left to devote to dinnertime debates.

If you've ever watched a family member pick through a dish to try to remove the smallest speck of onion, then you know how irritating it can be—for adults and kids—to have a lovingly prepared meal met with "I don't like this!" But as Andrea and Matthew discovered, allowing their picky little ones to have some choices at meals made dinner more peaceful for the whole family. "Instead of trying to force (them) to eat the one vegetable I prepared, they can choose between a couple of different options. They might only eat a bite or two, but I consider that a success!" says Andrea.

Build Your Own dinners reduce stress for the cook while making dinner seem more appealing to selective diners. Everyone is encouraged to make their own choices from an array of options, relieving you of having to make two separate dinners. From tacos to salad bars, sandwiches to pizzas, you'll find plenty of ideas in this book for creative and healthy dinners that put everyone at the table in control of their own dinner destiny.

14

### FOOD

Start with this totally customizable dinner of lettuce wraps that your family can fill with chicken and noodles. Stir-frying vegetables in batches is quick and lets you work with one ingredient at a time, so no one ends up with an untouched plate of snow peas. Finish the meal with personalized pineapple "sundaes" so irresistible, no one will miss the ice cream.

#### INGREDIENTS

- 1 head of romaine lettuce
- 2 tablespoons coconut oil
- 1½ pounds boneless, skinless chicken (breasts or thighs), cut into 1" cubes
- 4 cloves garlic, minced
- 12 ounces mushrooms (any variety), sliced
- ¼ cup soy sauce, preferably low sodium
- 2 tablespoons honey
- 4 ounces brown rice noodles (mei fun)
- 1 cup shredded carrots

#### CHICKEN NOODLE LETTUCE WRAPS

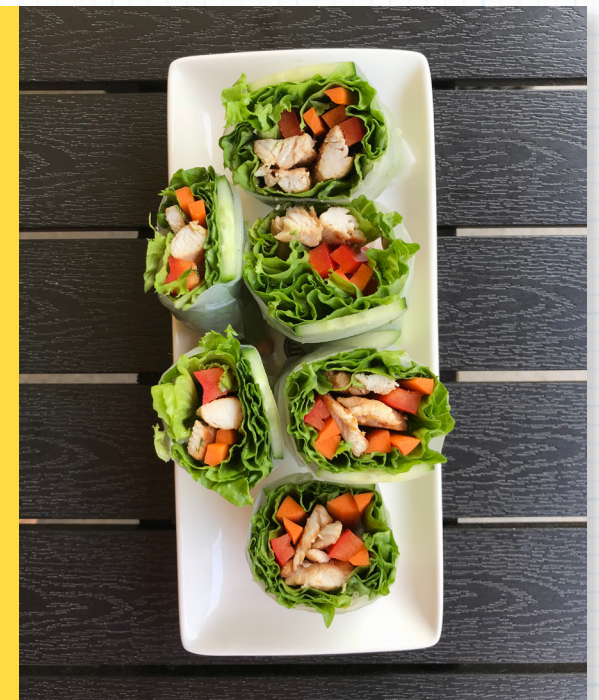
##### SERVES 4-6

These Asian-inspired wraps are quick and easy to make, thanks to the use of rice noodles. We call for mushrooms and carrots in the recipe, but you can use your family's favorites or provide a variety of toppings so everyone at the table can customize their own lettuce wraps!

##### INSTRUCTIONS

1. Heat the coconut oil in a large skillet over medium-high heat. Add the chicken and garlic. Sauté for 3-4 minutes until the chicken starts to turn opaque.
2. Add the mushrooms, stir, and continue to sauté until the chicken is fully cooked, about 8 minutes total.
3. While the chicken is cooking, place the rice noodles in a large bowl and pour boiling water over them until they're fully covered. Cover the bowl (a dinner plate works well for this) and allow the noodles to steep in the hot water until they're cooked, about 5 minutes. Drain thoroughly.
4. Whisk the soy sauce and honey together and pour over the chicken mixture. Add the cooked noodles and toss to combine.
5. Fill individual lettuce leaves with the chicken and noodle mixture. Top with shredded carrots or whatever other toppings your family enjoys.

14



# A Beginner's Guide to Rag Quilting

CHRISTINE MANN

**Y**ou've always wanted to try quilting, and now it's easier than ever! In *A Beginner's Guide to Rag Quilting*, longtime quilter and bestselling author Christine Mann makes it easy to master the beginning principles of rag quilting with twelve easy starter projects. Packed with full-color photographs and tons of creative inspiration, every detail of the book from the step-by-step photographed instructions to the lay-flat spiral binding is designed specifically with the beginning quilter in mind.

Readers will also find a brief history of quilting and helpful guides on cutting and coordinating colors, plus delightful extras like templates and quick-reference guides in the back pocket of the book. Even better, each book comes with a pack of four quilt labels and needles so you can proudly stitch your very own labels onto your first creations!

- A step-by-step guide to the basics of rag quilting with illustrations and photographs for every step!
- Lay-fat spiral binding makes it easy to follow along while at the sewing machine



**Christine Mann** is the cofounder of the popular website *NewQuilters.com* and founder of the *Quilter's Diary* blog and *New Quilter's* blog. She has been a writer ever since she could first pick up a pencil and made her first quilts when her children were small. The love of fabric and the joy of making something both useful and beautiful have kept her quilting ever since. She is now the author of seven books for quilters. Christine lives in Northern California with her husband and two backyard chickens.



ISBN-13: 9781641701471 Price: \$24.99 (USD)  
 Covered spiral bound paperback. Includes 4 fabric quilt labels, 4 quilting templates, and 2 machine quilting needles, 8.3 x 9.9, 128 pages  
 ISBN 978-1-64170-147-1  
 Ships: October 2019

Don't miss the author's first quilting book!



**A Beginner's Guide to Quilting**  
 \$24.99 ISBN-13: 9781641700337  
 9 781641 700337



## Quick Strips Rag Quilt

40" X 48"

### FABRIC REQUIREMENTS

- Focus fabric: 3/4 yard
- Top layer fabric #2 and edge strips: 5/8 yard
- Top layer fabric #3: 3/8 yard
- Top layer fabric #4 and edge strips: 5/8 yard

	Focus fabric 3/4 yard
	Top layer fabric #2 and edge strips 5/8 yard
	Top layer fabric #3 3/8 yard
	Top layer fabric #4 and edge strips 5/8 yard
	Middle layer fabric 1 1/2 yards
	Backing fabric 1 1/2 yards



- Second book in the *Beginner's Guide* series on quilting
- Author is an authority on teaching beginners how to quilt

**CHOOSE THE FABRICS**

- Start by picking a focus fabric. The focus fabric will be used for the largest strips in the quilt, so don't feel shy about picking bold colors or a large-scale print. I chose a cute animal print for my focus fabric.
- Once you have the focus fabric, take a close look at its colors and its pattern and use them to help pick your coordinating fabrics.
- Consider the middle layer in the quilt and use a gray polyester fleece for the backing fabric. If you want to include a middle layer, the fabric requirements chart shows you how much you will need.

**CUT THE STRIPS**

This quilt is made entirely from fabric strips. Cut all strips from selvage to selvage across the full width of the fabric. Cut the strips as shown in the chart.

**LAYER AND BASTE THE STRIPS**

Make a set of top fabric, middle fabric, and backing fabric layers for each strip.

**QUILT THE STRIPS**

Machine quilting this quilt could be easier: you simply sew seams down the strips from top to bottom. I used a wavy stitch from my sewing machine's library of decorative stitches, but a straight seam will look just as good. The number of seams you need depends on the width of the strip. Here's what I recommend for this quilt:

- 4 1/2" strips: no quilting needed.
- 4 1/2" strips: sew two seams that divide the strip into three equal sections.
- 1 1/2" strips: sew three seams. Sew one seam down the center of the strip, then one down the center of each side.

**SEW THE STRIPS TOGETHER**

- Arrange the quilted strips on your work surface as you want them to look when the quilt is finished. The diagram shows how I laid out my strips.
- Sew the strips together with a 3/4" seam, starting from the top of the quilt and working down to the bottom.
- Trim off any excess fabric on both sides and square up the quilt.

**ADD THE EDGE STRIPS**

- Lay the two layers of edge strips around the outer edges of the quilt and sew them on.

**CLIP THE SEAMS AND EDGES**

- Using your rag shears or sewing footed scissors, clip all the seams between strips and all around the outside edges of the quilt. Snip both sides of the edges from strips.

- Rag quilts are the latest trend in quilting and are easier (and quicker) than traditional quilts, making them a perfect intro to the craft!

Includes patterns, quilt labels, and two quilting needles!



# The Family Edge

**How Your Biggest Competitive Advantage Isn't What You've Been Taught—It's Your Family**

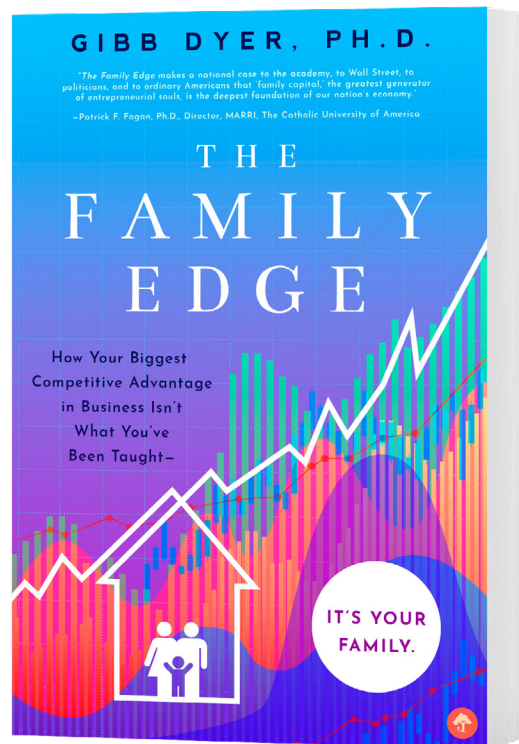
BY GIBB DYER, PHD

What's the most important asset any entrepreneur or business owner needs to succeed? After more than thirty years consulting for Fortune 100 companies, international organizations, and family businesses around the world, Gibb Dyer confirms that the secret ingredient to business and entrepreneurial success is not an MBA from a great school, a fantastic marketing plan, or even a blue ocean strategy. It's access to three types of capital: financial, social, and labor. Dyer's three decades' worth of research and data conclude statistically that the most effective and successful entrepreneurs have immediate access to these three—all within their family.

A ground-breaking book for any business owner, family business, or budding entrepreneur, *The Family Edge* provides clear evidence and powerful tools to help you leverage the asset you need but have probably not paid enough attention to: family capital.



**Gibb Dyer** (PhD, MIT) is the O. Leslie Stone Professor of Entrepreneurship and the Academic Director of the Ballard Center for Economic Self-Reliance in the Marriott School of Business. He is an award-winning author, having published seven books and over sixty articles, and he has also been a consultant to leaders of family businesses and entrepreneurial firms for over thirty years. His research has been quoted in publications such as *Fortune*, *The Wall Street Journal*, and the *New York Times*. He and his wife, Theresa, are the parents of seven children and have sixteen active grandchildren.



ISBN-13: 9781641701402 Price: \$19.99 (USD)

Trade paperback, 6 × 9, 256 pages

Ships: June 2019

ISBN 978-1-64170-140-2



- **International Fortune 100 consultant and family business expert**
- **Frequently quoted in *Fortune*, *The Wall Street Journal*, *Inc.*, *Fast Company*, and other management and business publications**
- **Uncovers the statistical fact that an entrepreneur or business owner's family is the most important asset as it provides the three key capital ingredients: financial capital, networking capital, and labor capital**
- **International tour promoting the book to business and organizations**

# Aging Joyfully

**Embrace Your Changing Body, Work, Health, and Relationships after 50**

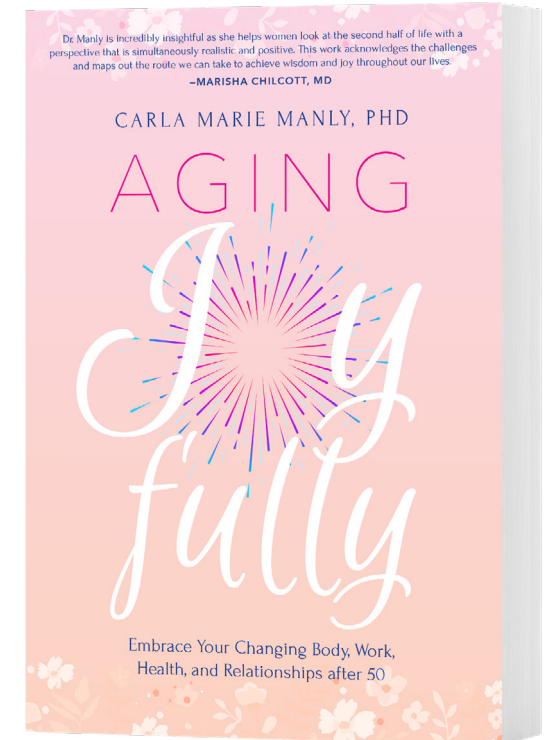
BY CARLA MARIE MANLY, PHD

How does a woman embrace her maturity with joy and strength when her body changes year to year? Psychologist Dr. Carla Marie Manly provides an important and meaningful window into womanhood for those approaching fifty and beyond. A must-read book for any woman approaching the age of fifty, *Aging Joyfully* touches the sensitive reality of the transition from a life filled with new beginnings to a graceful process filled with freedom, beauty, and joy.

Includes chapters on:

- Loving Your Changing, Maturing Body
- Your Health: What to Expect with Menopause, Memory Changes, and More
- Shifting Relationships: Understanding and Adapting to Natural Changes in Relationship Dynamics
- The Worlds of Work and Retirement: Facing Ageism and Retirement with Awareness
- Aging Parents, Caregiving, and Loss: Gracefully Caring for Others and Letting Go
- Slowing Down as the Time Speeds Up: The Art of Transitioning into a New Life Role

- **Nationally renowned and frequently quoted psychologist**
- **Book focuses on the key issues faced by women over fifty: physical, emotional, sexual, and social**
- **Significant social media and key blog media to support distribution**



ISBN-13: 9781641701419 Price: \$18.99 (USD)

Trade paperback, 6 × 9, 256 pages

Ships: July 2019

ISBN 978-1-64170-141-9



**Dr. Carla Marie Manly** has become recognized as an authority on fear and fear-based disorders such as trauma, anxiety, and depression. Dr. Manly maintains her clinical psychology practice in Sonoma County, California. With her doctorate in clinical psychology and her master's degree in counseling, Dr. Manly merges her psychotherapy skills with her writing expertise to offer sound, digestible guidance. Dr. Manly is committed to working with individuals and groups to improve personal growth, relationship connection, and increased life fulfillment. Through a highly personalized approach that focuses on utilizing transformational fear in the self-growth and healing process, Dr. Manly's psychotherapeutic model offers incomparable benefits. Blending her strong clinical knowledge with a holistic, body-mind-spirit approach, Dr. Manly focuses on the multi-dimensional needs of the individual. Recognizing a need for greater somatic awareness in society, Dr. Manly has integrated yoga and meditation practices into her private psychotherapy work and public course offerings.

THESE BOOKS HELP FAMILIES:



Read Together



Learn Together



Work Together



# The 8 Myths of Marriaging

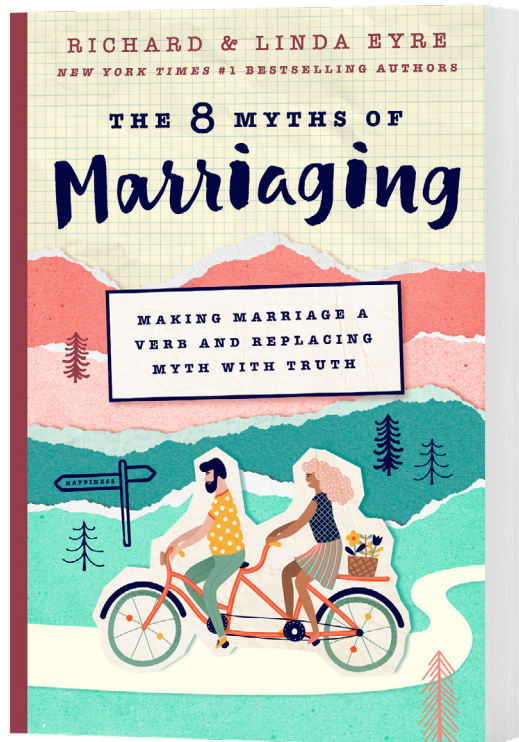
**Making a Marriage a Verb and Replacing Myth with Truth**

BY RICHARD AND LINDA EYRE

New York Times #1 bestselling authors of *Teaching Your Children Values* and relationship experts Richard and Linda Eyre explore the eight most common myths about marriage and the truth about how to have a successful and fulfilling marriage.

