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Introducing two new titles in the phenomenally bestselling INDESTRUCTIBLES series, *Rhyme with Me!* and *It’s Bath Time*!

And phenomenal is right: The little series that could, INDESTRUCTIBLES titles now total over 7.1 million copies in print and are becoming the essential books in baby’s library. And no wonder. Printed on a unique, nontoxic, and amazingly resilient paperlike material, the books are built for the way babies “read”—with their mouths. And when INDESTRUCTIBLES get dirty, just rinse them off or throw them in the dishwasher—literally—and they’ll be clean and ready for another round.

*Rhyme with Me!* is a fun way to introduce baby to rhyming and wordplay. Each page features a lively sentence highlighting a special rhyming word.

*It’s Bath Time!* is perfect for reading right in the bathtub (yes, INDESTRUCTIBLES can hold up to that, too). Baby will delight in seeing a muddy baby elephant being sprayed down by its mom, a content infant gorilla being groomed—and a happy baby splashing around in a sudsy tub. All clean!

Amy Pixton is a mother of triplets who created INDESTRUCTIBLES after her mother-in-law, the artist Kaaren Pixton, began painting murals on Tyvek construction wrap. She lives with her family in Kansas City.

Carolina Búzio is the illustrator of two previous INDESTRUCTIBLES books, *All Year Round* and *Big and Little*. She was born and raised in Portugal, where she studied Communication Design at the Faculty of Fine Arts of the University of Porto. She now lives in Berlin, where she works as a freelance illustrator, animator, and creator of quirky characters.
It's Bath Time!
ISBN: 978-1-5235-1275-1
No. 101275
Indestructibles
Full-color illustrations throughout; 12 pages; 7” x 7”
Paper: $5.95/$7.95 Can.
Ships: March

Rhyme with Me!
ISBN: 978-1-5235-1274-4
No. 101274
Indestructibles
Full-color illustrations throughout; 12 pages; 7” x 7”
Paper: $5.95/$7.95 Can.
Ships: March

It's Bath Time!
ISBN: 978-1-5235-1275-1
No. 101275
Indestructibles
Full-color illustrations throughout; 12 pages; 7” x 7”
Paper: $5.95/$7.95 Can.
Ships: March

• INDESTRUCTIBLES are 100% baby safe: chew proof, rip proof, nontoxic, and washable
• Each title fits into a hanging Tyvek display for maximum visibility
• The series has over 7.1 million copies in print and now ships over 1 million copies a year
• New concept books celebrate bath time and the fun of rhyming words
• For babies ages 0 and up
• Tremendous value at $5.95
The Kids’ Book of Sticker Love
Paper Projects to Make & Decorate

Irene Smit & Astrid van der Hulst

A natural companion to The Kids’ Book of Paper Love, with 51,000 copies in print, The Kids’ Book of Sticker Love is packed with tons of creative ideas and crafty projects for kids to make with their hands, paper goodies to create and decorate, and stickers of all stripes: vinyl stickers, glow-in-the-dark stickers, holographic and metallic stickers, photo corners, alphabet stickers, and more. Put it all together, and you’ve got hours and hours of screen-free fun. Organized in four sections, there’s stuff to Craft—like a set of origami finger puppets with animal eyes, ears, whisker, and nostril stickers or a geometric necklace to make out of colorful dot stickers and paper cutouts. There’s a Write section—use colorful alphabet stickers to compose a note; record your favorite things in seasonal DIY notebooks. Next is a Play section—have fun with projects like sticker-based tangrams. And the Share section—decorate your bedroom ceiling with classic glow-in-the-dark star and constellation stickers or cut and fold tiny patterned paper gift bags and seal them with a matching sticker.

No matter the activity, the emphasis is on the doing—and finding the pleasure and value that comes with the creative process.

Irene Smit and Astrid van der Hulst are the creative directors of Flow magazine, the international publication that, with its unique combination of paper goodies and beautiful illustrations, celebrates creativity, imperfection, and life’s little pleasures.
Paint by Sticker® Kids: Outer Space

Create 10 Pictures One Sticker at a Time! Includes Glow-in-the-Dark Stickers

Workman Publishing

It’s no wonder the Paint by Sticker Kids series has skyrocketed in sales and now has more than 3 million copies in print. What better fun, creative, screen-free, and mess-free activity is there—especially when families are spending more time at home?

Introducing the newest interstellar addition to the series: Paint by Sticker Kids: Outer Space goes where no Paint by Sticker book has gone before. Kids will love sticker ing a Mars rover, a space shuttle, an astronaut, iconic celestial bodies like Saturn, Jupiter, and the Sun, and more! Plus, the back of each image includes a fascinating scientific fact about its galactic subject.

The stickers are easy for little hands to handle. And because there’s no paint involved, there’s no splatter, drips, or cleanup hassles. Just peel off the stickers, place them on the corresponding numbered spaces, and watch a vibrant image emerge. And in the spirit of space exploration, some images will include awesome glow-in-the-dark stickers.

Paint by Sticker® Kids: Outer Space
Four-color; 24 pages on perforated card stock plus 10 sticker sheets; 9” x 9”

Before / After

Before

After

- It’s the 9th title in the Paint by Sticker Kids series
- Paint by Sticker and Paint by Sticker Kids have a total of more than 4.8 million copies in print
- Create 10 space-themed pictures using only stickers
- Includes glow-in-the-dark stickers and facts on the back of each image
- Card-stock pages are perforated for easy removal
- As families have been staying home, sales for Paint by Sticker Kids have exploded, with more than 3 million copies now in print
- For ages 5 and up

Paint by Sticker® Kids: Outer Space
Four-color; 24 pages on perforated card stock plus 10 sticker sheets; 9” x 9”

ISBN: 978-1-5235-1301-7
No. 101301
Ships: April

8-copy counter display
$79.60/$111.60 Can.
ISBN: 978-1-5235-1372-7
No. 221372

PAINT BY STICKER is a registered trademark of Workman Publishing Co., Inc.
Good Night, Spencer
A Spencer Bedtime Book

Spencer Loves You
A Spencer Love Book

Michelle Romo

Meet Spencer, a sweet little kitten who’s debuting in two board books that are shaped just like him! These die-cut books have bright, bold illustrations, simple text, and vocabulary labeled on each spread to help toddlers with language acquisition and reinforcement.

In Good Night, Spencer, we follow along as Spencer gets ready for bed after an activity-packed day. He picks out his pajamas, splashes around in the bathtub until he’s squeaky clean, and chooses a bedtime story. His busy day ends with a hug and a kiss good night.

In Spencer Loves You, Spencer spends time with his family enjoying their favorite hobbies. Kids will love reading along as Spencer reads books with Mommy, bakes with Daddy, dances with his sister, plays with his brother, and more.

With Spencer, young readers will feel like they have a new friend.

Michelle Romo is an illustrator and product designer who has designed under the name Crowded Teeth for the past fifteen years. Crowded Teeth has had ongoing success in children’s products with Crate&Kids, Petit Monkey, and FAO Schwarz. Michelle lives in Chicago, Illinois.
Two brand-new die-cut board books featuring an adorable kitten named Spencer and his family

- Bright, appealing illustrations by Michelle Romo and simple text to reinforce learning new vocabulary
- Good Night, Spencer is a classic bedtime book
- Spencer Loves You celebrates family
- For ages 0–4
- Digital and social media advertising campaign
- Trade advertising
- Video

**Spencer Board Books**

- Full-color illustrations throughout; 18 pages; 5" x 7½"
- Die-cut board books: $6.95/$9.95 Can. each
- Ships: June
- Good Night, Spencer
  - ISBN: 978-1-5235-1006-1
  - No. 101006
- Spencer Loves You
  - ISBN: 978-1-5235-1007-8
  - No. 101007
Oakley the Squirrel: The Search for Z
A Nutty Alphabet Book
Nancy Rose

A nutty conceit, a retro aesthetic, a delicious sense of language: Welcome to Oakley the Squirrel: The Search for Z! In it, we meet Little Oakley as he embarks on a quest to find the letter Z. He searches through an alphabet of human objects—looks beneath the bed, claws through the closet, digs through drawers, and so on. By the time he gets to a basket of yarn, Oakley starts to yawn, and soon falls asleep. And Z—as in, Zzzzz!—appears!

The images are quirky, crafty, and irresistible. Nancy Rose, the photographer and author, handmakes the squirrel-scale sets and props and lures wild squirrels into the frame by strategically placing peanuts throughout. As the squirrels search for the nuts, Nancy snaps the perfect shot.

The language, filled with lively alliteration, has a tongue-in-cheek tone to match:

Oakley doesn't see anything under the umbrellas. He visits the vegetables in vain!

The whole thing is as delicious as a bowlful of nuts.

Nancy Rose is the author and photographer of the Secret Life of Squirrels series, including Workman’s Secret Life of Squirrels calendar. Her work has been published in magazines and newspapers and has been featured on greeting cards and international television. She lives in Nova Scotia, Canada, and online at secretlifeofsquirrels.com.

• A unique ABC book—and just as much a hoot for parents as it is for children
• Featuring the astonishing squirrel photography of Nancy Rose, author of the Secret Life of Squirrels series. She captures the wild animals in humanlike poses as they interact with tiny props.
• The alliterative language is as charmingly tongue-in-cheek as the photography
• For ages 0–4 (and everyone else, too)
• Digital and social media advertising campaign
• Video

Oakley the Squirrel: The Search for Z
Full-color photos throughout; 30 pages; 7” x 7”
Ships: June
Jungle Night
Sandra Boynton

Introducing Jungle Night, a worthy companion to the 26-million-copy, perennially bestselling Boynton on Board series. Jungle Night is a fabulously jungly Boynton bedtime board book, in a neat new size. PLUS there’s a free download: a mesmerizing 4-minute nighttime soundtrack featuring Yo-Yo Ma on cello, Ron Block (of Alison Krauss & Union Station) on guitar, and Keith Boynton narrating. The music is Erik Satie’s beloved “Gymnopédie No. 1”—but now with cool jungle percussion, making it a “Jungle Gymnopédie”!

Sandra Boynton’s board books are not just books, they are sales events. And no wonder: Kids and parents alike love the captivating rhythmic text, the clever humor, and the terrific animal characters. In Jungle Night, Boynton debuts a new, larger format and a more intricate landscape. And everything that makes Boynton . . . well, BOYNTON . . . is here: a great cast of characters (Jungle frogs! Wild river-hogs! Even a gorilla!) and language and sounds that are so fun to read aloud. Plus an irresistible flourish of silliness that the youngest readers will love.

Jungle Night is a delightful book with a great musical track to download—for a family bedtime experience of pure joy.

Sandra Boynton is a popular American cartoonist, children’s author, songwriter, producer, and director. Since 1974, Boynton has written and illustrated over sixty children’s books and seven general audience books, including five New York Times bestsellers. More than 70 million of her books have been sold. She has also written (with Michael Ford) and produced six albums of renegade children’s music; three have been certified Gold, and Philadelphia Chickens, nominated for a Grammy, has gone Platinum. She lives in rural New England.
Playful as a Panda, Peaceful as a Sloth
The Secret Powers of Animals
Saskia Lacey • Illustrated by Alexandra Ball

Are you a chatterbox? You might have a lot in common with dolphins. Maybe you are adventurous, like penguins. Or you love to eat and play together with your “pack” of friends, like wolves do.

All animals have powers that humans can learn from and that often show us a way we can grow. Giraffes may be the world’s tallest animals, but they are very gentle; polar bears are strong but they also love to cozy up in a warm place. This creative and beautifully illustrated book will help children, ages 3 and up, discover their favorite animal and encourage them to practice fun activities inspired by the animal’s behavior. Kids can find peace with sloth yoga, waddle-race while mimicking a penguin, and design a garland to pay tribute to their animal pack. Featuring 12 animals, the book also includes a punch-out card for each animal that can be used to remember what animal(s) readers like best, to decorate their room or a notebook, or as a starter for an art project or activity.

Saskia Lacey is the author and editor of over 45 titles. Her work has been published by the Smithsonian, TIME for Kids, Barnes & Noble, Walter Foster Jr., and Teacher Created Materials. Over the last decade, Lacey has worked as an editor, book reviewer, and arts and culture writer.
My Animal Atlas
270 Amazing Animals and Where They Live

Nastja Hettfreter

In this colorful board book, every page is bursting with interesting animals and tons of things to discover!

Readers will love meeting Felix the mouse and his bright red airplane, who not only acts as their tour guide but also loves to hide himself in every scene. Tots will spend endless time playing seek-and-find with the sneaky Felix. For the nonreader, Felix has taken photographs of some of his favorite animals and has shared them on every page so kids can match the “photographs” with the animals on the maps, and older readers will enjoy learning about each continent and reading the names of 270 animals, easily labeled on every page.

Structured around continents, this is the perfect first animal atlas for children, taking readers on a trip around the world to visit Europe, Africa, Asia, North America, South America, and Australia while discovering tons of extraordinary animals, from elephants, flamingos, and cows to lesser-known species like moles, tarsiers, and axolotls.

Nastja Hettfreter was born in Berlin in 1977, where she still lives and works. She studied graphic design and worked as an illustrator for children’s TV for many years before she started working freelance. Since then she has specialized in illustrations for postcards, stationery, and gifts, but developing and illustrating her own picture books is what she likes best. Nastja is the author of My Animal Atlas.
Way to Go!
A Sticker Rewards Book for Toddlers
duopress labs

The good-old sticker rewards chart meets social media in this sticker rewards book for toddlers.

Divided into three sections, the book offers something for every busy toddler and their parents and teachers. The large-size stickers in the I Did It Myself section are perfect for being displayed on kids’ shirts or chests and then photographed and shared on social media, with messages like I brushed my teeth, I fed my pet, and many more. Smaller-size stickers in the Awesome Achievements section celebrate general kid accomplishments with words of encouragement, such as Excellent Work! and Way to Go!, as well as popular icons like smiling faces, emoticons, stars, etc. This section also includes popular stickers with encouraging phrases in an array of languages, from Spanish and Chinese, to Italian and Korean. These stickers are designed to be used by kids and their educators on anything from worksheets and notebooks to tricycles and scooters. And of course we all love a sticker chart, so the last section of the book includes a collection of stickers specially designed for a foldout chart (included) that can be displayed in a child’s room, the family room, the kitchen, etc.

- A New Concept: A refreshing new take on the good-old sticker rewards chart for the social media era.

- A Popular Format: Rewards and accomplishments are very popular among children at home and in school. The beautifully designed chart will come especially in handy during these times when kids are staying and learning at home more and more.

- A Bestselling Concept: The book follows the successful concept and execution of the bestselling Belly Sticker Book (63,000 copies in print). Parents love to celebrate milestones with stickers, it’s the perfect gift, and children and stickers are a match made in heaven!

- Lots of goodies: Includes more than 500 stickers and a poster-size punch-out rewards chart that parents can help their kids use to keep track of their achievements.
Big Dreamers 48-Piece Puzzle

duopress labs • Art by Margie & Jimbo

This lovely 48-piece puzzle is perfect for children ages 4 and up to complete on their own while discovering eight historical icons.

Featuring Rosa Parks, Frida Kahlo, Mahatma Gandhi, Nelson Mandela, Marie Curie, Muhammad Ali, Jane Goodall, and Leonardo da Vinci, the puzzle includes a two-sided insert with an image of the beautiful illustrations and basic biographical facts so kids will not just have fun but will also actively learn about these big dreamers. The durable storage box is ideal for keeping the pieces together and also for gift giving.

• Promotes Independent Fun and Learning: This 48-piece puzzle is perfect for children ages 4 and up to complete on their own. A two-sided insert includes an image of the puzzle on one side and biographical facts about the big dreamers on the other.

• Safe Screen-Free Fun: Our jigsaw puzzles promote nondigital creative play and imaginative thinking, and they comply with CPSIA, ASTM, and CE Safety Regulations.

• Great for Gift Giving: The puzzle comes in a durable storage box that is perfect for keeping the pieces together and also for gift giving.

• Diversity: Features a diverse group of historical men and women from different disciplines, countries, and ethnicities.

Big Dreamers 48-Piece Puzzle

• Full color; 8 1/4" x 11 1/3"
• Puzzle: $11.95/$15.95 Can.
• No. 800051
• Ships: March
C Is for City

Ashley Marie Mireles • Illustrated by Volha Kaliaha

A is for airport
B is for bookstore
C is for city hall . . .

Calling all city slickers! With F for fire department, L for library, and S for salon, going from A to Z has never been more urban! Take an alphabetized tour around town and discover the plants, animals, and places that make the city so amazing!

Ages 0-3

• Features common sites throughout the city and some fun additions as well
• Perfect for classrooms or home libraries
• Features words commonly found in Pre-K and Kindergarten curriculum

Ashley Marie Mireles was born and raised in the heart of California’s Central Valley, where her time visiting the library blossomed into a career in publishing. She currently lives in Fresno, California, with her boyfriend of six years and their terrier. Volha Kaliaha is a vector designer and illustrator from Minsk, Belarus. Motherhood enhanced her life as an artist, helping her to imagine the world from a child’s perspective and to see magic in simple things.
F Is for Farm

Ashley Marie Mireles • Illustrated by Volha Kaliaha

A is for agriculture
B is for barn
C is for cow . . .

Yeehaw! With I for irrigation, O for orchard, and T for tractor, going from A to Z has never been more fun! Take an alphabetized trip to the country and discover the plants, animals, and places you’ll see down on the farm! Ages 0–3

• Perfect for springtime displays and farm-themed nurseries
• Features items and words from modern-day farming
Baby Babbles C/K

C. Hope • Illustrated by Susanna Covelli

Can you pet the cat?

Say . . .

