

**OCTOBER 2018**

9781507207826  
\$14.99 (CAN \$19.99), PB  
5½ x 7½, 224 pages, 2018

**AUTHOR BIO:**

Mecca Woods is a New York City-based astrologer and writer who works to help others create a life they truly want using their natural-born gifts. Her writing and horoscopes have appeared in *Essence*, *Bustle*, *xoNecole*, and *PopSugar*. When she isn't writing, Mecca teaches astrology classes around the city on love, compatibility, and personal development. Her most important job is being a mom to her awesome Aries daughter. You can find Mecca at [MyLifeCreated.com](http://MyLifeCreated.com).

# Astrology for Happiness and Success

Mecca Woods

Let your astrological sign show you the way to your best life—find specific activities that will improve relationships, finances, health, and happiness based on your Zodiac sign!

Take your happiness to the next level with advice specifically designed for you, based on your astrological sign. In *Astrology for Happiness and Success*, you'll find new ways to be happier and more successful and learn to bring joy to those around you.

Take an adventurous Aries to your next yoga class to help you both clear your minds, treat your busy Taurus friend to a relaxing evening at home, join Gemini in playing a new board game for fun—and more!

With different activities, therapeutic techniques, and relaxation rituals for each sign, you'll find the perfect path to becoming your happiest and healthiest self.



**NOVEMBER 2018**

9781507209462  
 \$16.99 (CAN \$22.99), HC  
 5½ x 7½, 256 pages, 2018

**AUTHOR BIO:**

Arin Murphy-Hiscock is the author of *The Way of the Green Witch*, *The Green Witch*, *The Way of the Hedge Witch*, *Pagan Pregnancy*, *Power Spellcraft for Life*, *Solitary Wicca for Life*, and *The Hidden Meaning of Birds: A Spiritual Field Guide*. She has been active in the field of alternative spirituality for over twenty years, and lives in Montreal, Canada.

# The House Witch

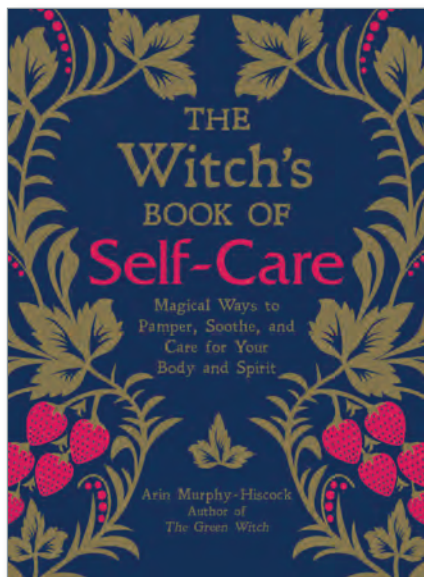
Arin Murphy-Hiscock

Everything you need to know to create your very own “sacred space”—perfect for practicing home-based witchcraft including spells, rituals, herbalism, and more!—from the author of *The Green Witch*.

Your home is an important part of who you are—it makes sense to tie your practice of witchcraft closely to the place where you build your life. In *The House Witch*, you’ll discover everything you need to live, work, and practice in your own magical space. Follow expert Arin Murphy-Hiscock on a journey to building and fortifying a sacred space in your own home, with essential information on how to:

- Create magical cookbooks of recipes, spells, and charms
- Prepare food that nourishes body and soul
- Perform rituals that protect and purify hearth and home
- Master the secrets of the cauldron and the sacred flame
- Call upon the kitchen gods and goddesses.
- Produce hearth-based arts and crafts.
- ...and much more!

Learn how easy it is to transform your home into a magical place that enhances your practice and nurtures your spirit!



DECEMBER 2018

9781507209141  
\$16.99 (CAN \$22.99), HC  
5½ x 7½, 224 pages, 2018

**AUTHOR BIO:**

Arin Murphy-Hiscock is the author of *The Way of the Green Witch*, *The Green Witch*, *The Way of the Hedge Witch*, *Pagan Pregnancy*, *Power Spellcraft for Life*, *Solitary Wicca for Life*, and *The Hidden Meaning of Birds: A Spiritual Field Guide*. She has been active in the field of alternative spirituality for over twenty years, and lives in Montreal, Canada.

## The Witch's Book of Self-Care

Arin Murphy-Hiscock

Worship yourself the witchy way—learn how to nourish your body and spirit with herbal remedies, spells, and rituals inspired by witchcraft in this unique, enchanted guide to self-care!

Self-care is a necessity for any modern woman, and this book helps you prioritize #1 with a little help from the magic of witchcraft. *The Witch's Book of Self-Care* has advice for pampering your body, mind, and spirit with spells, meditations, mantras, and powerful activities to help you to keep healthy, soothe stress, relinquish sadness, channel joy, and embrace your strength. This book features such magical self-care remedies:

- **A Ritual to Release Guilt:** Learn to burn whatever causes you pain and process painful memories or work through heavy emotions in this therapeutic ritual.
- **Green Space Meditation:** Learn how to reconnect with the healing energies of nature, even in the middle of a bustling city, as part of a series of meditations based on the elements and your senses.
- **DIY Body Butter:** Create your own custom soothing and smoothing body butter, powered by crystal and essential oils suited to your intention, and sanctified by a ritual.

And much more! *The Witch's Book of Self-Care* shows you how easy it is to connect to the earth, harness your personal power, and add a little magic to your everyday life for a better you!



**DECEMBER 2018**

9781507209486  
 \$14.99 (CAN \$19.99), HC  
 4½ x 7, 256 pages, 2018

## Sex Signs

Constance Stellas

Ever wonder if it's chemistry—or astrology? Learn to use your zodiac sign—and everyone else's!—to find, attract, and seduce your star-destined match.

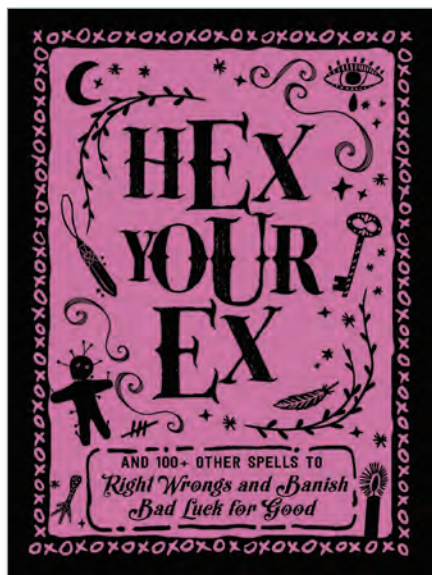
Every sun sign has its perfect match—in and out of the bedroom. In this hot new edition of the classic bestseller, you'll learn the sensual secrets of the zodiac, including how to:

- Reveal your sexual soulmate using a sign compatibility quiz
- Act and dress to seduce any sign
- Ravish that special someone with sign-specific sexual techniques
- Determine the best (and worst) sun-sign matches

With in-depth quizzes and descriptions of the sexual characteristics, favorite fantasies, and compatible matches of each sign, this entertaining guide is guaranteed to heat up any couple's sex life—one heavenly body at a time!

### AUTHOR BIO:

Constance Stellas is an astrologer of Greek heritage with over twenty-five years of experience. She primarily practices in New York City and counsels a variety of clients, including business CEOs, artists, and scholars. She has been interviewed by *The New York Times*, *Marie Claire*, and *Working Woman* and appeared on several New York TV morning shows and national radio programs. Constance is the Astrologer for *Huffington Post* and a regular contributor to THRIVE Global. She is also the author of several titles, including *The Hidden Power of Everyday Things*, *The Astrology Gift Guide*, *Advanced Astrology for Life*, *The Everything Sex Signs Book*, and the graphic novel series, *Tree of Keys*. Learn more about Constance at her website, [ConstanceStellas.com](http://ConstanceStellas.com), or on Twitter @StellaStarGuide.



**JANUARY 2019**

9781507209967  
\$13.99 (CAN \$18.99), HC  
4½ x 6, 192 pages, 2019

## Hex Your Ex

Adams Media

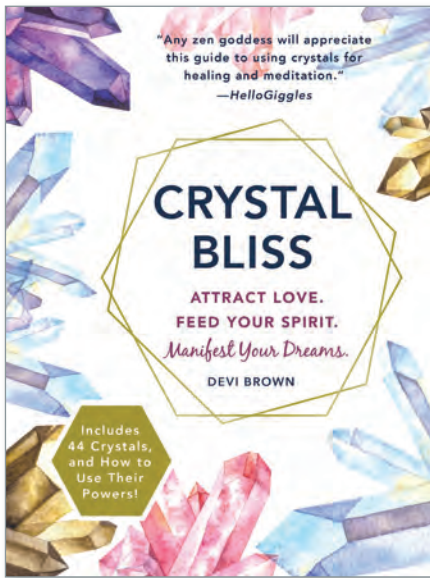
100 edgy spells and rituals to help you get what you want—whether it's money, love, revenge, happiness, or whatever else your heart desires.

It's time to get what you want on your own terms. From making more money, righting wrongs, getting revenge, and finding much-deserved happiness, the magick in *Hex Your Ex* can help you accomplish everything you want—your way.

Learn how to practice magick safely and properly, and use what you've learned to better yourself and your life. With over 100 spells, rituals, and hexes, such as a magick balm to heal a broken heart, a spell to stop a cheating lover, a potion for quick cash, a freedom from fear ritual, and even a spell for sweet dreams—plus many more!

Each spell, charm, or ritual is specially created to help you achieve your goals, no matter what they may be. With tips on when to cast each spell, what kind of props to use to make spells extra potent, and more, you'll be living the life of your dreams faster than you can say *Abracadabra!*





**JANUARY 2019**

9781721400140  
 \$14.99 (CAN \$19.99), PB  
 6 x 8, 240 pages, 2019

# Crystal Bliss

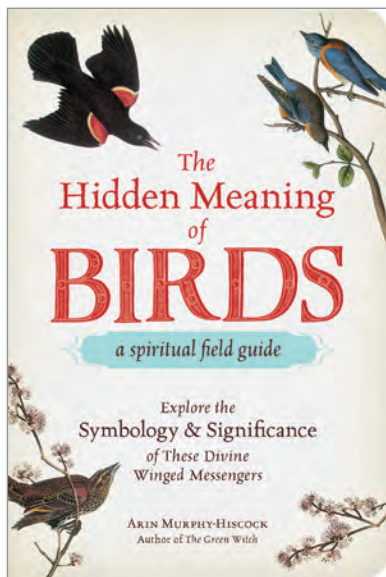
Devi Brown

A fresh approach to healing crystals—complete with advice for selecting, preparing, and using crystals for the ultimate meditative and energetic healing.

If you're feeling worn out, uninspired, or unmotivated, you can change your energy with a bit of help from Mother Nature! *Crystal Bliss* walks you through the process of selecting crystals, cleansing and preparing for use, and incorporating them into your meditation and energy healing practice. You'll find all the information you need in order to harness the innate energy of crystals—and discover how doing so will empower you to banish negative vibes, manifest wealth, promote good health, and open your heart to love.

## **AUTHOR BIO:**

Devi Brown is an American radio and television personality, and Founder of Karma Bliss, a retail and lifestyle brand specializing in tools designed to kickstart your self-discovery journey, including healing crystal collections, healing crystal jewelry, and centerpiece meditation chairs. As the former music director and host for iHeartMedia's *The Beat in Houston*, she has interviewed many hip hop stars including Kendrick Lamar, Nicki Minaj, and Kanye West.



**APRIL 2019**

9781507210260  
\$17.99 (CAN \$24.99), PB  
5 x 7½, 240 pages, 2019

**AUTHOR BIO:**

Arin Murphy-Hiscock is the author of *The Way of the Green Witch*, *The Green Witch*, *The Way of the Hedge Witch*, *Pagan Pregnancy*, *Power Spellcraft for Life*, *Solitary Wicca for Life*, and *The Hidden Meaning of Birds: A Spiritual Field Guide*. She has been active in the field of alternative spirituality for over twenty years, and lives in Montreal, Canada.

# The Hidden Meaning of Birds: A Spiritual Field Guide

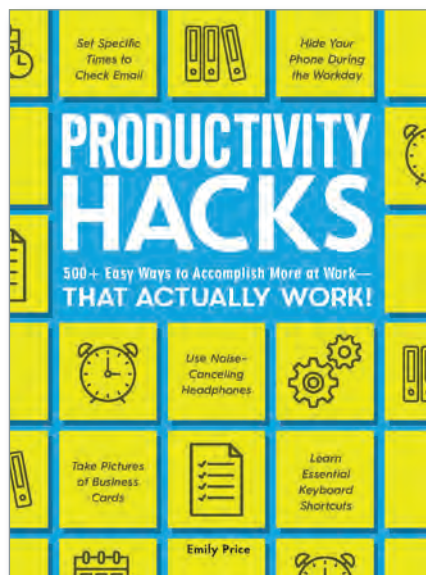
Arin Murphy-Hiscock

Behold the power of nature with this illustrated field guide to recognizing and understanding the messages that the universe sends us through the birds we see in our daily lives!

Birds are all around us—pecking at the sidewalk, perching on a nearby tree branch, flying in the sky above our heads. But do you ever feel like a bird might be trying to connect with you—or even tell you something? *The Hidden Meaning of Birds* can help you decipher the special message your avian oracle is trying to share.

*The Hidden Meaning of Birds* isn't just your typical field guide to birds. In addition to a physical description of a variety of common bird species, it also includes the folklore and unique symbolism associated with each to help you understand the changes these mystical creatures want you to make in your life.

With this enlightening volume as your inspiration, get ready to reexamine your life from a bird's eye view—one robin, crow, and hummingbird at a time!



**DECEMBER 2018**

9781507209608  
 \$15.99 (CAN \$21.99), PB  
 5 1/2 x 7 1/2, 240 pages, 2018

## Productivity Hacks

Emily Price

Improve your productivity, increase focus, and enhance your organizational and time management skills with these 500+ easy tips and tricks for getting more stuff done.

We all know about Post-It notes and to-do lists—and now, with this handy guide you can take productivity to the next level! Learn to use technology to your advantage, schedule your time wisely, and organize your materials for maximum efficiency. Some of *Productivity Hacks*'s easy-to-implement tips include utilizing “do not disturb” features on your phone and computer to avoid distractions, scheduling a specific time to check your email instead of shifting focus again and again, and creating templates for your most-used email responses so you don’t need to do the same work twice—and many more!

From accomplishing more in the workplace to maintaining a healthy work-life balance, these tips will help hone your focus and time management skills in simple, manageable steps. You’ll be amazed how much more you can achieve over the course of a day!

### AUTHOR BIO:

Emily Price is a freelance tech and travel journalist. Her writing has appeared on *Fast Company*, *Fortune*, *Life Hacker*, and *Paste Magazine*. Follow her on Twitter, @Emily.





**JANUARY 2019**

9781507208847  
 \$21.99 (CAN \$29.99), HC  
 5½ x 8⅞, 256 pages, 2019

**AUTHOR BIO:**

Nancy D. O'Reilly, PsyD, is an author of *Leading Women: 20 Influential Women Share Their Secrets to Leadership, Business, and Life* and urges women to connect to help each other create a better world. As a licensed psychologist, motivational speaker, and women's empowerment expert, O'Reilly helps women create the satisfying and purposeful lives they want to benefit themselves, their families, and their communities. She is the founder of Women Connect4Good, a foundation which empowers women to participate in social-profit activities and improve their careers, finances, health, and relationships.

# In This Together

Nancy D. O'Reilly, PsyD

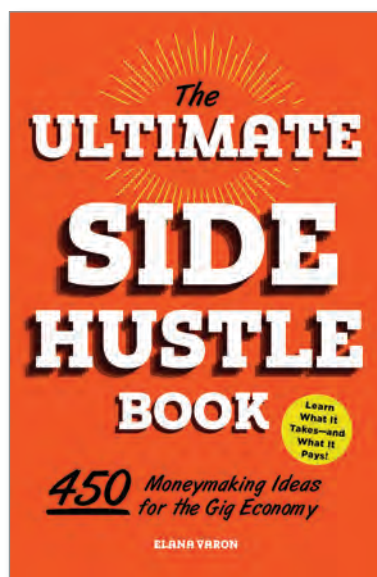
Thoughts, advice, and stories from 40 successful women across a variety of careers—from authors to actresses, CEOs and professors—encouraging women to support each other in the workplace and in life—along with action plans on how all women can work together to break free from the binds of gender inequality.

Women worldwide are breaking their silence—coming forward against the men that have oppressed and abused them in the #MeToo movement. It's an exciting, liberating moment time of female empowerment—but now we have to relearn how to connect with each other.

Instead of supporting each other through the challenges of a traditionally male-dominated working world, millions of women have experienced the polar opposite. Studies show that 30% of workplace bullies are female—employing tactics such as cyber bullying, verbal attacks, gossiping, and shunning to use against each other—and many women have garnered “mean girl” reputations as competitive and unsupportive in the workplace.

Inside the galvanizing *In This Together*, 40 successful and eminent women from a wide range of fields show us how much we can achieve if we embrace our collective power and strength, instead of competing against each other—such as learning new skills to advance in our careers and ultimately earn more money, working to dramatically increase the number of women in leadership positions, and even recruiting men to take up workplace equality as their own impassioned cause.

Empowering, stirring, and actionable, *In This Together* is an indispensable addition to every modern woman's arsenal in our continued fight for the opportunities we deserve.



**DECEMBER 2018**

9781507209226  
 \$15.99 (CAN \$21.99), PB  
 5 1/2 x 8 7/16, 304 pages, 2018

## The Ultimate Side Hustle Book

*Elana Varon*

Get your side hustle on with this handy guide that gives you hundreds of ideas on how to make extra cash—and have fun doing it!

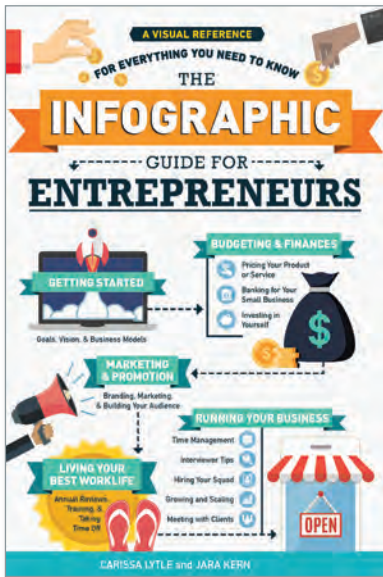
Do you work a regular job, but still find yourself wishing you had a little extra money? Or maybe you just want some extra fulfillment after hours that you just aren't finding in your 9-5. A second job—also known as a side hustle—might be the answer! Learn how to take advantage of the gig economy and turn your time, space, skills, or stuff into extra cash.

*The Ultimate Side Hustle Book* presents up-to-the minute research on 450 fun, resourceful, and often rewarding side hustle jobs, including detailed information on the skills you need and experience required for each, how easy it is to find work, and of course, pay rates—all in an easy-to-read and fun- to-use format.

In addition to helpful facts and figures, you'll find real-life anecdotes and tips from successful side hustlers sprinkled throughout. From dog walking and tutoring to vehicle advertising and refereeing recreational sports leagues, you're sure to find that perfect side hustle that fits you and your lifestyle.

### **AUTHOR BIO:**

As a business writer and editor, Elana Varon has spent more than two decades chronicling how advances in technology change people's jobs. Her contributions have appeared in the award-winning *CIO*, where she was also executive editor, and online at Adobe's CMO.com, *Mashable*, Data Informed, Hewlett Packard's Enterprise.net, and Digitalist. Her company, Cochituate Media LLC, provides writing, editing, and editorial strategy services to corporate and non-profit clients.



**FEBRUARY 2019**

9781507209387  
 \$16.99 (CAN \$22.99), PB  
 6 x 9, 128 pages, 2019

# The Infographic Guide for Entrepreneurs

Carissa Lytle

Everything you need to know about starting your own independent business—and earning big—through easy-to-understand infographics.

Start your dream business, optimize your freelancing, and max out your earnings with this graphic guide to everything you need to know to work for yourself. *The Infographic Guide for Entrepreneurs* includes information on how to leverage your skills to earn money, how to apply for a business loan, how to keep track of your earnings and expenses—and much more. With clear and accessible infographics on topics such as “What Makes My Business Unique?”; “Sell Yourself Without Selling Out”; “Feast or Famine: How to Stay Afloat During Dry Spells”; and “Hiring Your Squad”, you’ll learn how easy it is to work for you!

## AUTHOR BIO:

Carissa Lytle is a marketer-turned-designer who loves creating infographics because of the way they beautifully meld typography, illustration and design. She studied marketing at DePaul University and Visual Communication Design at the School of the Art Institute of Chicago before starting out on her own as a freelance graphic designer. Fast forward 15 years and she now owns the award-winning, full-service design firm Right Angle Studio. Alongside her husband, Patrick—a former Chief Marketing Officer—the pair balance creative insight and marketing know-how to run their business like a well-oiled machine. When they aren’t collaborating on their clients’ latest project, you can find them enjoying their free time with their four young daughters in the picturesque lakefront town of Highland Park on Chicago’s North Shore.



NOVEMBER 2018

9781507209073  
 \$15.99 (CAN \$21.99), HC  
 5¼ x 7½, 256 pages, 2018

**AUTHOR BIO:**

Michele Cagan is a CPA, author, and financial mentor. With more than 20 years of experience, she offers unique insights into personal financial planning, from breaking out of debt and minimizing taxes, to maximizing income and building wealth. Michele has written numerous articles and books about personal finance, investing, and accounting, including *The Infographic Guide to Personal Finance*, *Investing 101*, *Stock Market 101*, and *Financial Words You Should Know*. In addition to her financial know-how, Michele has a not-so-secret love of painting, Star Wars, and chocolate. She lives in Maryland with her son, dogs, cats, and koi. Get more financial guidance from Michele by visiting [SingleMomCPA.com](http://SingleMomCPA.com).

# Budgeting 101

Michele Cagan, CPA

Don't break the bank—learn to create and stick to a budget with this comprehensive, easy-to-understand guide to saving money sensibly in this edition of the popular 101 series.

Sometimes, it can seem like saving money is impossible. With everyday expenses, from groceries and gas, to the electric bill and lunch money, as well as those unexpected expenses, like car repairs and medical bills, getting—and keeping—control of your finances can feel overwhelming.

With *Budgeting 101*, you can start saving now. This clear and simple guide provides tons of practical advice for keeping track of your finances. With useful tips on setting financial goals, reducing debt, finding ways to save money, and creating and following a budget plan, you'll have your dollars and cents under control in no time.

Why spend more of your hard-earned money on a financial advisor? Filled with expert advice on a wide range of the most common financial concerns and step-by-step instructions to managing your money both now and in the future, *Budgeting 101* has you covered.