Exploring equality versus synergy, completion versus individual quest, harmony versus productive debate, a test drive versus constant commitment, and more, the Eyres show that popular opinions and behaviors toward successful marriages actually reduce the chance of marriage fulfillment.

Drawing on more than fifty years of marriage and hundreds of interviews across the world, *The 8 Myths of Marriaging* is a must-read book for anyone considering marriage or currently nurturing their marriage of many years.



ISBN-13: 9781641701396 Price: \$19.99 (USD)

Trade paperback, 6 x 9, 256 pages

ISBN 978-1-64170-139-6

Ships: June 2019



- Authors are *New York Times* #1 bestselling parenting authors
- Authors cowrite a syndicated column for the newspaper *Deseret News*
- Authors cohost the radio show *Eyres on the Road* (BYU Radio)
- Authors frequently appear on *Good 4 Utah*
- Authors will share this book with their network of bloggers

## Richard and Linda Eyre

are *New York Times* #1 bestselling authors whose writing career has spanned four decades and whose books have sold in the millions. They have appeared on virtually all major national talk shows, including *Oprah* and *Today*, and have seen their books translated into a dozen languages. They write a syndicated weekly newspaper column and currently spend most of their time traveling and speaking to audiences throughout the world on families, parenting, and life-balance (and trying to keep up with their twenty-six grandchildren). The Eyres' vision statement is "Fortify families by celebrating commitment, popularizing parenting, bolstering balance, and validating values." The Eyres live in Park City, Utah.



# How to Raise Perfectly Imperfect Kids—and Be OK with It!

**Real Tips & Strategies for Parents of Today's Gen Z Kids**

BY LISA SUGARMAN  
WITH DEBRA FOX GANSENBERG

Helicopter parent, tiger parent . . . lawnmower parent?

When it comes to parenting labels, there are plenty, but what exactly is a "lawnmower parent"? And how do you avoid becoming one? In *How to Raise Perfectly Imperfect Kids—and Be OK with It!*, humorist Lisa Sugarman takes her humanistic approach to parenting and tells it like it is. The truth is: you will never raise a confident and independent child if you are constantly mowing down every problem that arises in their path.

*How to Raise Perfectly Imperfect Kids* reminds the reader that mistakes and problems lead to lessons. Fixating on raising the smartest, fastest, most successful child will never result in a happy child (or a happy parent). With healthy doses of humor and reality, Lisa Sugarman reminds us that our kids were never meant to be perfect, and perfectly imperfect kids can become wonderful, well-rounded adults if we just allow them to grow.



## Lisa Sugarman

is the author of the Boston Globe Local Bestseller *LIFE: It Is What It Is*, available on Amazon, at Barnes & Noble.com, at Whole Foods Market, and in select Boston-area bookstores. She also writes the nationally syndicated weekly humor column, *It Is What It Is*, which appears in over 400 GateHouse Media, Inc., newspapers from coast to coast.



ISBN-13: 9781641701617 Price: \$16.99 (USD)

Trade paperback, 6 x 9, 184 pages

ISBN 978-1-64170-161-7

Ships: August 2019



- Author is a columnist known for her down-to-earth approach to advice

## Debra Fox Gansenberg, MSW, LICSW,

is the founder and owner of New Beginnings Counseling Service PC, located around the North Shore of Boston. She has a twenty-five-year history working in the mental health field as a skilled clinical psychotherapist and business owner specializing in individuals, couples, group, and family therapy. Debra has also been the Director of School Services for NBCS for more than twenty years, and she has customized and implemented school-based counseling services for several schools, pre-K through twelfth grade.





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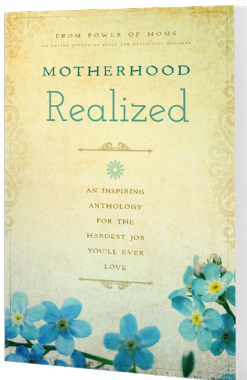
Please contact your representative for Familus value-added monthly specials. Specials run June through November.



**Good Moms Have Scary Thoughts**

**Karen Kleiman, Molly McIntyre**  
Over 90 percent of new mothers will have scary thoughts about their baby and themselves. For too many mothers, those feelings can grow into anxiety, depression, and even self-harm. But here's good news: you CAN feel better. Author Karen Kleiman comes to the aid of new mothers everywhere with a new source of hope, compassion, and expert help.

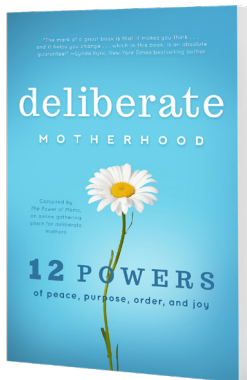
\$16.99 ISBN-13: 9781641701303  
Hardcover; 128 pages, 7 x 7



**Motherhood Realized**

**Power of Moms**  
Filled with essays from real moms just like you, *Motherhood Realized* is the bestselling companion to moms everywhere who wonder if they'll ever get through the journey. Motherhood is the hardest job we'll ever love, and it's so much better when we're doing it together.

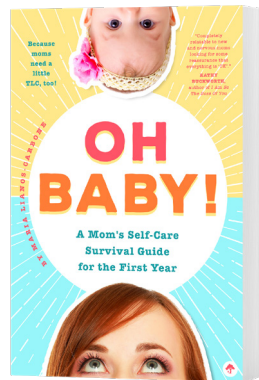
\$15.95 ISBN-13: 9781939629074  
Trade Paper; 206 pages; 6 x 9



**Deliberate Motherhood**

**Power of Moms**  
*Deliberate Motherhood* presents inspiring ideas, poignant stories, and practical applications to help mothers find great success and personal growth in the beautiful and challenging work of raising the next generation.

\$17.95 ISBN-13: 9781938301902  
Trade Paper; 276 pages; 6 x 9



**Oh Baby! A Mom's Self-Care Survival Guide for the First Year**

**Maria Lianos-Carbone**  
Maria Lianos-Carbone, founder of AMotherWorld.com, outlines the "proper care and feeding" of mothers during their baby's first year.

\$16.99 ISBN-13: 9781945547706  
Trade Paper; 270 pages; 6 x 9



**Why Can't We Just Play?**

**Pam Lobley**  
In a culture where children are pressured constantly to achieve, what happens when you let your children do nothing at all? Nationally syndicated humor writer Pam Lobley decided to slow down and give her family a summer that was a throwback to the 1950s. With trademark wit and candor, she reveals what we can learn from those long-ago families, why raising kids has changed so drastically, and most importantly, how to stop time once in a while and just play.

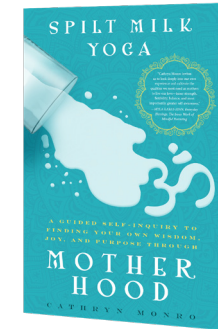
\$15.95 ISBN-13: 9781942934578  
Trade Paper; 192 pages; 6 x 9



**Here Be Dragons**

**Annmarie Kelly-Harbaugh and Ken Harbaugh**  
Two parents challenge one another to find balance between work and family life. Their stories are both uproarious and poignant as they raise children and strive to leave their mark on the wider world. Filled with tender moments and plenty of laughs, *Here Be Dragons* recounts the adventures of a family trying to stay afloat and offers a life raft to the rest of us in choppy waters.

\$16.95 ISBN-13: 9781942934905  
Trade Paper; 224 pages; 6 x 9



**Spilt Milk Yoga**

**Cathryn Monro**  
Author Cathryn Monro combines personal experience, honesty, and humor to acknowledge the moments when motherhood stretches us to the edges of our tolerance, patience, anger, and exhaustion. Through guided self-inquiry, the challenges become opportunities to grow, not in spite of motherhood, but because of it.

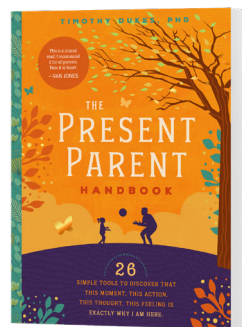
\$14.95 ISBN-13: 9781942934752  
Trade Paper; 250 pages; 5 x 7



**Mother Matters**

**Dayna Kurtz**  
From postpartum depression and baby blues to healing meals and post-natal exercise, Kurtz guides new and veteran mothers alike through the best practices to care for themselves as they care for their children.

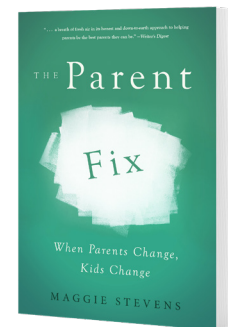
\$16.99 ISBN-13: 9781945547782  
Trade Paper; 270 pages; 6 x 9



**The Present Parent Handbook**

**Timothy Dukes, PhD**  
Addresses both the dilemmas and delights in each parenting moment, providing practices to manage both. With an A-Z approach, parents will learn how to be more mentally and emotionally available to their children.

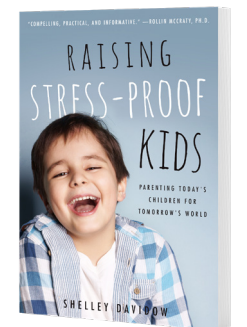
\$14.99 ISBN-13: 9781945547133  
Trade Paper; 168 pages; 5 x 7



**The Parent Fix**

**Maggie Stevens**  
There is power in parenting—correct parenting. Rather than focusing on the kids, as so many other self-help books do, *The Parent Fix* stresses that when parents change, kids change.

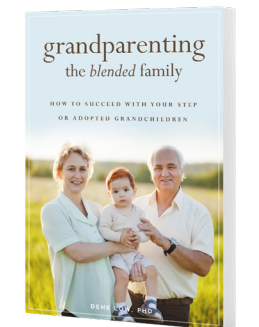
\$15.95 ISBN-13: 9781939629203  
Trade Paper; 248 pages; 6 x 9



**Raising Stress-Proof Kids**

**Shelley Davidow**  
Chronic stress is robbing children of their childhoods with negative physiological, emotional, and cognitive consequences. *Raising Stress-Proof Kids* shows parents that there's a lot we can do to mitigate the effects of our often too-stressful lives on our children's growing bodies and brains.

\$17.95 ISBN-13: 9781939629647  
Trade Paper; 248 pages; 6 x 9



**Grandparenting the Blended Family**

**Dene Low, PhD**  
Ever wonder what other grandparents do to succeed with their grandchildren? *Grandparenting the Blended Family* explores over thirty different grandparents and how they interact with their grandchildren—natural, step, and adopted.

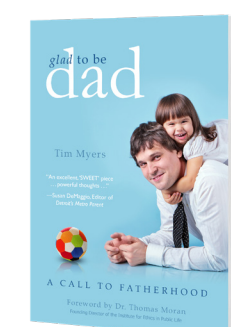
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Trade Paper; 178 pages; 6 x 9



**Dude to Dad**

**Hugh Weber**  
*Dude to Dad* contains absolutely no expert advice or medical guidance. You can read about mucus plugs and colostrum elsewhere. What you will find is a candid, quick, and often irreverent road map for making the most of your own personal transition from Dude to Dad.

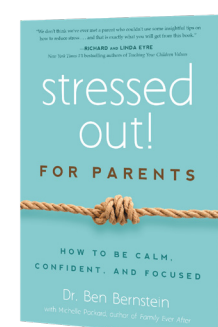
\$10.95 ISBN-13: 9781938301261  
Trade Paper; 132 pages; 5 x 8



**Glad to Be Dad**

**Tim J. Myers**  
By recounting personal experiences, offering sincere opinions, and including quizzes for fatherly-preparedness, Tim Myers emphasizes the importance of fatherly influence in the home.

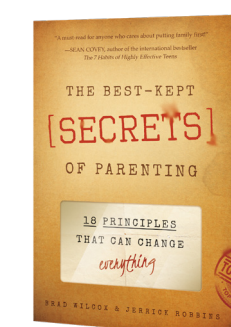
\$17.95 ISBN-13: 9781938301018  
Trade Paper; 270 pages; 6 x 9



**Stressed Out! For Parents**

**Ben Bernstein, PhD**  
Dr. B., celebrated performance coach for CEOs, athletes, and musicians, takes on parents this time in *Stressed Out! For Parents*. Focusing on his nine steps to help during stressful situations, Dr. B. teaches parents in clear, entertaining writing how to be calm, confident, and focused.

\$16.95 ISBN-13: 9781939629319  
Trade Paper; 200 pages; 6 x 9

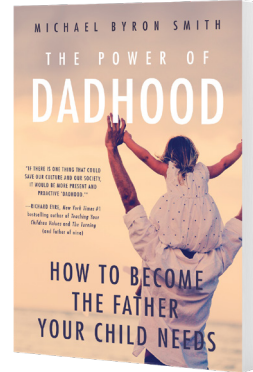
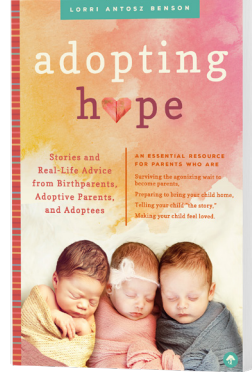
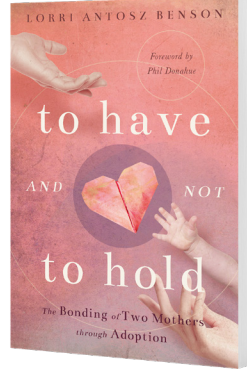
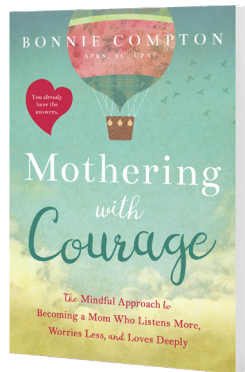
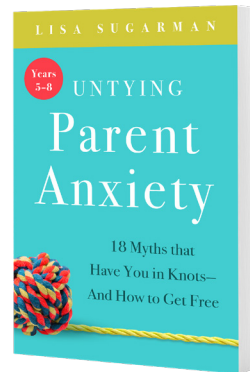
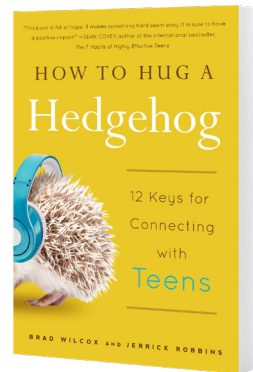


**The Best-Kept Secrets of Parenting**

**Brad Wilcox and Jerrick Robbins**  
International speaker and educator Brad Wilcox and coauthor Jerrick Robbins share eighteen of the most overlooked principles that help parents succeed. The heartwarming experiences shared as "secrets" will truly make the difference in your family.

\$14.95 ISBN-13: 9781938301407  
Trade Paper; 184 pages; 6 x 9





**A New Way for Mothers**

*Louise Webster*  
Inspiration, encouragement, and a step-by-step approach for every mother wishing to engage their talents during the hours their children are at school. This book has strategies and tips for all aspects of life—from finding the right type of work to supporting your health—to help moms find purpose and balance through the preschool years and beyond.

\$16.99 ISBN-13: 9781945547171  
Trade Paper; 192 pages; 6 × 9



**How to Hug a Hedgehog**

*Brad Wilcox and Jerrick Robbins*  
A teen's job is to be difficult, and most do it really, really well. No problem. With entertaining stories and twelve principles that open the cages, unlock the doors, and gently tear down those walls, and get you talking, *How to Hug a Hedgehog* explores everything from communication to what you might have missed on the teen “warning label.”

\$14.95 ISBN-13: 9781939629197  
Trade Paper; 176 pages; 6 × 9



**Untying Parent Anxiety (Years 5–8)**

*Lisa Sugarman*  
In *Untying Parent Anxiety*, nationally syndicated humor columnist and author Lisa Sugarman reminds us that our kids aren't supposed to be perfect. (And neither are we.) And as soon as we embrace the idea that parenthood is not a straight line, we unlock everyone's full potential.