CAT

How can we help our smallest readers go from baby babble to pronouncing everyday words? The Baby Babble Series will gently encourage babies and toddlers to use their first words and sounds as building blocks for new vocabulary. This book (the second in this series) introduces the “C/K” sound with words like car, coat, and keys. Filled with mirrors, textured material, and flaps, this interactive board book invites babies to touch and feel each new word, providing kinesthetic, visual, and auditory sensory experiences that will develop their language skills and delight their hands, eyes, and ears with every turn of the page. **Ages 0–2**

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C. Hope has written more than 250 stories for preschool, kindergarten, first grade, and second grade school readers for the Association of Christian Schools International. Hope has authored and traditionally published three novels and two nonfiction books, and has written more than 75 articles for children and adult magazines. **Susanna Covelli** earned an MA in architecture and attended a specialization course in both traditional and digital illustration at Scuola Internazionale di Comics in Turin. Her art expresses her own imagination and inspiration from nature, and she has always been attracted by sinuous shapes, Baroque style, and out-of-the-ordinary perspective.
Next Stop: Kindergarten!
A Preschool Graduation Affirmation

Brooke Jorden • Illustrated by Julia Back

Preschool was fun—so much paper and glue.
But now it is time to try something new!
There’s no need to be anxious or worried, palms sweaty.
It’s time for kindergarten, and you are READY!

Going to kindergarten is a big step, and it can be scary to try something new! With engaging rhymes and trendy illustrations, Next Stop: Kindergarten! reminds kids just how much they know and how prepared they really are. This simple board book reviews the basic academic and social skills expected of incoming kindergarteners—from counting and ABCs to using the bathroom and making friends. The perfect gift for preschool graduation or the first day of school! Ages 3–5

Brooke Jorden earned a BA in English and editing from Brigham Young University. The author of the Lit for Little Hands series and other books for children, Brooke is also the managing editor at Familius and the mother of three. Julia Back dreamt of having her own art space since she was a child. She is now a happy full-time illustrator working from a colorful creative studio in South Brazil, with a degree in graphic design from the Federal University of Santa Catarina.

- An adorable board book perfect for preschool graduation gift-giving
- Each page covers the requirements for kindergarten entry and praises the student for learning so much
- Priced to sell at $8.99
- A great tool for parents to continue the teaching process through the summer break
Naciste para mi/
Made for Me

Zack Bush • Illustrated by Gregorio De Lauretis

Of all the children that ever could be,
You are the one made just for me.

From a child’s first uttered “Dada” to his or her first unsteady steps, nothing can adequately convey the joy and awe of watching the birth and growth of a new child. Now releasing as a Spanish translation filled with the same adorable illustrations, Naciste para mi/Made for Me is a winning presentation of tender moments that tie a father and his new child together—forever. Ages 3–6

Zack Bush is the owner of Ball & Chain, a historic live-music venue on Miami’s famed Calle Ocho, in the heart of Little Havana. A devoted reader and writer, Zack’s lifetime desire to become an author has found a refreshed source of inspiration as the father of two-year-old son Ace and baby daughter Ava. Gregorio De Lauretis studied at the Academy of Art in Florence and graduated in Teramo. Since then, he has studied graphic design and web design at Nemo NT Academy of Digital Arts, where he was awarded a scholarship from the famous character designer Stephen Silver. He currently works as a freelance illustrator based in Florence, where he lives.

• Captures the rich, poignant emotions of becoming a parent for the first time and watching a child grow
• Adorable illustrations show dozens of tender parenting moments in a way no other “I love you” book does
• Perfect gift for Father’s Day
• Author is a successful, connected club owner and recent father
• The book and author have over 30K followers on social media
• Has been featured as a Publishers Weekly bestseller, and People Magazine’s Kid Pick for April 2018 and as a full-sized billboard in NYC Times Square!

Naciste para mi
Full color; 20 pages; 8” x 8”
Spanish-language board book; $10.99/NCR
ISBN: 978-1-64170-485-4
No. 550485
Ships: March
Everyone’s Sleepy but the Baby

Tracy C. Gold • Illustrated by Adèle Dafflon

Sleepy Mommy,
Sleepy Daddy,
Sleepy little dog.
Everyone’s sleepy
But the baby,
Yawn, yawn, yawn.

After a long day, the whole family is ready to hit the hay . . . except for the baby. Why is it so hard to get the baby to sleep? With hilarious illustrations that might hit a little too close to home for new parents, Everyone’s Sleepy but the Baby is the perfect, true-to-life bedtime story that will help even the most reluctant sleeper wind down for bed. Ages 0–3

Tracy C. Gold is a writer, editor, and mom living in Baltimore, Maryland. Her work has been published in several magazines and anthologies. Tracy earned her MFA in creative writing and publishing arts at the University of Baltimore and earned her BA in English from Duke University. Adèle Dafflon grew up in Fribourg, Switzerland, before studying illustration at Ecole Supérieure des Arts Saint-Luc Liège in Belgium. Adèle is now recognized for an array of individual and collective projects, most of which are inspired by her love of nature, animals, and insects, and she is also co-owner of a famous café in Fribourg.
A Spring Stroll in the City
Cathy Goldberg Fishman • Illustrated by Melanie Hall

Take a stroll through the city in springtime and experience the sights, sounds, colors, and smells of the multitude of different holidays we celebrate this season. From St. Patrick’s Day and Easter to Nowruz and Cinco de Mayo, everyone has a reason to celebrate. With simple rhymes, a counting pattern, and stunning papercraft art reminiscent of Ezra Jack Keats, this diverse board book is the perfect introduction to the cultural melting pot that makes the city so special. Ages 0–5

- Combines a counting element with diverse celebrations to make this fun board book educational on multiple levels
- Many parents and readers have called for more diverse books; this book takes a look at the diversity of an urban city in the spring
- The second book in our Walk in the City board book series

Cathy Goldberg Fishman is a graduate of the University of Vermont. In addition to writing, Cathy teaches at Georgia Military College and works part-time at the Augusta Jewish Federation. Melanie Hall has illustrated over 45 children’s books and teaches children’s book illustration in the MFA program “Get Your Masters with the Masters” at Marywood University in Pennsylvania and the Highlights Foundation. Her work has received numerous awards, including Parents’ Choice, and has been exhibited in The Original Art Show at the Society of Illustrators.
Energy Animated

Tyler Jorden • Illustrated by Elsa Martins

Energy is all around us. It makes things move, it heats things up, and it can make things glow to give us light. But where does that energy come from?

Learn about different forms of energy, from traditional sources like coal and gas to renewable sources like solar and wind, with interactive elements on every page. Kids can spin a wind turbine, mine for coal and uranium, and learn how energy creates electricity and electricity powers the world around us. Ages 4–6

Studies have shown that introducing children to STEM concepts early can lead to increased understanding later in life

The second book in our science animated series, which aims to increase children’s interest in science and technology through interactive play

Features interactive pull tabs, spinning wheels, and rockers to illustrate how energy sources work

Child-friendly illustrations and explanations make this book the perfect introduction to complex scientific concepts

Energy Animated

Full color; 14 pages; 7 1/8” x 7 1/8”
Board book: $14.99/NCR
ISBN: 978-1-64170-254-6
No. 550254
Ships: January

Tyler Jorden earned a BS in chemical engineering from BYU. He has worked for Micron in Singapore, for Intel in China, and now in management for Micron in Utah, where he lives with his wife and three children. Elsa Martins is an illustrator and designer based in sunny Portugal, where she spends her days drawing for both children and children at heart for her brand, Somebodyelsa.
Let’s Move!

Larissa Honsek

Adorable clay characters invite children to learn about their bodies through movement. Wave your arms! Lift your legs! Open your hands and cover your eyes! You won’t be able to stay in your seat for this engaging movement primer. From the creator of Opposites comes another colorful board book for children learning what their bodies can do! Ages 0–3

- Adorable clay figures teach children about movement and encourage the reader to get up and move!
- The CDC recommends that children participate in at least 1 hour of physical activity per day
- Physical activities help in the development of better motor skills and in concentration and thinking skills
- Regular physical activity has shown to help reduce anxiety in children

Larissa Honsek is a Berlin-based graphic designer, photographer, and illustrator who loves to explore the intersections of these fields. Her tribe of bright and colorful characters is born out of experiments with a multitude of mixed-media elements: clay sculpting, photography, digital and analogue collaging, painting, drawing, printing, and scanning.
Count on Me 123

J. B. Frank • Illustrated by Ela Smeitanka

Though many things in the world are uncertain, there are some people we can always count on—so let’s count them! In this colorful board book filled with adorable, diverse characters, children count the everyday heroes around them, from 10 crossing guards and 9 firefighters, down to 2 parents, and of course, 1 you! Ages 0–3

- An adorable counting book for kids
- Teaches children who they can trust, along with a fun counting element

J. B. Frank is an Emmy and Cine Award-winning television producer. J. B. has written articles for a number of children’s magazines and journals, including AppleSeeds, Boy’s Quest, and High Adventure, as well as The Looking Glass: New Perspectives on Children’s Literature, Once Upon a Time, and Maryjae’s Farm.

Ela Smeitanka is a Polish illustrator who graduated from the Faculty of Graphics at the Academy of Fine Arts in Kraków, where she now lives with her husband, two sons, and three cats.
A Caravan of Camels
Punny Packs of Animals
Christopher Robbins
Illustrated by Nichola Cowdery

Did you know elephants have parades, camels have caravans, and porcupines have prickles? From a shoal of aardvarks to a zeal of zebras, kids can learn the names of animal groups in this adorable board book. With bright, trendy illustrations and plenty of hidden puns, A Caravan of Camels showcases punny animal families of all kinds from A to Z. Whether it’s a smack, a barrel, or a zeal, it’s a family! Ages 1–3

Christopher Robbins is the founder and president of Familius and the cofounder of Hummingbird Digital Media. He is married to his Familius partner and acquisitions editor, Michele Robbins, and they reside in Sanger, California, with their nine children.

Nichola Cowdery, a London-based illustrator, has been illustrating on a professional level for seven years. Her illustrations are inspired by laughter and cuteness—the quirkier, the better.
100 First Words for Little Californians

Ashley Marie Mireles • Illustrated by Kyle Kershner

Cruising down the 5, rocking our Levis, and sipping a Cactus Cooler, we’re Californians, fosho. But, like, how do we pass these big California vibes on to baby?

Eureka! Introducing 100 First Words for Little Californians, a state primer for kids learning their first words! Forget apple and dog. Little Californians are ready to move from ABC to PCH and other California-specific words like the Industry, traffic, and animal style (if you know, you know). Packed with hilarious illustrations and 100 words every Cali-born baby should know (before any others, of course), 100 First Words for Little Californians is the perfect board book for families who call California home. Ages 0–3

Ashley Marie Mireles was born and raised in the heart of California’s Central Valley, where her time visiting the library blossomed into a career in publishing. She currently lives in Fresno, California, with her boyfriend of six years and their terrier.

Kyle Kershner has loved drawing since he was a tot. He graduated from the Savannah College of Art and Design with a BFA in sequential art and spends his days doing what he loves most: illustrating children’s books and making kid-friendly art.
Old MacDonald had a farm . . . in your state! In this delightful regional twist on the familiar farm tune, the seagull goes squawk squawk in Utah, the peccary goes bark bark in Texas, and everywhere there’s lots of state pride! This chunky layered board book cleverly reveals each local animal and, when closed, forms an adorable pickup truck! Friendly animals and scenery found in each state fill the pages of these irresistible books for kids.

Ages 0–3
Row, row, row your boat . . . in your state! Local sights and scenery spring to life in this adorable twist on the favorite children's song. Each diecut page of the layered board book reveals an imaginary boat sailing past iconic landmarks and natural wonders of each region. A delightful children's introduction to the iconic places of their state. And when you're done with your journey?

Row, row, row your boat back around the bend.

If you love your home state, sing the song again!

Ages 0-3

Christopher Robbins is the founder and president of Familius and the cofounder of Hummingbird Digital Media. He is married to his Familius partner and acquisitions editor, Michele Robbins, and they reside in Sanger, California, with their nine children. Mary Sergeeva studied Graphic Design at Saint-Petersburg State University. She has worked as a graphic designer and art editor for several companies and recently started working as a freelance illustrator for books, magazines, children's games, and advertising and social projects.
A Book About Mom with Words and Pictures by Me
A Book About Dad with Words and Pictures by Me

Illustrated by Irena Freitas

Introducing two new titles that let kids celebrate Mom and Dad in the best and most personal way—through their own words and pictures!

Sweet, lively, and engaging, *A Book about Mom with Words and Pictures by Me*, and *A Book about Dad with Words and Pictures by Me* are unique fill-in books that invite kids to be author and illustrator and create a one-of-a-kind gift for Mom and Dad.

Every page has a heartwarming, imaginative (and sometimes cheeky!) prompt—a sentence to finish or an illustration to complete—to help kids capture everything they know and love about their parent, from their favorite things to do together to what kind of pizza topping they would be. A sheet of illustrated stickers gives kids even more ways to customize their book!

The end result? A treasured keepsake of a gift, perfect for Mother’s Day, Father’s Day, Christmas, a birthday, or any special occasion.

**Irena Freitas** is an illustrator from Manaus, Brazil. She has a master’s degree in illustration from Savannah College of Art and Design.
A BOOK ABOUT DAD
Mom and Dad Fill-in Books
Full-color illustrations throughout; 56 pages; 7" x 9"
Paper over board with die-cut covers:
$9.95/$12.95 Can. each
Ships: March

A BOOK ABOUT DAD
• Perfect, personalized gifts for Mother’s Day, Father’s Day, or any occasion
• The child is the author and illustrator
• Filled with lively prompts that promote creativity and expression
• Put a photo or draw a picture in the front die-cut
• For ages 5 and up

Mom and Dad Fill-in Books

• 6-copy counter display
$59.70/$77.70 Can.
No. 221408

A BOOK ABOUT DAD
WITH WORDS AND PICTURES BY ME
No. 101211

6-copy counter display
$59.60/$77.70 Can.
ISBN: 978-1-5235-1409-0
No. 221409

• 6-copy counter display
$59.70/$77.70 Can.
No. 221408

From A Book about Mom . . .

From A Book about Dad . . .
A Day at School

Carolin Görtlert

*My Big Wimmelbooks go on the biggest learning adventure of all—off to school!*  

*Nearly wordless, My Big Wimmelbooks invite children to explore vibrant, full-spread illustrations of everyday scenes. Little ones enjoy pointing out familiar things (a teddy bear, a soccer ball), while older kids can seek out the recurring star characters (introduced on page one) and imagine their unfolding storylines!*

Class is in session for *A Day at School*, where a lively bunch of kids are excited to learn and play. From drop-off to recess to nap time—and, of course, from ABCs to 123s—every aspect of a typical school day is here. Promising hours of imaginative fun for kids who delight in make-believe, wimmelbooks are a blast—and an excellent introduction to literacy.

*Carolin Görtlert* is a Germany-based designer and illustrator with over ten years of experience illustrating children’s books, many of which are wimmelbooks. She studied communication design at the University of Applied Sciences in Mainz.

*MyBigWimmelbooks.com*
Backpack Explorer: Discovering Trees

What Will You Find?

This take-along activity book—the fifth in the best-selling Backpack Explorer series—encourages junior naturalists to get outside and be curious about the trees they see, whether in their backyard, in their neighborhood, in a park, or on a trail.

Each page is packed with prompts and activities, including 12 interactive field guides for identifying common trees, craft projects such as Make a Tree Rubbing, and fun tree facts. Kids will search for leaves and pinecones, count tree rings, touch bark, and notice the sound of birds or wind in the branches. With a real magnifying glass, stickers, and a log for recording discoveries included, this book is the perfect companion for any nature adventure.

• An interactive introduction to the world of trees for young nature lovers
• The fifth book in the Backpack Explorer series of take-along field guides for adventurers aged 4–8
• Invites discovery of the importance of trees and their fascinating qualities through tree-themed scavenger hunts, crafts, field guide pages, and more
• The perfect tool for fostering early science learning as well as natural curiosity and creativity

**Backpack Explorer: Discovering Trees**

- Full color; 48 pages; 7 ¾" x 9 ¼"
- Hardcover with 3 sticker sheets, magnifying glass, and foldout journal: $12.95/$17.05 Can.
- No. 626346
- Ships: April

Sticker badges help kids keep track of what they see, from tree species to leaves, pinecones, bark, and more.
Moimoi—Look at Me!
High Contrast Art and Silly Sounds
That Babies Love

Kazuo Hiraki, PhD • Illustrated by Jun Ichihara

At the University of Tokyo’s baby studies lab, the results are in: This is the book babies choose for themselves!

Imagine you could ask your baby what she wants. In Kazuo Hiraki’s lab at the University of Tokyo, he can do exactly that! When he tracked infants’ eye motion in response to characters on screen, babies gazed transfixed at these brilliant, bull’s-eyed critters for twice as long as the competition. Dr. Hiraki named them Moimoi (a nonsense word), and a phenomenon was born. This bestselling book from Japan will delight babies everywhere!

• Babies are so engrossed by the vivid art of Moimoi that it soothes their fussing
• A revolution in high contrast baby books—beyond just black, white, and red
• Readers can vary how they deliver the catchphrase Moimoi (“mo-ee mo-ee”) to match the action of each scene!
• Bestselling in Japan with 500,000 books sold across the series

Kazuo Hiraki, PhD oversees the Hiraki Lab for baby studies at the University of Tokyo, where he measures babies’ eye motion and brain activity to assess their development and self-awareness. Jun Ichihara has illustrated over 30 books for children.

Ardbeg.c.u-tokyo.ac.jp/en
IchiharaJun.com
Mindful Moves

Nicole Cardoza • Illustrated by Marta Antelo

Mindfulness can help children understand their emotions and provide quiet time for self-reflection. With delightful illustrations and kid-friendly language, Mindful Moves introduces simple mindfulness, yoga, and movement activities that are soothing, easy to remember, and available for children any time they need to feel focused, calm, and happy.

Check Your Inner Weather encourages kids to tune in to how they feel in the moment and accept those feelings without judgment. Breathe like a Walrus helps them release frustration or anger through breathing and facial relaxation. Whether it’s before a busy day at school, in the backseat of the car, during a test, or heading off to bed, kids can refer to this guide again and again.

Exercises help children visualize their moods as changing weather or feel courageous by adopting a superhero’s strong stance.