**DECEMBER 2018**

9781507208946  
 \$16.99 (CAN \$22.99), PB  
 5½ x 8⅞, 400 pages, 2018

# The 100 Best Stocks to Buy in 2019

Peter Sander & Scott Bobo

Updated for today's market, important and timely advice—based on a proven methodology—on which stocks you should invest in right now, in this edition of the 100 Best Stocks series.

Even though the economy is in constant flux, there's still plenty of opportunity for smart investors to make a profit. *The 100 Best Stocks to Buy in 2019* shows you how to protect your money with stock picks that have consistently beaten the S&P average.

In easy-to-understand and highly practicable language, authors Peter Sander and Scott Bobo clearly explain their value-investing philosophy, as well as offer low-volatility investing tips and how to find stocks that consistently perform and pay dividends.

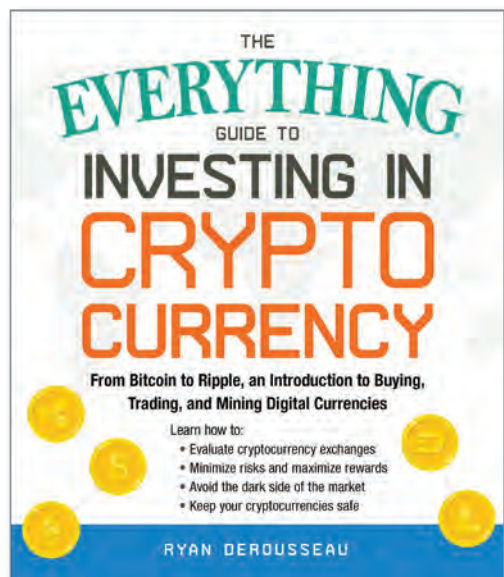
An essential guide for anyone investing in today's stock market, *The 100 Best Stocks to Buy in 2019* is a proven source of solid, dependable advice you can take to the bank.

## AUTHOR BIO:

Peter Sander is an author, researcher, and consultant in the fields of business, location reference, and personal finance. He has written more than forty books, including *Value Investing for Dummies*, *Personal Finance for Entrepreneurs*, and *101 Things Everyone Should Know About Economics*. The author of numerous articles dealing with investment strategies, he is also the coauthor of the top-selling *The 100 Best Stocks You Can Buy* series.

Scott Bobo is a professional engineer and researcher in the consumer electronics, personal computer, and semiconductor industries and today specializes in trend and investment analysis in these industries. Bobo has served as lead researcher for the 2012-2019 editions of *The 100 Best Stocks* and coauthor of the 2012-2019 editions. He lives in San Jose, California, where he operates Red Wrench, a personal technology and investment consulting firm.





**MARCH 2019**

9781507209325

\$19.99 (CAN \$26.99), PB

8 x 9¼, 304 pages, 2019

**AUTHOR BIO:**

Ryan Derosseau first began researching bitcoin in 2013 when people thought it was just a weird currency used by hackers. There wasn't much to invest in then, but as a concept, Ryan was sold and continued to follow bitcoin and other cryptocurrencies as they grew to become the hot investment of our time. With over a decade of experience writing about investing, Ryan's work has been read widely in *Fortune*, *Money*, *CNBC*, *BBC*, *Fast Company*, and *US News & World Report*, among many other national publications.

## The Everything Guide to Investing in Cryptocurrency

Ryan Derosseau

Maximize your money while avoiding the potential pitfalls of investing in cryptocurrency—this handy guide shows you how to get in from the bottom up in this hot new market.

Cryptocurrency—a digital asset that uses cryptography to secure all of its transactions, making it nearly impossible to counterfeit—is moving into the mainstream, receiving coverage from major financial websites such as *Forbes* and *Bloomberg*, as well as increased attention from serious financial institutions, and experiencing wider availability in trusted markets, such as the world's largest futures exchange, Chicago Mercantile Exchange.

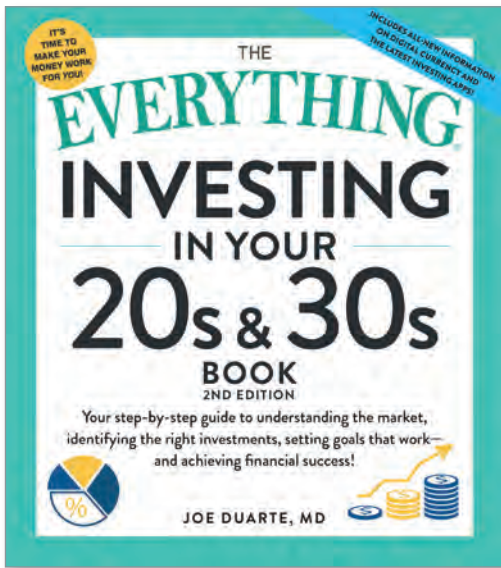
As the price of Bitcoin and other cryptocurrencies continue to fluctuate, investors have to be more conscious of the huge opportunities and large risks in this market. Understanding these risks and rewards of cryptocurrency is vital for everyone wanting to make money on this exciting new form of investing.

*The Everything Guide to Investing in Cryptocurrency* is a comprehensive guide to help you jump into the lucrative world of e-commerce. You'll learn:

- The different major cryptocurrencies, including Bitcoin, litecoin, and ethereum
- Where to buy and sell cryptocurrencies safely and securely
- Setting up and managing your cryptocurrency wallet
- Properly analyzing their investments

Leap into cryptocurrencies with a full understanding of what you're investing in. With the help of *The Everything Guide to Investing in Cryptocurrencies*, you'll maximize your gains and minimize your risks in this radical new frontier.





**APRIL 2019**

9781507210307  
 \$19.99 (CAN \$26.99), PB  
 8 x 9, 288 pages, 2019

**AUTHOR BIO:**

Joe Duarte is a market analyst, trader, investor, and money manager. One of CNBC's original Market Mavens, Dr. Duarte has been writing about and analyzing global events since 1990. His articles and commentary have been featured on Marketwatch.com, *Barron's*, *Smart Money*, *Medical Economics*, and more. Dr. Duarte is a board certified anesthesiologist, and former President of River Willow Capital Management where he managed individual accounts. His combined expertise in health care, energy, and the effects of politics and global intelligence on the financial markets have offered a unique blend of insight and information to thousands of active investors around the world on a daily basis, and he frequently been quoted in the major media, including CNBC, *The Wall Street Journal*, Associated Press and CNN.com.

## Everything Investing in Your 20s & 30s Book, 2nd Edition

Joe Duarte

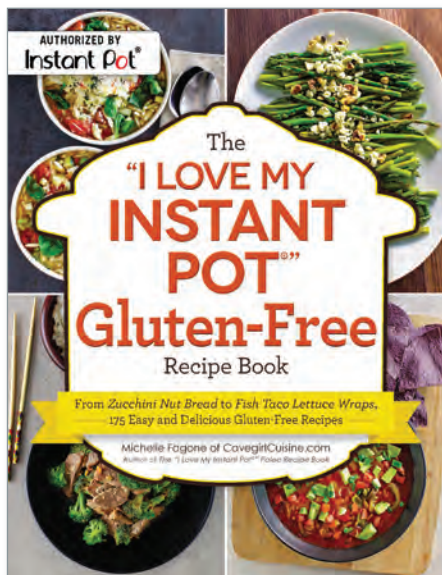
All you need to know about investing safely and smartly, with new information on the latest options—from cryptocurrencies to social media IPOs—in this comprehensive and updated guide to understanding the current market, setting realistic goals, and achieving financial success.

The best time to start investing is now—even as little as a few years can make a difference of hundreds of thousands of dollars by the time retirement comes around. Investing early in your career is the best way to ensure a secure and successful life all the way through retirement.

For years, *The Everything Investing In Your 20s and 30s Book* has been teaching young professionals how to capitalize on the investing market and make the most out of their money. This all-new and fully updated edition includes all of the tips, tricks, and investing knowledge while also explaining:

- The new technological investing options
- How the changing political climate affects your money
- What the rising interest rates mean
- Active investing versus passive investing

*The Everything Investing In Your 20s and 30s, 2nd Edition* will teach you how to maximize your investing strategy and make your money work for you. Don't wait. Start investing today!



**OCTOBER 2018**

9781507208717  
\$16.99 (CAN \$22.99), PB  
7 x 9 1/8, 224 pages, 2018

**AUTHOR BIO:**

Michelle Fagone is a recipe developer and food blogger. On her site, [CavegirlCuisine.com](http://CavegirlCuisine.com) she shares recipes and knowledge about the health benefits of cooking with local, fresh, non-contaminated foods. *Cavegirl Cuisine* was named one of the Top 50 Paleo Blogs of 2012 by the Institute for the Psychology of Eating. She lives in Louisville, Kentucky.

# The “I Love My Instant Pot®” Gluten-Free Recipe Book

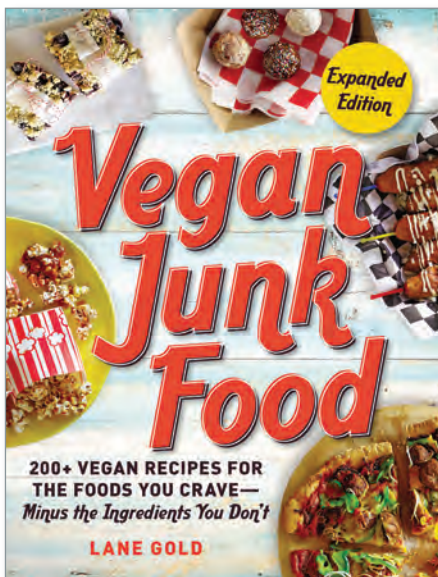
Michelle Fagone

The cookbook that makes using your Instant Pot easier than ever!

The first cookbook dedicated to non-paleo gluten-free recipes for the hottest kitchen appliance: the Instant Pot—with 175 easy-to-make gluten-free recipes and photographs throughout!

This book shows you how you can use the hottest kitchen appliance right now—the Instant Pot—to create gluten-free meals that are quick, easy, and most importantly, delicious. With 175 gluten-free recipes and photographs throughout, this cookbook is a must-have for Instant Pot fans who follow a gluten-free diet due to celiac disease, gluten intolerance, wheat allergies, or simply for health reasons.

You’ll learn how to make satisfying, whole-food dishes for every meal from breakfast to dinner, snacks to desserts. You’ll also find an easy-to-understand overview of the Instant Pot including what all those buttons on your Instant Pot do, how to release the pressure from the Instant Pot when your cooking time is up, how to keep your Instant Pot clean, and more. *The “I Love My Instant Pot” Gluten-Free Recipe Book* is perfect for instant pot fans who follow a gluten-free diet or anyone who wants fast, delicious meals the whole family will love.



**OCTOBER 2018**

9781507209035  
 \$18.99 (CAN \$25.99), PB  
 7 x 9½, 256 pages, 2018

## Vegan Junk Food, Expanded Edition

Lane Gold

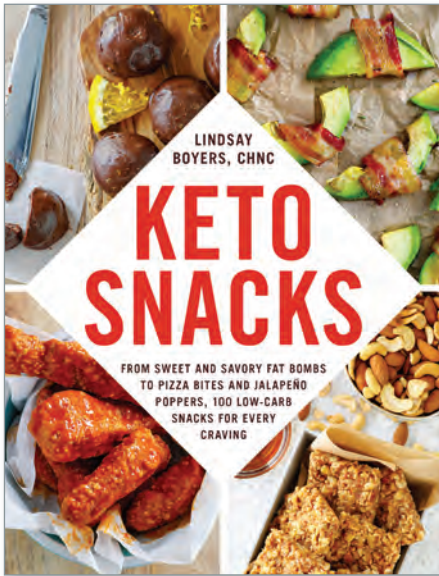
Who said a vegan diet has to be boring—these healthy and satisfying twists on your favorite junk food let you have the best of both worlds!

Have you committed to a vegan diet, but still find yourself dreaming of those taboo sugary, salty, and fried treats of your past? Don't panic—your old favorite junk foods may not be as bygone as you think...

*Vegan Junk Food, Expanded Edition* proves that going vegan doesn't mean giving up your favorite comfort foods, or sustaining on plain broccoli and tofu every night of the week. With over 200 delicious (and animal-friendly!) twists on your favorite junk foods—from Loaded Nachos to Cheesy Kale Chips—you'll learn to make savory snacks that will satisfy your lingering cravings. Perfect for parties, snacks-on-the-go, or even late-night treats, these fun and easy recipes will impress friends and family alike—and might even inspire them to follow you on the path to a vegan lifestyle!

### **AUTHOR BIO:**

Lane Gold is a private vegan chef in her hometown of Los Angeles, specializing in refined vegan comfort food. She was previously head chef and owner of a vegan catering company, producing fun, creative dishes using organic and locally grown produce. She is passionate about feeding the homeless, cooking for friends, chocolate, coastal life, and reading entire books in one sitting.



**NOVEMBER 2018**

9781507209202  
\$16.99 (CAN \$22.99), PB  
7 x 9½, 176 pages, 2018

**AUTHOR BIO:**

Lindsay Boyers, CHNC is a nutrition consultant with extensive experience in a wide range of dietary therapies including the ketogenic diet. She also specializes in elimination diets, gut health, and identifying food sensitivities in her clients. Lindsay’s articles on nutrition and health have been published on various health and wellness sites, including Healthline.com, Livestrong.com, and JillianMichaels.com. She lives in Shrewsbury, Massachusetts.

# Keto Snacks

*Lindsay Boyers, CHNC*

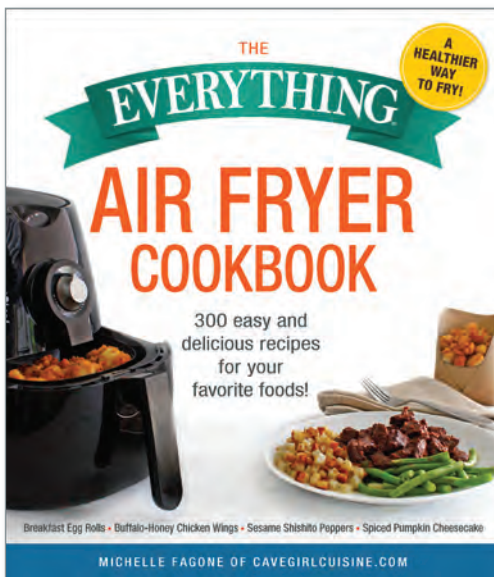
Stick to your keto diet without giving up your favorite foods with these 100 easy-to-make high fat, low- carb snacks.

Starting a ketogenic diet—high in fat, low in carbs—doesn’t mean giving up on all your favorite snacks! Instead of eating foods that might prevent you from entering ketosis, you’ll need options that will help your body burn fats instead of carbs. You’ll find just what you need in *Keto Snacks*, featuring 100 easy, delicious recipes for sweet and savory low-carb treats. Learn to make “fat bombs”—small energy-filled snacks with low carbs and high fat, like Pizza Balls or Sunbutter Balls. Try other savory keto snacks like deviled eggs or guacamole, or go sweet with some chocolate mousse for dessert!

In *Keto Snacks*, you’ll find yummy recipes for Creamy Rosemary and Prosciutto Baked Avocado, Chorizo-Stuffed Jalapenos, Coconut Almond Truffles, Peanut Butter Cup Cheesecake—and much more! You’ll be sure to find a tasty keto snack to satisfy any craving, any time of day!







**NOVEMBER 2018**

9781507209127

\$19.99 (CAN \$26.99), PB

8 x 9¼, 304 pages, 2018

**AUTHOR BIO:**

Michelle Fagone is a recipe developer and food blogger. On her site, CavegirlCuisine.com she shares recipes and knowledge about the health benefits of cooking with local, fresh, non-contaminated foods. *Cavegirl Cuisine* was named one of the Top 50 Paleo Blogs of 2012 by the Institute for the Psychology of Eating. She lives in Louisville, Kentucky. She is the author of *The "I Love My Instant Pot" Paleo Recipe Book*.

# The Everything Air Fryer Cookbook

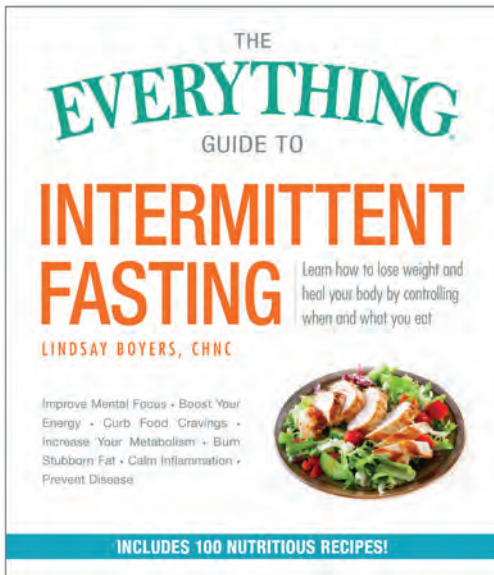
Michelle Fagone

More than 300 easy, fun, and creative recipes for the hottest new kitchen appliance—the air-fryer!

The air-fryer is an easy, healthier alternative to conventional fryers, and it's quickly becoming the latest kitchen must-have!

*The Everything Air Fryer Cookbook* teaches you all you need to know about this hot new appliance, proving that fryers can be used for so much more than French fries and onion rings. Learn how versatile an air fryer can be, with recipes such as Nashville Hot Chicken, to Baked Garlic Parsley Potatoes, to Fried Banana S'mores!

With more than 300 quick and tasty recipes—including vegetarian and vegan options, as well as classic favorites like fried pickles and jalapeño poppers—there's an air fried meal for every taste, diet, and mood. Whether you're looking for an easy breakfast dish, a scrumptious snack, or a delicious dinner for the whole family, you can find it in *The Everything Air Fryer Cookbook*.



DECEMBER 2018

9781507208410  
 \$19.99 (CAN \$26.99), PB  
 8 x 9¼, 288 pages, 2018

**AUTHOR BIO:**

Lindsay Boyers, CHNC is a nutrition consultant with extensive experience in a wide range of dietary therapies including the ketogenic diet. She also specializes in elimination diets, gut health, and identifying food sensitivities in her clients. Lindsay’s articles on nutrition and health have been published on various health and wellness sites, including Healthline.com, Livestrong.com, and JillianMichaels.com. She lives in Shrewsbury, Massachusetts.

# The Everything Guide to Intermittent Fasting

Lindsay Boyers, CHNC

Learn all about intermittent fasting with this comprehensive guide—from its health benefits to how to safely implement fasting into your life and diet—with 100 recipes for nutrient dense foods and meals under 500 calories.

Intermittent fasting involves alternating cycles of fasting and eating, all within a set time schedule. Think of it more as a pattern of living and eating than a diet. Because unlike diets, there aren’t any strict rules on what you can and can’t eat—intermittent fasting is all about timing!

Recently, many scientific and medical studies have pointed to the benefits of intermittent fasting, from its weight loss results to its impact on disease. Not only does intermittent fasting help you lose those stubborn pounds, it can increase your energy, help produce good gut bacteria, reduce inflammation, eliminate sugar cravings, and boost mental focus.

But to reap the full benefits, you have to do it right. With *The Everything Guide to Intermittent Fasting*, you’ll learn all you need to know to start safely incorporating intermittent fasting into your everyday life. This accessible and practical guide includes information on the different ways to fast, when to eat, why fasting benefits your body, which foods to eat to help you feel your best, and can help you determine which intermittent fasting plan best suits you.

Featuring 100 recipes for nutrient-dense foods that will keep you full longer, and including tips, techniques, and advice from registered dietician, Lindsay Boyers, there’s never been an easier way to look and feel your best.





**DECEMBER 2018**

9781507209400  
 \$19.99 (CAN \$26.99), PB  
 8 x 9¼, 304 pages, 2018

## The Everything Easy Instant Pot® Cookbook

*Kelly Jagers*

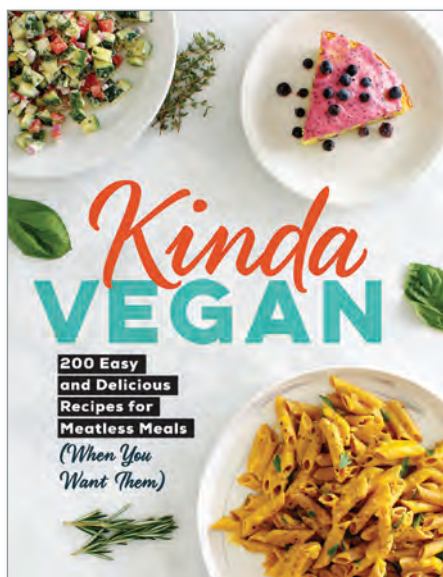
The cookbook that makes using your Instant Pot easier than ever—more than 300 easy, fun, and creative recipes for the hottest kitchen appliance!

The Instant Pot is the latest must-have kitchen appliance. It acts as a pressure cooker, slow cooker, steamer—and much more! *The Everything Easy Instant Pot Cookbook* shows you everything you need to know about the Instant Pot and will help you master each of its many functions to get the most out of your new favorite device.

With 300 delicious and simple recipes perfect for Instant Pot beginners, you'll be making hundreds of great meals sure to impress your friends and family in no time! Whether you're looking for an easy breakfast dish, a savory snack, or a scrumptious supper for the family, let the Instant Pot change your life!

### **AUTHOR BIO:**

Kelly Jagers is a cookbook author, recipe developer, food photographer, and founder of the recipe blog *Evil Shenanigans*. She specializes in creating indulgent recipes featuring fresh, seasonal ingredients and lots and lots of butter! She is the author of *The Everything® Pie Cookbook*, *Not-So-Humble Pies*, *Moufflet*, *The Everything® Easy Asian Cookbook*, and *The Everything® Dutch Oven Cookbook*. When she is not developing recipes she works as a food stylist and food photographer, and she also teaches cooking classes and works as a personal chef and caterer. She lives in Dallas, Texas.



**JANUARY 2019**

9781721400010  
 \$18.99 (CAN \$25.99), HC  
 7 x 9½, 288 pages, 2019

## Kinda Vegan

Adams Media

More than 200 delicious, fun, and easy vegan recipes for you to explore plant-based eating in a guilt-free, judgement-free way—perfect for new vegans, flexitarians, and curious carnivores.

