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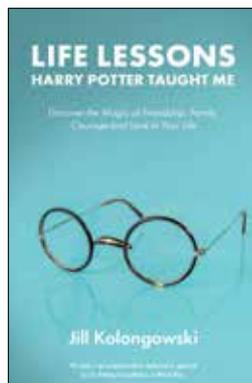
Frontlist

Life Lessons Harry Potter Taught Me

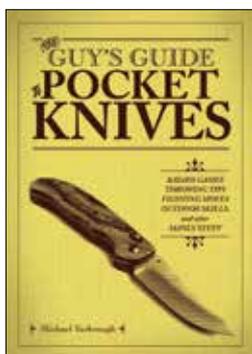
Discover the Magic of Friendship, Family, Courage, and Love in Your Life

This approachable and inspiring series of short essays brings together adult literary criticism and childhood curiosity. Readers will love reexamining their favorite series through the lens of experience while revisiting the nostalgia of childhood. The essays in this book discuss girl power, the importance of words, fate vs. free will, the lines between good and evil, and, above all, the magic and power of love.

❖ **Jill Kolongowski** is an award-winning essayist and lives in San Mateo, CA.



978-1-61243-724-8, \$14.95
176pp, Trade paper, 5½ x 8½
Pub date: Oct 2017



978-1-61243-717-0, \$12.95
128pp, Hard cover, 4½ x 6¼
Pub date: Sep 2017

The Guy's Guide to Pocket Knives

Badass Games, Throwing Tips, Fighting Moves, Outdoor Skills and Other Manly Stuff

Pocket knives are still the coolest, manliest accessory. But what can a guy do with one, other than open packages? This fun little hardcover is packed with over 50 ideas and activities for using one's pocket knives, from fun games and projects to badass fighting moves and survival tips. It's the perfect gift for dads, grads and any man.

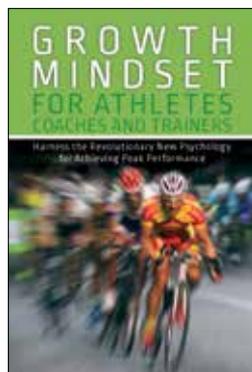
❖ **Mike Yarbrough** is the founder of Wolf & Iron (wolfandiron.com) and lives in Charlotte, NC.

Growth Mindset for Athletes, Coaches and Trainers

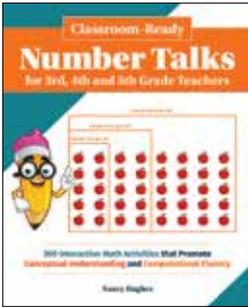
Harness the Revolutionary New Psychology for Achieving Peak Performance

Based on decades of research, mindset is the hottest topic in sports psychology. Now, this book shows how to use growth mindset to achieve peak performance. Including strategies for training activities, goal setting, and sample feedback, this helpful book offers a month-by-month guide for building a positive growth mindset training regime.

❖ **Jennifer Purdie** is an NASM-certified personal trainer who lives in Los Angeles, CA.



978-1-61243-723-1, \$15.95
224pp, Trade paper, 6 x 9
Pub date: Sep 2017



978-1-61243-727-9, \$17.95
304pp, Trade paper, 7½ x 9¼
Pub date: Sep 2017

Classroom-Ready Number Talks for Third, Fourth and Fifth Grade Teachers

300 Interactive Math Activities that Promote Conceptual Understanding and Computational Fluency

Number talks are simple and proven to help students learn math. The challenge with number talks for teachers isn't the math, it's coming up with a new problem that can be presented to the class visually and discussed verbally. Packed with 300 math talks, this helpful book offers an easy solution.

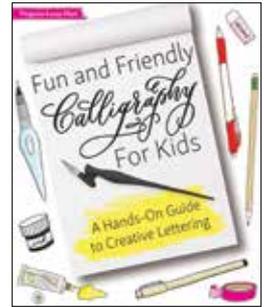
❖ Nancy Hughes spent the last 10 years as K-12 Mathematics Coordinator at Olathe Public Schools, the largest school district in her hometown of Kansas City, MO.