\$16.99 ISBN-13: 9781944822576  
Trade Paper; 208 pages; 6 × 9



**Mothering with Courage**

*Bonnie Compton*  
A detailed guidebook for your journey as a mother, complete with the latest understanding and tips for healthy parenting and motherhood. Practical, educational, and inspirational, the book provides self-reflective questions and guided journaling exercises for mothers, specifically related to aspects of their lives and mothering.

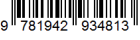
\$16.99 ISBN-13: 9781944822637  
Trade Paper; 270 pages; 6 × 9



**To Have and Not to Hold**

*Lorri Antosz Benson*  
Lorri Antosz Benson's memoir chronicles her decision to place her unborn daughter for adoption. Years later, Lorri did everything she could to find and connect with her. With accounts from the daughter, birthmother, and adoptive mother, *To Have and Not to Hold* shows how adoption shapes everyone involved.

\$16.95 ISBN-13: 9781942934813  
Trade Paper; 192 pages; 6 × 9



**Adopting Hope**

*Lorri Antosz Benson*  
From Lorri Antosz Benson, author of *To Have and Not to Hold*, this heartfelt compilation is ultimately a message of hope, love, and destiny as each family discovers that a child doesn't need to be blood-related to be truly yours. Includes essays from adoptees, birthparents, and adoptive parents.

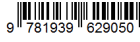
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Trade Paper; 224 pages; 6 × 9



**Parenting for the Digital Age**

*Bill Ratner*  
Bill Ratner, a long-time Hollywood insider and voice of movie trailers, explores the change in advertising since 1982 and what children are currently exposed to. As a parent and veteran insider to the world of media, Ratner talks openly about the problems associated with excessive screen time, children's advertising, and what parents can do about it.

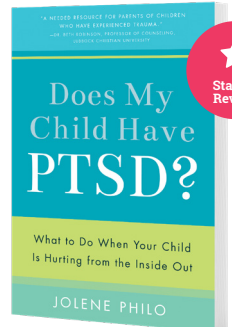
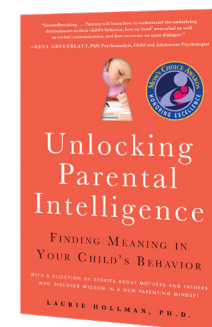
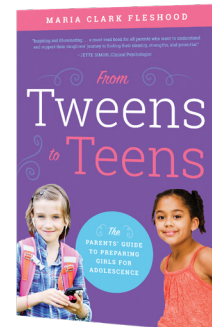
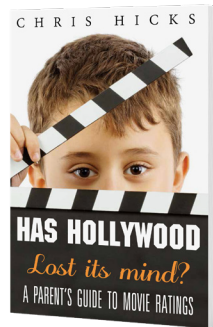
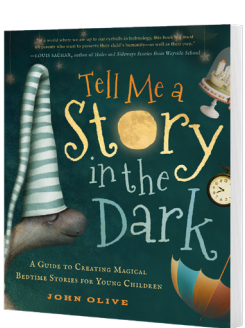
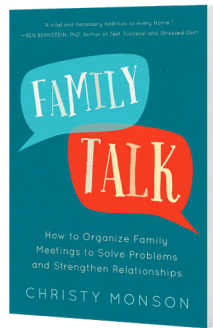
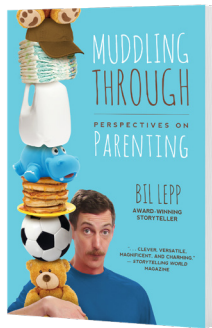
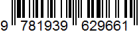
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Trade Paper; 190 pages; 6 × 9



**The Power of Dadhood**

*Michael Byron Smith*  
*The Power of Dadhood* empowers fathers with the knowledge that they are vitally important. National speaker Michael Byron Smith discusses the implications of a fatherless home, the challenges of parenting, and the hierarchy of fathers. Any man can assess himself, see where he stands, and make choices to become a real Dad and find the power of Dadhood!

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Trade Paper; 248 pages; 6 × 9



**Family Ever After**

*Michelle H. Packard*  
Wife and mother of four Michelle Packard knows how crazy a family life can be and shares tips and tricks to not just appreciate the chaos but to appreciate and love those who can make your life the most difficult. While the idea of happy ever after is distorted, you can, in fact, achieve a Family Ever After.

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Trade Paper; 194 pages; 6 × 9



**Muddling Through**

*Bil Lepp*  
National storyteller and five-time champion of the West Virginia Liars' Contest Bil Lepp shares his perspective on parenting, from the insatiable and unanswerable questions children pose to the most meaningful traditions that draw a family together.

\$12.99 ISBN-13: 9781938301032  
Trade Paper; 126 pages; 5 × 8



**Family Talk**

*Christy Monson*  
Family councils are a great way to bring children and parents together in a positive environment where they can discuss and solve problems. In this book, Christy Monson outlines the benefits of family councils and the best ways to implement them in your own family.

\$16.95 ISBN-13: 9781938301797  
Trade Paper; 210 pages; 6 × 9



**Tell Me a Story in the Dark**

*John Olive*  
Tonight, don't read your child a story. Instead, dim the light, lie down, and create storytelling magic. Weave a spell that will enchant your child. . . . Written by an award-winning playwright, *Tell Me a Story in the Dark* provides you with every tool you need to tell great and entertaining stories.

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Trade Paper; 300 pages; 7.5 × 9.25



**Has Hollywood Lost Its Mind?**

*Chris Hicks*  
Thirty-year movie reviewer veteran Chris Hicks explores the history of the movie rating system and the inconsistency in the ratings and shares advice on how to make better choices in your family's movie entertainment.

\$17.95 ISBN-13: 9781938301193  
Trade Paper; 258 pages; 6 × 9



**From Tweens to Teens**

*Maria Clark Fleshood*  
In this groundbreaking guide, psychotherapist and educator Maria Clark Fleshood encourages parents to revive global traditions to mark preadolescence (ages eight to thirteen) with rituals and celebrations that guide young women through these years of self-discovery.

\$14.95 ISBN-13: 9781942934561  
Trade Paper; 166 pages; 6 × 9



**Unlocking Parental Intelligence**

*Laurie Hollman, PhD*  
With extensive research and entertaining examples, Dr. Laurie Hollman provides five simple steps to help parents better understand the context of children's perplexing behavior and how to cultivate real change.

\$17.95 ISBN-13: 9781942934042  
Trade Paper; 254 pages; 6 × 9

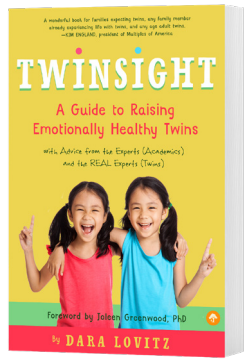
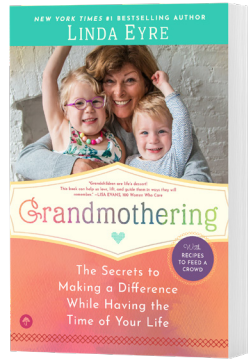
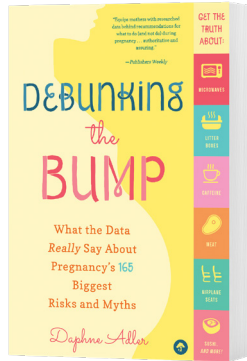
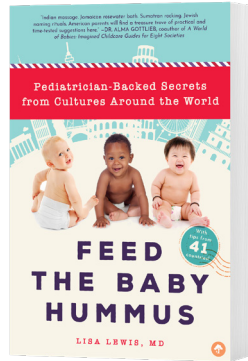


**Does My Child Have PTSD?**

*Jolene Philo*  
When children experience medical illness, witness violence, or are abused, it can leave a lasting effect. *Does My Child Have PTSD?* is designed for readers looking for answers about the puzzling, disturbing behaviors of children in their care.

\$16.95 ISBN-13: 9781942934011  
Trade Paper; 200 pages; 6 × 9





**Feed the Baby Hummus**

Lisa Lewis, MD  
Pediatrician Lisa Lewis offers the wisdom and proven caretaking practices of the cultures of the world, drawn from her own training, research, travel, and clinical experience.

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Trade Paper; 302 pages; 6 x 9



"A treasure trove of childcare tips, and a clever cross-cultural journey."

—Publishers Weekly

**Debunking the Bump**

Daphne Adler  
Mathematician Daphne Adler wades through the research to reveal which factors are truly threats to a healthy pregnancy and which are simply red herrings or old wives' tales. From cheese to sex to saunas, *Debunking the Bump* sheds light on everything expectant mothers need to know to avoid the real risks without skipping the sushi.

\$18.99 ISBN-13: 9781945547805  
Trade Paper; 352 pages; 6 x 9



**Grandmothering**

Linda Eyre  
New York Times #1 bestselling author and grandmother Linda Eyre shares her secret formula for teaching your grandchildren values, building meaningful connections with them, and giving them grit and resilience in a ever-changing world, plus an appendix of easy, delicious recipes to feed a crowd at your next family reunion.

\$18.99 ISBN-13: 9781945547904  
Trade Paper; 356 pages; 6 x 9



**Twinsight**

Dara Lovitz  
Drawing on over seventy interviews with adult twins and their non-twin siblings, as well as expert insights from educators and psychologists and exhaustive research, author Dara Lovitz offers parents a definitive road map to raising emotionally healthy twins now and into the future.

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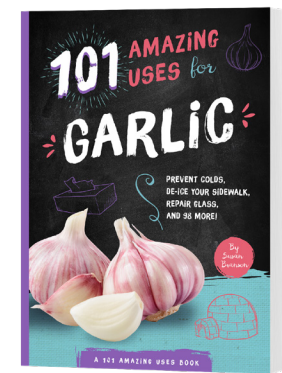
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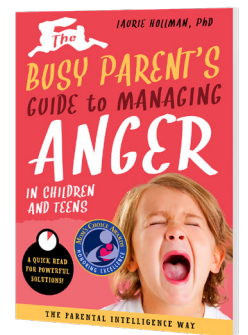
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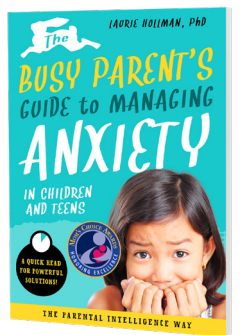
Susan Branson  
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Trade Paper; 154 pages; 5.8 x 8.3



**The Busy Parent's Guide to Managing Anger in Children and Teens: The Parental Intelligence Way**

Laurie Hollman, PhD  
At just 112 pages, *The Busy Parent's Guide to Managing Anger in Children and Teens: The Parental Intelligence Way* provides a quick read when you need quick answers to helping your child struggling with anger.

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**The Busy Parent's Guide to Managing Anxiety in Children and Teens: The Parental Intelligence Way**

Laurie Hollman, PhD  
At just 112 pages, *The Busy Parent's Guide to Managing Anxiety in Children and Teens: The Parental Intelligence Way* provides a quick read when you need answers to helping your child struggling with anxiety.

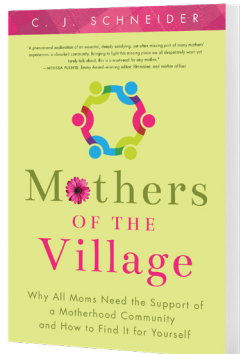
\$9.99 ISBN-13: 9781641700108  
Trade Paper; 112 pages; 5 x 7



**The 5 Foundations of Successful Teens**

Mark J. Luciano, PhD  
Research has repeatedly shown that an alarming percentage of students achieve below their academic ability. Dr. Mark J. Luciano provides insights from his own family therapy practice and the latest research to help your teen discover newfound courage and independence.

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**Mothers of the Village**

C. J. Schneider  
The research is clear: since the beginning of womankind, mothering has been a communal effort. *Mothers of the Village* offers practical ideas on how to build meaningful and satisfying connections to create the essential community all mothers need.

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**101 Amazing Uses for Honey**

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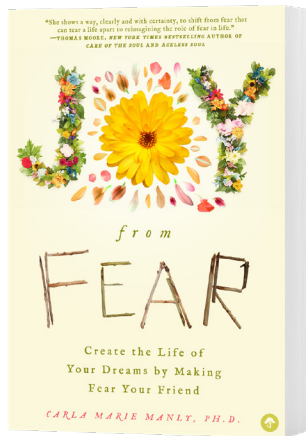


**101 Amazing Uses for Turmeric**

Susan Branson  
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Trade Paper; 156 pages; 5.8 x 8.3



Series author Susan Branson earned an undergraduate degree in biology from St. Francis Xavier University then an MSc in toxicology from the University of Ottawa. From there, she worked in research: in the field, in the lab, as a writer, and as an administrator. She is now a holistic nutritional consultant and a member of CSNN's Alumni Association, Canada's leading holistic nutrition school.

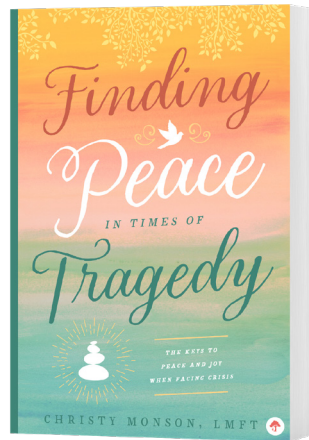


**Joy from Fear**

Carla Marie Manly, PhD

In her enlightening book, *Joy from Fear*, clinical psychologist Dr. Carla Marie Manly explains that fear is not the enemy we thought it was; fear, when faced with awareness, is the powerful ally and best friend we all need.

\$19.99 ISBN-13: 9781641701211  
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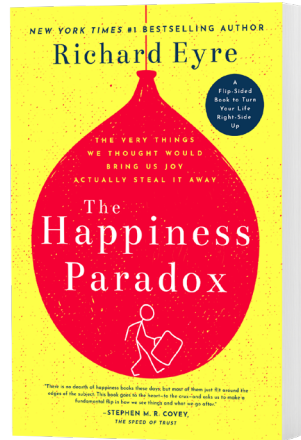


**Finding Peace in Times of Tragedy**

Christy Monson

Therapist Christy Monson professionally and compassionately describes how tragedy physically changes the brain and the body, and she provides powerful techniques to help heal those invisible wounds and cope with the turmoil of our day.

\$17.99 ISBN-13: 9781641701228  
Trade Paper; 224 pages; 6 x 9

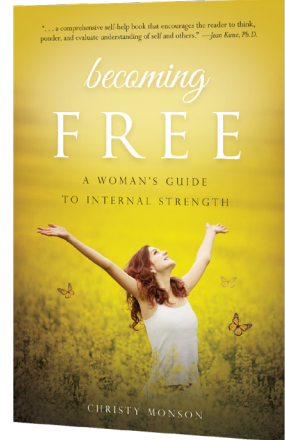


**The Happiness Paradox**

Richard Eyre

*New York Times* #1 bestselling author Richard Eyre contends that the three things today's society desires the most—control, ownership, and independence—are, paradoxically, the three things that bring the most challenges and unhappiness in our lives.

\$16.99 ISBN-13: 9781641700535  
Trade Paper; 196 pages; 6 x 9

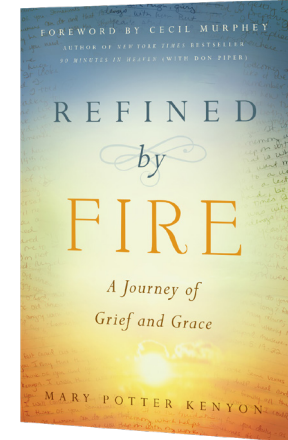


**Becoming Free**

Christy Monson

*Becoming Free* is a step-by-step book to help you to shed your armor, expand your optimistic thinking, and enhance your ability to give and receive. Once you become free of the armor you've built around you to protect yourself, you'll find the abundant life you have always sought.