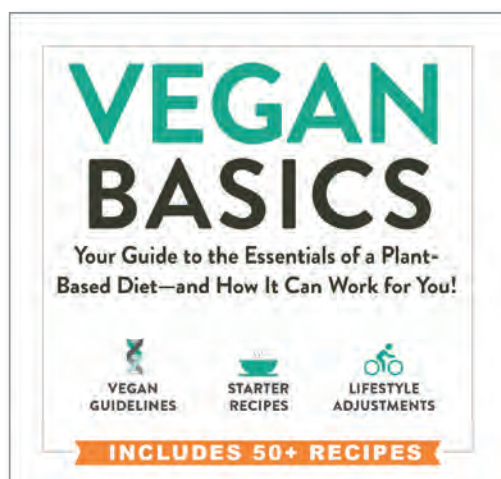
*Where do vegans get their protein? What can you possibly eat that doesn't have milk in it?! Don't vegans only eat spinach and weeds? Won't it taste horrible?*

For many, the vegan diet is as intriguing as it is intimidating. Some want to dip their toes into veganism first, testing the waters before deciding to make the change to a completely vegan lifestyle. Others know it's a great way to incorporate more plant-based meals into their diets, but don't want to lose the delicious comforts of ice cream, cheese, or fried chicken. That's where *Kinda Vegan* comes in—it's a no-nonsense guide to being vegan-ish. Restrictive dieting be gone, with *Kinda Vegan* you can go meatless on Monday, then enjoy a juicy steak dinner on Tuesday with no judgement!

In this fearless guide to the seemingly complex world of no-meat, no-eggs, no-dairy, you will discover how to go vegan without feeling *any* pressure whatsoever. You *can* have your cake and eat it too. And your sweet ice cream. And your delicious cheesy flavor. All you need are some conscious shopper skills and the quick, go-to information found in this book, including a guide to the essential foods to have in your pantry. From grains and lentils to maple syrup and dairy-free milk alternatives, there are *tons* of delicious vegan ingredients to enjoy. No weeds here!

*Kinda Vegan* includes 200+ easy recipes that are so tasty you won't believe they're vegan. It's easy to make a vegan meal—or day of meals—when-ever you want. Hearty breakfast dishes like crepes and blueberry muffins; international bites like Mediterranean falafel and Chinese fried rice; and guilt-free desserts like chocolate mocha ice cream and pumpkin bread may just have you wanting to go vegan all week! Not the best at planning meals? Don't sweat it: the book also included an appendix of vegan meal plans. You can plan out a few days of meals in minutes, or flip to a meal plan whenever you are out of ideas or just don't have the energy to decide what to eat that day.

Whatever your reasons are for ditching meat, and whatever your schedule and taste buds desire, *Kinda Vegan* makes being vegan-ish a snap!



**JANUARY 2019**

9781507210130

\$14.99 (CAN \$19.99), PB

5¼ x 7½, 224 pages, 2019

## Vegan Basics

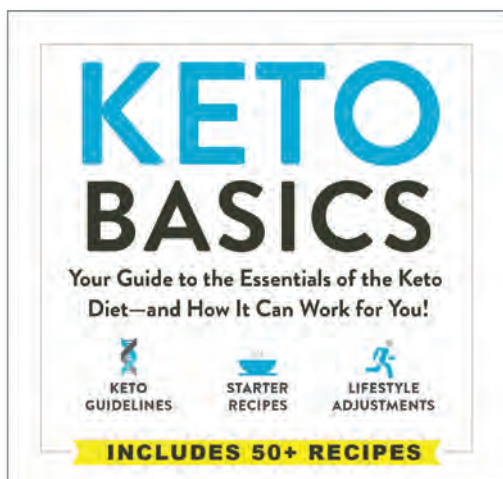
Adams Media

Simplify the vegan diet and customize it to fit your lifestyle with this accessible, easy-to-use guide!

The vegan diet has been taking the world by storm and is seemingly becoming more and more popular by the day. But with so many rules and restrictions, it can be hard to know where to start when committing to plant-based eating. *Vegan Basics* is here to help make veganism work for you, not the other way around.

*Vegan Basics* acknowledges that just because a diet works one way for one person doesn't mean it will work the same way for everyone. Instead, it offers ways to modify and customize plant-based eating to suit your needs, through short, easy-to-understand explanations of the key principles of the vegan diet that you can adapt as you see fit.

Are you just not ready to give up cheese or the occasional burger? Or maybe you're interested in vegan cooking simply as a way to increase the amount of fruits and vegetables in your diet without adopting a full vegan lifestyle—and that's okay! Say goodbye to the one-size-fits-all approach to plant-based eating with *Vegan Basics*.



**JANUARY 2019**

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9781507210093  
\$14.99 (CAN \$19.99), PB  
5¼ x 7½, 224 pages, 2019

## Keto Basics

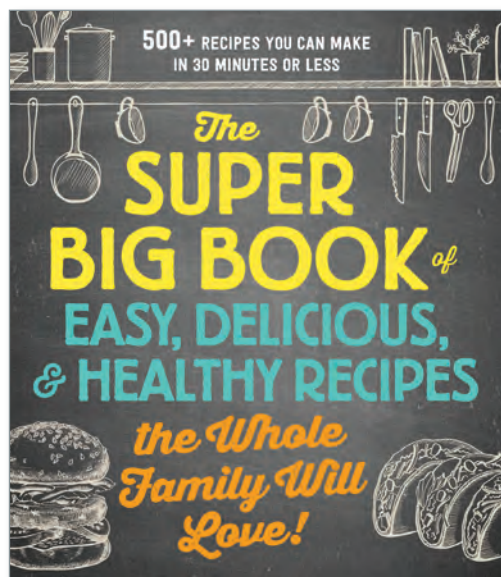
*Adams Media*

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Simplify the keto diet and customize it to fit your lifestyle with this accessible, easy-to-use guide!

Lately, more and more people have been turning to the keto diet for its high-fat, low carb approach to health and weight-loss. But with so many rules and restrictions, how do you know where to begin? (And what if you're just not ready to give up pizza?!) *Keto Basics* is here to show you how easy to follow the keto diet can be, and how you can make it work for you, not the other way around!

*Keto Basics* acknowledges that just because a popular diet works one way for one person doesn't mean it'll work the same way for you. Instead, it offers simple, easy to understand explanations and one hundred tips, tricks, and advice on how to adapt the keto diet to fit your needs! Say goodbye to the one-size-fits-all approach to the keto diet with *Keto Basics*.



**JANUARY 2019**

9781721400157

\$19.99 (CAN \$26.99), PB

8 x 9¼, 400 pages, 2019

## The Super Big Book of Easy, Delicious, and Healthy Recipes the Whole Family Will Love

Adams Media

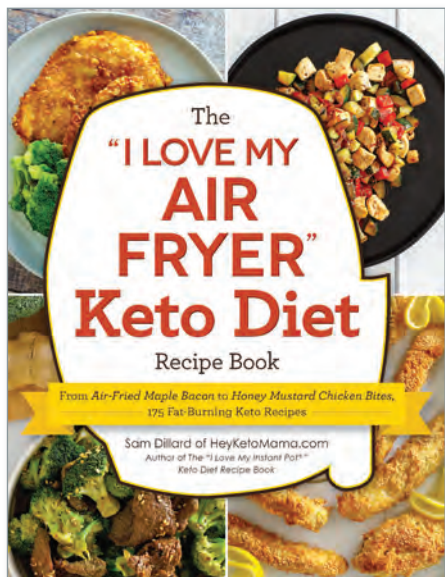
More than 500 healthy, quick, easy, and delicious recipes with limited sodium, sugar, and fat—perfect for busy families!

What's for dinner? With *The Super Big Book of Easy, Delicious, and Healthy Recipes the Whole Family Will Love*, the answer to that eternal question has never been easier.

In this comprehensive cookbook, you'll find more than 500 recipes that are quick, easy, healthy and, most importantly, delicious. Each recipe limits sodium, sugar, and fat without sacrificing any flavor, so you can feel good about feeding your family meals they'll love. Find detailed nutritional statistics along with each recipe, as well as plenty of wholesome meals with minimal prep work, including recipes for slow cookers, casseroles, and one-pot meals that are perfect for your busy schedule.

The best part? All meals included are ready in 30 minutes or less! From quick and satisfying breakfasts to fast, flavorful dinners to savory snacks, with *The Super Big Book of Easy, Delicious, and Healthy Recipes the Whole Family Will Love*, it's easy to keep your family happy, as well as healthy.





**JANUARY 2019**

9781507209929  
 \$16.99 (CAN \$22.99), PB  
 7 x 9½, 224 pages, 2019

**AUTHOR BIO:**

Sam Dillard is the author of *The “I Love My Instant Pot” Keto Diet Recipe Book* and the writer and photographer behind Hey Keto Mama, a food blog that cuts carbs and strikes out sugar without sacrificing yummy flavor. Her recipes have been featured in numerous publications including *Women’s Health* and *Brit + Co.* She lives in Missouri with her husband and two young children.

# The “I Love My Air Fryer” Keto Diet Recipe Book

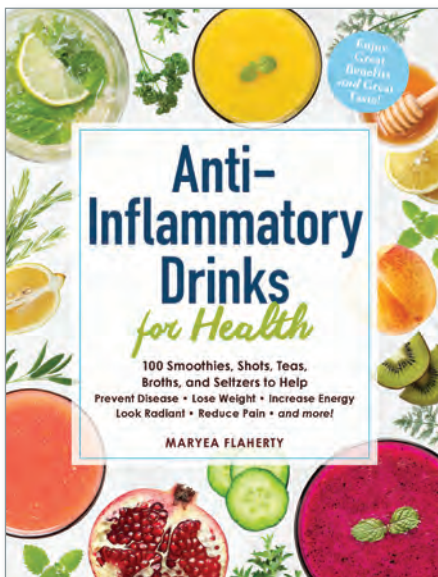
Sam Dillard

175 fast, easy, and delicious meals combining the hottest diet trend—the low-carb, high-fat keto diet—with the latest must-have kitchen appliance—the air fryer.

While an appliance that promises a lower-fat cooking method like the air fryer may seem counterintuitive to the high-fat keto diet, you’ll be pleasantly surprised to learn that air fryers don’t remove fat from foods. Instead, they use the natural fats in the foods to cook them without adding additional fat or oil that comes from traditional frying methods. An air fryer offers a healthy cooking option for keto dieters and is the perfect tool to cook a wide range of keto-friendly foods from steak to tofu, bacon to vegetables, and even desserts. *The I Love My Air Fryer Keto Diet Cookbook* will introduce you to 175 tasty and easy keto meals you can make with your air fryer.

Learn how to make satisfying, whole-food dishes for every meal from breakfast to dinner, appetizers, to side dishes and desserts, and of course, great snacks. With this guide, you’ll discover how perfectly the air-fryer fits into your keto diet!





**FEBRUARY 2019**

9781507209585  
 \$15.99 (CAN \$21.99), PB  
 7 x 9½, 160 pages, 2019

**AUTHOR BIO:**

Maryea Flaherty is the blogger behind Happy Healthy Mama, a healthy lifestyle blog that inspires others to live their healthiest life. She's been blogging since 2010 and her work has been featured on *Self*, *BuzzFeed*, *Greatist*, *Foodgawker*, *Tastepotting*, *Finding Vegan*, and in *Low Sugar Living* magazine.

## Anti-Inflammatory Drinks for Health

Maryea Flaherty

100 delicious drink recipes packed with nutrients scientifically proven to reduce inflammation—perfect for both enthusiasts of natural health and those new to its benefits.

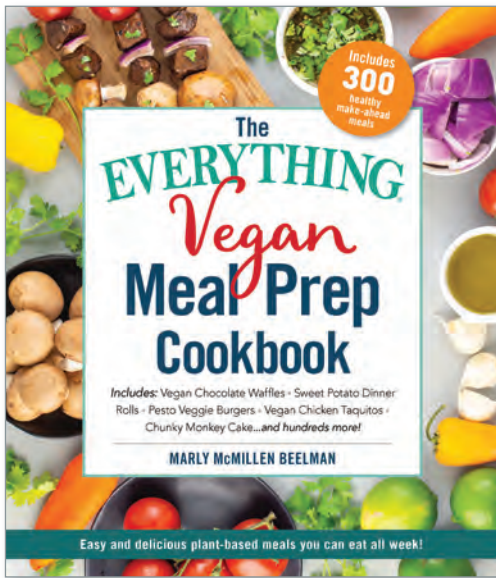
Chronic inflammation is a major health risk. Studies have shown it wreaks havoc on your body and contributes to heart disease, diabetes, Alzheimer's—and even cancer. And diet—specifically one high in processed, fatty, and sugary foods—is one of the main causes of chronic inflammation. But preventing and/or reducing inflammation can be easy as making a delicious drink—let this book show you how!

*Anti-Inflammatory Drinks for Health* contains 100 great-tasting recipes for drinks packed with anti-inflammatory foods including cinnamon, tart cherries, ginger, turmeric, blueberries, and many more.

In addition to helping reduce the risk of developing disease, these drinks also can aid in:

- Weight loss
- Increasing energy
- Reducing pain
- Slowing the signs of aging

Also included is a list of inflammatory foods to avoid and even more ideas for how to add inflammation-fighting foods to any diet! Improve your diet, your health, and your life, with *Anti-Inflammatory Drinks for Health!*



**APRIL 2019**

9781507210178  
 \$19.99 (CAN \$26.99), PB  
 8 x 9¼, 304 pages, 2019

**AUTHOR BIO:**

Marly McMillen Beelman is the founder and president of Namely Marly, a blog and online presence focused on providing resources for healthy lifestyles, creative living, and easy vegan recipes. Marly is a former consultant, executive director, and COO turned entrepreneur. She has an MBA from the University of Missouri-Columbia and worked her way up the corporate ladder. Marly earned a certificate in Plant-based Cooking/Health from Rouxbe Cooking School to better hone her skills in developing and sharing healthy, delicious, and easy vegan recipes. Marly has persevered through her own health conditions, including Gallbladder Disease, Lactose Intolerance, and IBS (irritable bowel syndrome), until finally discovering that a plant-based diet was the perfect way to feel healthy and energetic. She's also the founder of the Chopped Academy, providing resources and guidance to others venturing into a food/healthy living-focused entrepreneurial business. She hosts the Chopped Podcast where she interviews food bloggers and experts from around the world.

# The Everything Vegan Meal Prep Cookbook

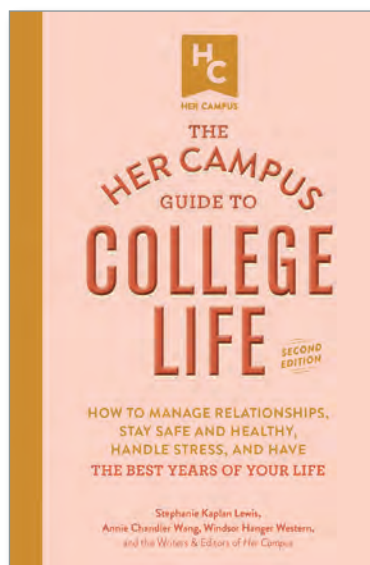
Marly Beelman

Enjoy the numerous benefits of meal prepping especially for the vegan diet with this helpful guide!

The hardest part of starting any new diet is committing to it—the vegan diet is no exception. You have every intention to stick to a plant-based diet...but then you get home from a long day of work and the urge to just order a pizza overcomes you.

This is where meal prepping helps! By making all of your meals ahead of time and having them easily accessible and ready to go, it's easier to fight off the cravings and stick to your healthy new diet. It's also a great strategy to save tons of time and money!

*The Everything Vegan Meal Prep Cookbook* provides hundreds of vegan recipes that make it easy to commit to your new diet—from a quinoa burrito bowl to slow cooker tortilla soup to fruit-on-the-bottom overnight oats, there's something for every meal of the day! With this book and just a little advanced planning each week, you'll be able to make simple and delicious meals that will prevent cravings, help you lose weight and eat healthier, and save time and money!



**APRIL 2019**

9781507210321  
 \$15.99 (CAN \$21.99), PB  
 5½ x 8¼, 320 pages, 2019

**AUTHOR BIO:**

Stephanie Kaplan Lewis is the author *The Her Campus Guide to College Life*. Her Campus is the #1 global community for college women with chapters at more than 250 colleges worldwide. In addition to its flagship site HerCampus.com, Her Campus also puts on conferences, events, and College Fashion Week, and has its own blogger network, high school ambassador program, and more. Her Campus has been recognized by *Glamour*, *Forbes*, and *Bloomberg Businessweek*.

# The Her Campus Guide to College Life, 2nd Edition

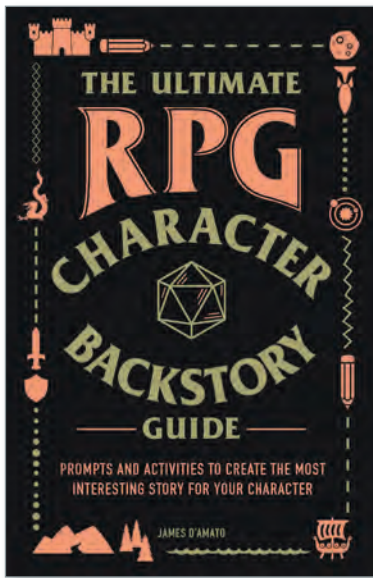
Stephanie Kaplan Lewis

Every young woman's essential guide to tackling all of the challenges of college—from stress to debt to scholarships—in a completely updated new edition: “*Some things are common sense but some things aren’t—especially when it comes to navigating a college campus in a way that’s fun, independent, and totally safe*” (Today.com).

Get ready for the best years of your life! From the experts behind Her Campus, this completely updated college guide is bursting with insider tips to help you navigate classes, relationships, and all your extracurriculars—including parties and Greek life, of course. Whether you’re just starting freshman year or a seasoned pro as an upperclassman, you’ll learn tips and tricks for how to survive:

- Bonding with your roommate—while setting ground rules for your new space at the same time
- Beating the dreaded Freshman 15 without having to give up dessert
- Snagging a date with the cutie from class
- Coping with stress and anxiety—even during the insanity of finals week!
- Navigating student loans and finding the best financial aid, scholarships, and post-graduate loan forgiveness programs
- Scoring awesome jobs and internships and transitioning into post-collegiate life
- Staying safe on campus so you can enjoy all college has to offer—without horror stories

Complete with fun checklists and helpful worksheets, *The Her Campus Guide to College Life, 2nd Edition* shows you how to make the most out of your undergrad experience—in and outside the classroom.




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**OCTOBER 2018**

9781507208373  
 \$14.99 (CAN \$19.99), PB  
 5½ x 8¼, 272 pages, 2018

# The Ultimate RPG Character Backstory Guide

James D'Amato

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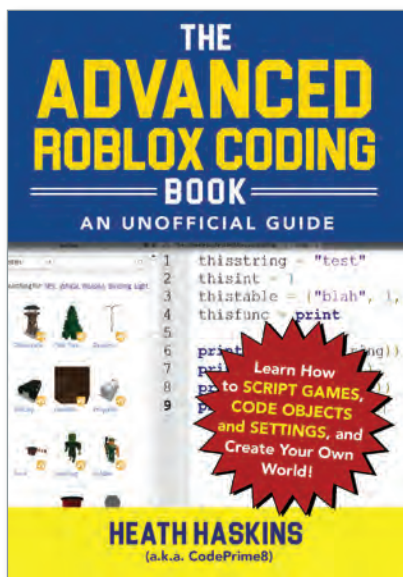
Ramp up your role-playing game and make your character your own with this fun, interactive workbook—an essential addition to any RPG player's gaming kit.

You've chosen your class, bought your weapons, and rolled for your stats, and you're now the proud owner of your own RPG (role-playing game) avatar. But before you begin your adventure, there's so much more you can do with your character to make him or her your own! Just how evil is she? What does his dating profile look like? Where did she get that scar? What does he want for his birthday? With fill-in-the blank narratives, prompts, and fun activities to help you customize your character at the start of the game, or build out your backstory as you play, *The Ultimate RPG Character Backstory Book* will help you fully imagine your character and bring them to life for the ultimate gaming experience!

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## AUTHOR BIO:

James D'Amato is the creator and game master of the One Shot Podcast, as well as several spin off podcasts dedicated to RPG gameplay. He trained at Second City and iO in Chicago in the art of improvisational comedy: he now uses that education to introduce new people to role-playing, and incorporates improvisational storytelling techniques to create compelling and entertaining stories for RPG campaigns and one-shot adventures. He lives in Chicago, Illinois and is the author of *The Ultimate RPG Character Backstory Book*.



**MARCH 2019**

9781721400072

\$14.99 (CAN \$19.99), PB

5½ x 7½, 256 pages, 2019

#### **AUTHOR BIO:**

Heath Haskins is an IT ninja and master coder who has created tons of Roblox videos on his YouTube channel under the name CodePrime8. His videos have been viewed almost 14 million times! He started programming at the age of 14, and has been learning to code ever since, and now holds degrees in programming and computer information systems. Heath works in IT, and lives in Springfield, Missouri with his wife Elizabeth and two kids, Hope and Oliver.

# The Advanced Roblox Coding Book: An Unofficial Guide

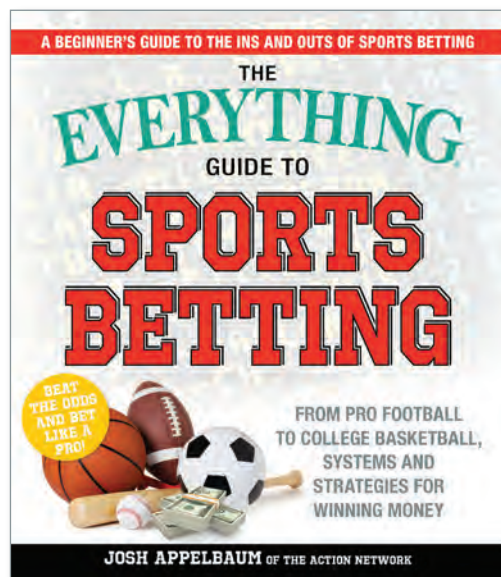
*Heath Haskins*

Clear and easy-to-follow instructions for using coding and scripting tools to create new, more advanced Roblox games.

Take your game design to the next level, with this complete guide to Roblox coding and scripting!

Learn how to use the programming language Lua to create new objects and games in the Roblox world: from teleporting objects (or PCs/NPCs!), to adding and applying power ups, to creating a leaderboard, and allowing players to save their games. This book walks you through the basics of the studio tool, provides tutorials for specific actions and creations, then explains how to use all of that knowledge to create your own unique game world! With detailed instructions, example screenshots, and simple explanations of what code to use and how to use it, this book is a must-have guide for any Roblox game designer!