Nicole Cardoza is the founder and executive director of Wellemental, a national nonprofit that empowers educators to integrate yoga and mindfulness into the school day. Recognized as one of the most influential changemakers in wellness, she has been featured in Yoga Journal, SELF, and Paper magazines. Find her online at nicoleacardoza.com.
Somewhere in the City

J. B. Frank • Illustrated by Yu Leng

Somewhere in the city,
Lucy's just not ready to go to bed.
She opens her bedroom window and lets in the bustle
of the street below.
Stores are closing. A scruffy dog sniffs an empty pail.
"Daddy's coming home," she calls to the dog.

Woof-woof, barks the dog.

The sights and sounds of the city come alive in a magical way as Lucy waits
eagerly for her father to return from work. Watching out the window, Lucy's
view of dogs, bakers, and buses is juxtaposed with her father's journey through
crowds, trains, and finally home to tuck her in. Detailed illustrations contrast
a child's fantastical view of the world with reality, all leading up to a cozy
finish that will make this a perfect bedtime book for city children everywhere.
Ages 4–7

J. B. Frank is an Emmy and Cine Award-winning television producer. J. B. has written
articles for a number of children's magazines and journals, including AppleSeeds,
Boy's Quest, and High Adventure as well as The Looking Glass: New Perspectives on
Children's Literature, Once Upon a Time, and Maryjae's Farm.

Yu Leng is a Chinese freelance illustrator whose work has been shortlisted in the CCBF
Young Illustrators Competition. She graduated from Hubei Institute of Fine Arts with a
focus on children's books and other types of illustration projects.
The Chameleon’s True Colors

Yuliya Pankratova

Chameleon is sad because he doesn’t have a color of his own. He borrows yellow from the sun, pink from an orchid, and orange from a tiger, but will there be enough color for everyone? With gorgeous, colorful illustrations and a message about the power of giving, The Chameleon’s True Colors is the picture book every family needs on their shelf. Ages 4–7

Yuliya Pankratova writes and illustrates children’s stories, posters, and packaging designs. Her illustration style is painterly, based in traditional media and often focused on the natural world. She loves vibrant colors, tangible textures, brush strokes, drips, and splashes.
Hugga Loula

Nancy A. Dearborn • Illustrated by Huang Junyan

“If you’re grumpy or sad, frustrated or mad, just give a shout, and hug it out.”

Loula learns that what we want isn’t always what we need, and although a hug won’t make negative feelings disappear, it’s a great start! With trendy illustrations and a charming refrain that begs to be repeated, your family is sure to read Hugga Loula again and again. Ages 4–8

Research has shown that hugs help reduce stress and can even bring a heart rate back to a healthy level

A timely reminder that sometimes when life is getting you down, all you need is to hug it out

Great read-aloud for parents and children

Shows kids that even parents get angry sometimes, and that’s okay

Nancy A. Dearborn has had over 250 articles, stories, and poems published in magazines, newspapers, anthologies, and online. She has spoken at writers’ clubs and writers’ conferences, including the national SCBWI conference in Los Angeles, and shared her work at public libraries. Huang Junyan is an illustrator and trend toy artist currently living in Beijing, China. She also works as a concept designer for a game company and has published four previous projects, all of which are popular in China.
The Boy Who Loved the Moon

Rino Alaimo

This beautiful adaptation of the beloved The Boy and the Moon—winner of multiple international independent film awards—tells the story of a boy who swims the deepest seas and slays the mightiest dragons to win the Moon’s love. Ages 3–6

Rino Alaimo is an award-winning cartoonist and filmmaker. He holds a degree in art history from the University of Genoa in Italy. He resides in Italy.
**I Want to Be a Teacher Activity Book**

**100 Stickers and Pop-Outs**

With 100 stickers and pop-out props, *I Want to Be a Teacher Activity Book* provides preschoolers with everything they need to put themselves at the front of the (pretend!) classroom and teach like a real teacher would.

As kids use the colorful report cards and attendance sheets, posters, reward stickers, and bulletin board signs to outfit their play classroom and conduct classes for each other and their stuffed animals, they’ll get more than just hours of creative fun. They’ll be laying the foundation for success in math and reading through play and be better prepared for learning within the structure and routines of the classroom environment.

*Includes a teacher certificate, student reward stickers, and other fun pull-out play pieces for setting up a complete classroom.*

**I Want to Be a Teacher Activity Book**

Full color; 24 pages; 8¼” x 10”

Paper with 3 sticker sheets and 3 cardstock sheets: $7.95/$10.95 Can.
No. 626347
Ships: April

- A play-based introduction to the classroom experience that promotes kindergarten readiness
- The third book in an activity book series that fosters learning and creative play through a focus on different professions and the skills they teach
- Inspires hours of screen-free, interactive fun for children aged 4–7
- Includes all the components kids need to set up their pretend classroom, with stickers and pop-out report cards, attendance sheets, bulletin board signs, and more

**Dream Big!**

Full color; 24 pages; 8¼” x 10”

Paper with 3 sticker sheets and 3 cardstock sheets: $7.95/$10.95 Can.
ISBN: 978-1-63586-430-4
No. 629430
Ships: April

- 10-copy counter display $79.50/$109.50 Can.
No. 626635
Make Your Own Money
How Kids Can Earn It, Save It, Spend It, and Dream Big, with Danny Dollar, the King of Cha-Ching

Ty Allan Jackson • Illustrated by Nicole Miles

Knowing how to earn money, make it grow, and spend it wisely can be hard skills for kids to learn (and grown-ups to teach!). Award-winning author Ty Allan Jackson is here to help, with this lively, easy-to-read guide to financial literacy and entrepreneurship for young readers.

Narrated by the money-savvy fictional character Danny Dollar and featuring fun, graphic novel–style illustrations, Make Your Own Money empowers kids to dream big, be smart with money, and even start a business—all in a language they can understand. Along with everyday financial know-how, it offers useful tips for launching a business, raising money, investing well, and more.

- A skill-building guide to making and managing money for kids aged 8–12
- Written by Ty Allan Jackson, an award-winning children’s book author, captivating motivational speaker, and financial literacy advocate
- Explores essential financial concepts and vocabulary in a fun kid-friendly format, with graphic novel–style illustrations and narration by Danny Dollar, a young, fictional entrepreneur
- Provides creative ideas and practical tips for starting a business, introduces important economic vocabulary, and teaches essential life skills, including how to open a bank account, create a budget, donate money, and more

Make Your Own Money
Full color; 128 pages; 6½” x 9”
Paper: $12.95/$17.95 Can.
ISBN: 978-1-63586-371-0
No. 626371
Ships: August

Ty Allan Jackson is an award-winning children’s book author, youth motivational speaker, and literacy advocate whose work has been featured on CNN, NBC Nightly News, The Steve Harvey Show, PBS, and the Hallmark Channel. He is the cofounder of the Read or Else movement and the financial literacy program Danny Dollar Academy.
The Big Fat Notebook® Series: High School

Everything You Need to Ace Biology in One Big Fat Notebook

From the Editors of Brain Quest® and Matthew Brown

The Big Fat Notebooks’ big step up to high school continues! Announcing Biology, the third in the high school series.

With more than 5 million copies in print since 2016, and sales escalating every year, the Big Fat Notebook series is revolutionizing the middle and high school study guide. And Biology continues with the high school STEM concentration, following Chemistry and Geometry, which in turn followed in the footsteps of the middle school series’ bestselling titles, Math (1.56 million copies in print) and Science (1.18 million copies in print).

Wrapping its arms around a subject that covers everything from life at the molecular level to the entirety of an ecosystem, Biology tackles all the big ideas: biological classification and hierarchy, cell theory, genetics, the human body, evolution, and more. And it does so in that lively, useful, and intuitive way that makes the Big Fat Notebooks so singular and successful: Critical ideas are broken down and clearly explained; doodles illuminate tricky concepts; mnemonics provide memorable shortcuts; and quizzes recap it all. Plus, the author, Matthew Brown, a biomedical engineer and science communicator, has an easy, engaging way of bringing even the most complex scientific concepts to life.

The Editors of Brain Quest have created some of America’s most successful and trusted educational series for kids, including Brain Quest, Brain Quest Workbooks, Summer Brain Quest, and the Big Fat Notebooks, together with tens of millions of copies in print.

Matthew Brown is a biomedical engineer and science communicator. His goal is to explain the mysteries of the world in a fun, engaging way. Matthew wants to improve the standards of science communication to increase students’ interest in STEM. Matthew lives in Middletown, New York.
From journalist and adventurer extraordinaire Hans Aschim, here’s a lively and interactive book that gets kids unplugged and out of the house—and teaches them cool navigation techniques to use while hiking, camping, or just exploring the backyard or nearby park.

With full-color illustrations and photos throughout, How to Go Anywhere (and Not Get Lost) combines fascinating history with fun, hands-on activities that bring critical science, geography, and astronomy concepts to life. Readers will discover navigators and the tools they developed through the ages: from the ancient Polynesians who crafted stick charts to learn swell patterns in the water and sailed precise paths through the ocean; to the Age of European Exploration navigators who used compasses and maps to reach the New World; to the modern-day pilots who wield radar and GPS to soar across continents. Kids will also learn skills like taking their bearings with a compass; finding their way with dead reckoning; and locating their own latitude and longitude. And best of all: 17 activities—making their own sextant, compass, stick chart, chip log, and more—will turn all young adventurers into young navigators. The book includes a foreword by master navigator Nainoa Thompson, president of the Polynesian Voyaging Society.

Hans Aschim is a writer and a brand consultant for the outdoor industry. He’s traveled the world over writing for Outside, Vice Sports, Esquire, Men’s Journal, and other publications, and he mentors kids for the sports and outdoors nonprofit Stoked. He lives in Brooklyn, New York.
**Reggie, My Rhinoceros**

**What Will Hopper Do When Reggie Is Gone?**

Werner Holzwarth  
Illustrated by Mehrdad Zaeri

Unlikely best friends will melt hearts in this wry, gentle tale that grapples with death and finds solace in memory.

Little bird Hopper lives on top of Reggie the rhinoceros, feasting on all his pesky flies. Hopper depends on Reggie—for yummy flies, for shelter from the rain, and for protection from sneaky lions. Reggie also knows the best silly jokes!

To Hopper, Reggie is invincible . . . but Reggie knows he’s not so young anymore. To prepare Hopper, Reggie makes sure he remembers all their best adventures together. The only problem is Hopper’s habit of exaggerating!

Reggie departs peacefully over three wordless spreads. And when Hopper finds a new crew of oxpecker birds, he brings his hero back to life with a rousing tale. Remember when Reggie chased off three—no, three hundred—sneaky lions . . . ?

Holzwarth’s irreverent bestseller *The Story of the Little Mole Who Went in Search of Whodunit* is a widely translated cult classic

Zaeri’s masterful illustrations are bathed in light and texture

Hopper and Reggie’s relationship has elements of friendship and caregiving, and so it can speak to any loss

Free of metaphor or afterlife; compatible with any (or no) spiritual tradition

Children’s author Werner Holzwarth has also worked in advertising, journalism, and as a professor of visual communications at the Bauhaus. Illustrator Mehrdad Zaeri also creates drawings in performance with the storytelling group Knopfkino. Both live in Germany.
There’s Math in My Origami!
35 Fun Projects for Hands-on Math Learning

Fumiaki Shingu

These 35 inventive origami designs plus brain-teasing math questions will give kids a head start: art + math = fun!

Four frogs on a lily pad, two dogs on a boat, a beautiful 3D rainbow sphere... you’ll find these unusual projects and more in There’s Math in My Origami! Kids ages 7 and up will have a blast encountering angles, symmetry, fractions, and more concepts, as they fold their own works of art. Plus, each origami project comes with a simple math question to puzzle through. Even math-averse kids won’t be able to resist making two adorable penguins or a jumping frog—and learning along the way!

- Includes 80 perforated sheets of origami paper, plus a sheet of eye stickers for the perfect finishing touch
- Ideal STEAM learning (Science, Technology, Engineering, Art, and Math)—at home or in school
- Original designs, from 2-in-1 animal creations to dazzling multi-sheet starbursts
- For kids ages 7 and up!

Fumiaki Shingu was born in Fukuoka, Japan, in 1953. He moved to Tokyo after graduation from design school, and he founded a graphic design company in 1984. His origami kits have been sold in Toys “R” Us and other major outlets in Japan. He is also the author of The Ultimate Book of Origami Animals.

en.Origami-Club.com
Monarch Butterflies

Explore the Life Journey of One of the Winged Wonders of the World

Anne Hobbie • Illustrated by Olga Baumert

Monarchs have long been a familiar and favorite butterfly in North America. As their numbers decline due to habitat loss and climate change, interest in protecting monarchs has skyrocketed.

In this engaging, accessible book, young readers get a detailed look at the monarch’s life cycle, anatomy, migration to Mexico, and cultural significance in Day of the Dead celebrations. But more than purely informational, Monarch Butterflies offers substantive ways for kids to make a positive difference for these vulnerable insects. Along with enjoying the gorgeous illustrations and fascinating facts, children will discover how to safely rear a caterpillar, create critical habitat, participate in citizen science efforts, support butterfly conservation organizations, and more.

Ann Hobbie chairs the board of directors at Monarch Joint Venture, a national partnership working to conserve monarch butterfly migration. She holds an MA in curriculum and instruction and has more than 20 years’ experience teaching children, training teachers, and writing curriculum on monarchs and schoolyard ecology and gardening. She lives in St. Paul, Minnesota.
Wilderness Adventure Camp

Essential Outdoor Survival Skills for Kids

Frank Grindrod

Whether in the rugged backcountry or a suburban backyard, kids can master the wilderness skills they need to have a safe outdoor experience with this bushcraft handbook.

Guided by outdoor leader Frank Grindrod, they'll learn how to pack for the outdoors, navigate using a map and a compass, choose and set up a campsite, handle and use a knife properly, build a fire, tie knots, make a lean-to out of sticks and leaves, and cook over an open fire. Every turn of the page not only teaches essential outdoor know-how but fosters an appreciation for the natural world and pride in knowing how to use its resources as a tool for survival and adventure.

• An empowering guide to exploring the outdoors for adventurous kids
• Step-by-step photography teaches readers aged 10 and up how to make a shelter, set up a campsite, build and cook over a fire, and more
• Engages today's kids in learning time-tested self-sufficiency skills that foster confidence and comfort with the outdoors
• Connects kids with the physical and emotional benefits that come from time spent in nature

Kids can confidently shape their own wilderness experience with lessons on proper knife handling, fire-making and safety, navigation, and more.

Frank Grindrod is a wilderness survival instructor, public speaker, and expedition leader who has taught wilderness survival at Smith College and the University of Georgia. As the owner of Earthwork Programs in New England for the last 20 years, he has trained thousands of people to become more capable in the wild.
Hear My Voice / Escucha mi voz
The Testimonies of Children Detained at the Southern Border of the United States
Compiled by Warren Binford for Project Amplify
Foreword by Michael Garcia Bochenek of Human Rights Watch

This remarkable picture book is a collection of statements taken from children in migration who were detained at the border between the United States and Mexico. Ranging in age from 5 to 17 years old, they traveled from Honduras, Guatemala, El Salvador, Ecuador, and Mexico. Their voices tell a story that demands to be heard—one of mistreatment and neglect at the hands of the US government:

We are kept in a cage. It is very crowded. There is no room to move without stepping over the others. There’s not even enough room for the baby to crawl.

I’m so hungry that I’ve woken up in the middle of the night with hunger.

I have been here without bathing for 21 days.

Hear My Voice is illustrated by 17 Mexican and Mexican American artists. Each spread captures a different piece of the story: why the children fled, what it feels like to be detained, the days that all seem numbingly the same, and what the children dreamed of finding in the United States. A foreword and back matter by experts in children’s rights frame the story and place it in the larger context of immigration reform, resources included.

And, uniquely, the book is two books in one—an English-language version on one side and a Spanish-language version on the other, each with its own cover. All royalties go to Project Amplify, an organization that provides legal protection to children in migration in government custody.

Warren Binford is an internationally recognized children’s rights scholar and advocate who is on the frontlines of the fight for children in migration. In June 2019, she was part of the team who alerted the public to the widespread abuse and neglect of hundreds of children being detained in a Border Patrol facility in Clint, Texas. Later that year she founded Project Amplify to provide legal support for these children and others like them in US custody. All royalties from the sale of Hear My Voice/Escucha mi voz go to Project Amplify. By sharing the testimonies of children in migration detained by the United States government, Project Amplify raises money to provide legal protection for these children. Michael Garcia Bochenek is senior counsel to the Children’s Rights Division of Human Rights Watch, focusing on juvenile justice and refugee children and children in migration.
Kids on the March

15 Stories of Speaking Out, Protesting, and Fighting for Justice

Michael Long

From the March on Washington to March for Our Lives to Black Lives Matter, the powerful stories of kid-led protest in America.

Kids have always been activists. They have even launched movements. Long before they could vote, kids have spoken up, walked out, gone on strike, and marched for racial justice, climate protection, gun control, world peace, and more.

*Kids on the March* tells the stories of these protests, from the March of the Mill Children, who walked out of factories in 1903 for a shorter work week, to 1951’s Strike for a Better School, which helped build the case for Brown v. Board of Education, to the twenty-first century’s most iconic movements, including March for Our Lives, the Climate Strike, and the recent Black Lives Matter protests reshaping our nation.

Powerfully told and inspiring, *Kids on the March* shows how standing up, speaking out, and marching for what you believe in can advance the causes of justice, and that no one is too small or too young to make a difference.

Michael G. Long is Associate Professor of Religious Studies and Peace and Conflict Studies at Elizabethtown College. The author and editor of many books on civil rights, religion, and politics, *Kids on the March* is his first book for younger readers.
How Do You Live?

Genzaburō Yoshino • Foreword by Neil Gaiman
Translated by Bruno Navasky

How Do You Live? is narrated in two voices. The first belongs to Copper, fifteen, who after the death of his father must confront inevitable and enormous change, including his own betrayal of his best friend. In between episodes of Copper's emerging story, his uncle writes to him in a journal, sharing knowledge and offering advice on life’s big questions as Copper begins to encounter them. Over the course of the story, Copper, like his namesake Copernicus, looks to the stars, and uses his discoveries about the heavens, earth, and human nature to answer the question of how he will live.