\$17.95 ISBN-13: 9781938301841  
Trade Paper; 280 pages; 6 x 9

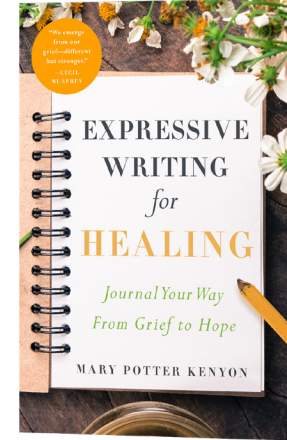


**Refined by Fire**

Mary Potter Kenyon

"Where is the handbook for widows?" Mary Potter Kenyon lamented as she planned a funeral for her beloved husband. In beautiful prose, touching metaphors and stories, and actual journal entries, Mary Potter Kenyon provides a balm for the grieving soul.

\$16.95 ISBN-13: 9781939629340  
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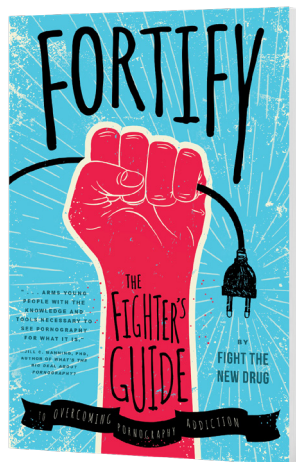


**Expressive Writing for Healing**

Mary Potter Kenyon

Writing is one of the oldest and most effective means of self-exploration, self-expression, and self-discovery. In this new guided journal, Mary Potter Kenyon offers readers an opportunity to reflect on the meaning and significance of loss and allows the griever to sort through all the conflicting emotions that arise after a death.

\$16.99 ISBN-13: 9781945547447  
Trade Paper; 196 pages; 6 x 9

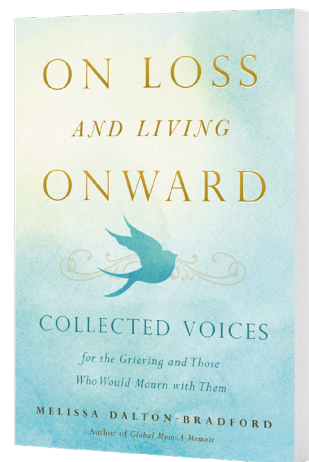


**Fortify**

Fight the New Drug

With tens of thousands of individuals addicted to pornography, *Fortify: The Fighter's Guide to Overcoming Pornography Addiction* is the most complete and tested program to help teens and young adults overcome the addiction and create habits that will enable them to be successful in life. Includes pages of week-by-week Battle Plans.

\$18.95 ISBN-13: 9781942934127  
Trade Paper; 290 pages; 6 x 9

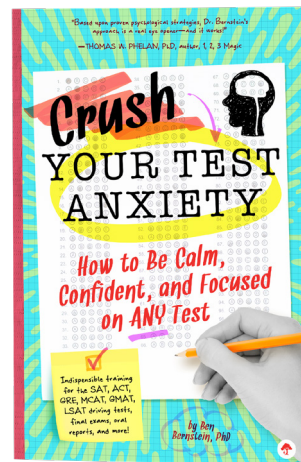


**On Loss and Living Onward**

Melissa Dalton-Bradford

After experiencing the loss of her firstborn son, Melissa Dalton-Bradford thrust herself into literature searching for those who have experienced similar, devastating loss. *On Loss and Living Onward* compiles the best resources to guide the living through the process of grief.

\$17.95 ISBN-13: 9781938301926  
Trade Paper; 280 pages; 6 x 9

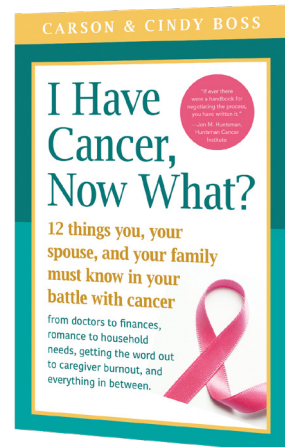


**Crush Your Test Anxiety**

Ben Bernstein, PhD

Based on fifty years of teaching experience and thirty years of clinical psychology experience, *Crush Your Test Anxiety* distills the best practices used by elite athletes, artists, and top business performers to create a system that can be applied to any test for higher performance.

\$19.99 ISBN-13: 9781641700252  
Trade Paper; 288 pages; 6 x 9

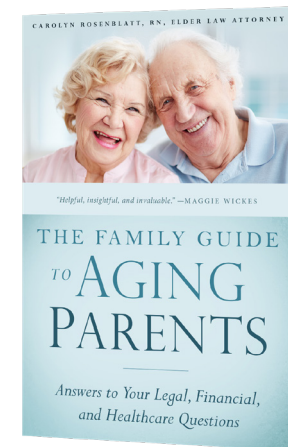


**I Have Cancer, Now What?**

Carson and Cindy Boss

You have cancer, and you need the help and support of your spouse and family more than ever. *I Have Cancer, Now What?* includes information on how to overcome the shock and fear of diagnosis, how to talk to your spouse and extended family, how to consult on what you want from your doctors, and much more.

\$15.99 ISBN-13: 9781945547065  
Trade Paper; 156 pages; 6 x 9

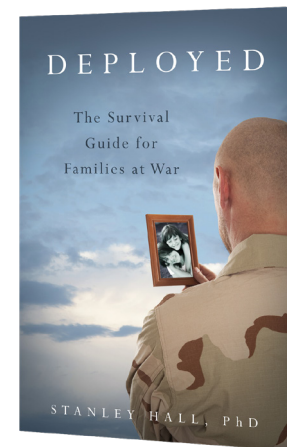


**The Family Guide to Aging Parents**

Carolyn Rosenblatt

*The Family Guide to Aging Parents* is the complete guide to help the caregiver understand the issues and be prepared for the realities. Covering everything from legal issues to what to do when your aging parent still wants to drive, *The Family Guide to Aging Parents* provides clear counsel for giving loving care and enjoying life after retirement.

\$18.95 ISBN-13: 9781939629579  
Trade Paper; 342 pages; 6 x 9



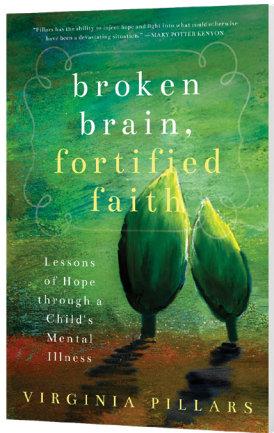
**Deployed**

Stanley Hall, PhD

Wondering what you are in for as you move to your first military base, or as you try to recover from numerous deployments? *Deployed* is the perfect solution for every member of a military family who wants a healthy family.

\$14.95 ISBN-13: 9781938301674  
Trade Paper; 218 pages; 6 x 9

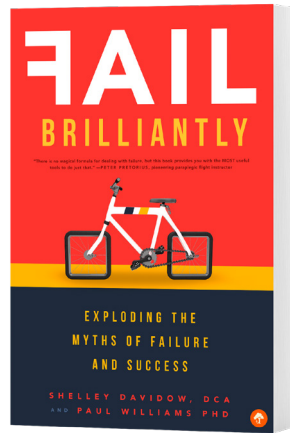




**Broken Brain, Fortified Faith**

*Virginia Pillars*  
*Broken Brain, Fortified Faith* shares one mother's struggle as she charges into the world of mental illness, searching for answers to her daughter's schizophrenia. Along the way, Virginia Pillars learns to rely on her faith as she faces the challenges that often accompany mental illness.

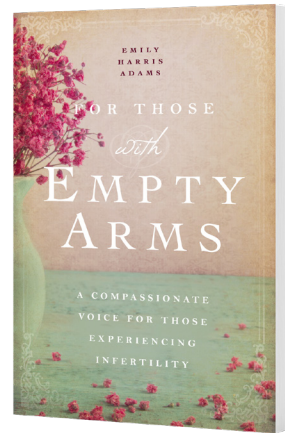
\$18.95 ISBN-13: 9781942934745  
 Trade Paper; 290 pages; 6 x 9



**Fail Brilliantly**

*Shelley Davidow and Paul Williams*  
*Fail Brilliantly* proposes a radical shift: erase the word and concept of *failure* from the realms of education and human endeavors. Replace it with new words and concepts. This shift in position has the potential to transform our lives and ultimately reshape our definition of *success*.

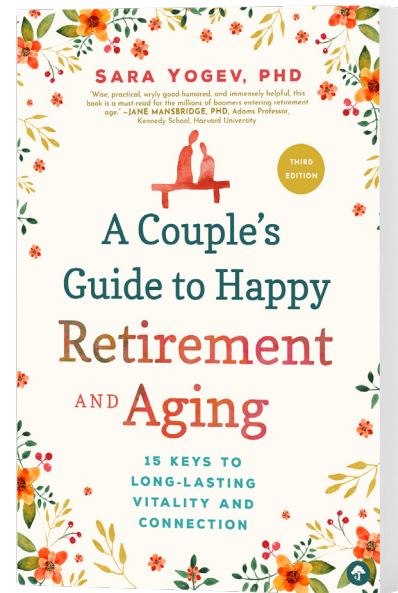
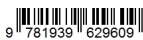
\$18.99 ISBN-13: 9781945547256  
 Trade Paper; 192 pages; 6 x 9



**For Those with Empty Arms**

*Emily Harris Adams*  
 After receiving the news that in vitro would be their only hope for biological children, award-winning poet Emily Harris Adams had to learn to live in a new world of needles, embarrassing tests, long waiting periods, and expensive doctor's appointments.

\$16.95 ISBN-13: 9781939629609  
 Trade Paper; 262 pages; 5 x 8



**A Couple's Guide to Happy Retirement and Aging**

*Sara Yogev, PhD*  
*A Couple's Guide to Happy Retirement and Aging* is the most comprehensive book devoted entirely to relationship issues in retirement. Not a treatise on money management, this is a much-needed guide to the psychological aspects of retirement and how to make your retirement relationship happy, fruitful, loving, and successful. Written by a psychologist specializing in work and family issues, and drawing from actual accounts from retired couples, this book helps you prepare emotionally for the dramatic life changes during retirement, coaches you to find new purposes to your life beyond work, nurtures the relationship with your companion to strengthen your friendship and love, explores sexuality after retirement and how you can enjoy each other as much as you did as a younger couple, and recommends strategies to successfully deal with differences around money, time together versus apart, housework, and family relationships. It is crucial that couples prepare themselves and their marriages psychologically for what could very well comprise a quarter of their lives. *A Couple's Guide to Happy Retirement and Aging* shows you how to do that—so that you'll have the time of your lives.

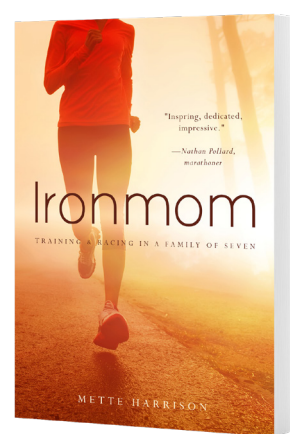
\$19.99 ISBN-13: 9781945547713  
 Trade Paper; 360 pages; 6 x 9



**New Tricks for Old Dogs**

*Gene Perret*  
*New Tricks for Old Dogs* points out some of the flaws in the self-help philosophy. It tempers the advice with common sense. The battle cry of this volume is "Do it, but don't overdo it." Sometimes, after we reach a certain age, the best exercise program is a good, brisk nap.

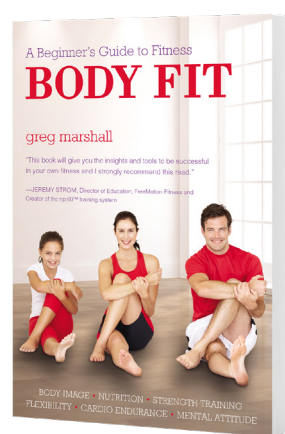
\$16.95 ISBN-13: 9781942934462  
 Trade Paper; 240 pages; 5 x 8



**Ironmom**

*Mette Harrison*  
 From the personal tragedy of a stillbirth to an Ironman and beyond, author and stay-at-home mom of five children Mette Harrison learned life lessons about accepting herself, moving forward, pushing to become better, and bringing her family along the way—sometimes kicking and screaming.

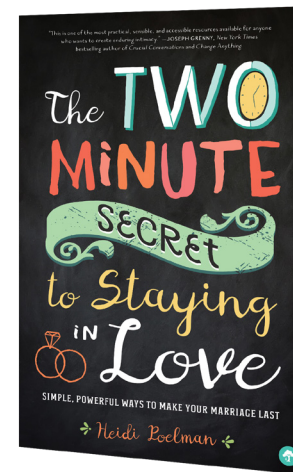
\$17.95 ISBN-13: 9781938301360  
 Trade Paper; 216 pages; 6 x 9



**Body Fit**

*Greg Marshall*  
 Greg Marshall, who has helped thousands of fitness beginners achieve their fitness goals, cuts through the overhyped exercise advice and provides a simple step-by-step path to better health, more endurance, a stronger body, and a happier you.

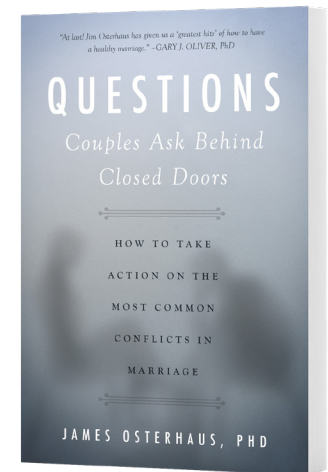
\$15.95 ISBN-13: 9781938301230  
 Trade Paper; 240 pages; 6 x 9



**The Two-Minute Secret to Staying in Love**

*Heidi Poelman*  
 Marry the one you love, and love the one you marry. It sounds simple enough. But staying in love turns out to be a whole lot different than falling in love. In a world of constant distraction, marriage experts agree that the little things matter—a lot. *The Two-Minute Secret to Staying in Love* explores the little things couples think, say, and do to stay in love for the long haul. Supported by expert studies, interviews with happily married couples, and years of personal experience, author Heidi Poelman shares the simple secrets that keep love alive. Whether it's choosing an attitude of gratitude, leaving a love note, giving a welcome-home hug at the door, or calling just to say "Hello," *The Two-Minute Secret to Staying in Love* is full of simple ways to love the one you married, two minutes at a time.

\$15.99 ISBN-13: 9781945547058  
 Trade Paper; 196 pages; 6 x 9



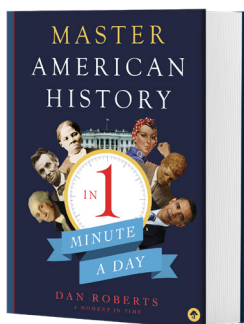
**Questions Couples Ask Behind Closed Doors**

*James Osterhaus, PhD*  
 The "What is 'healthy'?" question is just one of many questions couples have asked me over and over again in my counseling practice. The typical couples I've counseled have again and again asked, "Why do we get into so much conflict over the same issues?" "How can we learn to trust each other?" "Who leads?" "What do we do with in-laws?" and a whole host of other questions.

Noted marriage therapist and executive coach Jim Osterhaus takes the top eighteen questions he's been asked the most and answers them for you in this book. Each chapter stands on its own as couples search for answers to the challenges they face. After many of the chapters, you will find very helpful, practical tips to help you understand your relationship better, and begin the process of making it more fulfilling.

\$18.95 ISBN-13: 9781939629371  
 Trade Paper; 280 pages; 6 x 9

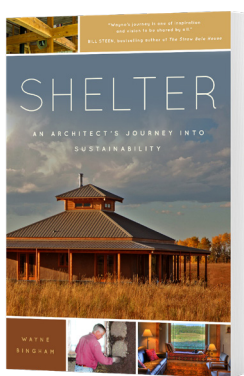




**Master American History in 1 Minute a Day**

**Dan Roberts**  
Where was the lost colony? What tipped the balance in the Civil War? Were there second thoughts about dropping the atomic bomb? Amaze your friends and stun your coworkers with these answers and more. Join acclaimed historian Dan Roberts on a bite-sized romp through 500 years of American history.

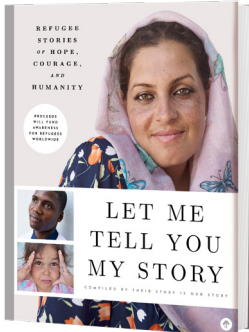
\$19.99 ISBN-13: 9781641701235  
Paper over board with gold foil and spot UV, 304 pages; 5 x 7



**Shelter**

**Wayne Bingham**  
After being trained and practicing conventional glass, steel, and concrete architecture for thirty years, an award-winning architect discovers the concept of sustainable living and embarks on a journey that ends with his own strawbale home at the foot of the Grand Tetons.