**FEBRUARY 2019**

9781721400218  
 \$18.99 (CAN \$25.99), PB  
 8 x 9¼, 304 pages, 2019

**AUTHOR BIO:**

Josh Appelbaum is a die-hard Boston sports fan from the Berkshires of Western Massachusetts. After graduating with an English degree from the University of Vermont in 2009, he moved to Boston and spent the Recession toiling in restaurants and gambling on sports with his friends (unsuccessfully). In 2011, he landed an entry-level position at Sports Insights, a leading sports betting analytics company. Here, Appelbaum learned the betting industry inside and out, along the way rising from Analyst to Customer Service Manager to Betting Hangout Host. In 2017, Sports Insights merged with four other companies to create The Action Network. Appelbaum now lives in Gloucester. He enjoys living on the beach, traveling, going to concerts, following politics and spending time with friends and family.

# The Everything Guide to Sports Betting

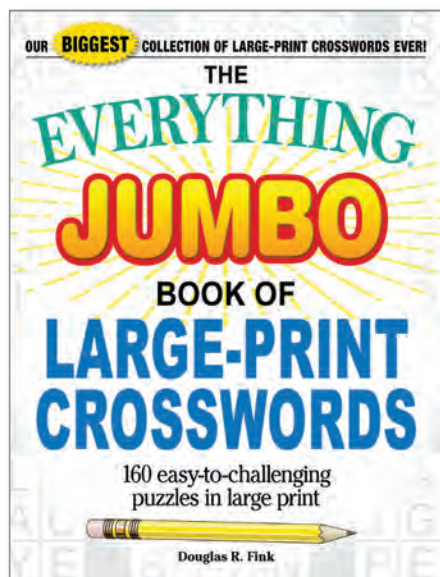
Josh Appelbaum

Learn how to bet on sports safely, smartly, and responsibly—and profit big—with this easy-to-use guide, perfect for beginners!

Betting money on sports can be great fun and is a sure way to turn any sports game into an exciting must-watch event. However, it can be dangerous to the uninitiated—new gamblers can risk too much, bet randomly, or even lose it all.

*The Everything Guide to Sports Betting* won't let that happen. Filled with tips, tricks, and tactics, this handy guide shows you how to place bets strategically. You'll learn all of the different types of bets you can make, how to spot a potentially profitable bet, and when to walk away. Covering all of the major sports leagues, *The Everything Guide to Sports Betting* will introduce you to the sports betting world and show you how to beat the casinos at their own games. In no time, you'll be a gambling pro—and cash in on some major wins!





**NOVEMBER 2018**

9781507209165

\$19.99 (CAN \$26.99), PB

8¼ x 10¾, 368 pages, 2018

**AUTHOR BIO:**

Douglas R. Fink is the author of several crossword puzzle books, including *The Everything® Large-Print Crosswords Book*, *The Everything® Easy Crosswords Book*, and *The Everything® Crosswords Challenge Book*.

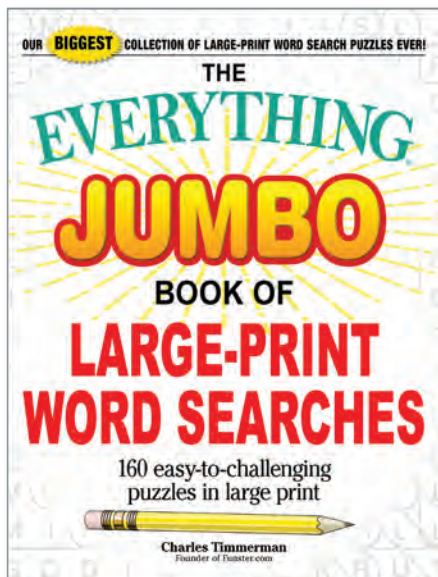
## The Everything Jumbo Book of Large-Print Crosswords

Douglas R. Fink

Dive into this collection of 160 large-print crossword puzzles from best-selling puzzle creator Douglas Fink—perfect for hours of fun!

*The Everything® Jumbo Book of Large-Print Crosswords* is the biggest collection of large-print crossword puzzles yet! Each oversized puzzle is spread out over two large pages—perfect for puzzlers weary of that notorious small type and tight spacing in many crosswords books.

Packed with 160 puzzles in an easy-on-the-eyes format, this collection features crosswords in a wide variety of themes, including sports, popular culture, books, TV characters, animals, vacation destinations—and more! Whether you're a seasoned puzzle pro, or picking up your pencil for the first time, *The Everything® Jumbo Book of Large-Print Crosswords* has something for everyone to enjoy!



**NOVEMBER 2018**

9781507209172  
 \$19.99 (CAN \$26.99), PB  
 8¼ x 10½, 368 pages, 2018

**AUTHOR BIO:**

Charles Timmerman is the founder of Funster.com, a word game website that was selected as a Yahoo! Pick of the Year, and the author of more than 100 puzzle books, including *The Everything Word Search Book*, *The Everything Giant Book of Word Searches (Volumes 1 to 4)*, and *The Everything Easy Word Search Book*.

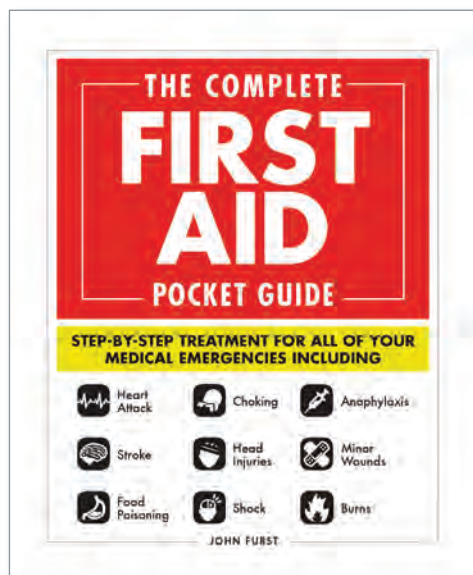
# The Everything Jumbo Book of Large-Print Word Searches

Charles Timmerman

Enjoy 160 large-print word search puzzles in this new jumbo edition of the bestselling word search series!

*The Everything® Jumbo Book of Large-Print Word Searches* is the biggest collection of large-print word search puzzles yet! Each oversized puzzle is spread out over two easy-to-read pages—perfect for puzzlers weary of that notorious small type and tight spacing in many word search books.

Packed with 160 puzzles in an easy-on-the-eyes format, this collection features puzzles with a variety of themes, including sports, popular culture, books, TV characters, animals, vacation destinations—and more! *The Everything® Jumbo Book of Large-Print Word Searches* is everything a puzzler could want!



**NOVEMBER 2018**

9781507208885

\$15.99 (CAN \$21.99), PB

4½ x 5½, 304 pages, 2018

#### **AUTHOR BIO:**

John Furst is a qualified first aid & CPR instructor. His career began with the Red Cross before setting up his own first aid training company. He has worked as a first aider for many years and is able to draw upon his extensive experience when teaching. John runs a first aid blog where he regularly writes about current first aid topics. John is passionate about first aid and believes everyone should have the skills and confidence to take action in an emergency situation.

# The Complete First Aid Pocket Guide Health

John Furst

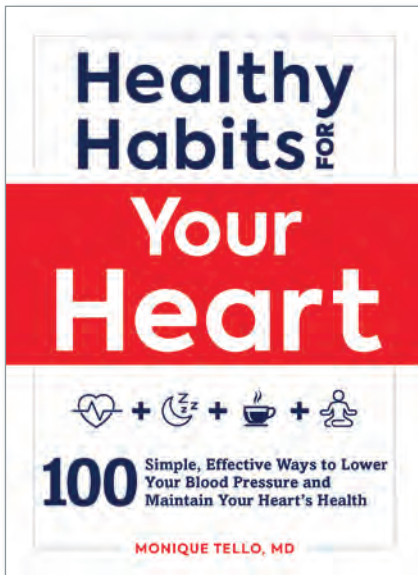
From minor cuts and burns, to heart attacks and strokes, this handy, take-anywhere guide gives you the knowledge and advice you need to recognize and respond to any medical emergency.

Be prepared for any medical emergency and handle it safely and efficiently with *The Complete First Aid Pocket Guide*. Quickly identify signs and symptoms of a wide range of medical conditions and learn how to recognize the difference between a minor injury or illness, and those that are more serious with this essential handbook.

Each section of *The Complete First Aid Pocket Guide* includes a quick list of signs and symptoms to look for and step-by-step first aid instructions for dealing with each situation, all in user-friendly, simple language that's easy to understand. Medical issues covered include:

- First aid basics, including roles and responsibilities of a first aider, managing an incident, activating emergency services, and infection control
- Lifesaving skills including the recovery position, cardiopulmonary resuscitation (CPR), and use of an automated external defibrillator (AED)
- Minor injuries and conditions, including soft tissue injuries, splinters, blisters, eye injuries, nosebleed, diarrhea, and vomiting
- Traumatic injuries including severe bleeding, amputation, shock, fractures, crush injuries, burns, and head and neck injuries
- Medical emergencies including heart attack, stroke, asthma, anaphylaxis, hypoglycemia, meningitis, seizures, poisoning, and emergency childbirth
- Environmental conditions including hypothermia, frostbite, heat stroke, sunburn, and lightning strike
- Pediatric emergencies and illnesses, including assessing an unresponsive child or baby, pediatric cardiopulmonary resuscitation (CPR), choking, croup, and febrile seizures
- First aid kit lists for home, vehicles, and outdoor use

With an appendix featuring an A-to-Z list of every condition covered, it's easy for you to quickly find the exact information you need in any situation you may face. With its small trim and portable size, *The Complete First Aid Pocket Guide* is the perfect addition to a home first aid kit, car first aid kit, disaster- survival bag, as well as a pocket companion for EMTs and other first responders in the field.



**DECEMBER 2018**

9781507209240  
 \$15.99 (CAN \$21.99), PB  
 5½ x 7½, 272 pages, 2018

## Healthy Habits for Your Heart

Monique Tello, MD

100+ tips to improve your heart health in an easy-to-read, accessible guide with all of the advice you're looking for, without the confusing medical jargon.

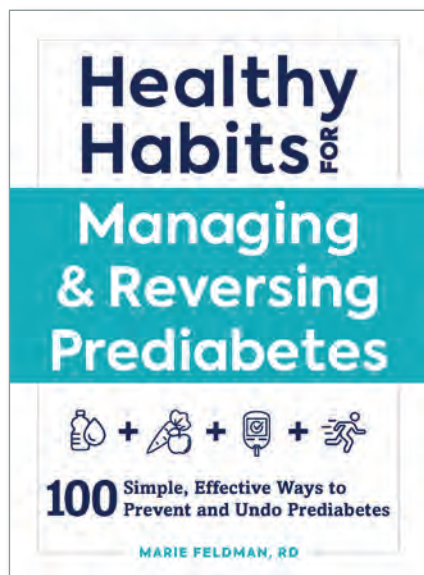
Your heart is the center of your body—treat it right! Understanding how your heart works and what you can do to keep it healthy is the key to preventing disease and illness.

In *Healthy Habits for Your Heart*, you'll find over 100 heart-related habits, exercises, and strategies you can implement in your daily life to improve your heart health now and for years to come—all presented in a practical and easy-to-read format. Including information on how your heart works, what kind of dangers could threaten its health, and how you can make small changes every day to safeguard your heart's health, *Healthy Habits for Your Heart*, will help you take your heart's health into your own hands. Just turn the page to keep your ticker happy and strong.

### AUTHOR BIO:

Dr. Monique Tello is a practicing primary care physician at Massachusetts General Hospital, an instructor at Harvard Medical School, and a published clinical researcher. She is originally from the Boston area, and graduated from Brown University and the University of Vermont College of Medicine. She completed a combined internal medicine and pediatrics residency training program at Yale/New Haven Hospital. After residency, she earned a Master's in Public Health at the Johns Hopkins Bloomberg School of Public Health and completed a Fellowship in General Internal Medicine at Johns Hopkins Hospital.

While living in Baltimore, she met her husband, local sports broadcaster Bob Socci, and they relocated to Massachusetts over a decade ago. They have two young children. Throughout training and beyond, Monique has been active in international health, volunteering at and supporting clinics in Central and South America, as well as participating in several disaster missions. She is a regular contributor for the Harvard Health Blog, reporting on clinical research, with a focus on diet and lifestyle studies. She also writes for MothersinMedicine.com and her own blog, GenerallyMedicine. She has written chapters for the books *The Real Life of an Internist* and *Mothers in Medicine*.



**JANUARY 2019**

9781507209943

\$15.99 (CAN \$21.99), PB

5½ x 7½, 256 pages, 2019

#### **AUTHOR BIO:**

Marie Feldman has been a registered dietitian for over 19 years and has worked as a certified diabetes educator for 10 of them. She received her Bachelors in Clinical Dietetics at UC Berkeley and been an outpatient dietitian at previous institutions such as Memorial Sloan Kettering and Cedars-Sinai. She enjoys providing medical nutrition therapy and education to adults, namely in the areas of weight management and diabetes. In addition, she has served as a research department manager and helped facilitate over 30 industry-based clinical trials, primarily with a focus on diabetes and cardiovascular disease. She has maintained her nutrition blog NourishYouDelicious.Blogspot.com for almost 10 years and recently published a diabetes cookbook, *The Big Book of Diabetes Recipes*.

## Healthy Habits for Managing & Reversing Prediabetes

Marie Feldman, RD

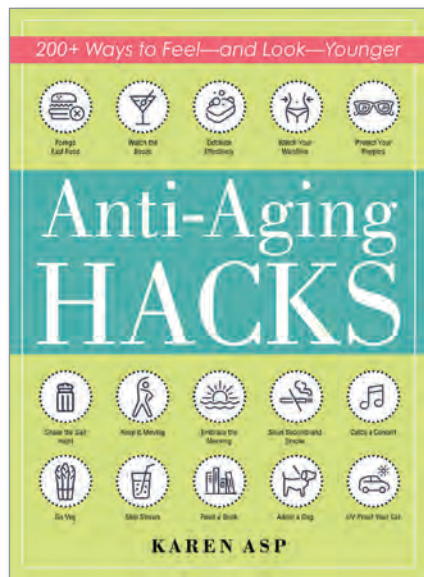
100 simple lifestyle changes you can make right now to prevent Type 2 diabetes and reverse a pre-diabetic diagnosis in an easy-to-use, user-friendly handbook.

There are currently 84 million people in the United States living with a prediabetes diagnosis—left untreated, prediabetes can turn into full Type 2 diabetes within 5-10 years. While being told you are prediabetic can be scary, *Healthy Habits for Managing and Reversing Prediabetes* shows you 100 simple habits that you can implement in your daily life to lower your risk of developing diabetes.

*Healthy Habits for Managing and Reversing Prediabetes* is packed with easy, straightforward tips to help you stop diabetes in its tracks. The secret? It's all about lifestyle changes—from eating less fat to incorporating more vegetables into your diet to exercising 150 minutes per week. This handbook will show you how easy it is to apply these changes and many more into your routine to live a full, happy, and healthy life.

These simple modifications could be the difference between a healthy diabetes-free life and a diabetes diagnosis. You can control your fate—start now.





**JANUARY 2019**

9781507209561  
 \$15.99 (CAN \$21.99), HC  
 5½ x 7½, 256 pages, 2019

**AUTHOR BIO:**

Karen Asp is an award-winning journalist and author who specializes in fitness, health, and nutrition. She regularly writes for numerous publications, including *Prevention*, *Real Simple*, *Runner's World*, *Cosmopolitan*, *Glamour*, *O*, *The Oprah Magazine*, and *Women's Health*. She holds several world records for Nordic walking and also enjoys cross country skiing, yoga, kayaking, hiking, and cycling.

# Anti-Aging Hacks

Karen Asp

Preserve your looks and your health with these 200+ easy strategies to age-proof your body and mind. Are signs of aging—or even just worrying about signs of aging—taking their toll on you?

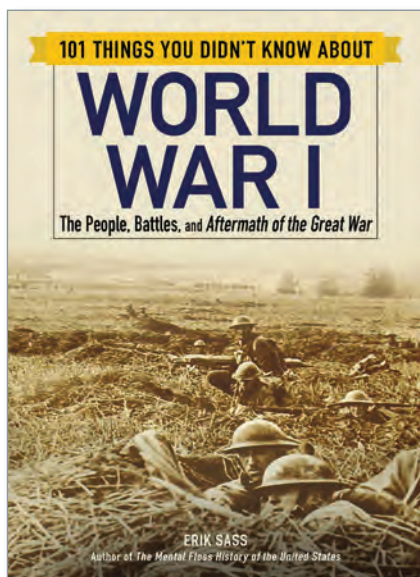
In *Anti-Aging Hacks*, you'll find more than 200 easy, actionable tips and exercises you can implement right away to help age-proof your body and mind. Through straightforward, easy-to-understand language, you'll learn how to preserve your appearance and health, as well as combat—or prevent—the most common ailments, conditions, and risks associated with aging.

From protecting your skin from wrinkles and fortifying your diet, to strengthening your body with fun and easy exercises and staying mentally sharp with stimulating activities, to preserving a youthful glow, you'll find all you need to know to stay healthy, strong, sharp, and youthful for years to come.

A selection of anti-aging hacks include:

- Sleeping on your back to reduce wrinkles
- Wearing sunglasses to help prevent cataracts and macular degeneration
- Slowing aging and improve health through intermittent fasting
- Using skincare products with retinol
- Reading for 30 minutes a day to increase your life span

Embrace *Anti-Aging Hacks* as your own personal fountain of youth—in handy guidebook form!



**SEPTEMBER 2018**

9781507207222

\$14.99 (CAN \$19.99), PB

5½ x 7½, 256 pages, 2018

# 101 Things You Didn't Know about World War I

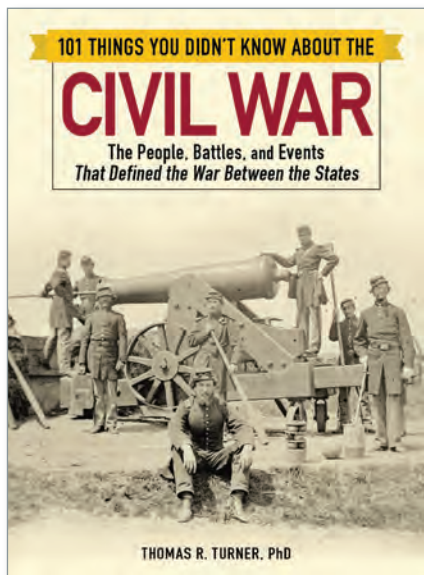
Erik Sass

In honor of the 100th anniversary of the end of World War I, here are 101 little-known and fascinating facts about its history.

In this informative, accessible look at World War I, you'll find a complete overview of this critical historical event, its long-standing impact, and little-known facts. Identify the important figures, discover what everyday life was like during wartime, and learn about the inventions and momentous events from the Great War that changed history forever. Whether you're seeking a basic, academic introduction or looking for interesting new facts to expand your knowledge, you're sure to find it in *101 Things You Didn't Know about World War I*.

## **AUTHOR BIO:**

Erik Sass holds a BA in history from Duke University and an MA in journalism from NYU. Since 2011 he has written a blog covering the causes of the First World War, as well as the events of the war itself, to commemorate the centennial of the conflict. He is also the author of *The Mental Floss History of the United States* and coauthor of *The Mental Floss History of the World*. He lives in Silver Spring, MD with his husband and daughter.



**OCTOBER 2018**

9781507209264  
 \$14.99 (CAN \$19.99), PB  
 5½ x 7½, 240 pages, 2018

**AUTHOR BIO:**

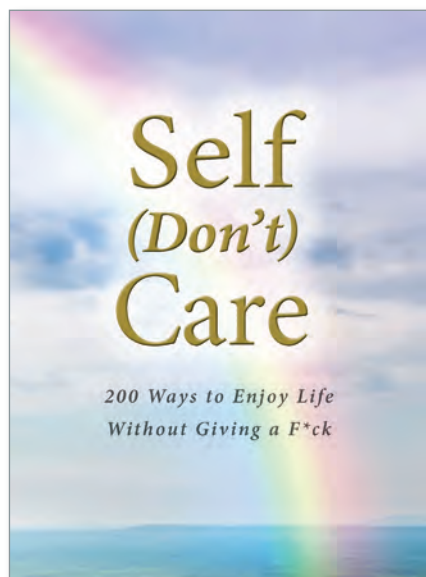
Thomas R. Turner, PhD, is professor of history at Bridgewater State University, Bridgewater, Massachusetts.

# 101 Things You Didn't Know about the Civil War

*Thomas R. Turner, PhD*

Get the lowdown on America's Bloodiest War—the Civil War—with this essential guide to 101 interesting and unexpected facts about this defining event in US history.

Do you know which state first seceded from the Union? What about the individual who could be considered the Mata Hari of the Civil War? Or how about which Bible passage Southerners used to justify slavery? You'll find answers to these questions and many, many more in *101 Things You Didn't Know about the Civil War*. Packed with fascinating details about the people, places, and events that defined our nation's most contentious conflict, this tell-all guide reveals the inside scoop on slavery and its impact on the war; great—and not-so-great—leaders and generals; battles fought and lost—and fought again; some of the most shocking horrors of the war; women, children, and African Americans in the war. Complete with a helpful timeline, *101 Things You Didn't Know about the Civil War* is your go-to guide for little-known facts about the war that dramatically altered the course of American history forever.



**JANUARY 2019**

9781721400256  
 \$14.99 (CAN \$19.99), HC  
 5½ x 7½, 224 pages, 2019

## Self (Don't) Carer

Adams Media

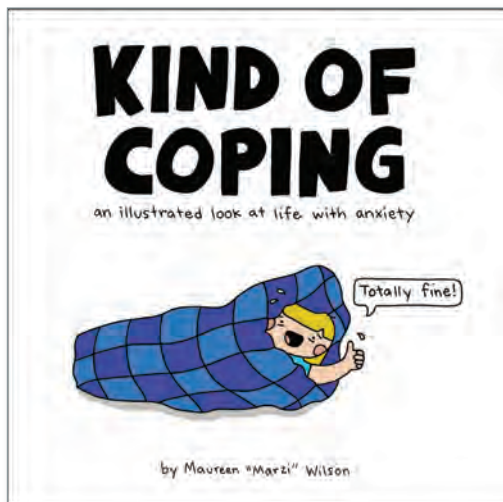
Cut the crap and cut to the chase with this fun self-care guide parody that features 150+ ways to *actually* live your best life.

*Self-Care (n): The act of engaging in activities or behaviors that help one achieve or maintain good physical or mental health, especially to mitigate the effects of stress or trauma.*

*[Anti]Self-Care (n): The act of engaging in (potentially dangerous) activities or behaviors that help one achieve or maintain a good time, especially to mitigate the effects of being stressed the f\*ck out. (Warning: may cause trauma).*

Which sounds more fun?