This first-ever English-language translation of a Japanese classic about finding one’s place in a world both infinitely large and unimaginably small is perfect for readers of philosophical fiction like The Alchemist and The Little Prince, as well as Miyazaki fans eager to understand one of his most important influences. Ages 10–14

Genzaburō Yoshino (1899–1981) spent most of his career as an editor and journalist. He originally completed How Do You Live? as a commissioned title in the “Nihon Shosan Bunko” series of books on ethics and progressive culture conveyed through storytelling for Japanese schoolchildren.

Neil Gaiman is the author of many bestsellers for readers of all ages including Stardust (the basis for the blockbuster movie), Fragile Things, Anansi Boys, Interworld, and Coraline. He lives in Minneapolis, Minnesota.
BFF or NRF (Not Really Friends)
A Girl’s Guide to Happy Friendships
Jessica Speer • Illustrated by Elowyn Dickerson

Friendships are tough to navigate, even for adults. The preteen years can be particularly sticky, but we’ve got your back! Packed with fun quizzes, colorful illustrations, and stories about girls just like you, BFF or NRF (Not Really Friends) is the ultimate interactive guidebook to help you learn the ins and outs of friendship. Explore the topics of gossip, bullying, and feeling left out, along with ways to strengthen the friendships that mean the most to you. Ages 9–14

- Colorful illustrations and fun quizzes make this informative guide accessible to preteens
- Middle school is a time of huge cognitive and emotional changes, making friendships complicated and difficult to maintain
- Young girls report being bullied 6% more often than young boys, and many of these girls say their friends are their bullies
- Studies have found that healthy friendships can result in higher-functioning immune systems, better self-esteem, longer life expectancy overall, stronger emotional regulation skills, improved cognitive function, and more empathy toward others

Marvin’s Monster Diary 4: Neighborhood Bully
(But We Stand Up, Big Time!)
Dr. Raun Melmed and Caroline Bliss Larsen
Illustrated by Arief Kriembonga

It’s the clawsomest time of year: summer vacation! All Marvin and his friends want is to enjoy their turf—the park across the street—and play superheroes to their hearts’ content. But when bullies arise, so does conflict. Suddenly a power struggle erupts over playground dibs. It’s Marvin and his band of Super Scarers versus Drake the Dreadful and his too-cool-for-school henchmen! But the monsters discover that bullying isn’t always black and white, good guys and bad guys. By using tools such as ST4 and a circular role-playing game, Marvin and his friends discover that defeating bullying doesn’t always mean defeating bullies. In fact, with a little help from your friends, anyone can rise to the occasion. Marvin’s hilarious doodles and diary entries chronicle his delightful adventures, misadventures, and eventual triumph in a funny, relatable way. It’s the one series on ADHD and associated issues that kids will actually want to read! Ages 7–9
The Montessori Baby
A Parent’s Guide to Nurturing Your Baby with Love, Respect, and Understanding
Simone Davies and Junnifa Uzodike

Now it’s baby’s turn! Filled with the values, advice, and aesthetic that have made The Montessori Toddler a parenting bestseller, The Montessori Baby is here to help new parents find the support and peace they crave. The Montessori Baby draws on the child-led principles of the Montessori educational method to foster a first year defined by love, respect, understanding, and a surprising sense of calm. Dr. Maria Montessori observed that all children have what she called “an absorbent mind,” ready to drink it all in, and that the role of parents is to mindfully assist in their learning and development. With babies, that means less is more—a lot less stuff, for sure. It means slowing down and not rushing through feeding, diaper changes, and the like. It means setting up activities to help promote baby’s movement and language development but then stepping back—the parent’s role is to prepare the environment, not be the entertainer. There are tips on how to set clear and kind boundaries, how to create a secure sense of attachment, how best to speak to baby, and even what kind of toys to use (mobiles especially)—all through the Montessori lens.

Simone Davies is an Association Montessori teacher and the author of The Montessori Toddler. Her popular blog and Instagram, The Montessori Notebook, is a resource for parents around the world. Junnifa Uzodike, an AMI-trained Montessori teacher, sits on the executive board of AMI. She runs a Montessori school, Fruitful Orchard, in Abuja, Nigeria.

You Got This, Mama!
From Boobs to Blowouts, a Survival Guide for New Mothers
Liz Swenson

Being a mom is HARD—don’t let anyone tell you otherwise. The first few months (or let’s be real, 18 years) after bringing a new baby home can be tiring and messy. Mothers need encouragement, inspiration, and a good laugh. You Got This, Mama!: From Boobs to Blowouts, a Survival Guide for New Mothers is a visual guide to new motherhood with illustrated quotes, hilarious infographics, and encouraging thoughts to power new moms through another day. Real, honest, and beautifully designed, this is the guide for moms that we didn’t know we needed.
A Modern Parents’ Guide to Nursery Rhymes

Because It’s Two O’Clock in the Morning and You Can’t Remember “Twinkle, Twinkle, Little Star”

Jennifer Griffin

It’s two o’clock in the morning and you’re going to hum your baby back to sleep with . . . The Simpsons theme song? Help is here: A Modern Parents’ Guide to Nursery Rhymes is the crash course for every new mom or dad.

With its hip approach, witty headnotes, smart packaging, and link to an album of downloadable music, A Modern Parents’ Guide to Nursery Rhymes (previously published as Humpty Who?) is the ultimate curated collection of 80 classic poems, songs, lullabies, rounds, and riddles. Once upon a time, every parent knew all about “Little Jack Horner” and “Oh Mr. Sun,” “Little Miss Muffet” and the “Three Blind Mice,” “Mary Had a Little Lamb” and “Shoo Fly.” And now you will, too. Plus, readers will learn the intricate finger ballet called “Itsy Bitsy Spider” in English and Spanish and the classic Spanish-language folk song “Des Colores.” In addition, there are explanations for curious children (and grown-ups)—for example, what exactly a “tuffet” is, how to make “pease porridge,” and what else on the bus goes around in addition to the wheels. Suggestions for reciting poetry of the greats—Shakespeare, William Blake, Emily Dickinson; tips on how to improvise; and the secret to an “Om” that just might abate the next munchkin meltdown.

The downloadable album is both great to play for baby and a fun way for parents to learn the music that goes along with many of the rhymes.

Jennifer Griffin is the author of Baby Names That Stand the Test of Time. Jennifer is a literary agent and mother of two who lives with her family in New York City.

Liz Swenson lives in the sunny beach town of San Clemente, California, with her handsome hubs, three crazy boys, and big dog, Harper. She relishes momming, teaching math to high schoolers, making art, and living life to the fullest.
Birthing Mama
Your Companion for a Wholistic Pregnancy Journey with Week-by-Week Reflections, Yoga, Wellness Recipes, Journal Prompts, and More

Corinne Andrews

Pregnancy is a journey of transformation, and with *Birthing Mama*, expectant mothers will find a holistic, encouraging guide and a place to record their thoughts and experiences. Author Corinne Andrews, a yoga teacher and pregnancy guru, leads women through each week of the nine-month passage, integrating body, mind, and spirit through reflection, yoga poses, activities, and art projects.

Whether expectant mothers are setting up a Pregnancy Altar to focus their hopes and dreams for the baby-to-be, writing a Pregnancy Mission Statement, blending an herbal tea formula for morning sickness, or holding mountain pose for strength and healing, they can cultivate their own blend of self-care and self-discovery, contemplation and celebration through Andrews’s gentle, empowering style.

From curated reflections to prenatal yoga poses, this guide enables expectant mothers to shape a tender, empowered pregnancy experience.

Corinne Andrews is co-owner and codirector of Yoga Center Amherst in Massachusetts. Certified in pre- and postnatal yoga, and as a birth doula with Michele L’Esperance, she is the developer and lead teacher of Birthing Mama® 90hr Prenatal Yoga and Wellness Teacher Training and Birthing Mama® Prenatal Yoga and Wellness ONLINE Holistic Pregnancy Program.
Stop Asking “How Was Your Day?”

444 Better Questions to Help You Connect with Your Child

Daniel J. Crawford

We’ve all been there: The kids come home from school tired and distracted, and we try to connect with them by asking the same questions day after day. Well, this book will help you find the right questions to connect with your child today and every day.

“How was school?” “What did you learn today?” “Did you have fun?” If we are lucky, we might get a little more than “Fine” or “It was good” in return. Maybe we’re asking the wrong questions. The good news is that this book will help you find the right questions to connect with your child every day. Stop Asking “How Was Your Day?” is an invaluable tool that can be used again and again. Easy to flip through while waiting in the pickup lane outside school or before sitting down to dinner, this book provides diverse and open-ended questions for parents of schoolchildren of all ages and walks of life. Some questions are fun, some are deep and reflective, and some are silly. Ultimately, this book is about communication.

As we all know, communication is a two-way street, and Stop Asking “How Was Your Day?” alternates the queries with “Lead by Example” sections that prompt parents to share something from their own experiences to help them connect with their children.

Daniel J. Crawford is a writer and father from Michigan. He writes solution-oriented parenting books, fiction, and screenplays.

• An Invaluable Resource That Encourages Communication: This book provides diverse and open-ended questions for parents of schoolchildren of all ages and walks of life. Some questions are fun, some are deep and reflective, and some are silly.

• A Simple, Effortless Tool That Can Be Used Again and Again: Designed to get the ball rolling to encourage openness, connection, and communication, the book can be easily flipped through to find the right questions for the appropriate moment.

• Helps Parents to Reflect on Their Own Experiences: The book contains several “Lead by Example” sections that prompt parents to share something from their own experiences to help them connect with their children.

• Up-to-Date Content That Guides Parents in Our “New Normal”: Questions address contemporary issues in our lives. Stop Asking “How Was Your Day?” will prove to be very useful during this time of staying at home, as parents and kids spend all their time together and will surely welcome having more subjects to talk about.

Stop Asking “How Was Your Day?”

360 pages; 4” x 6”

Paper: $10.95/$14.95 Can.
No. 800049
Ships: May
Playing with Baby
Researched-Based Play to Bond with Your Baby from Birth to One Year

Laurie Hollman, PhD

Babies are amazing! From the moment they open their eyes, they are learning and developing at an astonishing rate.

Parents naturally want to engage with infants as they learn and grow, but what if we could optimize the way we play with babies? Backed by the latest research and years of observation, Playing with Baby distills the experts’ findings for new parents, giving them a guide to the first year of a baby’s life and the growth of his or her individual mind. Through specific month-by-month play options and the research behind them, psychoanalyst Laurie Hollman helps us understand how to create secure attachments between baby and caregiver even before they can communicate with language. While aiding natural development is a big plus, the real payoff for parents comes from the baby’s reaction: when we play on the baby’s level, we engage and connect more deeply—and we have more fun!

• An easy-to-read guide that helps new parents understand why you should play with babies and which games are best at which stages
• Each playtime game suggested is backed by child development studies and psychoanalysis
• Author Laurie Hollman is the creator of the Busy Parent’s Guides and the Parental Intelligence way of child-rearing
• The perfect book for new parents unsure of the best way to help a baby’s brain develop

Playing with Baby
164 pages; 6” x 9”
Paper: $16.99/NCR
ISBN: 978-1-64170-466-3
No. 550466
Ships: June

Laurie Hollman, PhD, is an award-winning author and psychoanalyst with specialized clinical training in infant-parent, child, adolescent, and adult psychotherapy. She has been on the faculties of New York University and the Society for Psychoanalytic Training and Research, among others, and has written extensively on parenting for various publications including her popular column "Parental Intelligence" at Moms Magazine.
Bringing Up Bookmonsters
The Joyful Way to Turn Your Child Into a Fearless, Ravenous Reader

Amber Ankowski, PhD, and Andy Ankowski

A playful guide to raising kids who love reading—perfect for parents trying to fill educational gaps at home.

How can you turn your distracted, plugged-in child into a voracious reader eager to devour every book in sight? By speaking to their inner bookmonster, of course!

In Bringing Up Bookmonsters, wife-and-husband team Amber and Andy Ankowski suggest fun strategies rooted in developmental psychology—absolutely no flashcards or timers required.

- Talk to your baby bookmonster: Narrate your actions as you do chores and have babble “conversations.” A love of reading starts at birth with a love of language!
- Build a bookmonster habitat: Keep books in the toy box and alphabet magnets on the fridge.
- Turn storytime into playtime: Try making mistakes your bookmonster will catch. (“Let’s read The Dog in the Hat!”)

From playing literacy-building games in the car to filling your home library to adapting screen time, raising your bookmonster can be a whole lot of ferocious fun!

Amber Ankowski, PhD, a developmental psychologist, has been published in Child Development Research, Infant and Child Development, and other journals. She teaches at UCLA. Andy Ankowski is an award-winning copywriter and creative director. They live in Los Angeles with their three kids.

DoctorandDad.com
Flow Puzzles

Dare to Dream
Illustrated by Sarah Walsh

Free to Just Be
Illustrated by Roeqiya Fris

Jigsaw puzzles slow us down, draw us in, hold our attention, and still the noise around us. Now, to rise to the occasion, here are two new puzzles from Flow®.

Dare to Dream, from American artist Sarah Walsh, is a playful tribute to the power of the imagination to take us anywhere and everywhere. What is real, beyond the woman and the book? Vibrant, lush, oasis-like, and yet startling—a blue and white zebra, standing right there and staring—it invites us, in the artist’s words, into a place that we shape in our minds: “That which we lack takes the form of visions, so it becomes a bit of a reality. Nothing wrong with that, right? We are free in our heads.” To dare to dream.

In Free to Just Be, Dutch-Egyptian artist Roeqiya Fris evokes the Cairo streets of her childhood, where the women would sing while hanging up the laundry in the morning. A work that verges on the abstract, with its patterned fabrics and pink-washed stucco walls, the puzzle invites us piece by piece to feel the breeze and sun of those mornings, to delight in the casual splashes of color, and to sense a city teeming with life.
FLOW is an international brand that celebrates creativity, mindfulness, and the pleasures of paper through magazines, books, and stationery.

Workman Puzzles merge great design with carefully chosen subjects, and are satisfying to complete.

- Two new 1,000-piece jigsaw puzzles from the creative directors of Flow
- Following the success of the All Good Things Are Wild & Free puzzle, which sold out its initial printing, and joining Home Sweet Home and Let the Sun Shine In, for a growing brand of puzzles
- Includes a full-color mini-poster for reference
- The Flow brand just keeps growing, with bestselling books including A Book That Takes Its Time (with 205,000 copies in print), plus calendars, stationery products, and puzzles
John Derian Paper Goods

John Derian

At last, the magic of John Derian captured in beautiful, everyday, affordable stationery products. John Derian is an artist and designer who curates and then transforms printed images from the past, and in doing so transports the viewer to another world. How perfect, then, that this master of the image printed on paper now offers his own collection of paper products.

Announcing John Derian Paper Goods, a line of stationery products that capture the ineffable appeal of Derian’s collectibles. Using images that appear on his most covetable objects, here are three puzzles, three themed sets of blank notebooks and notepads, and, guaranteed to appeal to the inner child in all of us, a sticker book. Each of Derian’s pieces begins with a discovery—one-of-a-kind illustrations, etchings, chromolithographic prints, rare reproductions, and other printed matter from 18th- and 19th-century books—and ends in a moment of dreamlike recognition. And now it’s a moment that’s even more accessible, available in this beautiful and affordable line of stationery.

Notebooks

Each set contains: 3 blank, unruled notebooks • 6 unique front and back cover illustrations • 64 pages each • 6” x 8½” • Paperback • $14.95/$19.95 Can.

Notepads

80 easy tear-off pages • 4 different designs repeat throughout • 4½” x 8¼” • $10.95/$14.95 CAN
Puzzles

**Painter’s Palette**
Box size: 7⅜” x 10⅞” x 2⅞”
Puzzle size: 10⅞” x 23⅞”
Boxed Puzzle with Art Print: $19.95/$24.95 Can.
ISBN: 978-1-64829-080-0
No. 86080

**Three Carrots**
Box size: 7⅜” x 10⅞” x 2⅞”
Puzzle size: 10⅞” x 23⅞”
Boxed Puzzle with Art Print: $19.95/$24.95 Can.
ISBN: 978-1-64829-081-7
No. 86081

**Garden Rose**
Box size: 7⅜” x 10⅞” x 2⅞”
Puzzle size: 10⅞” x 23⅞”
Boxed Puzzle with Art Print: $19.95/$24.95 Can.
ISBN: 978-1-64829-082-4
No. 86082

See page 122 for more John Derian Puzzles!

-Nathalie Lété Puzzles-

**Mushrooms**
Box size: 8” x 10 ¼” x 2”
Puzzle size: 10” x 23 ¼”
Boxed Puzzle with Art Print: $19.95/$24.95 Can.
ISBN: 978-1-64829-087-0
No. 86087

**Bambi**
Box size: 8” x 10 ¼” x 2”
Puzzle size: 10” x 23 ¼”
Boxed Puzzle with Art Print: $19.95/$24.95 Can.
No. 86088

**Still Life with Pineapple**
Box size: 10 ½” x 8” x 2”
Puzzle size: 23 ¼” x 19”
Boxed Puzzle with Art Print: $19.95/$24.95 Can.
ISBN: 978-1-64829-089-4
No. 86089

• Year-round national gift guide coverage in design and lifestyle outlets

• Digital assets for booksellers to use in newsletter and social media promotion timed to seasonal themes

• Social media campaign in partnership with @johnnderiancompany

Ships: March
So. Many. Feelings Stickers.
2,600 Stickers for Every Mood
Pipsticks® + Workman®

If there’s one thing that’s certain in these extraordinarily uncertain times, it’s that we are feeling all the feels—happy, sad, anxious, loving, angry, worried, and more, sometimes all in an afternoon. Now you can express every single one—with stickers!