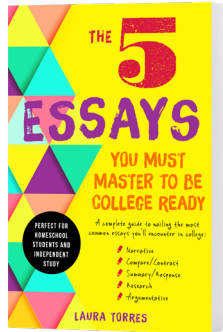
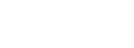
\$16.95 ISBN-13: 9781939629258  
Trade Paper; 198 pages; 5 x 8



**Let Me Tell You My Story**

*Their Story Is Our Story*  
Spare, haunting, utterly magnificent, and profoundly human, the refugee stories inside this remarkable volume of exquisite photography will teach you that the surest way to draw humans together begins with the words "I want to tell you my story . . ."

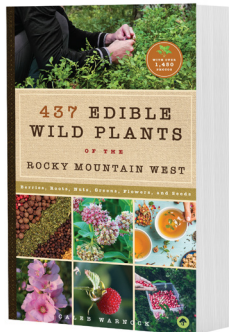
\$34.99 ISBN-13: 9781641700498  
Paper over board with three-piece binding; 232 pages; 8 x 10



**The 5 Essays You Must Master to Be College Ready**

**Laura Torres**  
*The 5 Essays You Must Master to Be College Ready* includes lessons, tips, and organizational guides for writing clear and compelling essays. Torres walks students through the complete writing process (with provided grading rubrics).

\$16.99 ISBN-13: 9781945547188  
Trade Paper; 224 pages; 6 x 9



**437 Edible Wild Plants of the Rocky Mountain West**

**Caleb Warnock**  
Self-sufficiency expert Caleb Warnock shares his expertise of living off the land in 437 Edible Wild Plants, the go-to guide for any adventurer or homesteader interested in learning about natural, edible vegetation.

\$27.99 ISBN-13: 9781945547836  
Flexicover; Full-color interior with over 1,450 photographs; 496 pages; 5.3 x 8.8



**The 7 Wonders of Olive Oil**

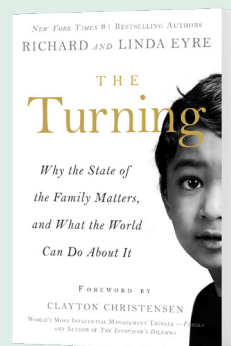
**Alice Alech and Cécile Le Galliard**  
With detailed research from doctors and nutritionists around the globe, *The 7 Wonders of Olive Oil* reveals seven amazing health benefits of olive oil, the role olive oil plays in the Mediterranean diet, and tips for cooking with, buying, and storing the green nectar.

\$16.95 ISBN-13: 9781942934738  
Trade Paper; 176 pages; 6 x 9



From *New York Times* #1 Bestselling Authors Richard and Linda Eyre

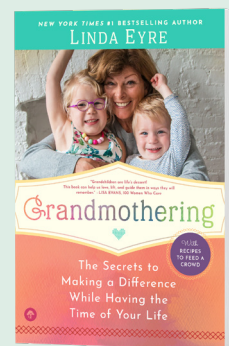
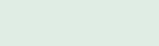
Richard and Linda Eyre are *New York Times* #1 bestselling authors whose writing career has spanned four decades and whose books have sold in the millions. They have appeared on virtually all major national talk shows including *Oprah* and *Today*. They write a syndicated weekly newspaper column and currently spend most of their time traveling and speaking to audiences throughout the world on families, parenting, and life-balance.



**The Turning**

**Richard and Linda Eyre**  
In one of their most important books to date, Richard and Linda Eyre examine the connections between the world's mounting social problems and the breakdown of families.

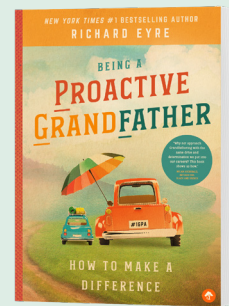
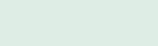
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Trade Paper; 366 pages; 6 x 9



**Grandmothering**

**Linda Eyre**  
Linda shares her secret formula for teaching your grandchildren values, building meaningful connections with them, and giving them grit and resilience, plus an appendix of easy recipes to feed a crowd.

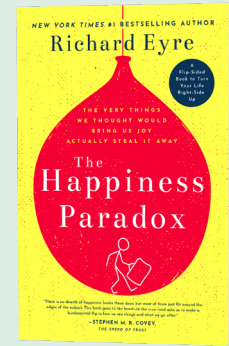
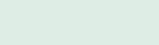
\$18.99 ISBN-13: 9781945547904  
Trade Paper; 365 pages; 6 x 9



**Being a Proactive Grandfather**

**Richard Eyre**  
Being a grandfather is one of the most celebrated responsibilities a person can have. But what kind of grandfather will you be and what level of commitment will you provide for your grandchildren?

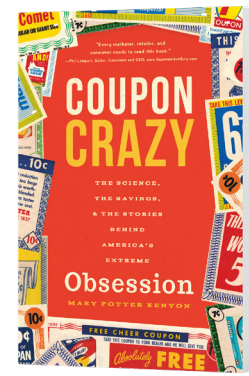
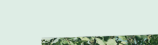
\$14.99 ISBN-13: 9781945547270  
Trade Paper; 160 pages; 5.83 x 8.27



**The Happiness Paradox**

**Richard Eyre**  
Richard Eyre contends that the three things today's society desires the most—control, ownership, and independence—are, paradoxically, the three things that bring the most challenges and unhappiness in our lives.

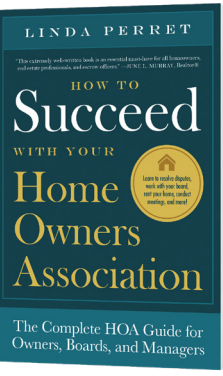
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Trade Paper; 192 pages; 6 x 9



**Coupon Crazy**

**Mary Potter Kenyon**  
*Coupon Crazy* examines the phenomena of coupon use and the sociocultural and socioeconomic factors that construct it from the viewpoint of Mary Potter Kenyon, a thirty-year veteran in the extreme sport of couponing. Also includes couponing tips for aspiring couponers.

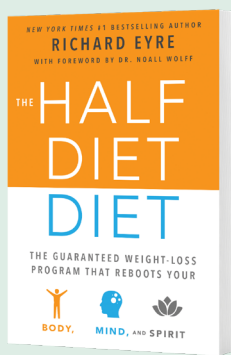
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Trade Paper; 250 pages; 6 x 9



**How to Succeed with Your Home Owners Association**

**Linda Perret**  
*How to Succeed with Your Home Owners Association* is the handbook to help new homeowners transition into peaceful community living. This comprehensive guide explains the ins and outs of an HOA, from the structure and responsibilities to resolving disputes.

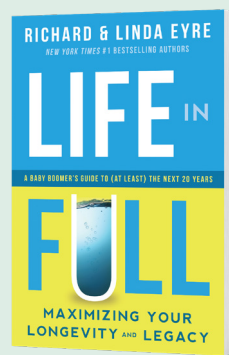
\$19.95 ISBN-13: 9781942934486  
Trade Paper; 198 pages; 6 x 9



**The Half-Diet Diet**

**Richard Eyre, foreword by Dr. Noall Wolff**  
The weight-loss solution? Eat half. Too easy? No! But worthwhile. Richard provides the program to accomplish your weight-loss goals by taming your physical, mental, and spiritual appetites.

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**Life in Full**

**Richard and Linda Eyre**  
Eighty million Baby Boomers are now in or approaching their sixties. Creating a proactive plan for the next twenty years is both possible and practical, and *Life in Full* is the template!

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Trade Paper; 322 pages; 6 x 9



**The Thankful Heart**

**Richard and Linda Eyre**  
In this beautifully illustrated book, we find the opportunity to consciously feel gratitude. Includes actionable ideas for every month plus striking color photography.

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Hardcover with jacket; Full-color, fully illustrated interior; 116 pages; 9 x 9



**Poems**

**Richard Eyre**  
While writing prose has basically become Richard's profession, writing poetry has always been his love. Here, for the first time in published form, he shares some of his poetic efforts about the people and things we love.

\$16.99 ISBN-13: 9781945547294  
Trade Paper; 192 pages; 6 x 9

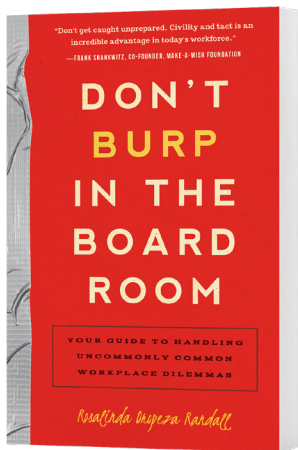






**Meet Rosalinda Oropeza Randall**

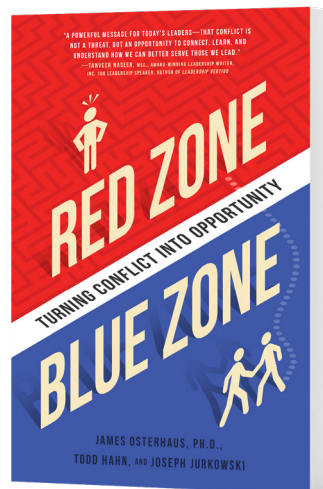
Rosalinda Oropeza Randall is a modern-day pundit on tact and civility. Her tips have been featured on television and in numerous publications, including *Forbes*, *Glamour*, *The Business Journals*, *Business News Daily*, and more.



**Don't Burp in the Boardroom**

*Rosalinda Oropeza Randall*  
With her sometimes sassy and playful answers, Rosalinda Randall shows how easy it is to build a sparkling professional reputation by knowing how to handle workplace dilemmas. Includes quizzes, hilarious anecdotes, Q&A, illustrations, and inside tabs for handy reference.

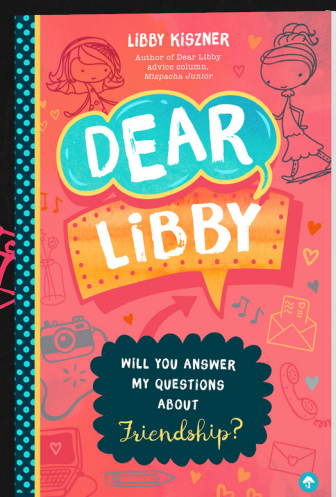
\$18.95 ISBN-13: 9781939629357  
Trade Paper; 378 pages; 5 x 8; illustrations throughout



**Red Zone, Blue Zone**

*James Osterhaus, PhD, Joseph Jurkowski, and Todd Hahn*  
*Red Zone, Blue Zone* provides key concepts on how personal and organizational conflict are foundational opportunities that, when navigated skillfully, lead to personal growth and organizational health. A key book for business leaders.

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Trade Paper; 166 pages; 5.5 x 8.5



**Dear Libby**

*Libby Kiszner*  
In *Dear Libby*, trusted columnist Libby Kiszner answers real questions from real teens about friendship. The book includes tips, activities, and teaching strategies.

\$16.99 ISBN-13: 9781641700184  
Trade Paper; 224 pages; 6 x 9



**The Ravenous Gown**

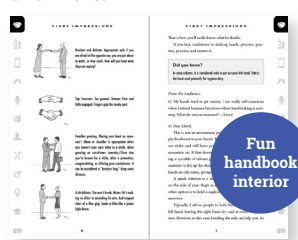
*Steffani Raff*  
In a world obsessed with outward appearances, *The Ravenous Gown* inspires women of all ages to discover the power within.

\$15.95 ISBN-13: 9781939629593  
Trade Paper; 196 pages; 5 x 8

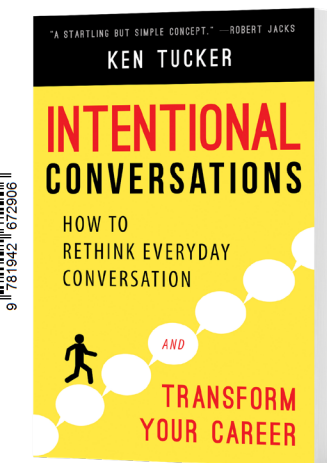


“SOMEWHERE INSIDE YOU THERE IS A SEED PACKET WITH YOUR PICTURE ON IT, A PICTURE OF THE FULLY REALIZED YOU.”

—*Stressed Out! For Teens*



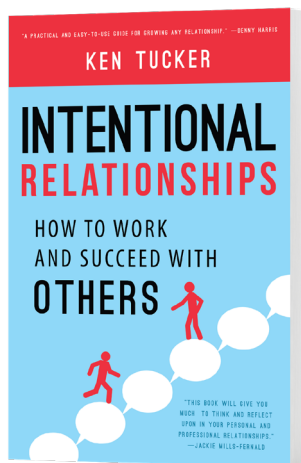
Fun handbook interior



**Intentional Conversations**

*Ken Tucker*  
Using six steps and a “SECRET” formula, international speaker and Fortune 500 strategist Ken Tucker provides a practical and easy-to-use process for turning normal, everyday workplace conversations into career-enhancing and life-transforming opportunities.

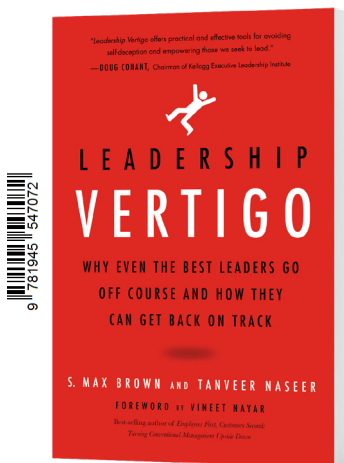
\$16.95 ISBN-13: 9781942672906  
Trade Paper; 156 pages; 6 x 9



**Intentional Relationships**

*Ken Tucker*  
Every day, our actions are structured by our relationships. How can we make important relationships stronger? And how can we avoid unhealthy relationships? From Fortune 500 consultant Ken Tucker, *Intentional Relationships* answers these questions and more in a surprising, life-changing, and career-enhancing way.

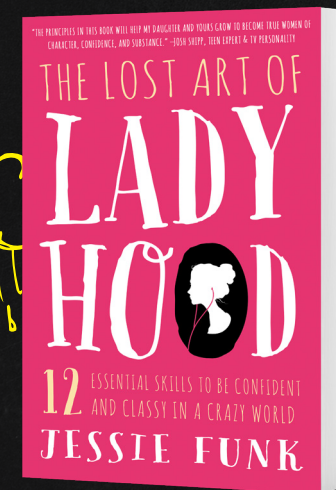
\$16.95 ISBN-13: 9781942934479  
Trade Paper; 172 pages; 6 x 9



**Leadership Vertigo**

*S. Max Brown and Tanveer Naseer*  
When your brain sends you false signals that everything in your organization is okay when it is not, we call this phenomenon Leadership Vertigo. *Leadership Vertigo* will help you to understand how you can counter these bouts of self-deception by employing four Leadership Landmarks—Community, Competence, Credibility, and Compassion—to get your team back on course.

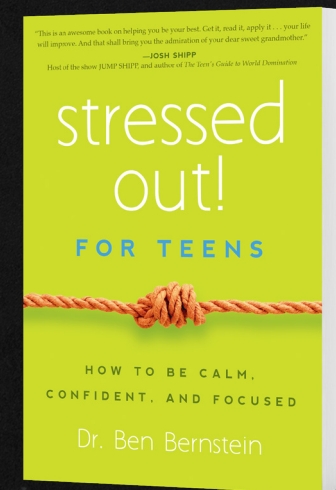
\$14.95 ISBN-13: 9781945547072  
Trade Paper; 154 pages; 5.5 x 8.5



**The Lost Art of Ladyhood**

*Jessie Funk*  
Happiness does not come from revealing all your skin or going clubbing every weekend where you get so drunk you don't remember who you kissed. Happiness comes from living a life of character. *The Lost Art of Ladyhood* is a road map for young women to navigate their way to confidence and class. Includes QR codes to videos from Jessie.