It's time to be selfish about our self-care and do things we actually want to do. *Self (Don't) Care* isn't anti-you—it's pro-doing what you damn well please to feel good and enjoy life, rather than being told what's right for you. So put up your feet, pick up a pint, and browse through these 150+ suggestions for letting loose—it's the only self-care guide we all actually need.



**JANUARY 2019**

9781507209189  
 \$14.99 (CAN \$19.99), HC  
 6 x 6, 192 pages, 2019

**AUTHOR BIO:**

Maureen “Marzi” Wilson had a quiet childhood by the Chesapeake Bay, and is enjoying an equally quiet adulthood by the Yellowstone Forest. When she isn’t doodling for *Introvert Doodles*, she creates instructional art videos for her DIY website, [MadeByMarzipan.com](http://MadeByMarzipan.com). Her hobbies include reading, swooning over typography, and cuddling her Yorkie, Kiko. That’s as much information as she’s willing to share with you, as she’s an introvert and doesn’t know you very well. Check out her website [IntrovertDoodles.com](http://IntrovertDoodles.com) and find her on Instagram @IntrovertDoodles.

# Kind of Coping

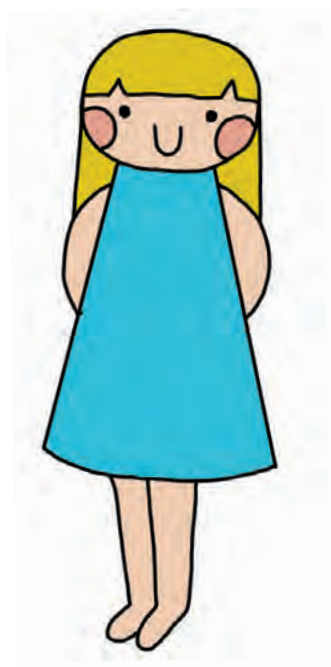
Maureen “Marzi” Wilson

Maureen “Marzi” Wilson—the popular Instagram cartoonist behind *Introvert Doodles*—is back with a brand-new collection of hilarious, relatable, and heartwarming doodles about anxiety that show you that you are not alone.

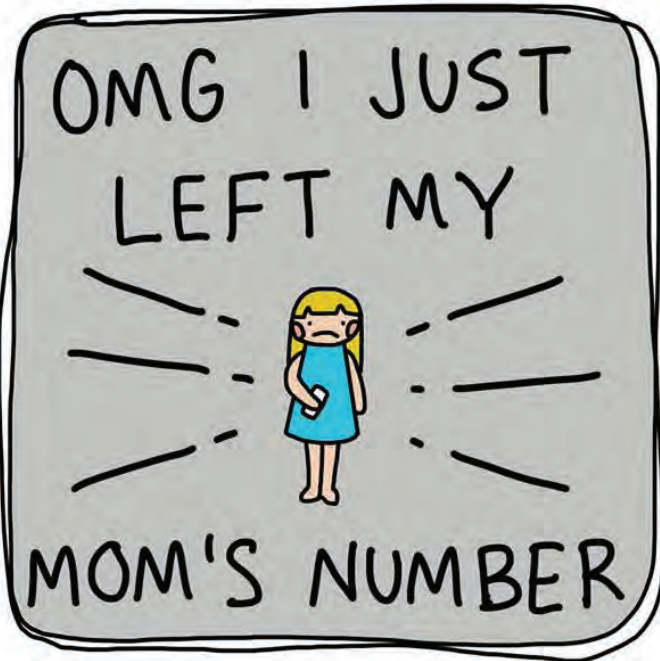
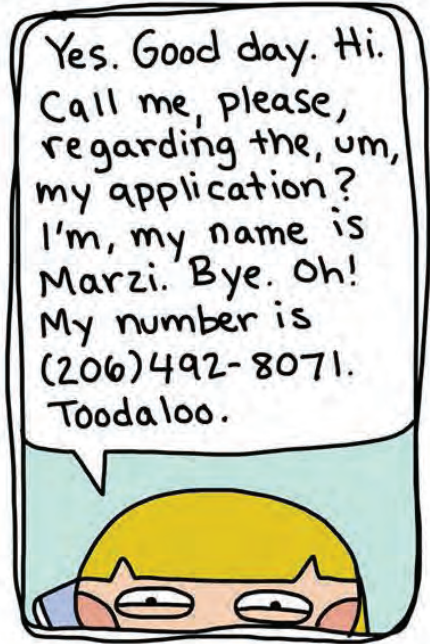
If you struggle with anxiety, you may feel like it’s you against the world all the time. Sometimes, your anxiety can be too much to handle all at once—wouldn’t it be nice to have someone around that understood exactly what you were going through?

Meet Marzi! She struggles with anxiety just like you. In *Kind of Coping*, join Marzi as she (kind of) copes with her own anxiety from day to day, finding the humor in her condition with this collection of funny, encouraging, and supportive comics that show you the best you can do sometimes is just kind of cope—and that’s totally OK!

Whether it’s a panic attack or an awkward social snafu, Marzi knows what you are going through. With over 150 full-color doodles that deliver hope and inspiration, unconditional support, and big laughs, let Marzi share her journey with you.









**DECEMBER 2018**

9781507209349  
 \$14.99 (CAN \$19.99), HC  
 6 x 6, 192 pages, 2018

**AUTHOR BIO:**

Huda Fahmy was born in Detroit, MI and attended the University of Michigan where she majored in English and minored in Political Science with hopes of one day becoming a lawyer. She finished one year of law school before shifting to education. She taught English to middle and high schoolers for eight years before she started writing about her experiences as a visibly Muslim woman in America and was encouraged by her older sister to turn these stories into comics. Huda, her husband Gehad, and their son reside in Houston, Texas.

# Yes, I'm Hot in This

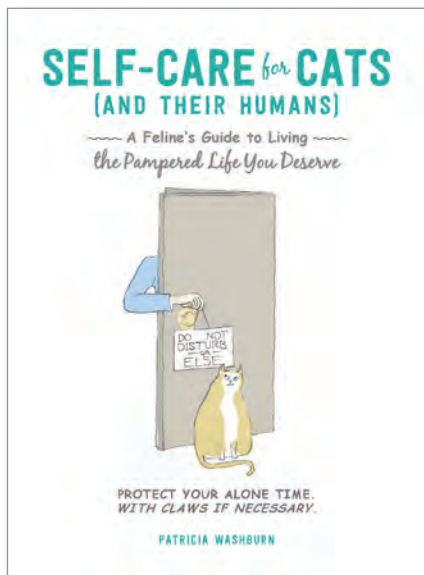
Huda Fahmy

Popular Instagram cartoonist and Muslim-American Huda Fahmy presents a hilarious, relatable, and painfully honest new collection of comics that break down barriers and show how universal our everyday problems, worries, and joys actually are.

At some point in our lives, we've all felt a little out of place. Huda Fahmy has found it's a little more difficult to fade into the crowd when wearing a hijab.

In *Yes, I'm Hot in This*, Huda navigates the sometimes-rocky waters of life from the unique perspective of a Muslim-American woman, breaking down misconceptions of her culture one comic at a time. From recounting the many questions she gets about her hijab every day (yes, she *does* have hair) and explaining how she runs in an abaya (just fine, thank you) to dealing with misconceptions about Muslims, *Yes, I'm Hot in This* tackles universal feelings from an point of view we don't hear from nearly enough.

Every one of us have experienced love, misunderstanding, anger, and a deep desire for pizza. In *Yes, I'm Hot in This*, Huda's clever comics demonstrate humor's ability to bring us together, no matter how different we may appear on the surface.



**MARCH 2019**

9781721400034  
 \$12.99 (CAN \$17.99), HC  
 5½ x 7½, 128 pages, 2019

**AUTHOR BIO:**

Patricia Washburn has been catstaff since before there was an Internet. She once gave a business presentation illustrated entirely with cat pictures. She is not a crazy cat lady because the threshold for that title is two more cats than you already have. When not writing about cats, Patricia writes about cybersecurity, software, and large scientific building projects. As a single female writer of a certain age, she is practically required to have cats. She is currently supervised by three, all rescues.

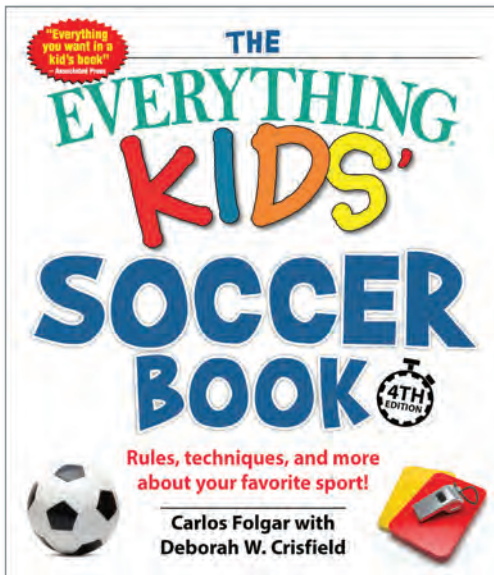
# Self-Care for Cats (And Their Humans)

Patricia Washburn

Expert self-care tips from the feline authorities on napping as an art form, looking good at all times, keeping your cool, and knowing when to just chill out—cats!

Need to up your self-care game? Let your cat be your guru with this funny and entertaining guide. In *Self-Care for Cats (And Their Humans)*, see how stretching every time you get up from the couch,

meowing for help when you need it, maintaining balance on the great windowsill of life, taking time to play when the spirit moves you—and not being afraid to act like a kitten—er, child—and more can help you embrace the luxurious lifestyle of a cat—and that’s a great thing! With *Self-Care for Cats (And Their Humans)*, you’ll feel more relaxed, have more fun, and *pawsitively* improve the quality of your naps in no time!



**NOVEMBER 2018**

9781507208908  
 \$9.99 (CAN \$12.99), PB  
 8 x 9¼, 144 pages, 2018

# The Everything Kids' Soccer Book, 4th Edition

Carlos Folgar

Fun and exciting tips soccer tips and techniques for kids—along with puzzles and games!—in this new and up-to-date edition of the *Everything Kids' Soccer Book*.

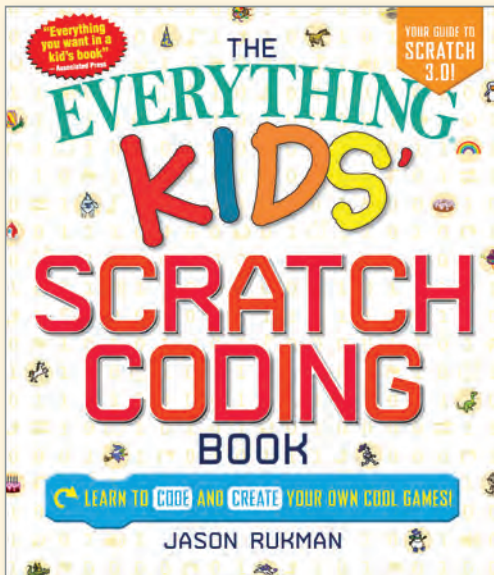
Every year, more and more children join the exciting world of soccer—is your child one of them? Help them be the best player they can be, with this helpful and informative guide to one of the popular youth sports in the US!

In the latest edition of *The Everything Kids' Soccer Book*, kids will find practical tips, rules, and guidance on how to perfect their passing, shooting, and dribbling skills and master the fancy footwork to become a soccer pro in no time. With plenty of puzzles and games included along the way, now learning about soccer can be—almost—as fun as playing it!

## **AUTHOR BIO:**

Carlos Folgar has been a soccer coach for over ten years across many age groups. In 2016, he founded the Wolf Pack Soccer Academy in Concord, MA where he is still the head coach and owner. He has earned an Advanced National Diploma from the National Soccer Coaches Association of America as well as state, regional, and national goalkeeper diplomas. He is currently the head coach for the boys U12 and U18 teams for the Global Premier Soccer Club in Waltham, MA.





**DECEMBER 2018**

9781507207970  
 \$18.99 (CAN \$25.99), PB  
 8 x 9¼, 256 pages, 2018

# The Everything Kids' Scratch Coding Book

Jason Rukman

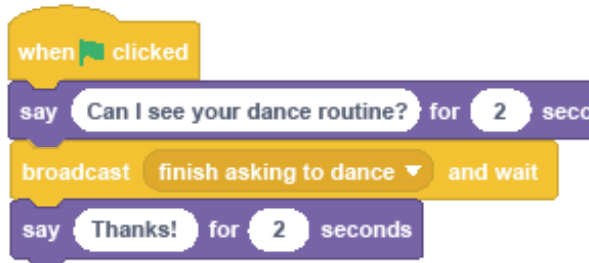
Teach kids the concepts of coding in easy-to-understand language and help them develop games of their own with *The Everything Kids' Scratch Coding Book!*

Understanding computer science is becoming a necessity in the modern age. As our world shifts towards becoming increasingly more technical and automated, the ability to code and understand computers has become one of the most valuable skills any child can have on the road to a successful life. More and more schools are recognizing this importance and have started to implement computer science and coding as core elements in their curriculums, right alongside math and history.

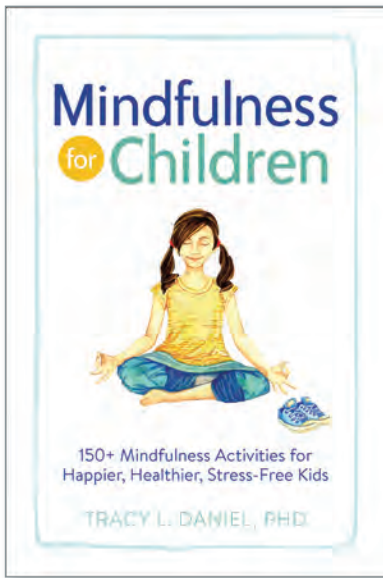
*The Everything Kids' Scratch Coding Book* helps children get a head start on this new essential skill, with Scratch coding—a language designed by MIT specifically to help a younger audience learn to code. In no time, children will learn basic coding concepts, build fun games, and get a competitive edge on their classmates. This book encourages children to think analytically and problem-solve, while helping them develop an essential skill that will last them a lifetime.

**AUTHOR BIO:**

Jason Rukman is the CEO and cofounder of UcodeMy, a Scratch education dashboard for elementary and middle-grade teachers. UcodeMy provides unique instructional videos and courses to be used as part of a computer science curriculum. He is responsible for the development and marketing of iTCH, a hybrid version of the Scratch program with ready-to-go coding lessons within the Scratch interface. Through UcodeMy and iTCH, Jason has provided lessons to more than 150,000 students.







SEPTEMBER 2018

9781507208137  
\$16.99 (CAN \$22.99), PB  
6 x 9, 256 pages, 2018

**AUTHOR BIO:**

Tracy L. Daniel, PhD, is the founder and director of Mindful Child Aerial Yoga, a kids' aerial yoga studio providing research-backed aerial yoga and mindfulness education to children. Dr. Tracy's classes provide social and emotional learning that helps children focus, reduce stress, and improve executive functioning. Through years of working with mindfulness, yoga, and Brain Gym in her psychological work with children, she has had phenomenal success significantly decreasing hyperactivity, anxiety, and stress by teaching children how to self-regulate their behavior using health-based practices. You can visit her website at [www.MindfulChildAerialYoga.com](http://www.MindfulChildAerialYoga.com).

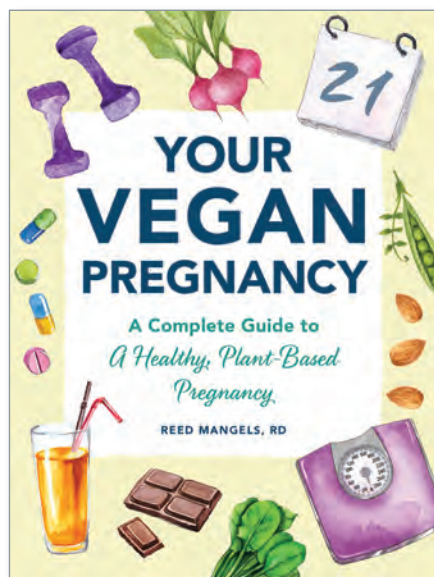
# Mindfulness for Children

Tracy L. Daniel, PhD

Introduce your children to the practice of mindfulness so they can learn to reduce stress, regulate behavior and emotions, and develop a positive self-image along the way.

Mindfulness and meditation are becoming increasingly integrated into everyday life as effective ways to improve both physical and mental health. Make sure the whole family—even the little ones—are embracing the full range of benefits with *Mindfulness for Children*.

Start your family's mindfulness practice with these exercises for achieving peace, calm, and positivity. These simple activities will help you and your child get ready for bedtime, calm down after a stressful situation, discuss your feelings in a safe environment, and more. For example, for energetic children, try a short walk or do some easy, calming yoga poses to sharpen focus. With over 150 meditations for different situations, there's a strategy in *Mindfulness for Children* fit for every moment and every family.



**MARCH 2019**

9781507210192  
 \$15.99 (CAN \$21.99), PB  
 6 x 8, 240 pages, 2019

## Your Vegan Pregnancy

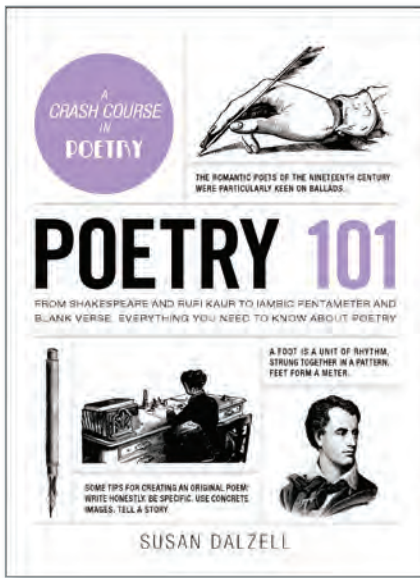
Reed Mangels, PhD, RD, LD, FADA

100+ satisfying and nourishing vegan meals—especially for pregnant moms!

Being a vegan mother not only means you have to worry about getting the right nutrients for your own body, but for your growing baby as well. The benefits of a vegan diet can be passed down to your baby by following a healthy, well-rounded diet that incorporates the proper nutrients and minerals. With *Your Vegan Pregnancy*, you'll learn everything you need to know to nourish and grow a healthy, happy baby. With over 100 recipes for satisfying meals and expert advice on getting all the proper nutrition you and your baby need, *Your Vegan Pregnancy* will keep you and your baby strong for all three trimesters.

### AUTHOR BIO:

Reed Mangels, PhD, RD, LD, FADA, is a nutrition advisor for the nonprofit educational Vegetarian Resource Group, as well as nutrition editor and a regular columnist for *Vegetarian Journal*. She is the coauthor of the American Dietetic Association's position paper on vegetarian diets, as well as their new food guide for vegetarians. Dr. Mangels is an instructor in the nutrition department of the University of Massachusetts at Amherst.



SEPTEMBER 2018

9781507208397  
 \$15.99 (CAN \$21.99), HC  
 5¼ x 7½, 256 pages, 2018

**AUTHOR BIO:**

Susan Dalzell is a freelance author who has been writing professionally for over 20 years. Her work has been featured in *The Wall Street Journal* and *Forbes Travel Guide*, as well as educational publications such as CASE's *Currents* magazine and Ohio University's research magazine, and many local newspapers and publications. She's lived in England, Japan, and now DC, following her husband as he serves in the US Air Force: she's currently working on a travel memoir exploring these experiences. Find her online at [SusanDalzell.com](http://SusanDalzell.com) or [@SusanDalzell](https://twitter.com/SusanDalzell).

# Poetry 101

Susan Dalzell

Become a poet and write poetry with ease with help from this clear and simple guide in the popular 101 series.

Poetry never goes out of style. An ancient writing form found in civilizations across the world, poetry continues to inform the way we write now, whether we realize it or not—especially in social media—with its focus on brevity and creating the greatest possible impact with the fewest words. *Poetry 101* is your companion to the wonderful world of meter and rhyme, and walks you through the basics of poetry. From Shakespeare and Chaucer, to Maya Angelou and Rupi Kaur, you'll explore the different styles and methods of writing, famous poets, and poetry movements and concepts—and even find inspiration for creating poems of your own.

Whether you are looking to better understand the poems you read, or you want to tap into your creative side to write your own, *Poetry 101* gives you everything you need!



**OCTOBER 2018**

9781507208571

\$14.99 (CAN \$19.99), PB

5½ x 7½, 240 pages, 2018

**AUTHOR BIO:**

Keith Bradford is the sole owner and webmaster of Bradford Media, which publishes 1000LifeHacks.com, YupThatExists.com, and many other blogs/sites. Since its launch at the beginning of 2013, Bradford Media has gained a collective readership of more than 200,000, and continues to grow each and every day. He lives just north of Toronto, Canada in a small suburban town called Aurora, and loves hockey, making music, and reading comic books.

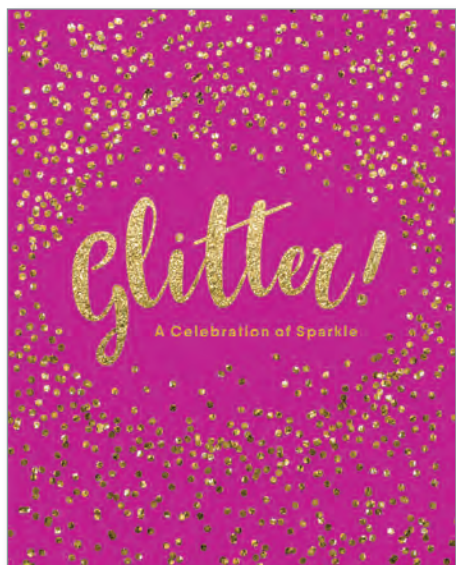
# Holiday Hacks

Keith Bradford

Streamline and simplify your holiday season with this comprehensive guide filled with quick tips, easy hacks, and fun DIY project ideas—all designed for the most wonderful time of the year!

While the holidays are a joyous time to spend with family and friends, we all know they can quickly become a hassle if you're not prepared. *Holiday Hacks* gives you expert tips and pointers to celebrate in style—while getting the presents wrapped and sorted, the food beautifully prepared, and the decorations on point—all with a minimum of stress!

*Holiday Hacks* includes over 600 handy tips for everything holiday-related—from how to fill your house with a festive cinnamon scent, to soothing those holiday headaches, to an easy and delicious hot chocolate hack using Nutella and milk. There's even advice about ornament storage—egg cartons are a great way to keep your small and delicate ornaments safe in their yearly hibernation—so you'll be ready to go when the holidays roll around again next year!