Created especially for sticker lovers, planner devotees, stationery users, crafters, and journalers, as well as mental health advocates and anyone who’s practicing self-care or in therapy, So. Many. Feelings Stickers. is a collection of 2,600 colorful and very clever stickers to mark every feeling and mood. In the same way that we use the ubiquitous emoji to punctuate our digital communication, these stickers will help users express how they’re feeling at a particular moment in time, in a fun, creative, indirect, yet instantly knowable way.

Express yourself—with stickers!

So. Many. Stickers. and So. Many. Planner Stickers. have a combined 110,000 copies in print since publication in Summer 2019

2,600 bright, colorful, clever stickers that express a panoply of emotions—joy, anger, sadness, affection, worry, and more

For sticker lovers, planner devotees, crafters, and journalers, as well as mental health advocates and anyone who’s practicing self-care or is in therapy

Social media and digital advertising campaign

Video

So. Many. Feelings Stickers.
Full color throughout; 50 sticker sheets; 6” x 7 ¼”
Paper: $12.95/$17.95 Can.
ISBN: 978-1-5235-1269-0
No. 101269
Ships: June

Pipsticks+Workman is the collaboration of Pipsticks, a subscription sticker club, and Workman Publishing. Made up of a bicoastal team of innovative creatives, the brand is dedicated to spreading the sticker love through books, planners, stationery, and more!
Sisters
Better Together
Alice & Doris Lieu

No one greeting card can fully do justice to the fierce, authentic, often quirky, and—no matter what—complex bond that forms between sisters. Enter Sisters, the perfect tribute one sister can give another to say how much she appreciates her.

The authors, Alice and Doris Lieu, are sisters themselves. They are also co-owners of the delightfully cheeky stationery company ILOOTPAPERIE—and Sisters brings all of the bright, bold artwork, funny, engaging text, and attitude of their paper products to the idea of sisterhood. They come at it from all directions: Famous sisters, including Linda and Loretta Sanchez, the only sisters to serve in Congress together. Words to live by: A sister is . . . someone who helps you put sunblock in the hard-to-reach spots and tells you when you’ve got white streaks all over your face. Plus fill-in greeting card prompts, Things Only a Sister Knows, and more. As poet Christina Rossetti said, “There is no friend like a sister in calm or stormy weather.”

Alice and Doris Lieu are the founders of ILOOTPAPERIE, a stationery company inspired by a love of paper goods, funny drawings, and a keen appreciation for puns. Their products can be found in Urban Outfitters, Paper Source, and more than 200 independent retailers across the country. With their pup Sparky in tow, Alice and Doris live and work in their home studio in Pasadena, California.
Discover the sublime pleasure and endless rewards of being self-sufficient. In two smartly designed and straightforward encyclopedias of DIY, *Home Ec for Everyone* and *Shop Class for Everyone* (previously published together as *The Useful Book*), you’ll learn how to fix it, cook it, make it, clean it, build it, and sew it yourself.

Each title features essential skills, practical how-tos, and projects, each explained and illustrated with step-by-step instructions, plus charts, sidebars, lists, and handy toolboxes. *Home Ec* covers the domestic arts, including everything from chopping an onion to folding a fitted sheet to writing a great thank-you note. *Shop Class* empowers each of us to become a skilled handyperson, a confident master of one’s domain who can hang a picture, paint a room, build a birdhouse, install a light switch, or fix a flat tire.

We may live in the information age, but there’s no app that will unclog a drain—only life skills.
Sharon Bowers is the author of Ghoulish Goodies, Candy Construction, and Cook Your Meals the Lazy Way. David Bowers is the author of Dad’s Own Guide to Housekeeping and Bake Like a Man: A Real Man’s Cookbook.
Total Olympics
Every Obscure, Hilarious, Dramatic, and Inspiring Tale Worth Knowing

Jeremy Fuchs

Motto of the modern Olympics: Faster, Higher, Stronger. But now add Stranger! Stranger, as in the 1908 Olympic marathon, which featured Sir Arthur Conan Doyle, a 22-year-old pastry chef, and Champagne (yes, it was the runners’ drink of choice). Or the 1948 “austerity games” in London—teams had to bring their own food, and female athletes sewed their own uniforms. Or imagine rooting for these one-time Olympic sports: tug of war, firefighting, rope climb, live pigeon shooting, and—wait for it—painting. (Picasso for the gold!)

Compulsively readable, highly entertaining, trivia- and curiosity-packed, Total Olympics is a glorious, photo-filled tapestry of legendary characters, forgotten records, crazy accomplishments, unbelievable feats, wacky contests, controversial moments, and more. As the author Jeremy Fuchs writes, each Olympics is a mishmash of thousands of little stories during a glorious two-week adventure; multiply those thousand stories by 51 Olympic Games over 122 years, and voilà—a collection of sports yarns unlike any other. Like the story of the “missing marathoner” whose official time was 54 years, 8 months, 6 days, 5 hours, 32 minutes, and 20.3 seconds. Or the rower who had to make way for ducklings—literally—yet still managed to win the gold. Or the gymnast who brought his team to victory while fighting through the pain of a broken knee.

It’s pure pleasure for the sports fan.

Jeremy Fuchs is a writer, reporter, and editor who has written numerous features and profiles for Sports Illustrated and other publications. He is also coauthor of The Greatest Football Teams of All Time, published by Sports Illustrated Kids. He lives in Hoboken, New Jersey.
Fans
How Watching Sports Makes Us Happier, Healthier, and More Understanding
Larry Olmsted

The New York Times bestselling author of Real Food/Fake Food delivers a highly entertaining game changer that uses cutting-edge research to show us why being a fan is good for us.

There are thousands of books about sports. This book is about sports fans. Citing fascinating new studies on sports fandom, Larry Olmsted makes the case that the more you identify with a sports team, the better your social, psychological, and physical health; the more meaningful your relationships; and the better connected and happier your life. Fans maintain better cognitive processing as their gray matter ages; they have better language skills; and college students who follow sports have higher GPAs, better graduation rates, and higher incomes after graduating. And there’s more: On a societal level, sports help us heal after tragedies like 9/11 and the Las Vegas mass shooting, providing community and hope when we need it most. Even now, the greatly altered games during the COVID-19 pandemic provide socially distanced joy. Illustrated with lively drawings throughout, Fans is the perfect gift for anyone who loves sports or anyone who loves someone who loves sports.

Larry Olmsted is an award-winning journalist and visiting professor at Dartmouth College, where he teaches nonfiction writing. He is the author of the New York Times bestseller Real Food/Fake Food and Getting into Guinness, a history of the Guinness Book of World Records, a book for which he broke three world records himself while researching. He currently writes popular online columns for Forbes and USA Today, and appears regularly on television and radio. He is avid fan of American Ninja Warrior and a passionate fan of sports fans.
The Little Book of Zen
Sayings, Parables, Meditations & Haiku
David Schiller

Updated, revised, with a new cover, new trim size, and illustrations throughout, the national bestseller The Little Zen Companion, with 516,000 copies in print, is repackaged for a new generation of seekers as The Little Book of Zen. A perfect gift and book of discovery, it celebrates ideas drawn from Zen Buddhism that have tremendous currency today: mindfulness, meditation, compassion, paying attention to the here and now, and finding a deeper meaning in life.

While it seeks neither to define Zen nor to answer its most famous koan ("What is the sound of one hand clapping?"), The Little Book of Zen points to a calming way of looking at the world. Each page features a quote, phrase, story, koan, haiku, or poem, interspersed with essays on the Buddha, Zen arts, significant masters, and more. The feeling is that of a meditation book with 2,500 years of wisdom—from Lao-tzu to Lily Tomlin. It’s a celebration of intuition: "If a man wishes to be sure of the road he treads on, he must close his eyes and walk in the dark."—St. John of the Cross. Individuality: “Do not seek to follow in the footsteps of the men of old; seek what they sought.”—Basho. And self-discovery: “We already have everything we need.” —Pema Chödrön.

New material is taken from contemporary spiritual leaders, writers, meditation teachers, and others, with an emphasis on the practice of mindfulness—using the heart rather than the head. Pen-and-ink illustrations from the author bring an additional layer of feeling and beauty.

David Schiller is an author of eclectic interests whose books include Guitar, The Little Book of Prayers, and See Your Way to Mindfulness, among others. His books and calendars published by Workman have over 2 million copies in print. He lives in New York City.
**Mermaid Life**

*The Joy of Making Waves*

Christine De Carvalho

Ah, salty breezes, beach hair, the feeling of bare feet (or flippers) in warm sand—and the thrill of imagining life under ocean waves. Mermaid life is the life, and it is a lifestyle that’s right on trend. Whether emblazoned on a T-shirt or used as a home decor motif, mermaids represent freedom of spirit, empowerment, and being true to oneself. Exactly the life espoused and celebrated in *Mermaid Life* by Christine De Carvalho, whose lush, hand-painted illustrations and exquisite hand-lettering capture the sense of magic that makes mermaids so appealing.

Inspiring readers to embrace their inner mermaid, let their worries drift away, and *seas* the day, the book shines with an inclusive, body-positive spirit, featuring mermaids of diverse shapes, sizes, and skin tones. Mermen are represented, as are adorable, half-cat purrmaids and a variety of ocean animals.

Accompanying the illustrations are quotes, mermaid definitions, mermaid mantras, like *Dive deep for the treasure you seek*, and mermaid folklore: Did you know mermaids are believed to possess powers of immortality, clairvoyance, telepathy, and hypnosis? Complete with a sheet of stickers so you can declare your devotion to all things sand and sea.

Christine De Carvalho is an illustrator based in sunny Southern California. Christine studied textile design at the Academy of Art in San Francisco, California, and the Studio Berçot in Paris, France. She spent six years in Paris developing textile prints for haute couture houses before returning to the States. Now, Christine focuses on her love of painting and illustration and has collaborated with WNYC radio, Godiva, Trader Joe’s, American Greetings, John Galliano, and Christian Lacroix. Christine lives with her husband and cats in Los Angeles.
The Magic of You
A Colorful Book of Happiness
Laura Jane Jones

From the popular Instagram accounts @laurajaneillustrations and @hellohappee comes a collection of illustrated quotes and affirmations to help you love yourself in every color of the rainbow. From learning to accept who you are to facing challenges and believing in your potential, this gorgeous chunky mini book is the perfect guide to connecting with your dreams and truly blooming.

Laura Jane Jones is the illustrator and creator behind @laurajaneillustrations on Instagram, where she uses her art to open up conversations around mental health, feminism, environmental awareness, and more. Laura is passionate about making social media a more positive safe space and using the impact of social reach to spread awareness about important topics.
Yes, You Can!

A Glass-Half-Full Companion for Life’s Everyday Joys and Obstacles

Olivia Herrick

From the popular Instagram account @oliviaherrickdesign comes a collection of designs for every stage of your success journey. Each page will include a fun quote from a famous author who has traveled the road of challenges and failures on the way to success, illustrated in the unique and modern style Olivia has become known for. If you’re feeling down on yourself, not sure where to start, or already on the road to success, there is a page for you. This chunky mini book is the perfect gift for anyone starting a new journey!

• Modern minimalist design and inspirational quotes pair to create the perfect book for your nightstand
• The creator is the mind behind the popular @oliviaherrickdesign Instagram page with over 43,000 engaged followers
• Meditation has gained momentum in recent years with recommendations for practicing this skill coming from WHO and the CDC
• This book focuses on morning and night-time mantras to meditate on

Olivia Herrick is a graphic designer based in the Twin Cities of Minnesota, best known for her playful, vibrant, and positive artwork. Though you will often find her glued to her computer at her studio, Olivia finds her greatest inspiration in the great outdoors.
Don’t Worry, Be Ha-PEA
100 Deliciously Clever Food Puns

Marie Saba

Ever heard of Céline dijon? How about Robert brownie Jr.? OMghee, you’re going to love Don’t Worry, Be Ha-PEA. Test your knowledge of pop culture, history, social media slang, and more with this delicious collection of visual food puns. Fresh food and beautiful photography make the perfect pear in this clever gift book. Some puns are trickier than others, but donut give up! Just keep calm and curry on!

Marie Saba is a cookbook author and freelance content creator. Her playful creations have been featured in numerous media outlets, including Bon Appétit and Food & Wine magazine, as well as on The Rachael Ray Show and The Martha Stewart Show.

- Creator Marie Saba and her food puns have been featured in Bon Appétit and Food & Wine magazine, as well as on The Rachael Ray Show and The Martha Stewart Show
- Hilariously perfect gift book for foodies and fans of wordplay
- The author has an Instagram following of 47k and plans to promote her book from her page and has been featured on a number of food blogs

Don’t Worry, Be Ha-PEA

Full color; 128 pages; 7” x 7”
Paper over board: $14.99/NCR
No. 550464
Ships: June
Sometimes we all need a little direction in life, whether it’s to see a problem from a new perspective, confirm a gut feeling, or just remember that, yes, we’re all in this together. Communal wisdom, truth, experience, and humor—like the advice found on every page of Directions—can get you through a lot.

Like an Instagram philosopher, Hallie Bateman has been sharing directions with her 85,000 followers on how to live; here, she has collected the thoughts that have most resonated with her audience and added 65 percent all-new entries. Hand-lettered by the author on scraps of colorful paper and with the author’s humorous illustrations throughout, Directions is a book of inspiration and clarity and a perfect antidote to our often confusing and challenging times. On each page is an observation, an aha moment, or a well-worded reminder.

The brightly colored spreads have a modern look and feel that will appeal to readers of all ages. An index playfully lists the directions by theme—for example, “Directions for Being Exactly Who You Are” or “Directions for Dealin’ with Your Feelin’s”—though most readers will dip in and out of the book as they would a daily horoscope, fortune cookie, or Magic 8 Ball: What direction do I need today?

Directions
Really Good Advice for Getting from Here to There

Hallie Bateman

Hallie Bateman is an illust-writer based in Los Angeles, California. She is the author of Brave New Work and coauthor of What to Do When I’m Gone.
The Lost Art of Doing Nothing
How the Dutch Unwind with Niksen
Maartje Willems and Lona Aalders

Slow down for self-care with niksen, the Dutch secret to rest and relaxation!

Literally doing nothing sounds effortless—but in our fast-paced world, it’s anything but. Even when staying home to “slow the spread,” we’re more likely to be scrolling through our news feeds than staring out our windows . . . or lying in the grass . . . or listening to music . . . ahhhhhh.

The Dutch have a word for this kind of active rest: niksen, which closely translates to “doing nothing.” Where other self-help philosophies push us to do more, niksen invites us to do less and reap the benefits—such as lower stress, better health, and creative inspiration. Beautifully illustrated throughout, The Lost Art of Doing Nothing will help readers take more breaks, resist social pressure to be always “busy,” and embrace the slow life!

Maartje Willems is a Dutch journalist and writer. Lona Aalders, a photographer and illustrator, sees slow living as her personal religion. Both live in the Netherlands.

MaartjeWillems.nl • Lona-Aalders.com
Yoke
My Yoga of Self-Acceptance
Jessamyn Stanley

Jessamyn Stanley, the proudly fat, Black, queer yoga teacher and charismatic author of Every Body Yoga, who drops a lot more f-bombs than namastes and refuses to pray at the church of Lululemon, is back with an unconventional memoir that takes us on a personal and provocative journey into what it means to “practice yoga.”

Where Every Body Yoga, with 59,000 copies in print, taught us how to do yoga, Yoke tells us why. In Yoke, which draws its name from a literal translation of the Sanskrit root yuj, from which the word “yoga” derives, Jessamyn writes about what she calls the yoga of the everyday—a yoga that is not just about poses but about applying the hard lessons we learn on the mat to the even harder daily project of living. This yoga of the everyday is about finding within life’s toughest moments the same flexibility, strength, grounding energy, and core awareness found in a headstand or Tadasana or cobra pose. In a series of deeply honest, funny, gritty, thoughtful, and largely autobiographical essays, Yoke explores issues of self-love, body positivity, race, sex and sexuality, cannabis, and more, all through the lens of an authentic yoga practice. Every reader is invited to find this authentic spirit of yoga in their own lives and practice. To yoke.

Jessamyn Stanley is an internationally acclaimed voice in wellness. Highly sought after for her insights on 21st-century yoga and intersectional identity as a queer Black woman, she founded her company, The Underbelly, a virtual yoga studio and online shop, to help individuals tune in with themselves and live authentically. She is also a regular contributor to SELF magazine and is consistently featured in many media outlets, including the New York Times, CNN, Good Morning America, Vogue, InStyle, BET, Cosmopolitan, Marie Claire, Allure, Shape, Out magazine, and Forbes. In Dear Jessamyn, her biweekly cannabis-inspired advice podcast, she offers fresh perspectives on relationships and lifestyles for anyone living and loving outside the box. She lives in Durham, North Carolina.
How to Love the World
Poems of Gratitude and Hope

Edited by James Crews • Foreword by Ross Gay

Poetry can serve as an antidote to divisiveness and the world’s frenetic pace. *How to Love the World* invites readers to use poems as part of their daily gratitude practice, offering uplifting, deeply felt, and relatable poems by well-known poets from all walks of life.

Works by contemporary poets such as Joy Harjo, Ellen Bass, Naomi Shihab Nye, Ross Gay, and Tracy K. Smith, along with new poems by Ted Kooser, Mark Nepo, and Jane Hirshfield, reveal the simple gifts that can be found everywhere. Invitations for writing and reflection are included throughout, and questions and topics for discussion at the back of the book can be used to facilitate discussion in a classroom or any group setting.

Mark Nepo

LANGUAGE, PRAYER, AND GRACE

Language is no more than the impressions left by birds nesting in snow.

Prayer is the path opened by a leopard leaping through the brush.

And grace is how the water parts for a fish letting it break surface.

Ellen Bass

GETTING INTO BED ON A DECEMBER NIGHT

When I slip beneath the quilt and fold into her warmth, I think we are like the pages of a love letter written thirty years ago that some aging god still reads each day and then tucks back into its envelope.