Fun and Friendly Calligraphy for Kids

A Hands-On Guide to Creative Lettering

With hundreds of colorful photos and step-by-step illustrations, this kid-friendly guide offers everything a beginner calligrapher needs to get started with beautiful handwriting. This book offers creative ideas and imaginative projects to make calligraphy fun! It inspires youngsters to use hand-lettering in the real world, including autographs, stationery, thank you cards and more.

❖ Virginia Lucas Hart, an International Association of Master Penmen member, lives in New York City, NY.



978-1-61243-722-4, \$15.95
128pp, Trade paper, 7½ x 9¼
Pub date: Nov 2017



978-1-61243-714-9, \$12.95
280pp, Trade paper, 5 x 7½
Pub date: Aug 2017

Why Do Roller Coasters Make You Puke?

Over 150 Curious Questions and Intriguing Answers

Perfect for trivia junkies everywhere, this new collection answers age-old curiosities that will surprise readers with fascinating answers. Why do mosquitoes like some people more than others? Do plants feel pain? Do sharks really have to keep swimming to stay alive? From men's fashion to the meaning of life, from the educational to the entertaining, this book has something for everyone.

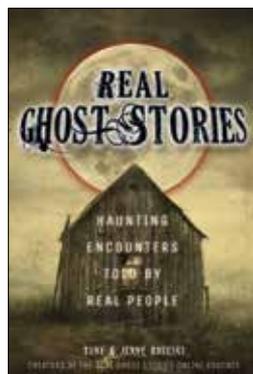
❖ Andrew Thompson is the author of several top selling trivia books and lives in Sydney, Australia.

Real Ghost Stories

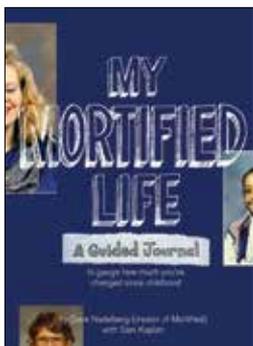
Haunting Encounters Told by Real People

Every day, ordinary people's lives are turned inside out by ghosts. Thousands of these people have shared their true life encounters with the producers of the incredibly popular podcast *Real Ghost Stories Online*. This book brings together in one volume the most popular, most chilling, and new, never-before-heard stories from their listeners. The most frightening tales. The spookiest hauntings. This book is a must-have for explaining the unexplained.

❖ **Tony Brueski and Jenny Brueski** produce the *Real Ghost Stories Online* podcast. They live in Reeds Spring, MO.



978-1-61243-715-6, \$12.95
240pp, Trade paper, 6 x 9
Pub date: Sep 2017



978-1-61243-720-0, \$16.95
240pp, Hard cover, 6½ x 9
Pub date: Aug 2017

My Mortified Life

A Guided Journal to Gauge How Much You've Changed Since Childhood

A hilarious DIY journal from the creators of *Mortified*, the critically acclaimed hit podcast, this guided journal uses the podcast's world-famous nostalgic prompts to draw a direct line from today to childhood with fun-to-answer questions. Fill it out alone or as a group—this enlightening book is perfect for everyone. This hardcover book makes the ideal gift for occasions like birthdays, wedding showers and holidays.

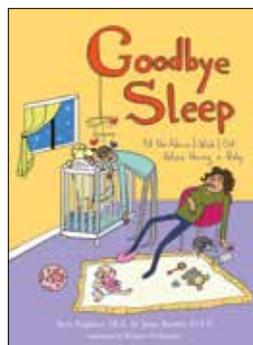
❖ **David Nadelberg** produces the widely popular *Mortified* podcast. He lives in Los Angeles, CA.