**NOVEMBER 2018**

9781507208212  
 \$16.99 (CAN \$22.99), HC  
 5½ x 7, 160 pages, 2018

# Glitter!

Adams Media

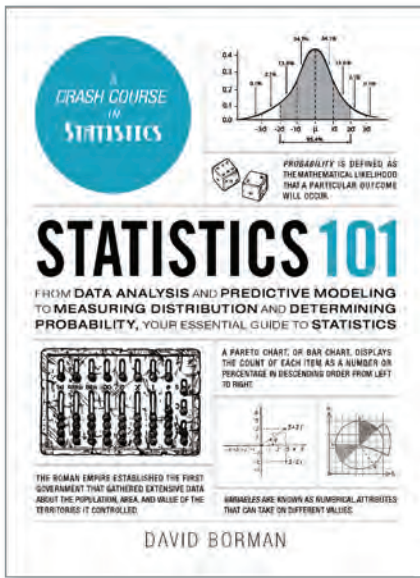
Indulge your shiny side and embrace your glitter obsession with this collection of all things sparkly—featuring history, trivia, quotes, and tips on how to use glitter safely and responsibly to decorate your clothes, your home, and your body!

Once confined to the craft aisle and the hands of children between the ages of three and nine, glitter has migrated to adults of all ages and incomes—who enthusiastically decorate their hair, faces, and bodies with it, bathe in it, and, of course, craft with it. But glitter is more than something you use or look at, it’s a lifestyle—a state of mind for people who want to sparkle and shine inside and out.

*Glitter!* is the perfect gift for those who are dedicated to adding sparkle to every aspect of their lives. Filled with tons of fun ideas for glittery craft projects—including glitter lip balm and eye shadow, glitter shoes, glitter bath bombs, glitter slime, glitter drinking glasses, and more!—as well as everything else you’ve ever wanted to know about glitter. *Glitter!* also includes four pull-out glitter-quote cards to frame and hang!







**NOVEMBER 2018**

9781507208175  
 \$15.99 (CAN \$21.99), HC  
 5¼ x 7½, 240 pages, 2018

**AUTHOR BIO:**

David Borman has been involved in the financial markets and trading since 1999. He has professionally worked at Deutsche Bank, Merrill Lynch, TCM Custom House, Morgan Stanley, and Phillip Capital. He has been exposed to the trading and day trading of mutual funds, stocks, ETFs, Leveraged ETFs, Commodities, and Derivatives. He has worked right alongside the Risk Management Desk of a Singapore Based Futures Commission Merchant, where fifty-million-dollar margin calls were a daily occurrence.

Within his own account, he has traded extensively using ETFs, precious metals, and currencies. He holds a BS in finance from Southern Illinois University, and a masters in accounting from DePaul University, and is working on his PhD in financial management from Northcentral University. When not trading, David finds the time shop for treasures at local antique shops. He is the author of *Day Trading 101*.

# Statistics 101

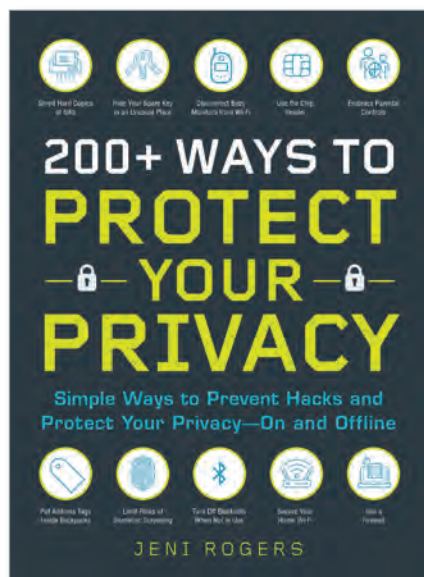
David Borman

A comprehensive guide to statistics—with information on collecting, measuring, analyzing, and presenting statistical data—continuing the popular 101 series.

Data is everywhere. In the age of the internet and social media, we're responsible for consuming, evaluating, and analyzing data on a daily basis. From understanding the percentage probability that it will rain later today, to evaluating your risk of a health problem, or the fluctuations in the stock market, statistics impact our lives in a variety of ways, and are vital to a variety of careers and fields of practice.

Unfortunately, most statistics text books just make us want to take a snooze, but with *Statistics 101*, you'll learn the basics of statistics in a way that is both easy-to-understand and apply. From learning the theory of probability and different kinds of distribution concepts, to identifying data patterns and graphing and presenting precise findings, this essential guide can help turn statistical math from scary and complicated, to easy and fun.

Whether you are a student looking to supplement your learning, a worker hoping to better understand how statistics works for your job, or a lifelong learner looking to improve your grasp of the world, *Statistics 101* has you covered.



**JANUARY 2019**

9781721400126

\$15.99 (CAN \$21.99), PB

5½ x 7½, 256 pages, 2019

## 200+ Ways to Protect Your Privacy

Jeni Rogers

Discover simple strategies for protecting your personal and confidential information on and offline with this essential and easy-to-understand guide.

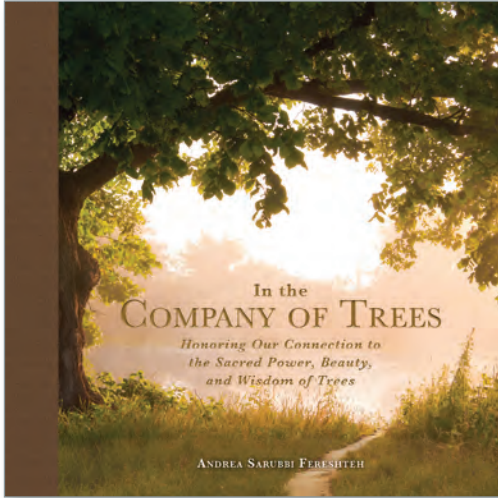
We all know that the internet can serve as a hotbed for identity theft. But it isn't the only place where your privacy can be breached. In fact, there are lots of ways you can protect your privacy (or diminish it) that have little or nothing to do with access to the internet. Your home, your photos, your trash can, your kids, your favorite restaurant or store—and even you have the ability to unknowingly reveal your private information to everyone from thieves to busybodies. But you don't need to hire a specialist to keep your information safe—you can do it yourself with these 200+ easy-to-implement tactics, some of which include:

- Shredding hard copies of bills
- Turning off Bluetooth when not in use
- Using a firewall
- Hiding spare keys in an unusual place

Keeping your information secure lies in your hands—make sure you're not putting yourself at risk in your daily habits with this essential guide.

### AUTHOR BIO:

Jeni Rogers is a freelance writer and consultant specializing in B2B software and technology business sectors, privacy, and security industries. Her work appears regularly on leading business blogs where she is a featured guest expert.



**JANUARY 2019**

9781507209547  
\$18.99 (CAN \$25.99), HC  
8 x 8, 256 pages, 2019

**AUTHOR BIO:**

Andrea Fereshteh is a native of the mountains of Asheville, North Carolina, where she grew up climbing all the trees in her yard and hiking the Blue Ridge Mountains. She has been practicing yoga and meditation for nearly a decade, and leads weekly meditation sessions in the tradition of John Main, OSB. She writes for educational institutions, nonprofits and freelance publications, and her work has been featured on the blog for The Association of Nature and Forest Therapy Guides. Her interest in blending mindful and contemplative practices led her into the woods of her current home in central New Jersey, where she has practiced forest bathing for the past two years. Her husband and three lively sons provide a constant source of joy and inspiration.

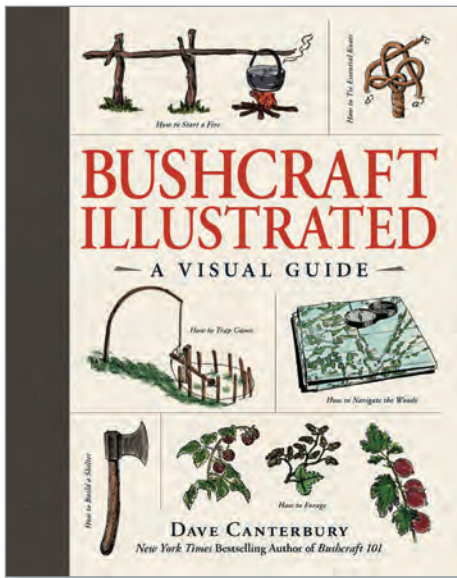
# In the Company of Trees

Andrea Fereshteh

Fascinating facts, trivia, and stories celebrating nature and the magnificent life of trees and their invaluable place in our lives, including beautiful, full-color photographs throughout.

When was the last time you spent time outside? The space between your front door and your car doesn't count. Nature holds incredible power to soothe our spirits, calm our minds, and open us up to creativity, if we can unplug long enough to step away from our screens and embrace it. And while they say you can't see the forest for the trees, they play perhaps the leading role in our enjoyment of the outdoors.

*In the Company of Trees* helps you rediscover your own connection to the world outside, with over 195 quotes, facts, and stories honoring trees from across the world and in our own back yards alike. Inviting, full-color photos of sun-dappled forests and tree-filled hikes throughout will inspire you to do some forest-bathing of your own and embrace the healing power of nature.



**FEBRUARY 2019**

9781507209028  
 \$26.99 (CAN \$35.99), HC  
 8 x 10, 252 pages, 2019

**AUTHOR BIO:**

Dave Canterbury is the co-owner and supervising instructor at the Pathfinder School, which *USA TODAY* named one of the Top 12 Survival Schools in the United States. He has been published in *Self Reliance Illustrated*, *New Pioneer*, *American Frontiersman*, and *Trapper's World*. Dave is the *New York Times* bestselling author of *Bushcraft 101*, *Advanced Bushcraft*, and *The Bushcraft Guide to Trapping, Gathering, and Cooking in the Wild*.

# Bushcraft Illustrated

Dave Canterbury

From Dave Canterbury—wilderness expert, *New York Times* bestselling author, and YouTube sensation—comes a fully illustrated guide to everything you need to know to hone your bushcraft, or wilderness survival skills, from types of shelter, to useful tools, to edible plants—and much more!

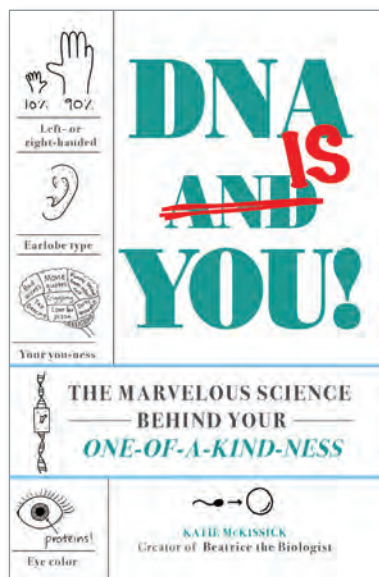
Before you venture into the wilderness, learn exactly what you need to bring and what you need to know with this ultimate outdoor reference guide, by survivalist expert Dave Canterbury. Filled with more than 300 illustrations, *Bushcraft Illustrated* showcases the necessary tools and skills for an awesome outdoor adventure, including such as

*Packs: Learn the different types and how to craft and pack your own. Cordage: Essential knot knowledge for outdoor survival.*

*Firecraft: How to start a fire with a variety of materials. Trapping: Tips for catching small game.*

*Plants: A catalog of edible plants to forage.*

...And much more! With its many helpful illustrations and detailed, easy-to-follow instructions, this illustrated Bushcraft guide is a must-have for the seasoned outdoor lover and adventure novice alike!



**JANUARY 2019**

9781721400171  
 \$15.99 (CAN \$21.99), HC  
 5½ x 8⅞, 256 pages, 2019

**AUTHOR BIO:**

Katie McKissick is the author and illustrator of *Beatrice the Biologist*. A former high school biology teacher turned all-around science communicator, Katie has worked for NASA's Jet Propulsion Laboratory, the Natural History Museum of Los Angeles County, and the University of Southern California. Katie also cohosts the irreverent science podcast, *Science Brunch*. You can find her work at [BeatriceBiologist.com](http://BeatriceBiologist.com).

## DNA Is You!

*Beatrice the Biologist*

Learn all about how your DNA makes you who you are—an awesome, unique individual—in this fun and simple illustrated guide!

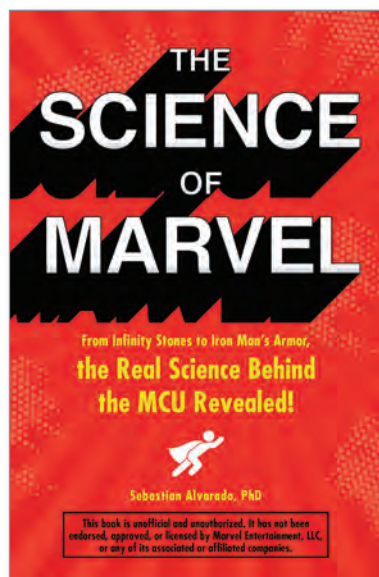
Did you know your sense of purpose is determined by your genes? And that DNA determines your reaction to poison ivy, and maybe even your sex drive?

In *DNA Is You!*, the author behind *Beatrice the Biologist* uses her trademark humor to break down the ins and outs of DNA to give you the low-down on each trait, one by one. She provides the answers to questions like: how dependent are traits on your parents' genes? Are they based on mutations or influenced by the environment? What kind of studies have been performed on genetics, and what have they discovered?

Home DNA tests are more popular than ever, and *DNA Is You!* takes a look at the weird and wild scientific factors that can change your genes—like that dimples are dominant, how someone gets two different eye colors, and which genes determine whether or not you'll need glasses.

Learn more about how you got to be who you are with *DNA Is You!* and understand yourself—and your family—a little bit better!





**APRIL 2019**

9781507209981  
 \$16.99 (CAN \$22.99), PB  
 5½ x 8¼, 256 pages, 2019

#### **AUTHOR BIO:**

Sebastian Alvarado worked in the private biotech industry for four years before pursuing an academic career in graduate studies. He earned his PhD at McGill University where he learned about the molecular mechanisms that lend plasticity to biological systems. His research has given him an extensive background on environment-gene interactions and how they play important roles in the progression of cancer and chronic pain. Following his PhD, he received an A.P. Giannini postdoctoral fellowship to continue his research at Stanford University. Currently, he is an Assistant Professor at Queens College CUNY where he uses an African cichlid fish to understand molecular ecology, animal pigmentation, and behavioral neuroscience.

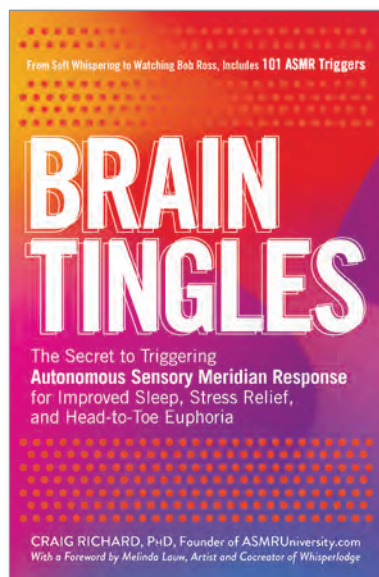
## The Science of Marvel

*Sebastian Alvarado, PhD*

Science meets fantasy in this behind-the-scenes look at the Marvel Cinematic Universe—now you can experience the magic of the movies, and learn how to replicate it in real-life.

The Marvel Cinematic Universe is filled with extraordinary humans and abilities. There are teenaged geniuses swinging through the streets of New York, billionaires creating impenetrable armor in hidden caves, and aliens flying through wormholes to Earth. All of these characters seem to lie firmly in the realm of fantasy—but the technology behind them might not be as farfetched as you think...

*The Science of Marvel* pulls back the curtain and reveals the secrets behind Marvel movie magic, and shows us how to recreate these comic book wonders in our everyday life. Using quantum physics, a little bit of mechanical engineering, and some out-of-the-box thinking, you'll be amazed to discover that it's possible to create a real-life Captain America, Incredible Hulk, or Black Panther. The perfect gift or collectible for Marvel fans everywhere, *The Science of Marvel* brings beloved movies and characters to life like never before.



**SEPTEMBER 2018**

9781507207628  
 \$16.99 (CAN \$22.99), PB  
 5½ x 8⅞, 240 pages, 2018

**AUTHOR BIO:**

Craig Richard, PhD, first learned the term ASMR in 2013, but has been experiencing its triggers and effects since childhood. He launched ASMRUniversity.com in 2014 to encourage and report about ASMR research and to provide helpful resources to assist with understanding ASMR. He’s the cofounder of the ASMR Research Project and has produced several ASMR podcasts. Richard is a professor in the department of biopharmaceutical sciences at Shenandoah University School of Pharmacy in Winchester, Virginia.

# Brain Tingles

Craig Richard, PhD

A user-friendly guide to ASMR—the stress-reducing, sleep-inducing, tingly sensation you have to try!—featuring step-by-step instructions on ASMR best practices for home and professional use alike.

*The calming feeling when someone gently brushes your hair. The deep comfort and connection you feel when a friend whispers in your ear. The tingly sensation experienced from the personal attention of a hairdresser, a clinician, or even watching and listening to Bob Ross...*

That feeling has a name! ASMR, or autonomous sensory meridian response (a deeply relaxing sensation with delightful head tingles that typically begin on the scalp and move down the spine) feels so good that some refer to it as a “brain-gasm.” ASMR videos on YouTube have millions of subscribers and billions of views. ASMR is truly everywhere—from ad campaigns to celebrities to millions of regular people looking for a moment of “ahhhh.”

With *Brain Tingles*, it’s now possible to stimulate—and even share—those feel-good tingles every day, and in real life! ASMRUniversity.com founder Craig Richard, PhD, explains what ASMR is, why it happens, and how to trigger it at home. No special training or fancy equipment required! Inside, you’ll learn the most common auditory, visual, and tactile triggers and how to create person-to-person ASMR scenarios (from a mock eye exam to a pretend manicure) with a partner, client, or friend. The end result? That calming, tingly euphoria that can be used for comfort, relaxation, restfulness, or even to set the tone for sleep—on demand!

With a textured cover you can rub, stroke, or scratch to use as a tactile trigger, *Brain Tingles* is the ultimate ASMR tool, inside and out.



**SEPTEMBER 2018**

9781507208595  
 \$14.99 (CAN \$19.99), HC  
 5½ x 6¼, 160 pages, 2018

## Go F\*ck, I Mean, Find Yourself.

Glenn Lutz

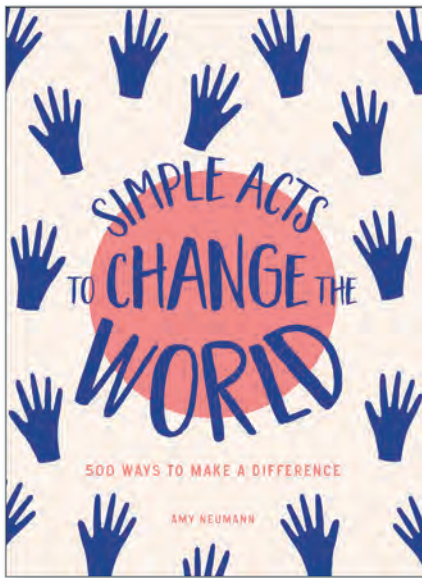
Pocket-sized positive affirmations—with a fun and edgy twist!

Every day is a new day; an opportunity to be in the moment and to be the best versions of ourselves. We are all powerful beings with a purpose, and we all have the power to change and grow. *Go F\*ck, I Mean, Find Yourself.* gives you the push you need to build the universe you wish to inhabit and become the person you want to be.

Let this book be your new daily motivation tool, with its optimistic notes, reminders, affirmations, and suggestions that promote peace, love, health, wealth, wisdom, and knowledge. Additionally, *Go F\*ck, I Mean, Find Yourself.* also serves as a journal, with spaces for you to reflect on your own journey, as well as opportunities to bring friends together in unifying collaboration. A perfect gift or a conversation-starter, this strikingly designed book challenges you to always choose positivity—are you ready?

### AUTHOR BIO:

Glenn Lutz is an American author, conceptual artist, and poet, born to a Haitian mother and German father. His writings are centered on exploring the mind, and his work takes on an honest examination of relationships among identity, race, spirituality, mental health, and human nature. He currently lives in Los Angeles. You can find Glenn on Instagram at @Glenn\_Lutz and his website, GlennLutz.com.



**OCTOBER 2018**

9781507208960  
\$14.99 (CAN \$19.99), HC  
5½ x 7½, 208 pages, 2018

**AUTHOR BIO:**

Amy Neumann is a social good fanatic who has been working professionally to help create positive change since 1994. An entrepreneur by nature, Amy recently founded a startup nonprofit called Free Tech for Nonprofits to help small nonprofits do more of their important work faster. She is involved with industrious organizations and individuals daily at Case Western Reserve University's collaborative First Year Cleveland project to reduce infant mortality. Amy often speaks at events like Dell's Social Innovation Conference and ASU's Sustainability Conference. She is widely published, including as a contributor to *Forbes*, an author of *PR News' Crisis Management Guidebook*, and a columnist for *Huffington Post*. Because she can't get enough of innovative world-changers, Amy also publishes under her social enterprise consultancy, *Good Plus Tech*, as well as her passion project, *CharityIdeas.org*.

# Simple Acts to Change the World

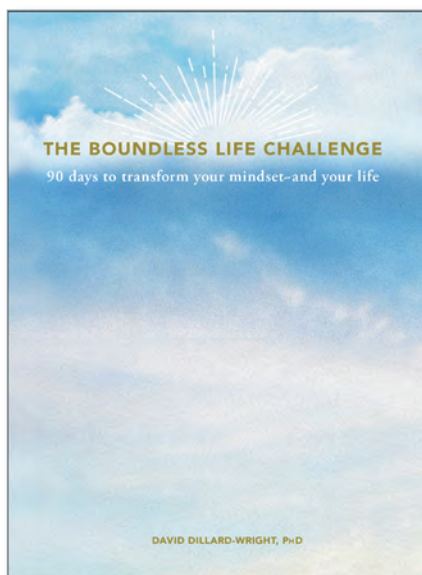
Amy Neumann

Take a stand, support the causes you believe in, and spark positive change in the world—the revolution is happening now, and through simple, everyday actions, you can be a part of it.

Anyone can change the world. No matter what your interests, goals, or experiences, there is a way for you to make a difference—and even small acts go a long way towards creating impact that matters.

From joining a volunteer organization for a global cause you're passionate about, to running for your local school committee to make change within your community, or even speaking out on social media as a quick reminder that your voice matters, *Simple Acts to Change the World* shows you practical strategies to get actively involved every day and take matters in your own hands.

You've already heard the call to action. *Simple Acts to Change the World* shows you just how to respond.