James Crews is the author of three collections of poetry. He holds an MFA in creative writing from the University of Wisconsin–Madison and a PhD in writing and literature from the University of Nebraska–Lincoln. He teaches poetry at SUNY-Albany and lives with his husband on an organic farm in Shaftsbury, Vermont.
You Don’t Have to Be Everything
Poems for Girls Becoming Themselves
Edited by Diana Whitney

Some days
I am more wolf
than woman
and I am still learning
how to stop apologizing
for my wild.

What a gift poetry has—like these six lines by Nikita Gill—to say what we feel in a way that seems universally true yet deeply personal.

Created and compiled for young women by Diana Whitney, former longtime poetry columnist for the San Francisco Chronicle, You Don’t Have to Be Everything is filled with work by a wide range of female poets who are honest, unafraid, and so wonderfully skillful at addressing the complex feelings of coming-of-age—loneliness, longing, doubt, fear, sadness, anger, a need for approval, and an attitude that pretends none of it matters. But also joy, hope, celebration, solace, and all the good things poetry brings, including humor. The cast of 68 poets is extraordinary: bestselling authors like Maya Angelou, Elizabeth Acevedo, Sharon Olds, Joy Harjo, Lucille Clifton, Naomi Shihab Nye, and Mary Oliver; our new National Youth Poet Laureate, Amanda Gorman; Instagram-famous poets including Kate Baer, Melody Lee, and Andrea Gibson; poets who are LGBTQ, poets of diverse racial and cultural backgrounds, poets who sing of the body that breaks free of conventional ideas of beauty.

Illustrated in full color with the work of three female artists, You Don’t Have to Be Everything is a perfect gift for daughters, granddaughters, or any young woman in your life.

Diana Whitney writes across genres with a focus on feminism, motherhood, and sexuality. Her first book, Wanting It, became an indie bestseller in poetry. Her essays have appeared in the New York Times, Glamour, the Washington Post, and other publications. She is also a senior contributing editor at HealthyWomen.org. She lives in Brattleboro, Vermont, and online at diana-whitney.com.
Every Memory Deserves Respect

EMDR, the Proven Trauma Therapy with the Power to Heal

Michael Baldwin and Deborah Korn, PsyD

Trauma, both “big” and “small,” and its effects—anxiety, depression, panic, and more—are more pervasive than ever. How can we heal? Millions have found relief, without medication, through a therapy known as EMDR, which stands for eye movement desensitization and reprocessing.

Written by one of the most respected therapists practicing EMDR, along with a man whose life was changed by the therapy, Every Memory Deserves Respect brings healing news to anyone who feels constrained by past events, whether the reasons are clear or not.

The book explains how trauma works in the body and how to heal it with EMDR. In words and images, it shows how a patient and therapist together heal the affected part of the brain that stores the memory, eliminating physical and emotional responses to triggers in order to live with freedom, ease, and confidence. With studies showing a remarkable 85–90% success rate in eliminating PTSD and anxiety, this is the therapy for our time.

Michael Baldwin has done award-winning work in advertising for more than 35 years. He is the founder and principal of the branding and communication firm Michael Baldwin Inc, and the author of Just Add Water: An Incredibly Easy Guide for Creating Simple, Powerful Presentations. He lives in New York City. Deborah L. Korn, PsyD, is a psychotherapist, teacher, clinical consultant, and researcher who has been on the faculty of the EMDR Institute for more than 25 years. She currently serves on the editorial board of the Journal of EMDR Practice and Research and is a regular presenter at the EMDR International Association Conference. She lives in Cambridge, Massachusetts, with her family.
How Dreams Speak
An Interactive Journey Into Your Subconscious
Nicole Chilton

We’ve all woken up with a start and thought, “What was that? What’s the deal with that rooster? And why do I feel like I’ve seen this all before?” We find dreams (at least our own!) endlessly interesting, but what do they actually say about us?

How Dreams Speak is a book to help untangle it all. Based on the belief that dreams are metaphorical messages from our unconscious minds, speaking to us to help unlock mysteries within, How Dreams Speak is an illustrated guide to our inner selves through the vehicle of our nightly adventures. At the book’s heart are more than 150 dream symbols and themes richly illustrated in watercolor and fully explained to help readers interpret their dreams. A dream symbol can be an object—a doll, for example, which might mean your inner child needs to come out and play. An event—like the classic flying, which can mean it’s time to concentrate on achieving your waking dreams or goals. Or a color, a feeling (running late), a concept (invisibility). Prompts accompanying each symbol help the reader explore what their unconscious is saying—what a symbol truly means depends on both the dream and the dreamer.

Author and artist Nicole Chilton brings us the science behind dreaming, including the fact that everyone dreams (those who think they don’t are just not remembering), the history and philosophy of dream interpretation, the different types of dreams we have, and tips on keeping a dream journal.

Nicole Chilton is a multimedia artist and writer who relies on the power of dreams to inspire creativity. She lives in Springfield, Missouri, where she teaches art journaling workshops and works for a regional arts nonprofit. Her husband and two children inspired her to begin illustrating her nightly dreams because they were tired of hearing about them.
Pacific Coasting
A Guide to the Ultimate Road Trip, from Southern California to the Pacific Northwest
Danielle Kroll

A guide to the world’s most breathtaking coastline. Anyone who’s visited the Pacific coast knows it’s one of the world’s most magical places. From San Diego to Vancouver Island, this 1,600-mile stretch is a beloved destination for millions of travelers, a feast of stunning views, beaches, and coves; lush green forests and charming villages; and, dotted along like spaces on a Monopoly board, a half dozen of the West’s great cities.

Among the many writers and artists who’ve succumbed to its spell is Danielle Kroll. A painter known for her beautiful watercolors and whimsical mixed-media work, Kroll grew up loving a road trip and now celebrates probably the best road trip of all. Pacific Coasting is an illustrated keepsake, an inspiration to visit, and most of all a practical travel guide to the not-to-miss places on and off the beaten track. Starting at the southern end of the Pacific Coast Highway, the book is organized around four larger areas—Southern California, Northern California, Oregon, and Washington/Vancouver—and includes maps, packing lists and playlists (yes, what to listen to as you’re driving up to Hearst Castle), and features like Tide Pool Etiquette, California Missions, and Camping Essentials. The author is an eclectic traveler who loves all that the Pacific Coast has to offer—nature trails, antiques stores, museums, campgrounds, fish shacks, and Portland’s Powell’s City of Books—and brings us along, writing about, illustrating, and giving us the lowdown on everything from Venice Beach to the California poppy.

Danielle Kroll is an artist and designer known for her paintings and illustrations inspired by travel, nature, and her ever-growing collection of vintage memorabilia. After working as a designer for Anthropologie, she went out on her own to work for clients including Anthropologie, Kate Spade New York, One Kings Lane, Papyrus, Hallmark, and Figo Fabrics. Kroll lives in upstate New York. Find her on Instagram at @daniellekroll.
The Camping Life
Inspiration and Ideas for Endless Adventures
Brendan Leonard and Forest Woodward

Lush photos and expert information to bring a new generation of campers into the great outdoors. “Wildness is a necessity,” John Muir wrote in 1901, a full century before smartphones, Wi-Fi, or social media. No wonder camping in all its forms is more popular than ever, especially among millennials—it’s the needed antidote to our world of 24/7 connectivity. Here to transport everyone away from their screens and into the wilderness is *The Camping Life*, a lush photo- and information-rich book that takes readers to all the places they might dream of camping, and explains how to actually do it.

Backpacking and bikepacking, car camping and hut camping, camping while white-water rafting or big wall climbing—outdoors authority Brendan Leonard, author of *Surviving the Great Outdoors*, and adventure photographer Forest Woodward cover it all. The photographs are pure inspiration, like the most stylish and outdoorsy Instagram feed—you see yourself in every one, whether fly-fishing in Colorado, setting up a tent in the Mojave Desert, or making the perfect espresso over a campfire. Then Leonard tells you how it’s done: how to pack a backpack, how to set up a tent in the snow, how to camp with your dog, how to build a campfire, how to fix a bicycle’s flat tire, how to judge a river’s difficulty, how to create a sleeping platform on a mountainside, how to stay warm in a sleeping bag, what to buy for ultralight backpacking, how to travel solo, how to camp with kids, how to leave no trace. In addition, he lists the most popular and interesting destinations for each type of camping and for every budget. And yes, that includes glamping.

**The Camping Life**
125 color photographs and illustrations throughout; 224 pages; 7” x 9”
Paper over board: $24.95/$33.95 Can.
ISBN: 978-1-57965-843-4
No. 85843
Ships: May

• National feature coverage in outdoor, lifestyle, and men’s interest media outlets
• 20-city satellite radio tour
• Partnerships with major outdoor brands
• Father’s Day gift guides and summer gifting roundups
• Author appearances in Denver and by request

An inspiring guide to outdoor adventure, with step-by-step information on camping basics plus tips & recommendations for any level of experience

**Brendan Leonard** is an adventure writer and the author of *I Hate Running and You Can Too* and *Surviving the Great Outdoors*. His stories have appeared in *Outside*, *Men’s Journal*, *Backpacker*, *Climbing*, *Alpinist*, *National Geographic Adventure*, and dozens of other publications. He lives in Missoula, Montana. Find him on Instagram at @semi_rad.

**Forest Woodward** is a climber, surfer, and adventure photographer whose work has appeared in *Esquire*, *Outside*, *National Geographic Adventure*, *Climbing*, *Alpinist*, *Men’s Health*, *Surfer* magazine, and many other publications. His clients include *Filson*, *J. Crew*, and *Patagonia*. Find him on Instagram at @forestwoodward.
Since its original publication in 2000, Clare Walker Leslie’s *Keeping a Nature Journal* has been at the forefront of the nature observation movement, acclaimed by readers of all ages for its accessible style of teaching people to notice, understand, and appreciate nature’s wonders.

This updated third edition features more step-by-step drawing techniques, an expanded range of observation prompts, and a new selection of pages from Leslie’s own journals, which she’s kept for 40 years. Emphasizing attention and awareness over artistic ability, Leslie shows how drawing nature is a tool everyone can use to learn about and develop a lasting connection with the natural world.

Clare Walker Leslie is a nationally known wildlife artist, a bestselling author, and an educator who has taught drawing, writing, and observation of the outdoors to people of all ages for more than 30 years. She lives in Cambridge, Massachusetts, and Granville, Vermont.

Keeping a Nature Journal, 3rd Edition

Deepen Your Connection with the Natural World All Around You

Clare Walker Leslie

A fresh new edition of the definitive guide to nature journaling

A revised, full-color version of the bestselling classic by renowned artist, educator, and author Clare Walker Leslie, with 126,000 copies in print

Includes expanded sections of the benefits of nature journaling, drawing techniques, and examples of different journaling styles

Nature journaling is experiencing increasingly widespread popularity as a way to participate in citizen science and as a tool for mindfulness

Along with drawing tutorials, the new edition highlights how nature journaling fosters mindfulness, citizen science, and environmental education.

Clare Walker Leslie is a nationally known wildlife artist, a bestselling author, and an educator who has taught drawing, writing, and observation of the outdoors to people of all ages for more than 30 years. She lives in Cambridge, Massachusetts, and Granville, Vermont.

Keeping a Nature Journal, 3rd Edition

Full color; 224 pages; 8” x 10”

Paper: $24.95/$33.95 Can.

ISBN: 978-1-63586-228-7

No. 626228

Ships: March
The Secret World of Weather
How to Read Signs in Every Cloud, Breeze, Hill, Street, Plant, Animal, and Dewdrop
Tristan Gooley

A landmark work by New York Times–bestselling author Tristan Gooley reveals the hidden wonders of his most universal subject yet.

Every cloud, every drop in temperature, every sunbeam conveys a secret message... if you know what to look for. In The Secret World of Weather, groundbreaking natural navigator Tristan Gooley turns his signature brand of close observation to the weather—the ever-shifting alchemy of heat, water, and air.

Gooley goes beyond the forecast to change our very idea of what weather is. The weather doesn’t just blanket an area; it changes as you walk through the woods or turn down a street. You’ll discover distinct microclimates on opposite sides of a tree—and even beneath a blade of grass! By reading the weather, we begin to understand how it shapes our cities, woods, and hills. You’ll never see your surroundings the same way again.

“Gooley interprets clues like a private investigator of the wilds... For those inclined to solve mysteries written into the landscape, this author’s lead is one they’ll want to follow.”—Wall Street Journal

Through his teaching and writing, Tristan Gooley has pioneered a renaissance in the rare art of natural navigation. He has led expeditions on five continents, climbed mountains in three, and studied the methods of tribal peoples in some of the remotest regions on Earth. He lives in the UK.

NaturalNavigator.com  twitter: NaturalNav

The Secret World of Weather
8 page color photo insert, black and white illustrations; 408 pages; 5” x 8”
Paper over board: $21.95/
NCR
No. 779754
Ships: April
Blue

In Search of Nature’s Rarest Color

Kai Kupferschmidt

A globe-trotting quest to find blue in the natural world—and to understand our collective obsession with this bewitching color.

Blue is a rare color—natural blue, that is. From morpho butterflies in the rain forest to the blue jay flitting past your window, vanishingly few living things are blue—and most that appear so are doing sleight of hand with physics or complex chemistry. Flowers modify the red pigment anthocyanin to achieve their blue hue. Even the blue sky above us is a trick of the light.

Yet this hard-to-spot accent color in our surroundings looms large in our affections. Science journalist Kai Kupferschmidt has been fascinated by blue since childhood. His quest to find and understand his favorite color and its hallowed place in our culture takes him to a gene-splicing laboratory in Japan, a volcanic lake in Oregon, and to Brandenburg, Germany—home of the last Spix’s macaws. From deep underground where blue minerals grow into crystals to miles away in space where satellites gaze down at our “blue marble” planet, wherever we do find blue, it always has a story to tell.

Kai Kupferschmidt studied molecular biomedicine and works as a science writer. He contributes to Science as well as the German newspapers Frankfurter Allgemeine Zeitung and Die Zeit. When not doing those things, he is usually thinking about the color blue. He lives in Berlin.
The Planets Are Very, Very, Very Far Away
A Journey Through the Amazing Scale of the Solar System
Mike Vago

Quick: Picture the solar system. Do you see nine planets on tidy rings around the Sun? Then you have been lied to!

It's not without reason: We have to draw the solar system that way to fit it on a placemat, a lunchbox, or in an ordinary book. But that familiar diagram is wrong about almost everything—and so this is no ordinary book. Seven gatefold pages open out not once but twice, capturing our planetary neighbors at scale.

At a trillion-to-one scale, the Sun is about the size of a dime. And five feet away from the Sun, we find . . . Earth, the size of a pinhead. A trillion-to-one scale is not nearly small enough to fit our solar system into a book (or onto a soccer field)! How small do we need to go? Unfold the next three spreads to find out . . .

• Kids learn all thirteen planets and dwarf planets plus the important concept of scale
• The US, UAE, and China are sending robots to Mars in 2021

The Planets Are Very, Very, Very Far Away
Color photographs and diagrams throughout, 7 double-gatefold pages; 56 pages 10" x 6"
Paper over board: $14.95/NCR.
ISBN: 978-1-61519-777-4
No. 779777
Ships: May

Mike Vago is the creator of the bestselling The Miniature Book of Miniature Golf, The Pocket Book of Pocket Billiards, and the interactive board books Train and Rocket. He’s a graphic designer and a regular contributor to The A.V. Club. He tells people he lives in New York, but he actually lives in New Jersey.
2022 Moon Calendar Card
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Kim Long

The classic calendar with lifetime sales of more than 500,000 copies.

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Ships: April

Kim Long is the creator of the award-winning Moon Calendar. Between 1984 and 2006, his American Forecaster Almanac was published in 22 annual editions. He is the author or coauthor of many other books, including The Moon Book. He lives in Denver, Colorado.
Whiskey Rebels
The Dreamers, Visionaries & Badasses
Who Are Revolutionizing American Whiskey

John McCarthy

In 2003, the United States had about 60 craft whiskey distillers; today there are over 2,000 active craft distillers in the country. This book will introduce the entrepreneurs and the companies behind this movement.

Whiskey Rebels is a collection of first-person accounts of the brilliant, brave, and slightly crazy innovators responsible for changing the whiskey landscape forever—people like Storm King Distilling entrepreneur John Torgersen, who lobbied the US government to change the laws that spearheaded the craft movement; Ralph Erenzo, the “Sam Adams of Whiskey” and recipient of the first distilling license in New York State in 80 years who went on to create Hudson Baby Bourbon; Nicole Austin, a prominent female producer and vocal activist who brought an indie spirit to the renowned American whiskey region of Tennessee through George Dickel Tennessee Whisky; and Bill Owens, who founded the American Distilling Institute in 2003.

Spirits pro and award-winning author John McCarthy (The Modern Gentleman) has conducted hundreds of hours of interviews to gather these fascinating first-person accounts and give readers an amusing and thorough insight into the world of craft distillers. Under his expert guidance, readers will also learn the requirements to be considered a craft whiskey distiller, the effect of the craft beer movement on modern craft distilling, why craft distillers hate the word "craft," and many other pieces of insider information.

John McCarthy is a 25-year publishing veteran who last served as Senior Managing Editor and spirits and cocktail pundit at Men’s Health magazine. Since his departure in 2016, McCarthy travels the world in search of fine wine and spirits, amazing adventures, and incredible stories for Roads & Kingdoms, Forbes, Men’s Health, Maxim, JW Marriott magazine, Bourbon+, and Gear Patrol. John is also the author of the book The Modern Gentleman: The Guide to the Best Food, Drinks, and Accessories. When home, McCarthy resides in Queens, NY.
I Hate Running and You Can Too
How to Get Started, Keep Going, and Make Sense of an Irrational Passion
Brendan Leonard

A rational (and motivating) guide to an irrational (but beloved) pastime, with charts. Warning: This book might actually change your life. If you’re not a runner, it will get you out the door. If you run but don’t race, it’ll have you signing up for the next 10K. And if you’re one of those overachievers who’s already run a marathon, it’ll inspire you to push yourself even further.