Goodbye Sleep

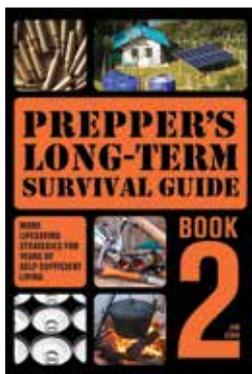
All the Advice I Wish I Got Before Having a Baby

A bittersweet, humorous guide to having a baby, *Goodbye Sleep* covers every topic first-time parents need to prepare for—whether they are ready to or not. This charming, illustrated children's book parody delivers all the invaluable advice parents-to-be will need, told through hilarious situations that new parents will find all too familiar.

❖ **Keith Riegert** is the author of several books and lives in New York City, NY. **Sam Kaplan** is an author, editor, satirist, and comedian. He lives in Oakland, CA.



978-1-61243-716-3, \$14.95
64pp, Hard cover, 6½ x 9
Pub date: Aug 2017



Prepper's Long-Term Survival Guide: Book 2

More Lifesaving Strategies for Years of Self-Sufficient Living

Preparations for a short-term disaster won't keep one alive in a widespread social collapse. This book teaches how to survive when nothing returns to normal for weeks or even years. The second edition of this top-selling prepper book presents all-new material, including information on survival groups and transitioning from survivalist to homesteader.

❖ **Jim Cobb**, author of several prepper books, writes a daily blog for Survival-Gear.com. He lives in the Upper Midwest.

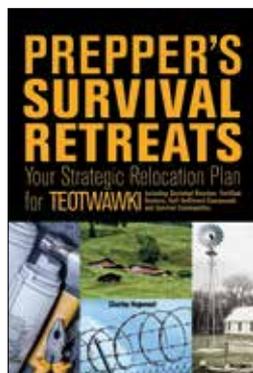
978-1-61243-713-2, \$15.95
240pp, Trade paper, 6 x 9
Pub date: Aug 2017

Prepper's Survival Retreats

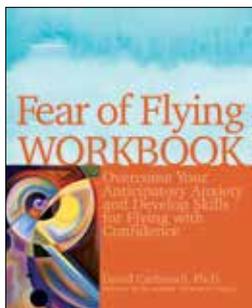
Your Strategic Relocation Plan for TEOTWAWKI—
Including Secluded Ranches, Fortified Bunkers, Self-Sufficient Compounds and Survival Communities

When disaster strikes, bugging out will be sufficient to escape short-term danger. But when widespread collapse comes, survival will depend on having a long-term prepper retreat. This book breaks down the daunting task of strategic relocation into manageable steps that allow readers to create a personalized plan appropriate for their budget, needs and specific goals.

❖ **Charley Hogwood** is the chief instructor at Personal Readiness Education Programs and lives in Loxahatchee, FL.



978-1-61243-726-2, \$15.95
224pp, Trade paper, 6 x 9
Pub date: Oct 2017



Fear of Flying Workbook

Overcome Your Anticipatory Anxiety and Develop Skills for Flying with Confidence

Aviophobia, the fear of flying, doesn't have to mean a life stuck on the ground. With the proven anti-anxiety techniques taught in this workbook, even those who have avoided airplanes for years can learn to take flight. This book provides powerful clinical methods for addressing negative feelings and coasting calmly through a flight.

❖ **Dave Carbonell, Ph.D.**, is a clinical psychologist who specializes in the treatment of fears and phobias. He lives and works in Chicago.

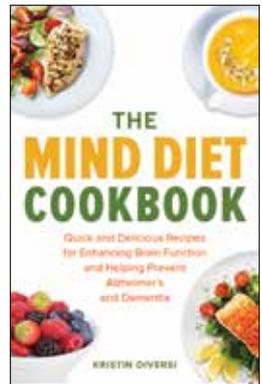
978-1-61243-719-4, \$15.95
160pp, Trade paper, 7½ x 9¼
Pub date: Nov 2017