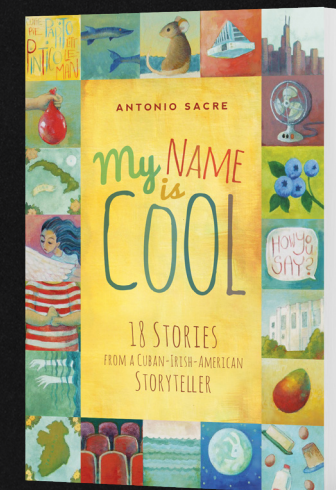
\$18.95 ISBN-13: 9781939629395  
Trade Paper; 302 pages; 5 x 8



**Stressed Out! For Teens**

*Ben Bernstein, PhD*  
In this new book by Dr. Ben Bernstein, author of *Test Success*, Dr. Bernstein (Dr. B.) uncovers the key principles for success, whether in academics, sports, music, family life, work, or life in general. Dr. Bernstein teaches how teenagers can harness their potential, manage their stress, and achieve their highest objectives.

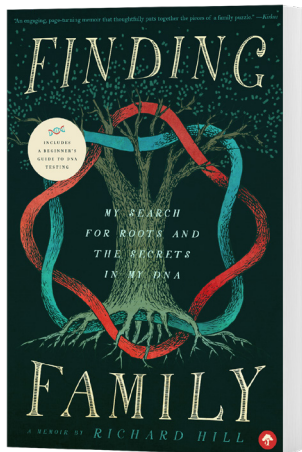
\$18.95 ISBN-13: 9781939629388  
Trade Paper; 270 pages; 6 x 9



**My Name is Cool**

*Antonio Sacre*  
Using his own personal history and telling the stories that audiences across the nation have found so captivating, award-winning storyteller and author Antonio Sacre weaves the Spanish language, Cuban and Mexican customs, and Irish humor into an unforgettable book of humor and inspiration for teens across all cultural boundaries.

\$12.95 ISBN-13: 9781938301568  
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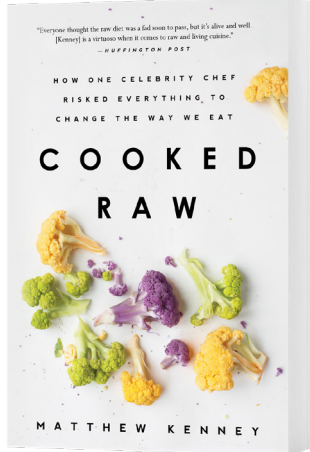
### Finding Family

Richard Hill

*Finding Family: My Search for Roots and the Secrets in My DNA* is the highly suspenseful account of an adoptee trying to reclaim the biological family denied him by sealed birth records. This fascinating quest, including the author's landmark use of DNA testing, takes readers on an exhilarating roller-coaster ride and concludes with a twist that rivals anything Hollywood has to offer.

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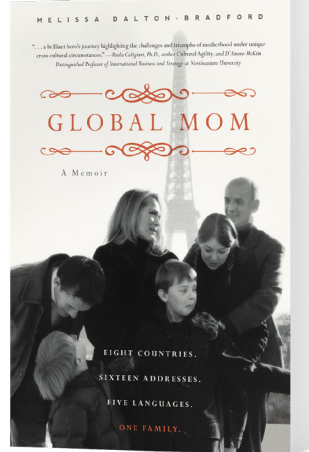
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An expansive, entertaining memoir that tells the story of how Matthew Kenney transitioned from a mainstream celebrity chef in New York to a pioneer of plant-based cuisine and his mission to change the way the world eats and thinks about food. *Cooked Raw* highlights a journey of courage, persistence, risk, the reward of following one's passion, and the future of food for the twenty-first century.

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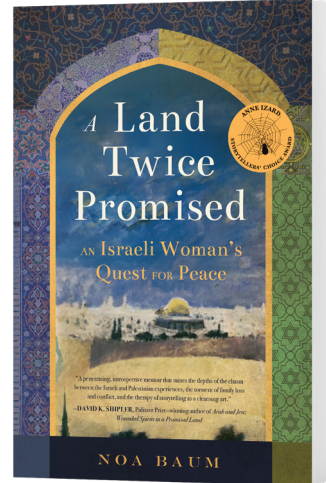
### Global Mom

Melissa Dalton-Bradford

After more than twenty years living internationally—sixteen addresses, eight countries, and five different languages—writer Melissa Bradford shares a fantastic journey of motherhood that will inspire any family. Follow this family of six on their passage—extraordinary, hilarious, and heartbreakingly poignant—from bright lights (of New York City) to the Northern Lights (of Norway).

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### A Land Twice Promised

Noa Baum

*A Land Twice Promised* delves into the heart of one of the world's most enduring and complex conflicts. Baum's deeply personal memoir recounts her journey from girlhood in post-Holocaust Israel to her adult encounter with "the other." With honesty, compassion, and humor, she captures the drama of a nation at war and her discovery of humanity in the enemy.

Born and raised in Jerusalem, Noa Baum is an award-winning storyteller. She performs and teaches internationally with diverse audiences ranging from The World Bank, the US Defense Department, and prestigious universities and congregations to inner-city schools and detention centers.

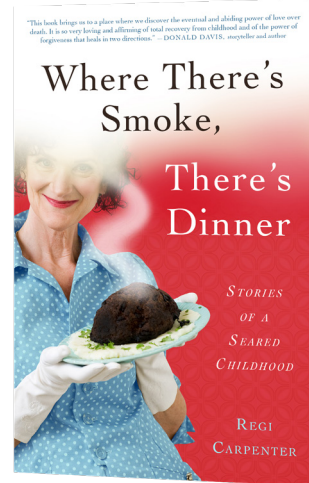
\$18.95 ISBN-13: 9781942934493 Trade Paper; 340 pages; 6 × 9

### Praise for *A Land Twice Promised*

"Truth is never black and white. Baum guides us through the shades of gray with love and wisdom." —Rabbi Sid Schwarz, Senior Fellow, Clal: The National Jewish Center for Learning and Leadership

"In this touching and honest memoir, Baum shares the story of how her search for peace informed her life. Baum's genuine desire to make a difference may well inspire others to do the same." —*Publishers Weekly*

"An inspiration and a pathway to all who yearn for peace." —Gerda Weissmann Klein, Holocaust survivor and author of *All But My Life*



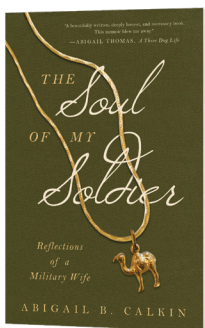
### Where There's Smoke, There's Dinner

Regi Carpenter

Family: comfort food or a recipe for disaster? Award-winning storyteller Regi Carpenter brings her trademark humor to print with tales of a family that pulsates with contradictions: religious and raucous, tender but terrible. These honest stories celebrate the glorious and gut-wrenching lives of four generations of Carpenters raised on the St. Lawrence River.

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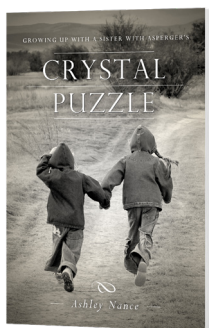
### The Soul of My Soldier

Abigail B. Calkin

Author and poet Abigail B. Calkin shares her journey living with a husband who struggles with PTSD after serving three tours of duty in two different wars. This moving, raw, and beautiful memoir recounts the many experiences living with a soldier and how PTSD and war influenced their relationship.

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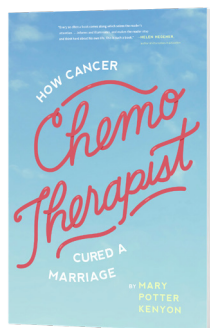
### Crystal Puzzle

Ashley Nance

A delightful and true story of growing up with a sister with Asperger's, *Crystal Puzzle* chronicles powerful family experiences from the realization that there was something different about her sister through the hopes and joys and challenges of school to eventual independence.

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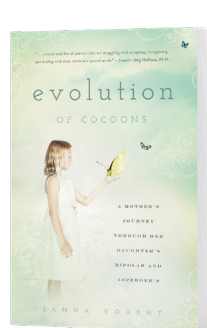
### Chemo-Therapist

Mary Potter Kenyon

*Chemo-Therapist: How Cancer Cured a Marriage* details the journey that a diagnosis of cancer brings to a marriage and a family with young children. More than that, it is a moving testimonial of a marriage and love renewed by a shared experience with a life-threatening illness.

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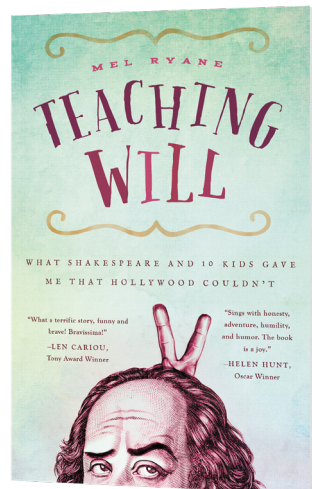
### Evolution of Cocoon

Janna Vought

*Evolution of Cocoon* is a firsthand account of mothering a child who suffers from debilitating mental and developmental illnesses. It is an honest, brutal, introspective, and searching look into a life changed by a child's imbalanced mind and a mother's search for strength.

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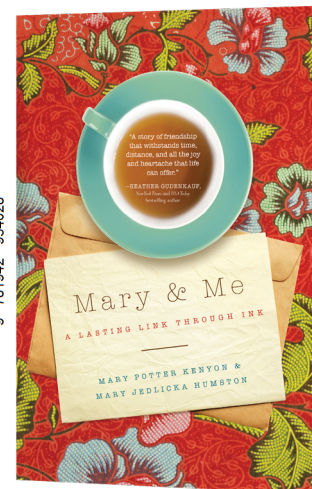
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After the waning of her successful acting career, Mel Ryane found herself creatively adrift and proposed creating an after-school Shakespeare program at a local public school. A comedy of errors, but inspiring throughout, *Teaching Will* is a story for teachers, volunteers, actors, and parents—as well as anyone who's ever had to let go of a dream.

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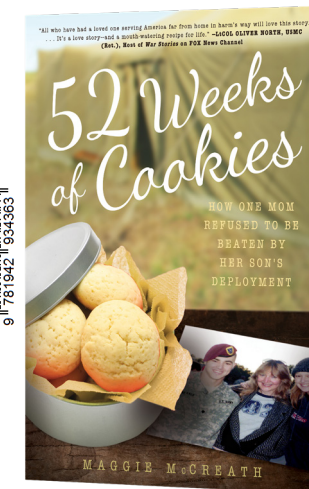
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Mary Potter Kenyon and Mary Jedlicka Humston

*Mary & Me* explores a thirty-year friendship between two women, tethered together by thousands of handwritten letters. Coauthors Mary Potter Kenyon and Mary Jedlicka Humston share an unforgettable friendship that will inspire you to pick up your pen and begin writing "Dear . . ."

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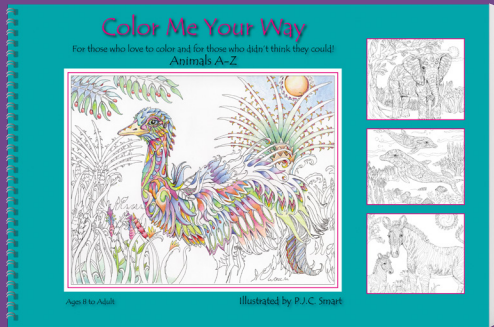
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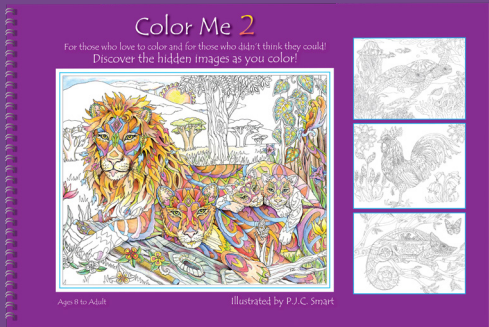


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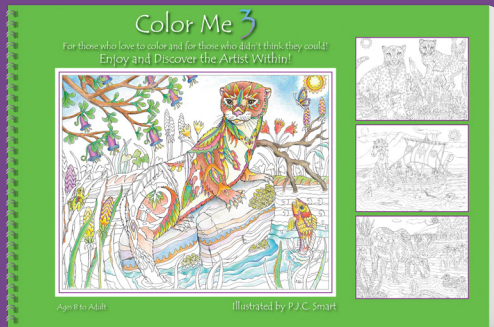
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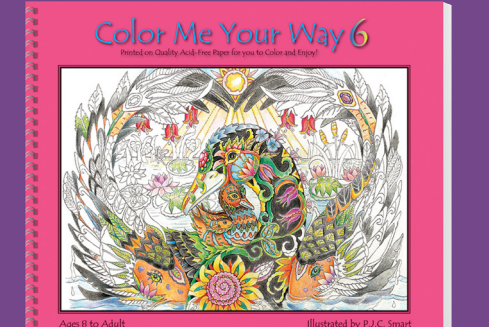
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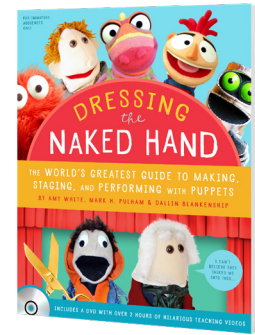
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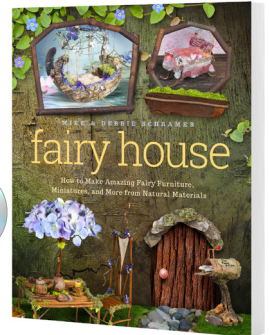
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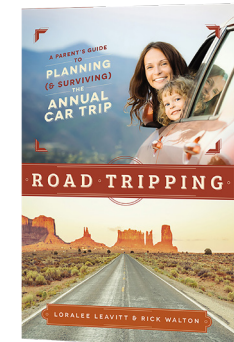
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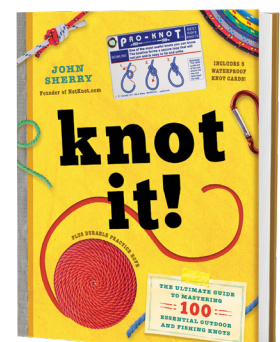
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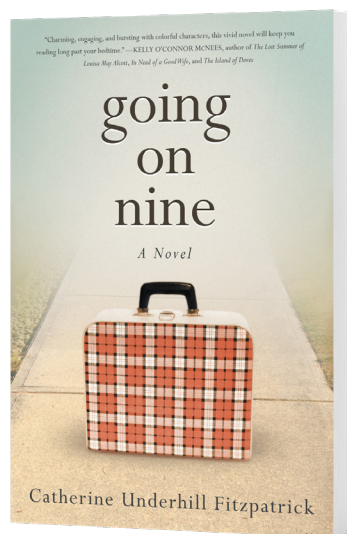