Packed with wisdom, humor, attitude, practical tips, and quotes—and with more than 60 illuminating charts—I Hate Running and You Can Too delivers a powerful message of motivation in a lively, easy-to-digest, giftable form. Leonard, who nails the love-hate relationship most runners have with the sport, is a surprisingly relatable mentor, despite the fact that he once ran 52 marathon-length races in 52 weeks. He knows the difficulty of getting off the couch, and how to get us to follow. He extols the virtues of starting small to stick with it, and teaches us to get comfortable with being uncomfortable and to embrace a mix of running and walking as a good training strategy. He celebrates the mantra of Easy, light, smooth, fast. He has insight to spare: Any body that runs is a runner’s body. The only person you have to beat is the voice in your head. There is advice for when you hit a setback or get injured and tips on how to get around the “I’m too busy” excuse. And an explanation of what, besides providing some cardio and burning off those extra nachos, running actually does for us: It helps us understand commitment, develop patience, discover self-discipline, find mental toughness, and prove to ourselves that we can do something demanding. You might hate it, but like Leonard, you’ll love it too.

Brendan Leonard, author of Surviving the Great Outdoors and coauthor of The Camping Life, has completed more than a dozen ultramarathons and marathons, including three of the most difficult 100-mile trail races in America. In 2019, he set out to complete 52 marathon-distance runs in 52 weeks, and survived, while having fun part of the time. Leonard is a columnist at Outside, and his writing has appeared in The Runner’s World, National Geographic Adventure, Climbing, Alpinist, and many more publications, as well as on CNN.com. He directed the 2018 short film How to Run 100 Miles, which was screened at film festivals in more than 20 countries and on six continents and was viewed more than 5 million times online. He lives in Missoula, Montana. Find him on Instagram at @semi_rad.
The Handbook for a Happy Cat

Speak Their Language, Decode Their Quirks, and Meet Their Needs—So They’ll Love You Back!

Liesbeth Puts

A standout easy-reference guide to cat care and psychology—filled with irresistible photos!

One reason cats fascinate us is that they are so unlike us: Their ears, more than eyes, show their feelings. On our laps, they are purring lovebugs; on the prowl, they are fearsome apex predators—with territorial instincts to match. This makes it hard for us humans to understand our cats as well as we love them. Thank goodness feline behaviorist Liesbeth Puts is here to help!

Liesbeth Puts is an internationally certified animal behaviorist specializing in cats. She also holds a degree in social psychology from Utrecht University. She has been a cat parent since 1976, a behavioral therapist since 2008, and a cat blogger (read by thousands of fans in her native Netherlands) since 2012. She lives in Utrecht.

- 120 color photos throughout set this ahead of the competition
- Chapters on bonding and rivalry among cats, stopping problem behaviors, surefire toys and games, when to see the vet, caring for older cats, and more!
- Abundant subheads steer readers to the answers they seek (“Can I convert an outside cat to inside?”)
- June is Adopt a Shelter Cat Month

The Handbook for a Happy Cat

120 color photographs; 224 pages; 6½” x 8¾”

Paper: $16.95/NCR

ISBN: 978-1-61519-710-1

No. 779710

Ships: June
Marvelous Manhattan
Stories of the Restaurants, Bars, and Shops That Make This City Special

Reggie Nadelson

A love letter to New York City and the iconic and often family-owned businesses that make it like nowhere else in the world. Buying cheese at Di Palo’s in Little Italy and talking with Lou about Parmigiano-Reggiano aged in hay. Ordering the burger at Raoul’s and feeling absorbed in the history of SoHo. Browsing books at Three Lives & Company in the Village, hearing your footsteps creak on the floor and imagining the footsteps of every literary idol who’s been there before you. Heading uptown for a cocktail at the Carlyle, then even farther north to catch the last set at Minton’s Playhouse, the famed jazz club on West 118th Street. And that’s the thing about Manhattan—sure, it’s got its Broadway and Lincoln Center and Empire State Building, but to discover its true heart and soul, you need to get away from the crowds and the trends and go where the locals go, where they’ve been going for years.

A lifelong New Yorker and writer-about-town, Reggie Nadelson celebrates her city in the 212 column for the New York Times and now Marvelous Manhattan. Part guidebook, part cultural history, part walk down memory lane, alive with the spirit and grit of small, often family-owned businesses that survived the Depression, World War II, 9/11, and now a pandemic, this series of 30 essays is a loving tribute and a delicious read for anyone who lives in Manhattan, once lived there, wishes they lived there, or just loves to visit. And that’s another thing about Manhattan: All you need to do is walk into the right place—say, Fanelli’s on Prince Street—sit down at the bar, and maybe open this book, and you belong.

Reggie Nadelson lives in New York and currently writes a column for the New York Times called The 212. She has also written columns for the Guardian, the Independent, the Financial Times, and Departures. She is the author of numerous books, including At Balthazar: The New York Brasserie at the Center of the World and a celebrated mystery series featuring detective Artie Cohen. In 2020, she wrote and produced a feature-length documentary about Ella Fitzgerald called Ella: Just One of Those Things. Find out more at ReggieNadelson.com.
Herbal Medic

A Green Beret’s Guide to Emergency Medical Preparedness and Natural First Aid

Sam Coffman

Disasters and serious accidents can happen any time, anywhere, and Herbal Medic equips readers with skills they can use when they’re without immediate access to professional medical help or resources.

Informed by author Sam Coffman’s distinctive background as a former Green Beret medic and a registered herbalist with more than 25 years of experience in both arenas, this comprehensive guide covers first-aid essentials and the basics of using herbal medicine effectively in an emergency. In addition to outlining the most useful herbs and specific herbal care protocols for a multitude of acute health issues, it teaches readers how to assess a patient for illness and injury; determine potency and calculate dosage of herbal preparations; and deliver the right herbs to the right tissues.

Readers will gain the knowledge required to evaluate an emergency situation and first-aid fundamentals for providing critical care.

Sam Coffman began his medical education as a US Special Forces Medic in 1989 and is a registered herbalist with more than 25 years of clinical experience. He is the founder of The Human Path and Herbal Medic Academy, which offer wilderness medicine training, herbal clinics, and online programs throughout central Texas and around the US.

- The most comprehensive home reference on natural therapies for treating medical emergencies
- Author Sam Coffman’s unique skillset and expertise combine his background as both a Green Beret medic and a practicing clinical herbalist
- Presents a valuable and effective alternative to conventional medicine for responding to medical crises
- Serves as the ultimate hands-on manual for emergency medical preparedness, with detailed entries on herbal protocols and first aid techniques for critical health issues

Herbal Medic
Two color; 416 pages; 6" x 9"
Paper: $24.95/$33.95 Can.
No. 626193

Hardcover: $34.95/$46.95 Can.
No. 626194

Ships: July
Medicinal Herbs for Immune Defense
104 Trusted Recipes for Fighting Colds, Flus, Fevers, and More

Medicinal Herbs for Family Health and Wellness
123 Trusted Recipes for Common Concerns, from Allergies and Asthma to Sunburns and Toothaches

JJ Pursell

Now, more than ever, people are seeking safe and natural ways to help bolster their health. And they are seeking ways to do so from the safety of their own homes. Dr. JJ Pursell, the bestselling author of *The Herbal Apothecary* and *Master Recipes from the Herbal Apothecary*, is here to help with two new books focused on immune defense and whole-family health.

*Medicinal Herbs for Immune Defense* gives readers 104 recipes that will help them support and build up their own immune systems, with recipes addressing common concerns like colds, the flu, bronchitis, coughs, and more. Readers will also learn how to build their home apothecary and will find value in a primer focused on the most powerful herbs.

*Medicinal Herbs for Family Health and Wellness* focuses on treatments for women, men, babies, kids, and the elderly. It covers everything from asthma, allergies and heart health, to pregnancy, lactation, cradle cap, and colic. The 123 recipes include capsules, salves, teas, tinctures, and more that are safe and easy to create at home.

Dr JJ Pursell  is a naturopathic physician practicing in Portland, Oregon. She is also a mother, farmer, herbalist, author, activist, and wife.
Medicinal Herbs for Immune Defense includes remedies for a wide range of concerns:
- Antiviral Treatments
- Chest Colds
- Coughs
- Earaches
- Fevers
- Influenza
- Sinusitis
- Strep Throat

Medicinal Herbs for Family Health and Wellness includes remedies for a wide range of concerns:
- Antiviral treatments
- Bites and Stings
- Earaches
- Fevers
- Indigestion
- Nausea
- Toothaches
- Vomiting
**Breaking the Grid**

*How to Buy Nothing, Make Everything, and Live Sustainably*

Dan Martin

When a crisis hits, we all wish we could be a little more self-sufficient. With *Breaking the Grid*, you can learn to live completely off the grid or just be a little more environmentally conscious. In this comprehensive guide, you can find step-by-step photographed instructions for everything from making your own paper products to microgardening, from building furniture to harnessing solar power, and from making your own brown sugar to sewing sutures in an emergency situation. With projects for first-time gardeners and hardcore homesteaders alike, there’s something for everyone!

Dan Martin is widely considered an expert in the field of self-sufficiency, appearing on CNN, Yahoo News, MSNBC, and the Travel Channel, and in Esquire men’s magazine. Dan has consulted on shows like AMC’s The Walking Dead, National Geographic’s Doomsday Preppers, The Travel Channel’s Paranormal Paparazzi, and TNT’s hit show Falling Skies, as well as for various governments and sustainable-living communities, including an ongoing Sustainable Community in Monkey River, Belize, and the Nete Ibo Eco Village in Tabatinga, Peru.

- Author Dan Martin is an authority on the subject of sustainable living who has successfully lived off the grid and helped to set up numerous off-the-grid communities
- This book is an all-encompassing encyclopedia of do it yourself sustainability from simple to complex
- Features over 1,000 photos showing step-by-step processes
- Preppers tend to become subjects of interest during times of crisis; Dan is an expert prepper who has taught many others to prepare for a crisis
- Shows like Doomsday Preppers and Building Off the Grid continue to be popular
- With over 62,000 topic-related, actual hands-on hours in self-sufficiency and sustainability, Martin is widely considered and sought after as one of the foremost experts in the field
The Naturally Clean Home, 3rd Edition

150 Easy Recipes for Green Cleaning with Essential Oils

Karyn Siegel-Maier

In this updated edition of her bestselling book, Karyn Siegel-Maier brings together the formulas for home cleaning solutions that readers have trusted for years with new information and ingredients updated to today’s green standards.

Along with a new focus on the antiseptic properties of essential oils, updated recipes eliminate borax from ingredient lists, replacing it with safe substitutes, and new recipes allow readers to create easy-to-make, nontoxic, environmentally friendly substitutes for popular cleaning products, including molded laundry and dishwasher tablets. Packaging updates emphasize the use of glass containers for homemade cleaning products, to diminish the environmental impact of plastic waste.

The Naturally Clean Home, 3rd Edition

Two color; 224 pages; 5” x 7”

Paper: $12.95/$17.95 Can.
No. 626379
Ships: March

Karyn Siegel-Maier is a writer specializing in herbal medicine, natural health and wellness, and green living. Her work has appeared in numerous publications, including Mother Earth Living, Mother Earth News, Real Woman, and The Herb Quarterly. She lives in the Catskills Mountains of New York State and can be found online at herbalmusings.com.
Mystical Stitches
Embroidery for Personal Empowerment and Magical Embellishment
Christi Johnson

Hand embroidery is an exploration of material, an invitation to slow down, and an opportunity for contemplation. Mystical Stitches combines this beloved and accessible craft with a spiritual element, introducing nearly 200 different symbols that readers can use or combine to create unique talismans infused with personal meaning.

Along with basic techniques and an illustrated encyclopedia of stitches, a full-color treasury of Christi Johnson’s patterns—inspired by botanicals, animals, numbers, cosmos, earth elements, and mythological icons—will inspire novice and well-practiced crafters alike to create powerful, personalized designs they can stitch on clothes, hang on the wall, place on an altar, carry with them, or display in a place of prominence.

An inspiring and illuminating treasury of symbols provides the meaning behind each design alongside hand-stitched examples.

Christi Johnson studied fashion design at Otis College of Art and Design and worked in the fashion industry in Los Angeles for nearly a decade. Her garments, booklets, kits, and embroidered artwork have sold at maker studios and boutiques across the US. She lives and teaches natural dyeing and embroidery workshops in upstate New York.
The Sandalmaking Workshop

Make Your Own Mary Janes, Crisscross Sandals, Mules, Fisherman Sandals, Toe Slides, and More

Rachel Corry

Custom-fit for comfort, custom-designed to suit personal taste, and offering the satisfaction of creating your own wearables? Shoemaking checks all the boxes! With this photo-rich guide and just a few simple tools and materials, even a beginner can make a comfortable, modern, stylish pair of sandals in the course of a day.

The book includes traceable patterns for 14 of author Rachel Corry’s original designs—both open- and closed-toe styles, including mules and slides—and covers every step of the process, from setting up a workshop and refining a design to making uppers, attaching soles, and adding finishing touches like buckles or studs.

- An accessible, step-by-step guide to making stylish, comfortable shoes
- Written by Rachel Corry, a leading designer and popular teacher known for her clear, friendly instructions and fashionable creations
- Shoemaking is experiencing a creative renaissance, with schools and workspaces dedicated to the craft opening around the world
- Features techniques for making a range of open- and closed-toe styles that require only a few basic tools and readily available, affordable materials

Rachel Corry has been making sandals since 2010. In addition to selling her own line of custom shoes, she sells DIY sandalmaking kits and teaches workshops and private classes to crafters, footwear designers, and fashion students. Her studio workshop is in Portland, Oregon, and she can be found online at rachelseessnailshoes.com.
The Preserving Answer Book, 2nd Edition

Expert Tips, Techniques, and Best Methods for Preserving All Your Favorite Foods

Sherri Brooks Vinton

In this must-have handbook for every jam session, pickling party, or fruit leather endeavor, expert Sherri Brooks Vinton addresses common preserving questions and concerns. Written in a friendly Q&A format and covering methods from canning to fermentation, it’s the comprehensive reference no preserver’s kitchen should be without.

Sherri Brooks Vinton is the author of Put ’em Up!, Put ’em Up! Fruit, and The Preserving Answer Book. Vinton began her food career on the back of a motorcycle. A cross-country ride brought her face-to-face with the negative impacts of industrial agriculture and compelled her to begin a quest for food raised with integrity. Since then, her books, appearances, and hands-on workshops have taught countless eaters how to find, cook, and preserve local, seasonal food. Whether developing content, organizing events, or consulting with clients, Vinton is always working to find her next great meal. To learn more, visit sherribrooksvinton.com.

The Preserving Answer Book, 2nd Edition

Two color; 256 pages; 6” x 8”

No. 626420
Ships: February

National coverage in food and homesteading media

Digital advertising campaign during summer preserving season

Virtual workshops and events in partnership with fermentation media
Self-sufficiency expert Caleb Warnock shares his expertise on living off the land in *276 Edible Wild Plants of the United States and Canada*. Packed with over 800 photographs of over 250 wild berries, roots, nuts, greens, and flowers, this valuable reference will show you which plants are edible, where to find them, how to prepare them, and how to avoid poisonous look-alikes. With a focus on plants found throughout the United States and Canada, it's the most exhaustive reference book of its kind!

- A guidebook for foraging in the US and Canada!
- Durable flexicover format is perfect for camping and backpacking
- Full-color photography of plants in various stages provides the reader with additional knowledge and valuable reference material
- Includes how to prepare and cook plants as well
- Includes over 800 full-color photographs
- Written by a self-sufficiency expert

**Caleb Warnock** is the popular author of *Forgotten Skills of Self-Sufficiency*, *The Art of Baking with Natural Yeast*, *Backyard Winter Gardening for All Climates*, *More Forgotten Skills*, *Trouble’s on the Menu*, and the *Backyard Renaissance Collection*. He is the owner of SeedRenaissance.com and blogs at CalebWarnock.blogspot.com, where you will find a link to join his email list to learn more about forgotten skills.
The Hummingbird Handbook

Everything You Need to Know About These Fascinating Birds

John Shewey

Hummingbirds inspire an unmistakable sense of devotion and awe among bird lovers. Gardeners, too, love the company of hummingbirds, not only for their beauty but also for their role as pollinators. The Hummingbird Handbook satisfies both bird lovers and gardeners alike with a colorful, generously illustrated package brimming with practical advice, important ecological information, and hundreds of stunning photos. John Shewey, author of Birds of the Pacific Northwest, empowers readers to attract hummingbirds to their own backyards by identifying the best bird feeders and the most effective techniques for creating water and sugar solutions sure to entice hungry hummers. Additional information includes details on planting and landscaping for hummingbirds and an identification guide to species found in the United States. The Hummingbird Handbook is the complete guide to attracting, understanding, and protecting hummingbirds.

John Shewey is a veteran writer, editor, and professional outdoor photographer. He has photographed birds from the mountains of Alaska to the jungles of Central America to the islands of the Caribbean.

- The complete guide to attracting, understanding, and protecting hummingbirds
- Publishing in partnership with Birds & Blooms, the #1 media outlet for the millions of birders across the US
- Trade and library advertising
- National feature coverage in birding, gardening, shelter, and lifestyle outlets
- Digital marketing campaign and print advertising

The Hummingbird Handbook

Full color throughout; 240 pages; 8” x 9”
Paper: $24.95/$33.95 Can.
ISBN: 978-1-64326-018-1
No. 686018
Ships: March
The Nature of Oaks
The Rich Ecology of Our Most Essential Native Trees
Douglas W. Tallamy

With Bringing Nature Home, Doug Tallamy changed the conversation about gardening in America. His second book, the New York Times bestseller Nature’s Best Hope, urged homeowners to take conservation into their own hands. Now, he is turning his advocacy to one of the most important species of the plant kingdom—oak trees.

Oaks sustain a complex and fascinating web of wildlife. The Nature of Oaks reveals what is going on in oak trees month by month, highlighting the seasonal cycles of life, death, and renewal. From woodpeckers who collect and store hundreds of acorns for sustenance to the beauty of jewel caterpillars, Tallamy illuminates and celebrates the wonders that occur right in our own backyards. He also shares practical advice about how to plant and care for an oak, and information about the best oak species for your area.