**OCTOBER 2018**

9781507208694  
 \$16.99 (CAN \$22.99), HC  
 5½ x 7½, 240 pages, 2018

**AUTHOR BIO:**

David Dillard-Wright, PhD, teaches philosophy, religion, and ethics at the University of South Carolina, Aiken. His academic work focuses on philosophy of the mind and animal ethics. His practice in meditation originated in the Trappist tradition of contemplative prayer and then segued into Eastern practices. He is the author of *A Mindful Morning*, *A Mindful Evening*, *A Mindful Day*, *Mediation for Multitaskers*, *The Everything® Guide to Meditation for Healthy Living*, *5-Minute Mindfulness*, and *At Ganapati's Feet*.

## The Boundless Life Challenge

David Dillard-Wright, PhD

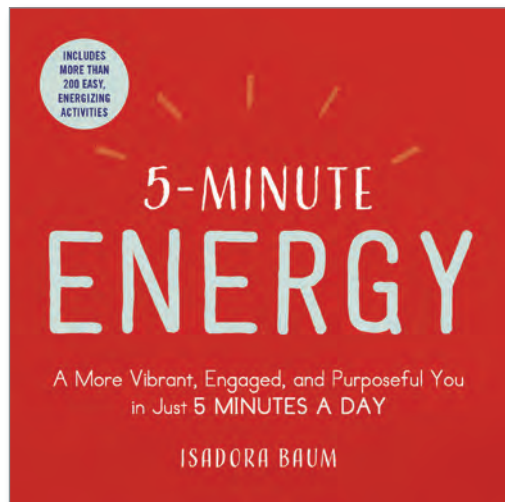
Unlock your infinite potential through mindfulness, self-care, and a positive outlook with this easy-to-follow 90-day plan of simple activities and quick exercises.

Most of us already know what we need to be happy and healthy: eat right, exercise, meditate, and be kind to ourselves. But sometimes, changing your mindset and your outlook on life doesn't come easy—we can find ourselves stuck in ruts and old habits that are hard to break.

In *The Boundless Life Challenge*, Dr. David Dillard Wright offers an easy-to-follow mindfulness plan to get you feeling and thinking more optimistically. His 90-day challenge includes 90 activities, meditations, and simple exercises to help you re-center and focus on the good things in your life—through techniques like gratitude exercises, simple mantra repetitions, self-affirmations, and easy guided meditations—accessible even if you're new to mindfulness.

With additional information on how to break through mental barriers, maintain your new mindset, and the health benefits of optimism and positivity, this interactive guide will help you start—and keep—your happy new outlook for years to come.





## 5-Minute Energy

Isadora Baum

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Find more than 200 quick, easy, and effective ways to feel more energized all day long in this handy, take-anywhere guide in the popular 5-Minutes series.

Work, family, volunteering, socializing—people today are busier than ever. Who couldn't use a boost of energy to help you keep up with all those obligations and activities? With these 200+ simple, yet effective, exercises, you'll find ways to instantly increase your energy to take on the day—from feeling more alert in the morning, to staving off the dreaded afternoon slump, to having enough momentum left over for the evening while still winding down for a restful night's sleep.

With fun exercises including striking up a conversation with a stranger, setting positive intentions, dancing while making dinner, and trying something new every day, you'll find yourself tackling your to-do list with new drive!

**OCTOBER 2018**

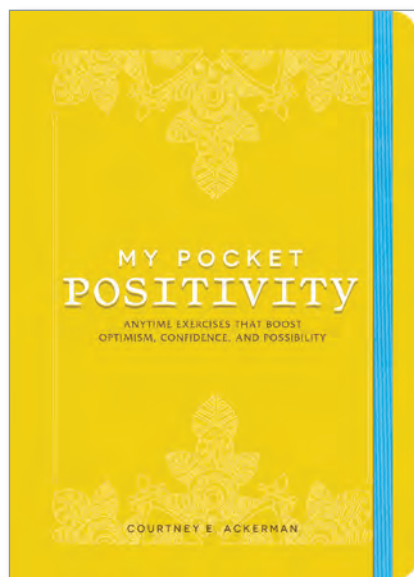
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9781507208823  
\$14.99 (CAN \$19.99), PB  
6 x 6, 288 pages, 2018

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### **AUTHOR BIO:**

Isadora Baum is a certified health coach who loves trying new health foods, coaching clients towards achieving their goals, and writing creatively. She has written for *Bustle*, *SHAPE*, *Men's Health*, *Women's Health*, *PopSugar*, *Reader's Digest*, *Runner's World*, *Prevention*, and more. She can't resist a sample, a glass of red wine or a good margarita, a new HIIT class, French macarons, and an easy laugh.



**NOVEMBER 2018**

9781507208502  
 \$14.99 (CAN \$19.99), PB  
 5 x 7, 176 pages, 2018

## My Pocket Positivity

Courtney E Ackerman

140 quick and effective exercises to help you achieve and maintain a positive mindset and face any challenge with optimism and confidence—the newest in the popular My Pocket series.

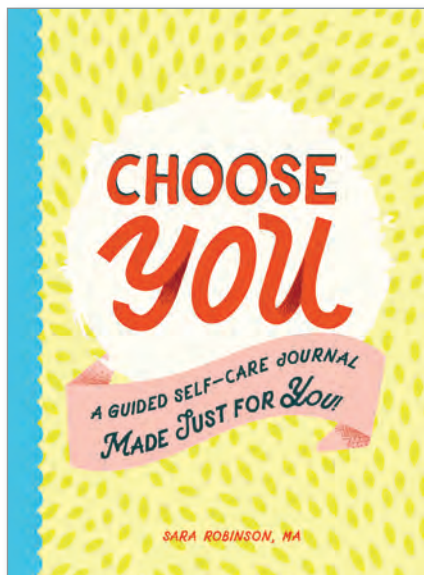
It can be hard to maintain a positive attitude—especially today, when the news and our social media feeds seem to be saturated in negativity and tragedy. But with *My Pocket Positivity*, you will find the good in any moment—and maintain an upbeat attitude through the day, no matter what life throws your way.

*My Pocket Positivity* is full of uplifting thoughts to brighten your day and inspire hope. Through 140 quick and easy exercises, you will learn how to boost and strengthen feelings of confidence, resiliency, gratitude, and serenity. What's more, you will feel empowered to take positive action in your own life and the world around you to pay the feeling forward.

### AUTHOR BIO:

Courtney E. Ackerman has lived in various places around the US, as well as spending a year in the UK as a child. These experiences spurred the development of a curiosity about people that never abated, and she indulged her interests by majoring in psychology with a focus on cognitive science and statistics.

Courtney continued her love affair with learning through Claremont Graduate University in California, where she earned her master's degree in Positive Organizational Psychology and Evaluation. Courtney is currently working as a researcher and growing her recently established freelancing business. She is especially interested in compassion, well-being at work, and survey development and analysis. She is a regular contributor to the popular website PositivePsychologyProgram.com. When she's not working, she's usually spending time with her dogs, reading a book, visiting a nearby winery, or playing video games with her husband.



NOVEMBER 2018

9781507209103  
\$16.99 (CAN \$22.99), PB  
5½ x 7½, 176 pages, 2018

**AUTHOR BIO:**

For the last decade, as a Mental Skills Coach, Sara Robinson has helped individuals change the way they think and feel to create positive behavioral changes. Sara regularly speaks about the importance of balance and self-care and has been a guest on the *SuperMum* podcast and *The Mom Inspired Show* and a speaker for the Mom Project Summit 2017. Her blog, *Get Mom Balanced* (GetMomBalanced.com), aims to support busy working moms to find balance and time for self-care and helps moms develop the mental skills that they need to thrive. She's a regular contributor to *RunSmart Online* and the *LPGA Women's Network* blog. Sara has a master's degree in sport psychology.

## Choose You

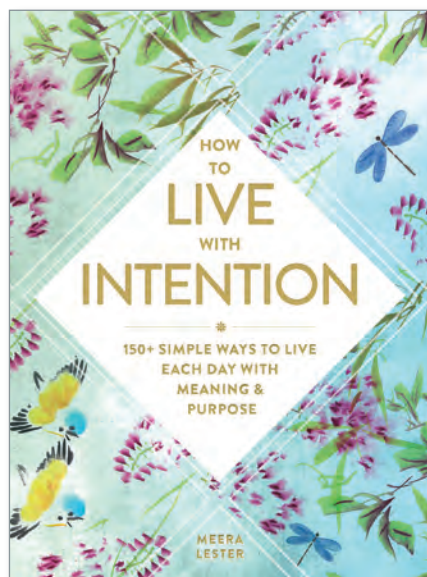
Sara Robinson

Track your progress in your self-care journey and pinpoint the exercises that make you feel the most refreshed, rejuvenated, and ready to face the world in this beautiful and inspirational guided journal.

Self-care is an essential part of wellness. But as your state of mind can vary from day to day and season to season, it can be difficult to find and remember the self-care practices that were most effective. *Choose You* gives you a space to record your routines and easily identify which worked best for you, so you can nurture yourself and navigate the chaos of daily life.

*Choose You* contains more than 150 pages for guided journaling, including questions for reflection, useful tips, inspirational quotes, and fun ideas for self-care activities. Additionally, you'll become an expert in the "what"s and "why"s of self-care, and learn strategies to effortlessly integrate these routines into your everyday life.

Whether you're new to the world of self-care, or you've been perfecting your methods for years, *Choose You* is the perfect companion for achieving total mind and body wellness!



**DECEMBER 2018**

9781507210031  
 \$14.99 (CAN \$19.99), HC  
 5¼ x 7½, 224 pages, 2018

**AUTHOR BIO:**

Meera Lester, an internationally published author, has written more than two dozen books, including *Sacred Travels*, *The Everything Law of Attraction*, *The Secret Power of You*, *My Pocket Meditations*, and *Rituals for Life*. After spending time in India in her early twenties, she has been a lifelong practitioner of hatha yoga, Dhyan meditation, and Kundalini Maha Yoga.

## How to Live with Intention

Meera Lester

Discover simple ways to live a more purposeful, peaceful, and enjoyable life with this empowering guidebook to intentional and mindful living.

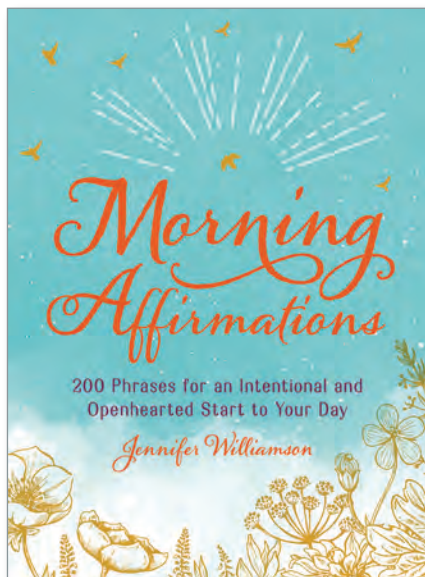
It's time to put intention behind all of your actions and live a focused and fearless life!

In this accessible guide, you'll learn easy ways to infuse everyday activities—from waking and bathing to eating and walking—with a sense of purpose. Each act is designed to improve your sense of health, peace, prosperity, gratitude, and renewal. Examples include:

- Eliminate thoughts of what is lacking
- Move past perfection
- Fire up your authentic voice
- Strengthen love bonds
- Learn to be precise

Each chapter contains ritual sequences to help you carry your intentions throughout your day. With a wide and varied range of activities, you'll be able to create a unique routine to fit every mood, need, interest, and desire.

With *How to Live with Intention*, you'll transform ordinary tasks into purposeful ways to relish each moment, live your best life, and experience true happiness.



**DECEMBER 2018**

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9781721400348  
\$14.99 (CAN \$19.99), HC  
5¼ x 7¼, 208 pages, 2018

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**AUTHOR BIO:**

Jennifer Williamson is the writer and creator for the website AimHappy.com, a blog which seeks to support those in need of healing messages of hope and inspiration. She lives in Spencer, Massachusetts.

## Morning Affirmations

*Jennifer Williamson*

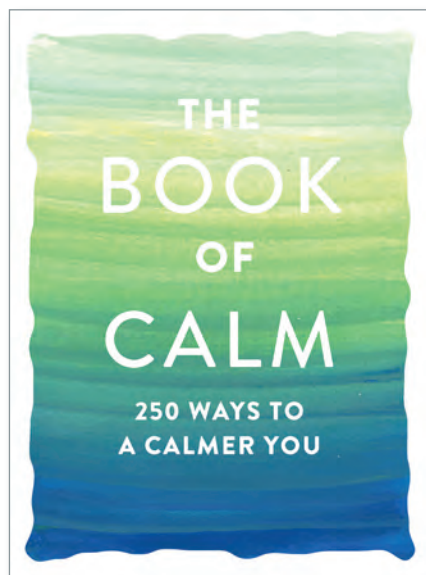
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200 energizing affirmations to help you get up on the right side of the bed every morning, and start your day with a boost of enthusiasm and positivity!

Start your morning with motivation with these positive affirmations to help you hit the ground running! With 200 short, simple, and easy to remember phrases, you can choose the message that's perfect for you and your day!

From waking up filled with optimism and confidence to inspiring you to keep your positive outlook and purposeful momentum going all day long, these quick affirmations will empower and encourage you to be your best!





**DECEMBER 2018**

9781507210055

\$14.99 (CAN \$19.99), PB

5¼ x 7½, 256 pages, 2018

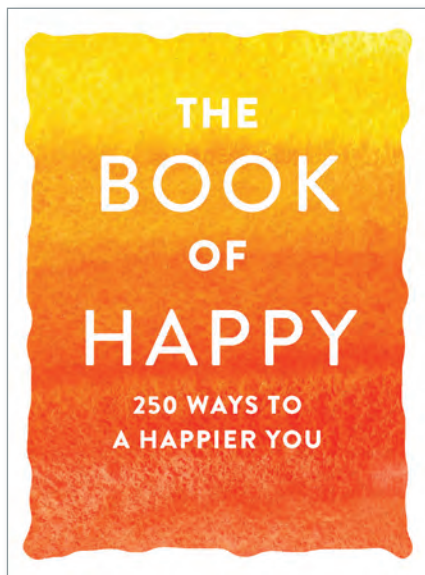
## The Book of Calm

*Adams Media*

200+ relaxing activities, inspiring quotes, soothing meditations, and more to help you find your inner peace at any moment.

Life can be stressful, and all of us are looking for a way to slow down and find tranquility in our daily lives. But even the most zen people can have trouble being calm all the time, and it can be even harder to relax and stay at peace without having any practice.

*The Book of Calm* can help you go from worked up to blissed out, no matter the situation. Day-to-day stress, distractions, and bad days can make it hard to keep your cool, but being calm can give you a break from problems that are keeping you anxious and help you feel more comfortable and empowered. With more than 200 different ways to find peace, including inspiring quotes, breathing exercises, yoga poses, soothing activities, meditations, mantras, and more, this helpful guide has just what you need. With suggestions varying from writing a haiku and lighting incense, to taking tai chi and practicing alternate-nostril breathing, to even enjoying a tennis ball massage, *The Book of Calm* will help you find your calm wherever you are, no matter what's stressing you out.



**DECEMBER 2018**

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9781507210079  
\$14.99 (CAN \$19.99), PB  
5¼ x 7½, 256 pages, 2018

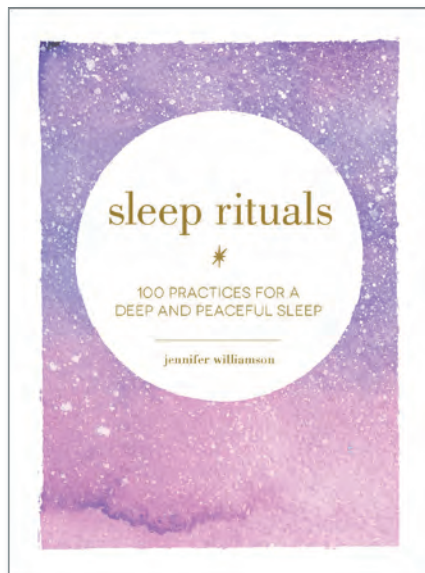
## The Book of Happy

Adams Media

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200+ fun activities, joyful quotes, relaxation techniques, and more to feel happy right now! Find your happiness today!

There is perhaps no goal more sought after than happiness: everyone wants to live their life in comfort and peace, and pursue the things that bring them joy. But that's usually easier said than done! Even the most cheerful person can use a little pick-me-up sometimes. While finding contentment in today's chaotic world can be a struggle, *The Book of Happiness* gives you what you need to find bliss, no matter the situation. The book includes over 200 entries to help you to be happy right now, from daily rituals, inspirational quotes, relaxation techniques, happiness hacks and more. With fun suggestions as varied as creating a vision board, to prioritizing yourself, to eating chocolate, you'll find something to make you smile in *The Book of Happiness*, no matter what has you down!



**JANUARY 2019**

9781507209523  
 \$14.99 (CAN \$19.99), HC  
 5¼ x 7¼, 256 pages, 2019

**AUTHOR BIO:**

Jennifer Williamson is the writer and creator for the website AimHappy.com, a blog which seeks to support those in need of healing messages of hope and inspiration. She lives in Spencer, Massachusetts.

## Sleep Rituals

Jennifer Williamson

100 simple practices and activities to incorporate into any bedtime routine to help you fall asleep easier and wake up refreshed and renewed.

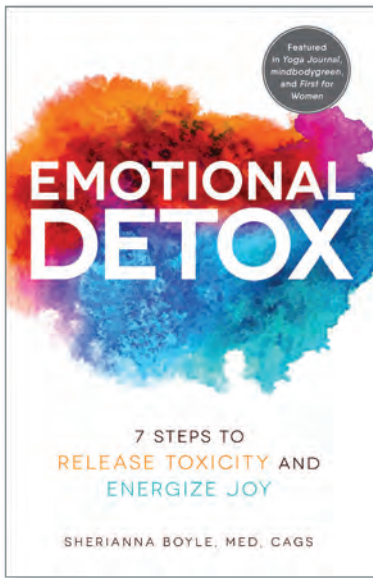
Do you have trouble getting—and staying—awake? Sleep rituals can set the mood for restful slumber and help you drift off in peace—let these recommended bedtime routines be your key to a good night’s sleep!

This accessible guide offers 100 easy rituals—including sleep-friendly recipes, relaxing yoga poses, calming breathing exercises, soothing meditations, and comforting writing exercises—suited for every type of person. You can even mix and match them for a completely customized bedtime experience and find the perfect solution to banish any sleepless night.

Rituals include:

- Sleep-friendly recipes, like nutmeg-spiced warm milk
- Soothing practices like dry brushing
- Restorative yoga poses, such as Child’s Pose
- Breathing exercises, like alternate nostril breathing

Let *Sleep Rituals* help you get the good night’s sleep you’ve been dreaming of!



**JANUARY 2019**

9781507210000  
\$16.99 (CAN \$22.99), PB  
5½ x 8½, 240 pages, 2019

**AUTHOR BIO:**

Sherianna Boyle, MEd CAGS, is an adjunct psychology professor, certified energy practitioner, yoga instructor, and author of seven books; she has also been published in more than fifty articles. She is the author of *Mantras Made Easy*, *The Conscious Parent's Guide to Childhood Anxiety*, and *The Everything Parent's Guide to Overcoming Childhood Anxiety*. Her transformative Emotional Detox program is also featured as part of the Kripalu Center for Yoga & Health's workshop series. Her book *The Four Gifts of Anxiety*, was endorsed by NAMI, and *Choosing Love*, was placed on the top ten must reads with Metro US. Sherianna's services and resources can be found at SheriannaBoyle.com.

**SELF-HELP**

# Emotional Detox

*Sherianna Boyle, MEd CAGS*

Flush out negativity and clear a path for new positive habits, behaviors, and emotions with certified energy healer, yoga instructor, and psychology professor Sherianna Boyle's emotional detox program, C.L.E.A.N.S.E— as featured on YogaJournal.com.

When we think of a detox, we usually think of a physical experience. But it's not just our physical bodies that need to be cleansed of the impurities we encounter and absorb in our daily lives—it's our minds too. When we find ourselves unable to process our negative emotions and feel them becoming toxic to ourselves and those around us, it's time for an *Emotional Detox*, a mindful and systematic guide to freedom from these troublesome feelings.

Wellness expert Sherianna Boyle has created the revolutionary the 7-step C.L.E.A.N.S.E. method to help you rid yourself of negativity, fear, worry, anger, and doubt, and guide you back toward a natural, energized state of pure joy and acceptance. Learn how to **C**lear your pathways, **L**ook inward, **E**mit positivity, **A**ctivate, **N**ourish, **S**urrender, and **E**ase your way into your best self and a happier and healthier life. *Emotional Detox* “will wake you up, turn your views upside down, while providing you with life changing tools and insight” (Elizabeth Hamilton-Guarino, CEO of Best Ever You Network and author of *Percolate*).



**APRIL 2019**

9781507209905  
 \$15.99 (CAN \$21.99), PB  
 5½ x 7½, 192 pages, 2019

#### **AUTHOR BIO:**

For the last decade, as a Mental Skills Coach, Sara Robinson has helped individuals change the way they think and feel to create positive behavioral changes. Sara regularly speaks about the importance of balance and self-care and has been a guest on the *SuperMum* podcast and *The Mom Inspired Show* and a speaker for the Mom Project Summit 2017. Her blog, *Get Mom Balanced* (GetMomBalanced.com), aims to support busy working moms to find balance and time for self-care and helps moms develop the mental skills that they need to thrive. She's a regular contributor to *RunSmart Online* and the *LPGA Women's Network* blog. Sara has a master's degree in sport psychology.

## Self-Care for Moms

Sara Robinson

150 quick and easy self-care activities especially for busy moms—perfect for even the most chaotic schedule.

As a mom, you care—a lot. Whether it be physical, emotional, social, or practical, you're there to attend to all of your family's needs. But with so much to take care of, it can be hard to find time to care of yourself. With *Self-Care for Moms*, you'll learn how easy it is to incorporate self-care into your own routine in practical, yet meaningful, ways.

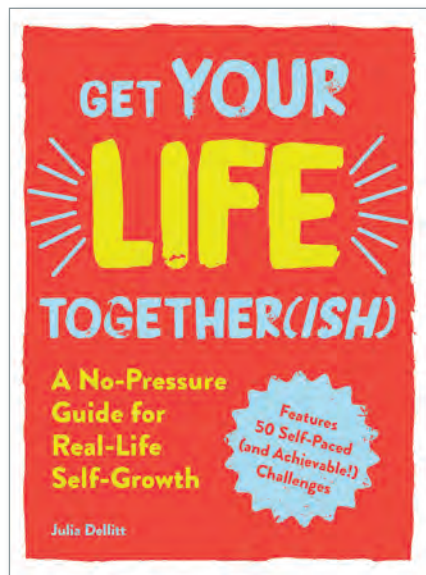
In this book, you'll find 150 realistic self-care activities that you can try right away. To help busy moms like you maximize any moment you can find for yourself, each activity is designed to fit easily within a set short time frame. For example:

- **5 minutes:** Call a friend; Listen to a favorite song; Light a candle
- **15 minutes:** Soak your feet; Read a chapter in a book; Enjoy a leisurely cup of tea
- **30 minutes:** Give yourself a facial; Plan for a vacation; Go for a walk
- **1 hour:** Meet a friend for lunch; Go for a manicure; Attend a workout class

You'll also find ideas for activities that span larger amounts of time for inspiration and motivation to take some much-needed and well-earned extra time for yourself. There's even a few aspirational activities, such as trips or projects, that last a day—or more—with a realistic plan for how to organize and coordinate your schedule to accommodate the occasional—but very important—extended time to focus on yourself.