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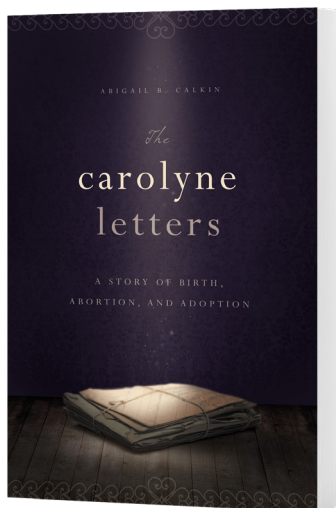
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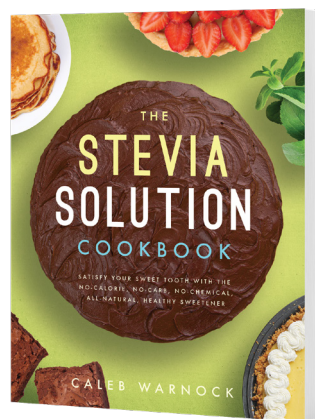
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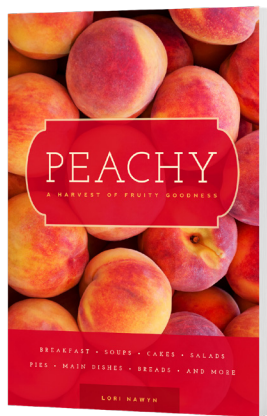
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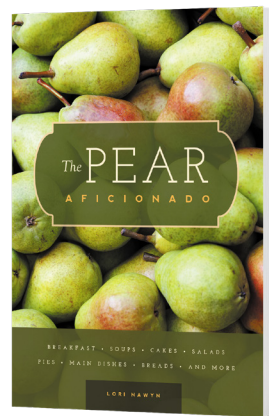
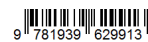
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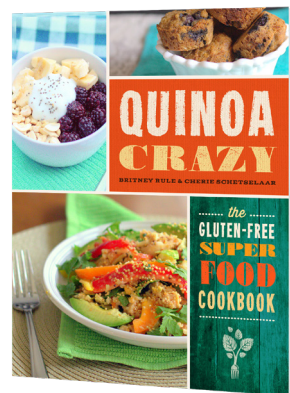
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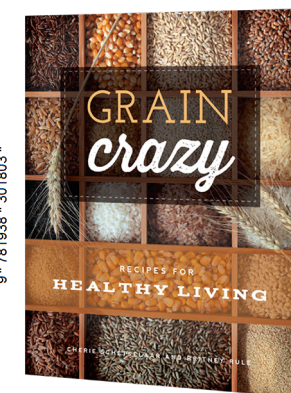
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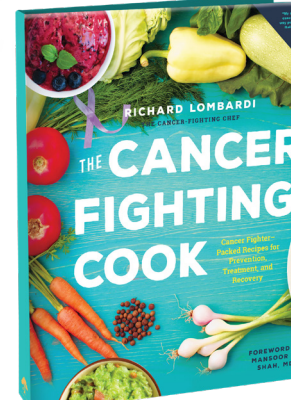
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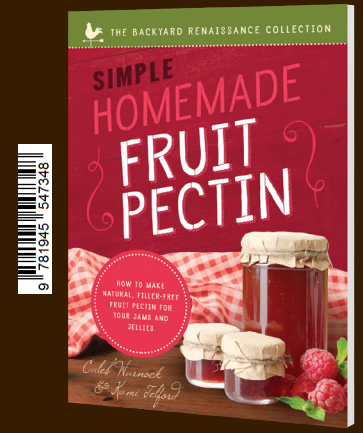
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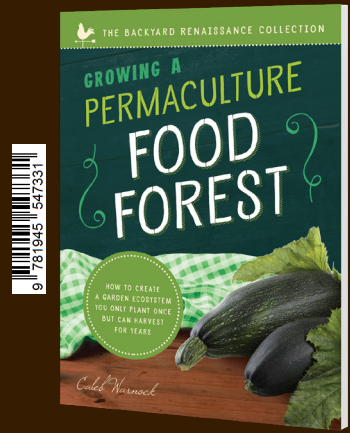


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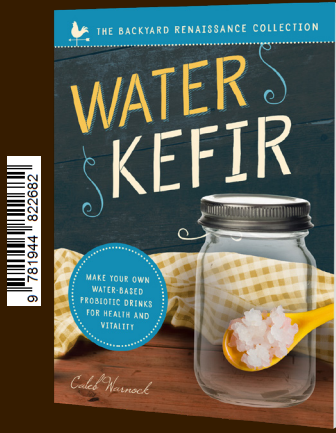
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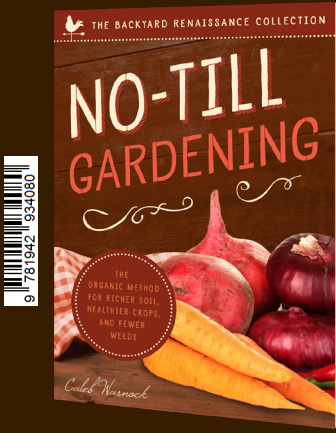
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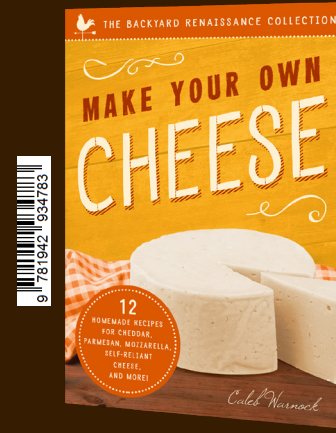
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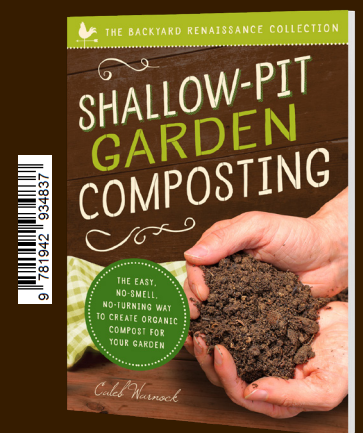
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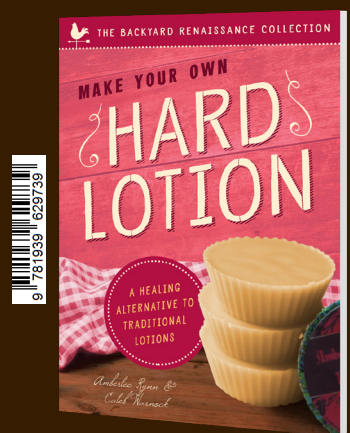
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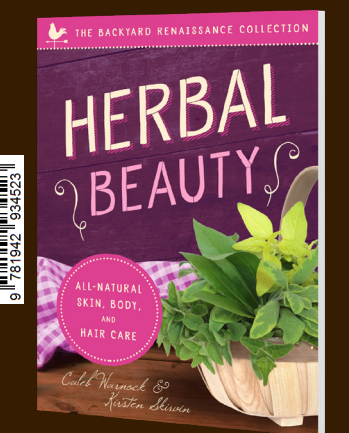
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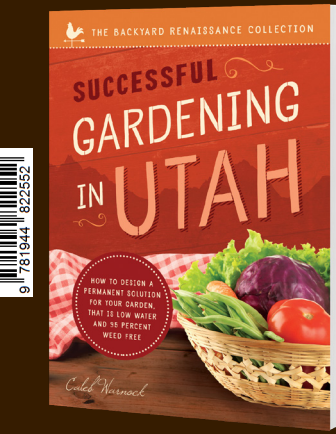
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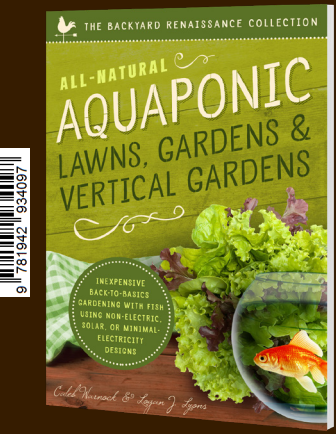
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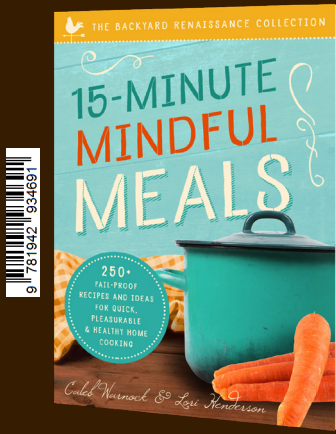
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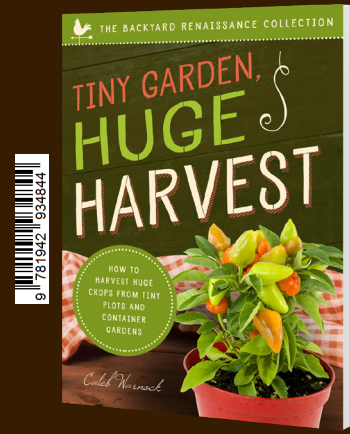
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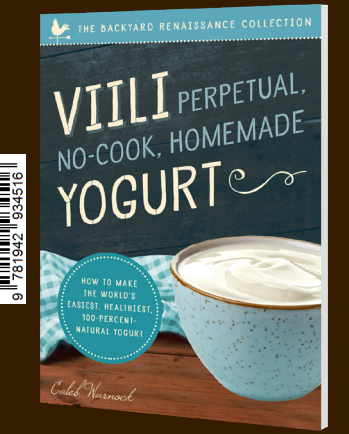
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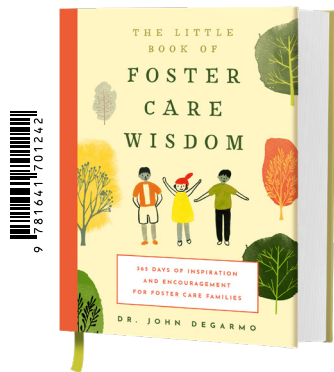
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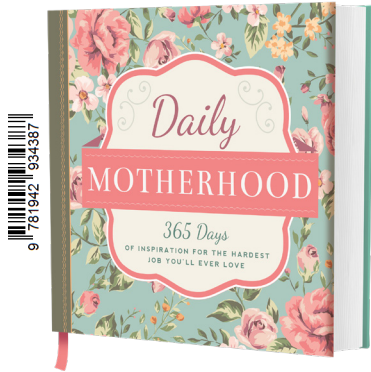
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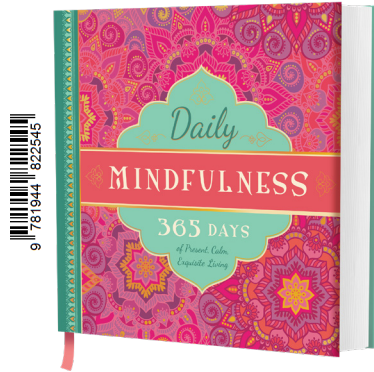
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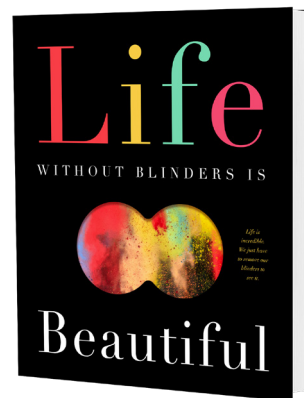
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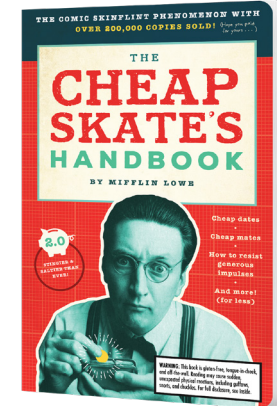


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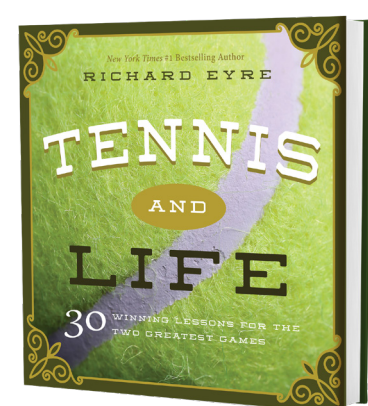


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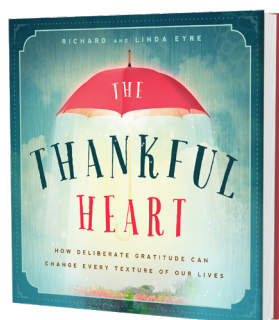


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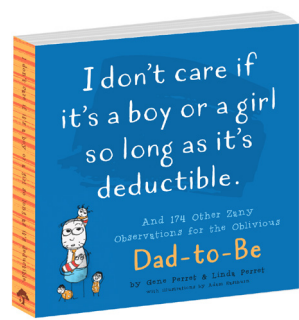
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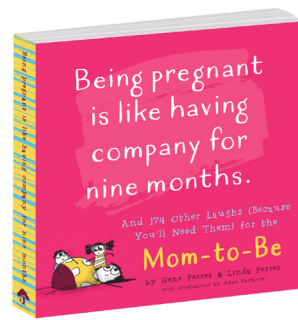
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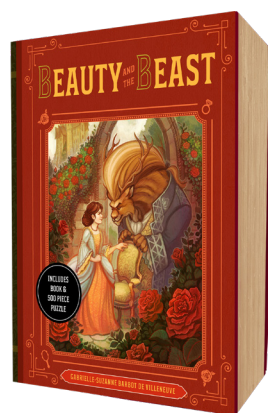
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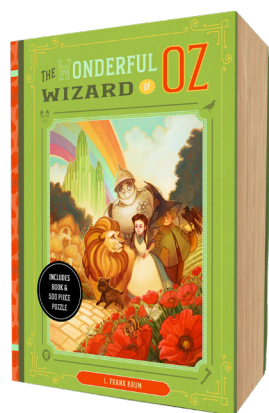
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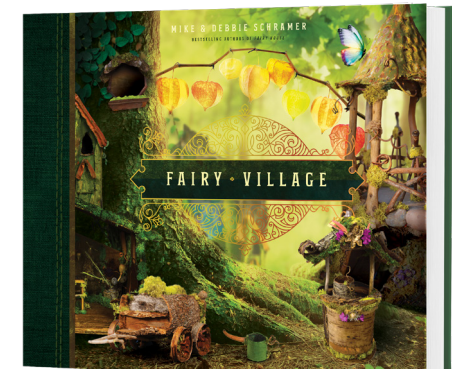