The MIND Diet Cookbook

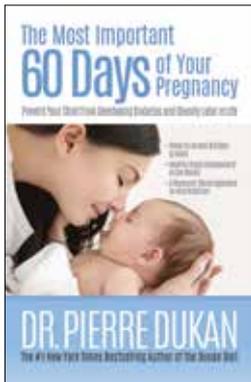
Quick and Delicious Recipes for Enhancing Brain Function and Helping Prevent Alzheimer's and Dementia

Packed with amazingly tasty recipes, this cookbook makes following the MIND diet a snap. It's the mouthwatering way to keeps one's mind sharp by eating the right foods throughout the day. Including a 28-day meal plan, complete nutritional information, and tips for keeping to the diet when on the go, this cookbook is the ultimate guide to maintaining one's cognitive abilities for years to come.

❖ **Kristin Diversi** has an MS in nutrition and food science from Montclair State University. She lives in Durham, NC.



978-1-61243-725-5, \$14.95
224pp, Trade paper, 5½ x 8½
Pub date: Sep 2017



978-1-61243-729-3, \$15.95
256pp, Trade paper, 5½ x 8½
Pub date: Aug 2017

The Most Important 60 Days of Your Pregnancy

Prevent Your Child from Developing Diabetes and Obesity Later in Life

Based on groundbreaking research, bestselling author Dr. Pierre Dukan pinpoints the vital 60 days during which a pregnant mother's nutrition intake has the most impact. By guiding mothers away from 36 high-processed, unhealthy foods during the 4th and 5th months of the pregnancy, his program greatly reduces an unborn child's likelihood of becoming obese or diabetic later in life.

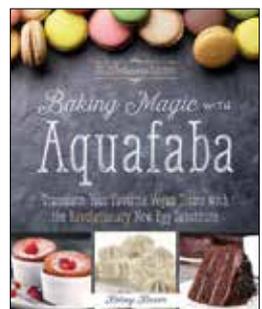
❖ **Dr. Pierre Dukan** is a Paris-based French medical doctor and is the author of the worldwide bestseller *The Dukan Diet*.

Baking Magic with Aquafaba

Transform Your Favorite Vegan Treats with the Revolutionary New Egg Substitute

An egg replacement breakthrough that brings never-before tasted texture and lightness to vegan recipes, aquafaba creates fluffy baked goods and rich savory dishes without the help of eggs. These all-new recipes show how to use this transformative ingredient to whip up pie fillings, fresh creams, and icings, and how to replace fats and oils in aolis and cheeses without sacrificing texture or flavor.

❖ **Kelsey Kinser** is a classically French trained pastry chef and lives in New York, NY.



978-1-61243-721-7, \$14.95
144pp, Trade paper, 7½ x 9¼
Pub date: Sep 2017

What They Didn't Teach You ...

Slang Phrases for the Cafe, Club, Bar, Bedroom, Ball Game and More

Packed with slang words, phrases and expressions not found in any textbook, these fun-to-read handbooks teach the casual, everyday language heard in the cafes, bars and streets abroad. Published as an attractive, 5x7 hardcover, these handy phrasebooks makes the perfect gift for travelers and students.

What They Didn't Teach You in French Class

978-1-61243-682-1, \$10.00, 168pp, Pub date: Aug 2017

What They Didn't Teach You in German Class

978-1-61243-676-0, \$10.00, 144pp, Pub date: Aug 2017

What They Didn't Teach You in Italian Class

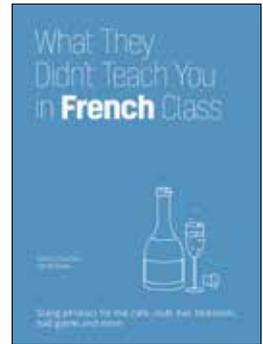
978-1-61243-648-4, \$10.00, 200pp, Pub date: Aug 2017

What They Didn't Teach You in Russian Class

978-1-61243-677-7, \$10.00, 224pp, Pub date: Aug 2017

What They Didn't Teach You in Spanish Class

978-1-61243-675-3, \$10.00, 176pp, Pub date: Aug 2017



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