Start taking time for you—it's easier than you think and besides, you deserve it!





**APRIL 2019**

9781721400058  
 \$14.99 (CAN \$19.99), PB  
 5½ x 7½, 224 pages, 2019

**AUTHOR BIO:**

Julia Dellitt is a freelance writer whose work has been published by BuzzFeed, Forbes, Self.com, Lifehacker, BRIDES, The Everygirl, Aaptiv, and more. She graduated from the University of Chicago with a master’s in religion and literature, and from Augustana College with a degree in English and political science. She lives in Des Moines, Iowa, with her husband and two children. To find out more, visit [JulMarie.com](http://JulMarie.com).

# Get Your Life Together(ish)

Julia Dellitt

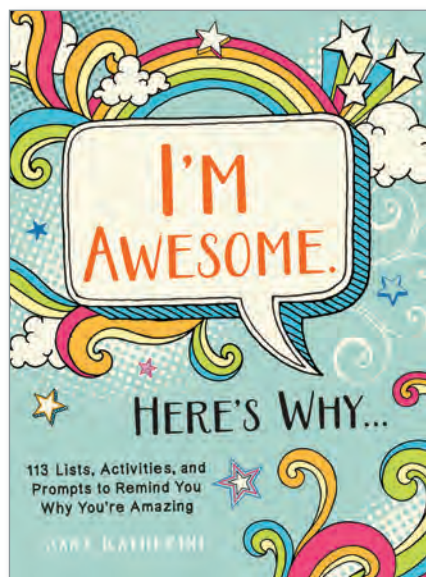
Achieve your goals—no matter how big or small—with these 50 simple challenges that actually fit into your life, using this accessible and self-paced approach to self-improvement.

Looking to improve your relationships? Be more confident at work? Eat less sugar? However you want to be better, *Get Your Life Together (Ish)* is here to help with fifty simple, actionable challenges to self-improvement. With reward-based challenges ranging from easy to hard, this book will be with you every step of the way in your journey to the person you want to be.

Try an easy level challenge that can be completed in a single day—like waking up fifteen minutes early to give yourself a little morning “me-time.” Or work up to a harder challenge that you’ll tackle over the course of a month—like signing up for a weekly yoga class and making a commitment to attend every single one.

Learn from easy-to-follow, step-by-step instructions and track your goals and successes with interactive worksheets. And with manageable, realistic timelines for each challenge, you’ll find it easy to make changes in your daily life—without any added pressure! With this book in hand, you’ll discover everything from how to start saving money to how to develop a cleaning routine, to creating an emergency fund and avoiding burnout at work.

Whatever changes you’re looking to make in your life and in yourself, there’s a plan for you here. Start to change your life...one challenge at a time!



**APRIL 2019**

9781507209622  
 \$16.99 (CAN \$22.99), PB  
 5½ x 7½, 176 pages, 2019

**AUTHOR BIO:**

Sara Katherine is a writer, blogger, and marketing manager. After publishing her first book *Sara Earns Her Ears*, she launched her current personal development blog, Sara-Katherine.com, where she strives to help empower millennials to find their passions and live their best lives. Her work appears on Amendo.com and The Sophisticated Gal. Born and raised in California, Sara also loves Disney, Marvel movies, and her cat Mochi.

## I'm Awesome. Here's Why...

Sara Katherine

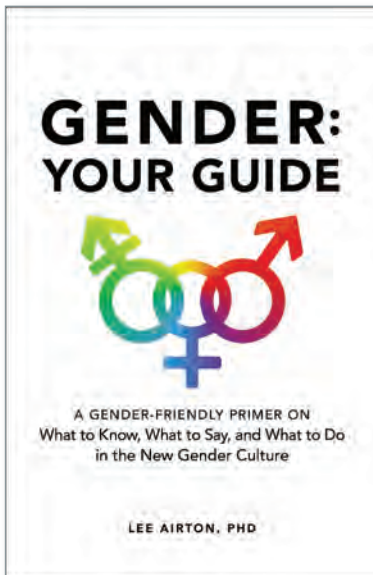
You're totally awesome—let these creative exercises, cool prompts, and fun activities help remind you why.

When's the last time you felt good—really good—about yourself? Between the unrealistic standards of social media, to the Photoshopped images of celebrities in the media, and the constant voice in our head saying we have to be faster, better, and smarter in our personal lives, at work, and everywhere in between, it's easy to lose sight of your self-worth. Sometimes, we all need a kick in the butt to remind us just how awesome we are.

*I'm Awesome. Here's Why...* is that kick.

With prompts, exercises, lists, and activities, *I'm Awesome: Here's Why* will help remind you of all the reasons why you are unique, cool—and yes, awesome. Through fun prompts and writing exercises like listing ten things you're proud of, drawing your idea of the perfect Friday night, creating your own personal affirmations to read out loud, and delivering an acceptance speech for an award of your choice, you'll learn to celebrate what makes you, *you*.

Loving yourself can take practice, but there is no shortage of things to love. Let *I'm Awesome. Here's Why...* help you discover each and every one.



**OCTOBER 2018**

9781507209004  
 \$24.99 (CAN \$33.99), HC  
 5½ x 8½, 240 pages, 2018

**AUTHOR BIO:**

Lee Airton, PhD, is assistant professor of gender and sexuality studies in education at Queen's University in Kingston, Ontario. They are a frequent keynote speaker and media commentator and are regularly asked to consult on gender-neutral language and gender diversity issues in relation to media, policy, and education. They founded TheyIsMyPronoun.com, a blog on gender-neutral pronoun usage and user support in 2012 and the No Big Deal Campaign (NBDCampaign.ca) in 2016. Learn more at LeeAirton.com.

# Gender: Your Guide

Lee Airton, PhD

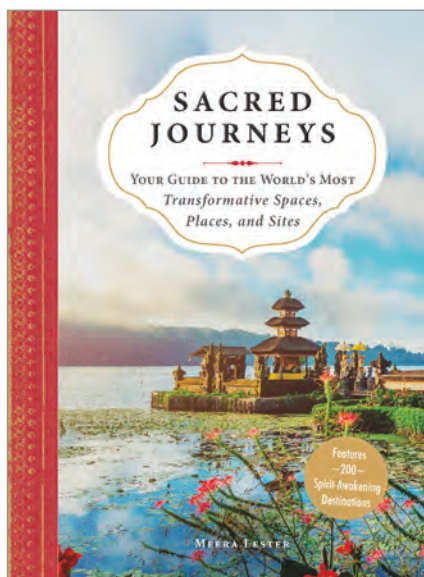
An authentic and accessible guide to understanding—and engaging in—today's gender conversation.

The days of two genders—male, female; boy, girl; blue, pink—are over, if they ever existed at all. Gender is now a global conversation, and one that is constantly evolving. More people than ever before are openly living their lives as transgender men or women, and many transgender people are coming out as neither men or women, instead living outside of the binary. Gender is changing, and this change is gaining momentum.

We all want to do and say the right things in relation to gender diversity—whether at a job interview, at parent/teacher night, and around the table at family dinners. But where do we begin?

From the differences among gender identity, gender expression, and sex, to the use of gender-neutral pronouns like singular they/them, to thinking about your own participation in gender, *Gender: Your Guide* serves as a complete primer to all things gender. Guided by professor and gender diversity advocate Lee Airton, PhD, you will learn how gender works in everyday life, how to use accurate terminology to refer to transgender, non-binary, and/or gender non-conforming individuals, and how to ask when you aren't sure what to do or say. It provides you with the information you need to talk confidently and compassionately about gender diversity, whether simply having a conversation or going to bat as an advocate.

Just like gender itself, being gender-friendly is a process for all of us. As revolutionary a resource as *Our Bodies, Ourselves*, *Gender: Your Guide* invites everyone on board to make gender more flexible and less constricting: a source of more joy, and less harm, for everyone. Let's get started.



**JANUARY 2019**

9781721400195

\$15.99 (CAN \$21.99), PB

5½ x 7½, 256 pages, 2019

## Sacred Journeys

Meera Lester

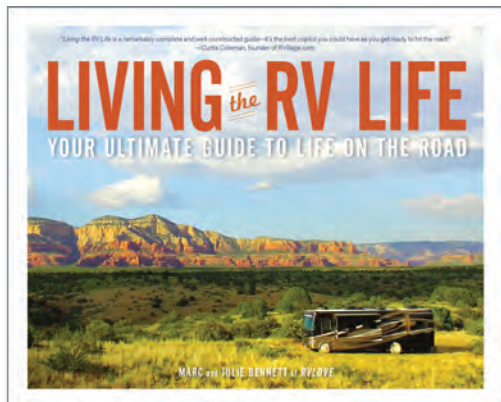
A guide to 200 sacred, spirit-awakening, and restorative destinations—as well as inspiring quotes, key travel information, and special healing exercises to complete at each location—to start your journey to spiritual wellness.

There's power in places! From Sedona, Lourdes, or even Tulum, this wellness-focused guide will show you the best sites to visit to get in touch with your spiritual side. Find inspiration with quotes from renowned spiritual leaders, enjoy full-color photos to help you prepare your travel wish list, learn more about legendary locations around the world, and start planning your next trip today.

Mourn a lost love—or celebrate a new one—at the Taj Mahal, summon strength from the mountains on Machu Picchu, and uncover the fortitude to make your dreams come true at the Bighorn Medicine Wheel—and much more! Discover the perfect trip for every circumstance, or just travel to unwind and reconnect with yourself. With healing wellness activities to complete at each location, this guide is the perfect way to jumpstart your spiritual travels and seek out a unique and transformative experience.

### AUTHOR BIO:

Meera Lester, an internationally published author, has written more than two dozen books, including *Sacred Travels*, *The Everything Law of Attraction*, *The Secret Power of You*, *My Pocket Meditations*, and *Rituals for Life*. After spending time in India in her early twenties, she has been a lifelong practitioner of hatha yoga, Dhyan meditation, and Kundalini Maha Yoga.



**NOVEMBER 2018**

9781507208984  
\$22.99 (CAN \$32.00), PB  
10 x 8, 256 pages, 2018

**AUTHOR BIO:**

Marc Bennett and his wife Julie, of RVLove, are full-time RVers, Bloggers, YouTubers, RV course instructors and inspiring lifestylers, who live, work and travel from their motorhome while exploring the world. They have traveled to all 50 USA states, plus Canada, Mexico, and Australia, while still working full time.

## Living the RV Life

Marc Bennett & Julie Bennett

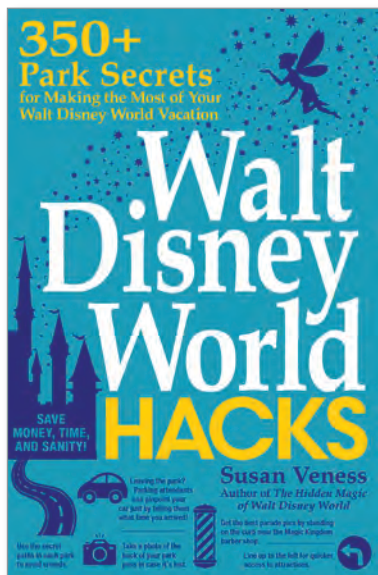
Whether you're downsizing or thrill-seeking—or anything in between—find out if the RV lifestyle is right for you, and learn how to transition from a life of traditional home-ownership to one on the road.

Do you love traveling? Meeting new people and seeing new places? Are you craving a life that feels meaningful and new? The RV lifestyle could be the answer.

Both aspirational and practical, *Living the RV Life* is your ultimate guide to living life on the road—for people of all ages looking to downsize, travel, or work on the go. Learn if life in a motor home is right for you, with insightful details on the experiences of full-time RV-ers, tips for how to choose an RV (how big? new or used?), whether to sell your home (and if not, what to do with it), model costs, sample routes and destinations, basic vehicle maintenance, legal and government considerations—and much more! Written in a light and an easy-to-understand style, *Living the RV Life* is your bible to living a mobile life.







APRIL 2019

9781507209448  
 \$15.99 (CAN \$21.99), PB  
 5½ x 8¼, 240 pages, 2019

**AUTHOR BIO:**

Susan Veness is an international travel writer, researcher, online content provider, and itinerary planner specializing in Florida, Disney, Orlando’s theme parks, and cruising. She is the author of four books in The Hidden Magic of Walt Disney World series, and co-author of *The Brit Guide to Orlando* and the biography *Defying Expectations*. She has been visiting Walt Disney World since it opened in 1971 and, with a home just minutes from the Mouse, she continues to tour the parks on a regular basis.

# Walt Disney World Hacks

Susan Veness

Maximize the magic of the happiest place on earth with these 350+ tips on everything from improving your travel experience to getting the most out of each theme park to make your trip to Walt Disney World your best vacation ever.

There’s adventure in every Disney story...now, experience your own adventure when you visit Walt Disney World! Let *Walt Disney World Hacks* show you how to meet your favorite characters, eat the best and most iconic food the park has to offer, and enjoy your favorite rides.

With helpful and practical tips such as starting at the back of the park to avoid crowds, planning your visit for January or September for lower prices, and waiting at Hollywood Studios to meet characters you might not otherwise see, you’ll learn how to do Disney right—without spending the whole day in line, and without going over your budget!



**DECEMBER 2018**

9781721400232

\$16.99 (CAN \$22.99), HC

5½ x 7½, 240 pages, 2018

**AUTHOR BIO:**

Karen Christino is a consulting astrologer with more than fifteen years of experience. She has been the astrologer for *Modern Bride* and *Your Prom* magazines for seven years. She currently writes the “Stylescopes” column for *Life & Style Weekly* magazine. Christino has also written horoscope columns for *Glamour*, *Cosmopolitan*, *Twist*, and *American Cheerleader* magazines as well as features and forecasts for *Marie Claire*, *For the Bride*, *Seventeen*, and *Teen People*. She wrote the “Choose Your Career” advice column for *American Astrology* magazine for more than ten years and her work has been featured in numerous astrology journals. She holds a BA from Colgate University, has received top professional accreditation from the National Council for Geocosmic Research, and is a member of the American Society of Journalists and Authors.

## Your Wedding Astrologer

Karen Christino

The stars are here to help you plan your wedding! Use this guide to find astrologically based advice on everything you need to plan the perfect cosmically customized wedding—from choosing the right dress, locale, or food, or dealing with your difficult Scorpio maid of honor.

What do you do if your stubborn Leo partner wants a dramatic, extravagant wedding—but you don’t? How do you choose the right date to make sure all the planets are all aligned in your favor? How can a sensitive Cancer avoid getting overwhelmed and stressed by wedding planning? Now, experienced astrologer Karen Christino delivers tailored insight into how to use the stars to your advantage to plan every last detail of your dream wedding.

In this book, you’ll discover:

- The ideal date for your wedding based on your Zodiac sign
- The best dresses for you and your bridesmaids
- The easiest ways to deal with a difficult mother-in-law or demanding maid of honor
- The perfect location for a romantic honeymoon

And much more!

With *Your Wedding Astrologer*, you’ll be able to make sure the stars align for the wedding of your dreams—and a happy, long-lasting marriage!



**SEPTEMBER 2018**

9781507208342  
 \$15.99 (CAN \$21.99), PB  
 5 x 7, 256 pages, 2018

**AUTHOR BIO:**

Rayna Hutchison is the founder and creator of *Her Heart Poetry*, an online poetry community, digital zine, and now poetry press. The digital community @HerHeartPoetry is one of Instagram's fastest growing online poetry accounts, boasting a combined total of over 30,000 followers and over 160,000 posts have been tagged with the unique hashtag #HerHeartPoetry. The Zine, HerHeartPoetry.com, has over 2500 subscribed readers and attracts between 5000-8000 visitors per month. Since her love of poetry began when she was a teenager, Rayna has written numerous original pieces of work, is a published poet and writer, and a passionate poetry junkie. As curator of @HerHeartPoetry on Instagram she has made multiple connections with new and experienced poets, both published and unpublished from all over the world, and demonstrated her commitment to helping others make the most of their poetry journey.

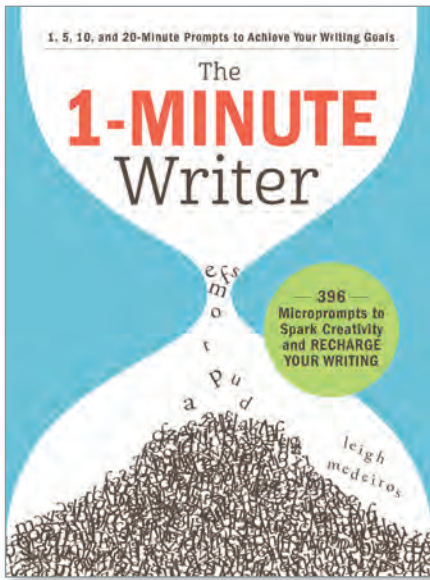
# You/Poet

Rayna Hutchinson

Offering a variety of advice for tapping into your creative voice, sharing your work online, and honing your writing skills, *You/Poet* shows you how to express yourself creatively through the art of poetry.

You may think that writing poetry requires a specific set of skills. You may have read books on writing poetry that were stuffy and full of strict rules and regulations. But *You/Poet* proves that all you need to be a poet is the desire to share your inner thoughts and emotions with the world. Let *HerHeartPoetry*— an online poetry community, Instagram, digital zine, and poetry press—take you on a journey of self- discovery and surprise, and show you how to embrace the world of writing poetry with arms wide open.

Writing poetry is an act of bravery. It's just you, your thoughts and feelings, and the words you choose to express them. *You/Poet* can help you do just that. With encouragement and advice on poetry writing basics, how to identify your unique creative voice, and prompts and exercises to help you channel your thoughts and emotions through writing, this all-in-one guide will help you share your talent with the world.



**JANUARY 2019**

9781507209288  
 \$15.99 (CAN \$21.99), PB  
 6 x 8, 240 pages, 2019

**AUTHOR BIO:**

Leigh Medeiros is an award-winning artist, writer, coach, and story development editor. She supports artists of all kinds through her coaching and story development work as well as through her online program *48 Days of Creative Devotion*. Leigh lives with her husband and blind rescue dog in a wee beach house on the shores of Narragansett Bay.

# 1-Minute Writer

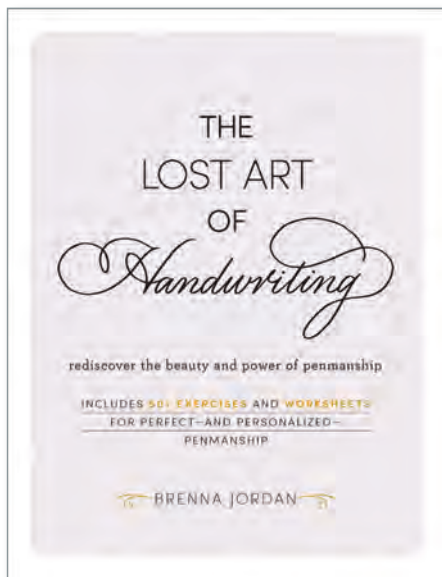
Leigh Medeiros

One minute of daily writing is better than twenty minutes every two weeks—let this fun and helpful handbook of quick, easy writing prompts show you why short bursts of writing are essential to flexing your creative muscles to create your best work!

Are you a “would-be” writer? That is, someone who wants to write, but finds themselves too busy, too tired, or just uninspired. *The 1-Minute Writer* has the solution to all of those problems and shows you that you can start writing—and keep the creativity going—every day, no matter how little time you have.

*The 1-Minute Writer* includes writing prompts you can complete while standing in line for coffee, riding the subway home after work, waiting for your kid at the dentist—and everywhere in between. Each prompt has four variations: a one-minute prompt, a five-minute prompt, a ten-minute prompt, and a twenty-minute prompt. You can choose prompts based on both the time you have available and the kind of writing you’d like to do. Watch the words pour out of you when you realize just how easy writing is when you tackle it in manageable chunks!

There are a lot of writing books out there—maybe you’ve tried some before—but none quite like *The 1-Minute Writer*. Let these brief prompts encourage and empower you to become the writer you’ve always known you are!



**MARCH 2019**

9781507209363  
 \$16.99 (CAN \$22.99), PB  
 7 x 9½, 176 pages, 2019

**AUTHOR BIO:**

Brenna Jordan lives in Duluth, Minnesota, where she owns a calligraphy and hand lettering business, Calligraphy by Brenna, which provides wedding and event calligraphy, certificates, logo design, and commission work. She is a member of IAMPETH® (International Association of Master Penmen, Engrossers and Teachers of Handwriting©) and The Colleagues of Calligraphy and offers private or small group lessons.

# The Lost Art of Handwriting

Brenna Jordan

Revisit the lost art of writing with these fun prompts, worksheets, exercises—and more!—and experience the many benefits of writing by hand, including increased focus and memory, relaxation, and creative expression.

Writing by hand may seem passé in the digital age, but it shouldn't be dismissed as simply an activity for grade schoolers—it offers countless benefits that have been studied by researchers, brain neurologists, therapists, educators, and others who are invested in helping handwriting thrive in an age of advancing technology. Handwriting may be slower than typing—but this gives your brain more time to process information, and stimulates neurological connections that aid in memory, focus, and composition. The process of handwriting can also have a soothing, calming effect and can even serve as a great form of meditation. And of course, it's a great way of expressing your individuality and personal style.

*The Lost Art of Handwriting* explores the history of writing longhand, and reintroduces proper stroke sequences, letter forms, and techniques for evaluating and improving your handwriting. You will discover how the amazing variety of letter forms provide endless opportunities for making these alphabets your own, and how to choose alternatives that fit your preferences while keeping your writing neat, consistent, and unique to you. You'll learn how to connect letters in cursive writing to help you write more smoothly, and with practice, more efficiently. Learn how easy it is to apply what you've learned into your everyday life with tips for integrating handwriting practice into already jam-packed schedules.

Soon, you'll notice a steady increase in the relaxation, value, and joy that handwriting offers to everyone who persists in putting the pen or pencil to paper.