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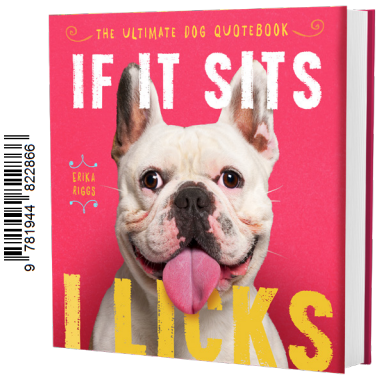
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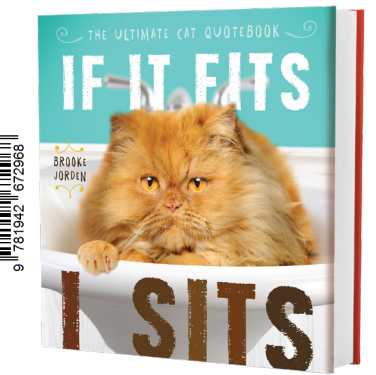
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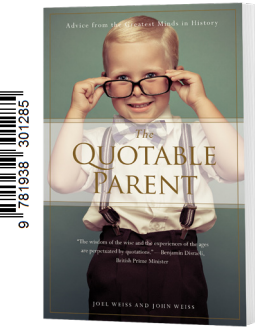
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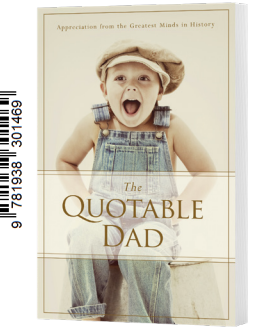
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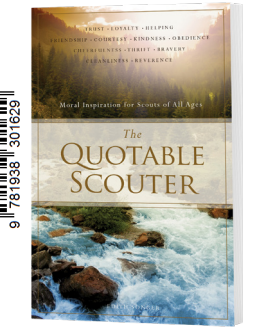
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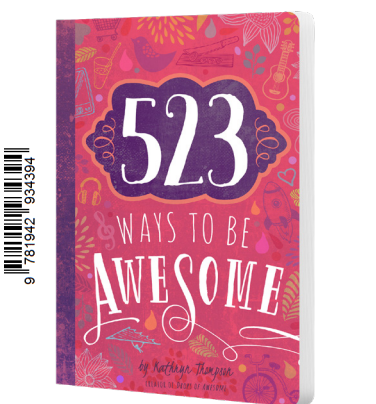
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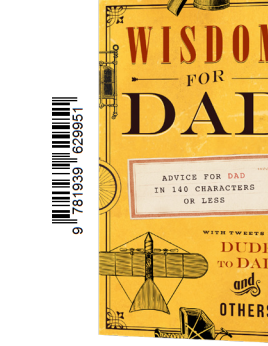
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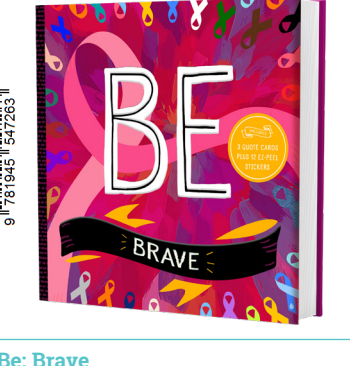
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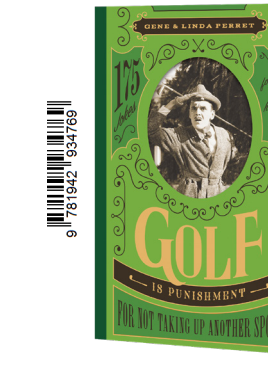
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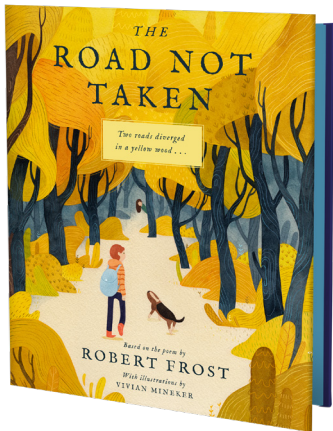
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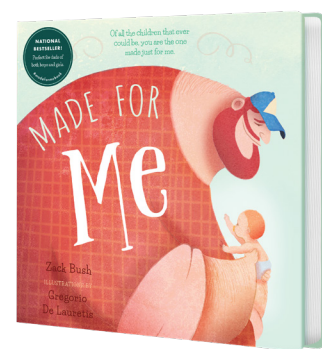
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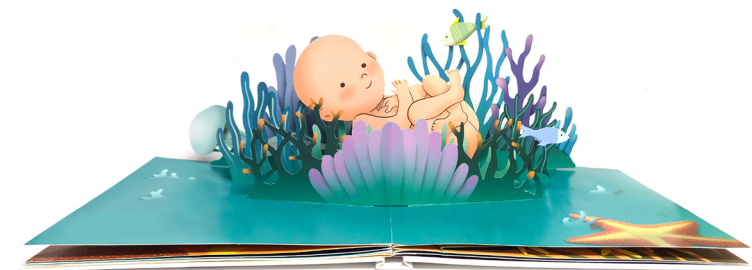
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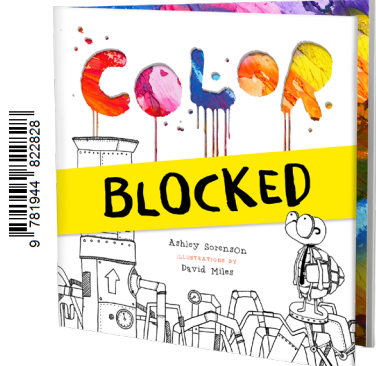
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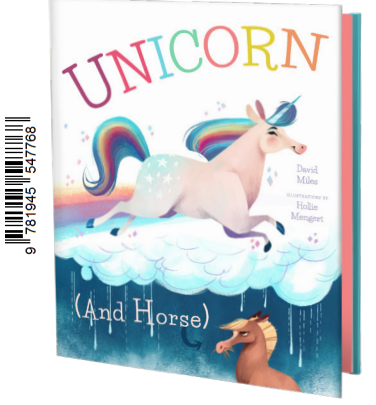
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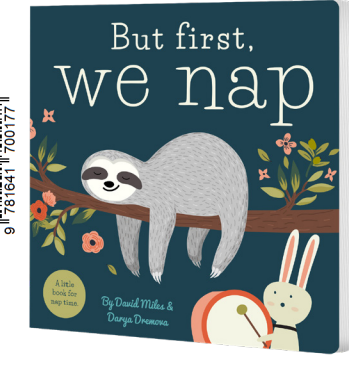
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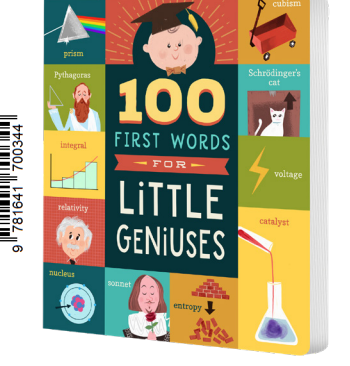
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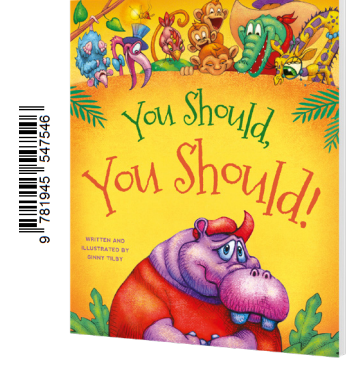
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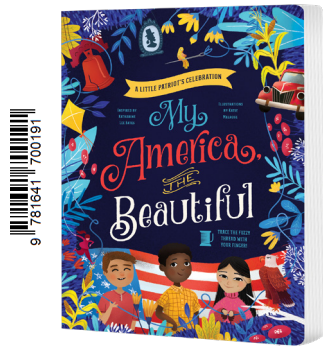
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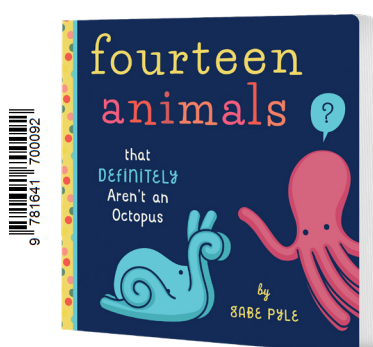
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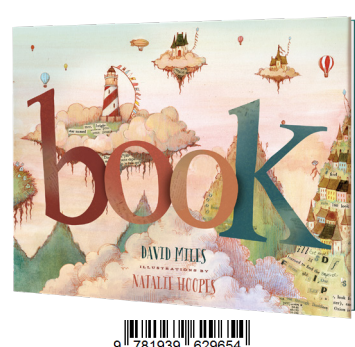
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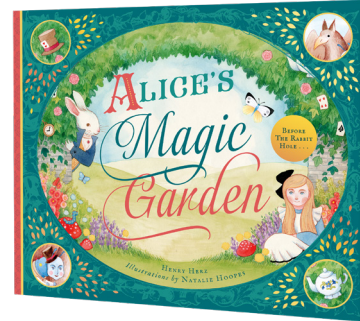
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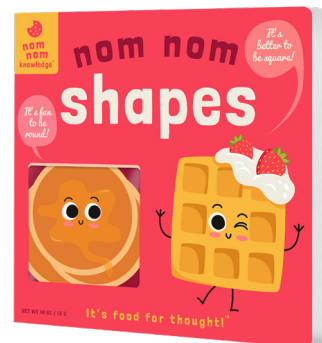
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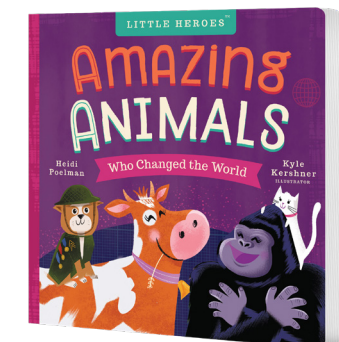
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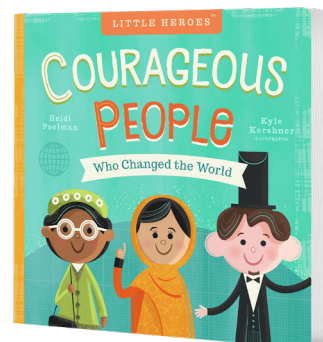
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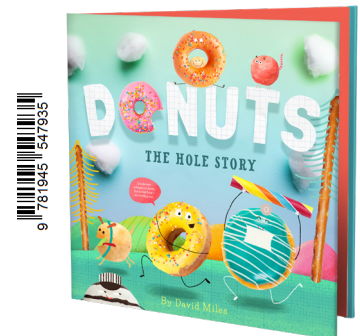
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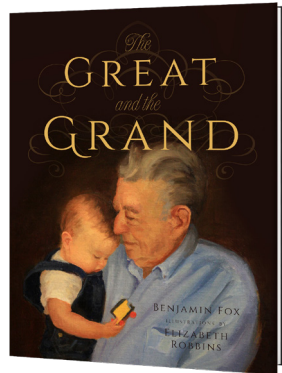
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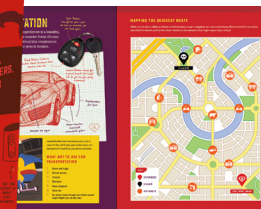
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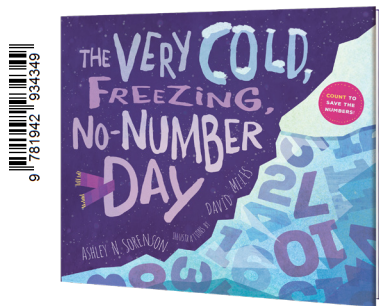
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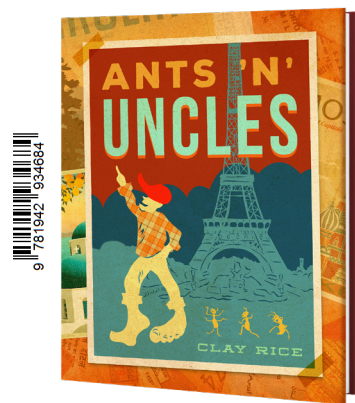
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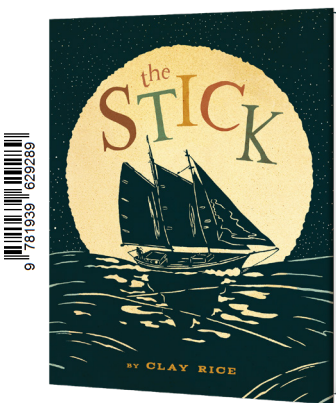
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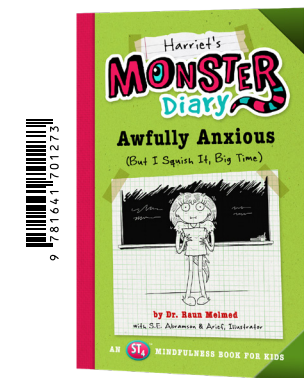
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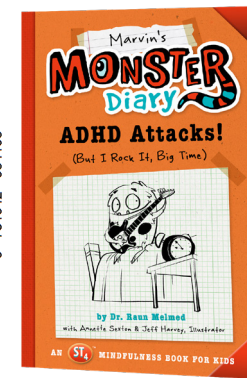
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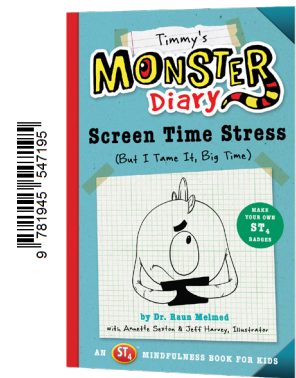
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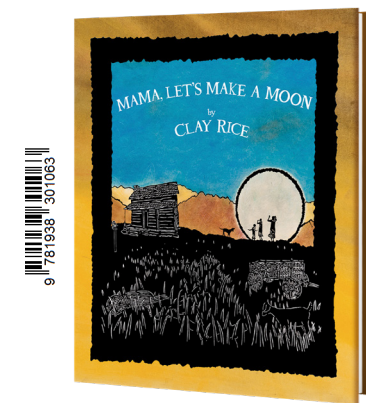
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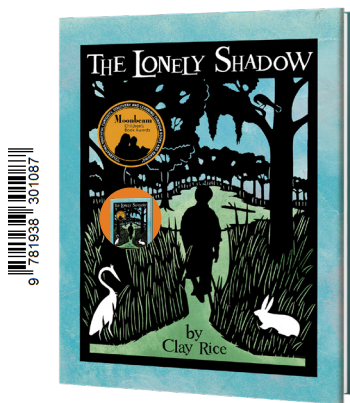
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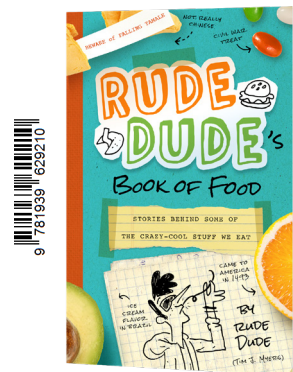
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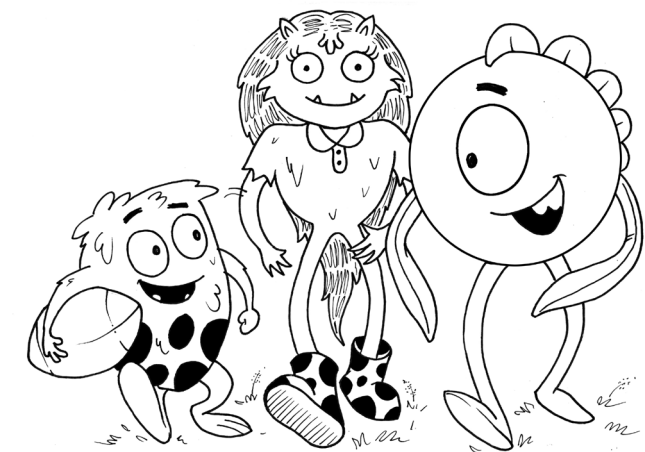
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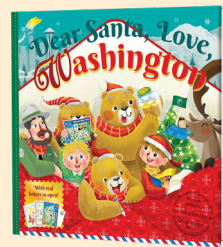
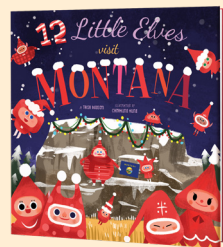
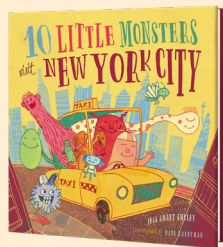
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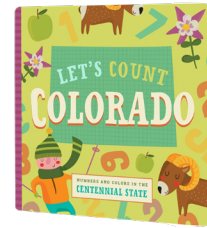
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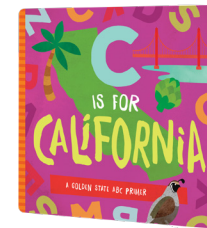
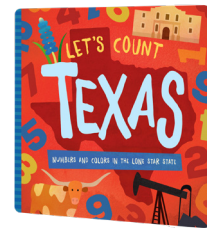
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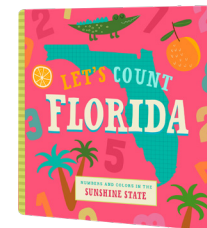
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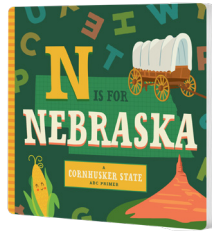
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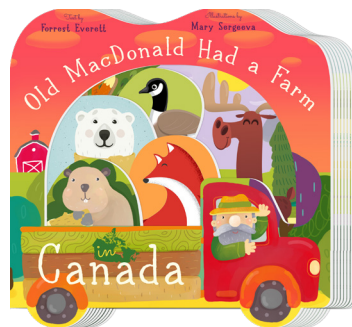
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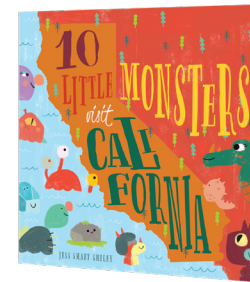
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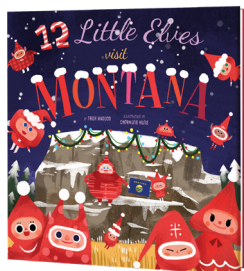
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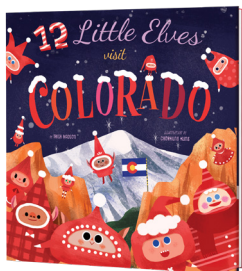
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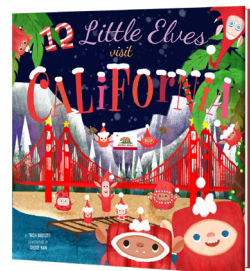
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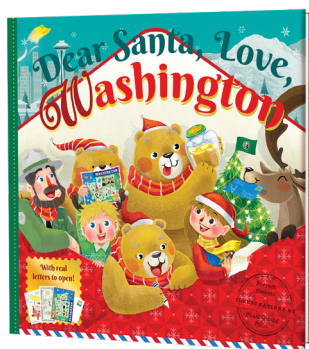
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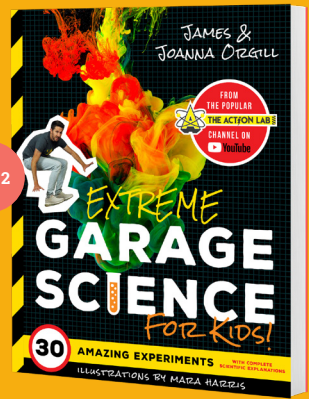
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