The Nature of Oaks will inspire readers everywhere to treasure these trees and to act to nurture and protect them.

Doug Tallamy is a professor in the Department of Entomology and Wildlife Ecology at the University of Delaware. Among his awards are the Garden Club of America Margaret Douglas Medal for Conservation and the Tom Dodd, Jr. Award of Excellence, the 2018 AHS B.Y. Morrison Communication Award, and the 2019 Cynthia Westcott Scientific Writing Award.
The Kitchen without Borders
Recipes and Stories from Refugee and Immigrant Chefs

The Eat Offbeat Chefs

Bringing together food and stories from refugee and immigrant chefs who have found a new home in the United States, The Kitchen without Borders is not just a cookbook. It is a new chapter in America’s rich immigrant narrative. With contributions from fourteen chefs who, through assistance from the International Rescue Committee (IRC), became part of Eat Offbeat, a catering company with a mission, The Kitchen without Borders presents 70 delicious, nourishing recipes, with roots and soul that run as deep as their flavors.

Indulge in Iraqi Biryani, a rice dish combining vegetables and plump dried fruits with warming spices. Or an irresistibly cooling yogurt and fresh mint drink, found from Afghanistan to Iran, known as doogh. Gorgeously smooth Syrian hummus. Iranian rice with garbanzos, Sri Lankan curry dhal, and Carne Mechada, the Venezuelan treatment of everyone’s favorite skirt steak. Or flavor enhancers like sumac and pomegranate molasses—all to create the kind of authentic yet simple food people crave today.

More than a collection of delicious foods from around the world, this special cookbook—with its intimate chef profiles and photos—offers a glimpse into a journey of thousands of miles. It’s a genuine celebration of stories and recipes, highlighting the profound link between food and home.

Eat Offbeat is a catering company in New York that features the cuisines of and creates quality jobs for refugee and minority immigrant home cooks. Founded by Manal Kahi and Wissam Kahi in November 2015, Eat Offbeat has been featured in major media outlets in the US and abroad, including The Guardian, Fast Company, Forbes, Food & Wine, HuffPost, and CBS News.
That Noodle Life
Soulful, Savory, Spicy, Slurpy
Mike Le and Stephanie Le

Oh, noodles! You’re so much fun. You’re so beloved! All your magical shapes, flavors, and textures. But no one obsesses over you quite like Mike Le and Stephanie Le, the husband-and-wife team who are superstars in the food blog world. Their humbly named iamafoodblog boasts 228,000 followers on Instagram and receives 500,000 page views each month—and in it they profess their undying love for all things pasta in the most delicious, clever, and visually striking ways.

That Noodle Life is their 75-recipe celebration of the myriad pleasures of noodles. And let’s just say it goes way beyond spaghetti and ramen. Inspired by the noodle-crazed cuisines of Asia, Italy, and the American melting pot, they dish up high-impact, soulful, slurpable flavor with minimal fuss. Gorgeous full-color photographs of every dish enhance the lively and sophisticated spreads. Dig into comfort noodles: Really Savory Sunday Sauce with Tagliatelle and French Onion Mac and Cheese. Quick weeknight noodles: Flash-Fried Rib Eye with Black Bean Sauce and Crispy Chow Mein and Let’s Stay in Tonight Spicy Sesame Chili Oil Noodles—faster than takeout and far better. Sexy Date Night Noodles: Double Lobster Chitarra, Miso Clam Linguine, Chinese Bolognese Pappardelle. And how to upgrade instant noodles to make them shine, recipes for making noodles from scratch and noodle etiquette, including how to use a ramen vending machine in Japan. Plus, who wouldn’t want to participate in the Lasagna Bracket Competition?

Mike Le and Stephanie Le are the creators of the two-time Saveur award-winning iamafoodblog, which currently boasts 500,000 page views each month. The writer-photographer team have 1.7 million monthly viewers on Pinterest and 228,000 Instagram followers, and they contribute regularly to publications including Condé Nast Traveler, Refinery29, Food52, and Shape. They have been covered by PBS, HuffPost, Serious Eats, The Kitchn, Brit + CO, Eater, BuzzFeed, and others. They live in Vancouver, British Columbia.
Why We Cook
Women on Food, Identity, and Connection
Lindsay Gardner

Inspiring, empowering, beautiful, and moving, *Why We Cook* explores the place where food meets feminism. In it, artist Lindsay Gardner brings together stories, essays, kitchen profiles, interviews, and more, featuring 112 women restaurateurs, food producers, activists, writers, professional chefs, and home cooks—all of whom are dedicated not only to their craft, but to changing the world of food.

There are profiles on changemakers such as Cristina Martinez, a chef who emigrated from Mexico and who brings her Philadelphia community together through food while using her platform to champion immigrants’ rights, and Leah Penniman, who describes a day in the life on Soul Fire Farm, which she cofounded to combat racism in the food system. Evocative reflections on food and memory, like Rachel Khong’s ode to her mother’s love of fruit. And narrative recipes, like restaurateur Nicole Ponseca’s Bibingka.

With her rich visual storytelling gifts—the book is filled with beautiful watercolor illustrations and portraits—Gardner not only captures a sense of what is unique about each of the women, bringing them to life, but adds layers of nuance and insight to their words and their work. Together, their voices reveal the power of food to uplift and nourish, reveal complex questions, and effect change, and offer us all the opportunity to learn about each other and about ourselves.

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Lindsay Gardner is an artist and illustrator who finds inspiration in the culinary world. She has an MFA from the San Francisco Art Institute, and among her clients are Chronicle Books, Flow magazine, Papyrus, Eatingwell.com, Champagne Laurent-Perrier, and more. She lives in Oakland, California, with her husband and daughters.
How to Grill Vegetables
The New Bible for Barbecuing
Vegetables over Live Fire

Steven Raichlen

The books of Steven Raichlen, America’s “master griller” (Esquire), have sold more than 5 million copies. Now, in the same way that The Barbecue! Bible revealed a world far beyond burgers and steaks, and How to Grill explored an astonishing range of techniques, How to Grill Vegetables offers a jaw-dropping, gorgeously photographed celebration of all the ways to grill green.

In true Raichlen fashion, that means bringing live fire or smoke to every kind of vegetable, from avocados to zucchini. It means using innovative techniques—fire-blisttered tomatoes, ember-roasted peppers, hay-smoked lettuce, rotisserie brussels sprouts on the stalk, corn grilled five ways, smoke-roasted parsnips. It means highlighting vegetables in every part of the meal, from the pass-arounds and dips (Grilled Radishes with Roquefort Butter, Smoked Guacamole), to salads and sides (Grilled Wedge Salad with Smoky Ranch Dressing, Zucchini “Burnt Ends”), to plates large and small (Nashville Hot Cauliflower, Cedar-Planked Eggplant Parmigiana), to desserts, of course—hello, Grilled Banana Pudding.

Note: This is not a vegetarian cookbook. Yes, many recipes are meatless, but others use meat and seafood to elevate the flavors of a dish. Plus, there’s a chapter on grilling eggs and cheese—all of which makes How to Grill Vegetables the perfect book for any Raichlen fan, as well as any would-be griller who wants less, little, or no meat in their diets.

Steven Raichlen is the author of the New York Times bestselling Barbecue! Bible cookbook series. Winners of 5 James Beard Awards and 3 IACP awards, Raichlen’s books have sold more than 5 million copies. His TV shows include Steven Raichlen’s Project Fire, Project Smoke, and Primal Grill, the French language Le Maître du Grill, and the Italian Steven Raichlen Grills Italy. The founder of Barbecue University, he was inducted into the Barbecue Hall of Fame in 2015. Steven and his wife, Barbara, live and grill in Miami, Florida, and Martha’s Vineyard, Massachusetts. Find him online at BarbecueBible.
The Magic of Tinned Fish
Elevate Your Cooking with Canned Anchovies, Sardines, Mackerel, Crab, and Other Amazing Seafood

Chris McDade

Make everything you cook taste better with the ultimate—and most underappreciated—pantry staple. Tinned fish is magic. Harvested and preserved at its peak of quality and flavor, more economical than fresh seafood will ever be, as healthy and nutrient-packed as food gets, it is one of the world’s great ingredients, long a staple in Mediterranean cuisine. And tinned fish is amazingly versatile, whether as the centerpiece of an addictively delicious Spaghetti con le Sarde or as an accent to transform a roast leg of lamb.

Inspired by his obsession with tinned fish—specifically anchovies—Chris McDade unveils a world of cooking that goes far, far beyond mixing up a can of tuna fish with mayo and calling it a day. (In fact, due to its problems with sustainability, there is no tuna in the book.) Focusing on easy-to-find and abundant fish like anchovies, sardines, mackerel, crab, and more, McDade offers 75 recipes that will change the way we think about tinned fish, whether it’s making the best and simplest snack ever—Anchovies, Bread, and Butter—or a wealth of weeknight dinners and holiday meals: Sardine, Bean, and Escarole Soup; Crab Mac and Cheese; Celery and Octopus Salad with Meyer Lemon; Cast-Iron Rib-Eye Steak with Anchovy Butter; Mackerel Pan Bagnat. In addition to providing recipes, McDade describes the qualities of tinned fish, the best versions to use (avoid fish packed in water; choose fish preserved in cans over fish in jars), the most reliable brands, and the history of how this magical food came about (merci, Napoléon).

Chris McDade is the chef and owner of Popina, an Italian restaurant with Southern touches, located in Brooklyn, New York. Previously, he was the head chef of Union Square Hospitality Group’s Maialino and Marta, and he has worked in the kitchens of Estela and Huertas, among others. Follow him on Instagram at @alwaysanchovy.
Summer: A Cookbook

Inspired Recipes for Lazy Days and Magical Nights

Marnie Hanel and Jen Stevenson

A highly giftable celebration of cooking and eating summer, from the IACP Award-winning authors of The Picnic and The Campout Cookbook. For anyone who lives for summer, who waits patiently for the season’s first corn and tomatoes, who fantasizes about long lazy weeks at the beach house—or lake house, or pool house—or just hanging around the backyard with a fruity cocktail and the grill ready to go, here is the pitch-perfect Summer: A Cookbook.

Guided by the principle that the spirit of summer cooking is to keep things a bit loose (and the oven off when it’s just too hot), here are more than 100 recipes that rely on what looks good in the markets and encourage relaxed, communal cooking: snacks like Grilled Oysters with Miso Scallion Butter; beach picnic fare like Three Thrilling Summer Rolls and Charred Corn and Cojita Salad (Esquites); and summery mains like Tamari-Ginger Swordfish, Landlubber’s Lobster Roll, Project Paella, and Fish Tacos. And seriously, what could be better for dessert than Six Sensational Ice Cream Sandwiches? With its bright, colorful illustrations and philosophy of making the most of every day, Summer: A Cookbook celebrates not just eating but also the whole of warm-weather living, with tips on how to build a beach firepit, recipes for the best tiki cocktails, instructions for playing Beach Blanket Bingo and other games, summer reading recommendations, and so much more.

Summer: A Cookbook

100 color illustrations throughout; 224 pages; 6¼” x 9”
Paper over board:
$19.95/$26.95 Can.
No. 85946
Ships: March

Marnie Hanel and Jen Stevenson are the authors of The Campout Cookbook and The Picnic, winner of the 2016 IACP Award for Best General Cookbook. Hanel is a journalist who has written about the wild, wonderful ways we live for the New York Times Magazine, Food & Wine, and Vanity Fair. Stevenson is the author of Portland’s 100 Best Places to Stuff Your Faces and Portland Family Adventures. They both live in Portland, Oregon.
Gazoz

The Art of Making Magical, Seasonal Sparkling Drinks

Benny Briga and Adeena Sussman

Gazoz is a hot trend. Benny Briga started it, and here’s how to make it. This may be the first time you’re hearing the word gazoz, but it won’t be the last.

At the intersection of a number of trends—it’s artisanal, it’s fresh, it’s foraged, it’s fermented, it’s nonalcoholic, it’s bubbly, it’s Instagrammably photogenic—today’s gazoz pairs natural flavors and fizz to create the most delicious sparkling drink. It’s a craze that began in the heart of Tel Aviv’s Levinsky Market, in Benny Briga’s tiny, jewel-like shop that draws thousands of visitors from around the world.

Briga reinvented what was originally an Israeli drink of soda water flavored with sugary syrup by bringing to it a deep passion for nature and a chef’s innate curiosity about flavor, transforming gazoz into a thing of bubbly wonder: His tall, sparkling glasses of seltzer are layered with fermented and fresh fruits, aromatic herbs and spices, flowers picked in the countryside—even splashes of home-brewed kombucha. In the richly photographed Gazoz, Briga shares the secrets of his alchemy: How to sweet-ferment fruits, spices, and vegetables—macerating them in sugar creates both uniquely delicious syrups and tasty garnishes. The best fresh herbs, flowers, and leaves to add to the drinks. How to make your own fermented beverages—kombucha, water-based kefir, and jun. And finally, over 60 recipes, starting with how to build a basic gazoz, with its endless possibilities, and including favorites like Kiwi Strawberry, Green Plum, Triple Lime, Fig and Kefir—even “milkshake” gazoz that are made creamy with nut butters.

Benny Briga is the chef and owner of Café Levinsky 41, located in Tel Aviv’s trendy Levinsky Market. He lives in Tel Aviv, Israel, and you can find him on Instagram at @cafe_levinsky41. Adeena Sussman is the author of Sababa, and cowriter of the bestsellers Cravings and Hungry for More by Chrissy Teigen. She also lives in Tel Aviv, Israel. Follow her on Instagram at @adeenasussman.
The Negroni
A Love Affair with a Classic Cocktail
Matt Hranek

A passionate appreciation and celebration of the iconic drink. In 1919, perfection was attained: According to legend, Count Camillo Negroni asked the bartender at Florence’s Caffè Casoni to stiffen his customary Americano by replacing the soda water with gin, and the world has never looked back. With its cosmically simple 1:1:1 ratio, its delicious balance of bitter and sweet, its inherent kick (there’s nothing in it that’s not alcoholic, except for the ice cubes and orange peel), its aura of sophistication, the Negroni has long bewitched Negroni lovers—perhaps none more so than Matt Hranek.

The Negroni takes us into the heart of an obsession. Readers learn the story of each of the Negroni’s components—Campari, sweet vermouth, and gin—the origins, flavor profiles, secret ingredients, preferred brands. How to make a classic Negroni, and 30 variations, from the author’s preferred tweak (more gin, less vermouth) to the popular Negroni Sbagliato (Prosecco instead of gin); the Boulevardier, for bourbon-lovers; and the mezcal-based Negroni served at New York’s Café Altro Paradiso. The top places to drink a Negroni before you die, including Harry’s Bar in Florence, Duke’s Bar in London, the Tower Bar in Los Angeles, and Eight Row Flint in Houston. And with the author’s stunning original photographs of the drinks, along with archival images of vintage liquor ads, The Negroni is as gorgeous as it is fascinating. And an irresistible gift. Salute!

Matt Hranek is the author of A Man & His Watch and A Man & His Car, with a combined total of over 180,000 copies in print, as well as a photographer, a director, and the founder/editor of the men’s lifestyle magazine Wm Brown. He is reasonably obsessed with cars, watches, bespoke tailoring, and well-crafted things. He and his family divide their time between Brooklyn and the Wm Brown farm in upstate New York, though he can also be spotted quite often in old-school bars around Europe, Negroni in hand. Find him on Instagram at @wmbrownproject.
Boards, Platters, Plates
Recipes for Entertaining, Sharing, and Snacking
Maria Zizka

Elevate your entertaining with 30 beautiful, delicious, and well-crafted boards. Once upon a time, there was the cheese board. And the people loved it. And soon thereafter, the charcuterie platter. And the people rejoiced. (At least the meat eaters.) They composed them, ate them, photographed them for Instagram. And craved something more? Marshalling her creativity, cooking skills, and inspired feeling for flavor combinations, Maria Zizka reimagines the predictable party platter with a dazzling collection of 30 combinations for boards and plates for every occasion, from a casual get-together to a New Year’s Eve party. With recipes that highlight contemporary flavors and trending ingredients—think jammy eggs, labneh, togarashi sauce—Boards, Platters, Plates is a fresh take on a classic tradition.

Think Catalonian Summer, with romesco, charred green onions, anchovy toasts, and manchego, or Beachside Vacation, featuring chilled pickled shrimp, tortilla chips, mango-jalapeño salsa, and avocado. There are vegetable-focused boards, like Lebanese Lunch with hummus and muhammara (roasted red pepper dip). An all-day DIY Hoagie Bar and Onigiri (Japanese rice balls). Centerpieces for cocktail parties, like a Korean BBQ platter with bulgogi-style beef, lettuce cups, gochujang dipping sauce, and kimchi. Even desserts—Honey and Halva, S’mores Without a Campfire, and a feast of chocolate in many variations. As the author says, putting together a board often feels less like cooking and more like a combination of foraging, matchmaking, and composing, and that’s where the genius of her work comes through, with guidelines for every step. Your parties will never be the same.

Maria Zizka, author of One-Bowl Meals and The Newlywed Table, is a cookbook writer and recipe developer who was named by Forbes as one of the most influential people under 30 in the world of food and drink. She has coauthored numerous award-winning cookbooks, most recently Tartine All Day, Everything I Want to Eat, and This Is Camino. Zizka lives in Berkeley, California, with her husband. Find her on Instagram at @mariazizka.
The Artisanal Kitchen: Classic Cocktails

The Very Best Martinis, Margaritas, Manhattans, and More

Nick Mautone

The 42 essential cocktails to know for every season and occasion. Like making a crisp and moist roast chicken or sublime chocolate mousse, mixing classic cocktails is a necessary skill for anyone who loves to entertain—even if they’re only entertaining themselves. And it’s a lot simpler, especially under the guidance of a master like Nick Mautone. In this smartly designed yet hardworking gift book, readers will learn once and for all how to make a repertoire of classic cocktails, from the mint julep, invented over two hundred years ago, to the frothiest margarita, hippest cosmopolitan, most iconic martini. There are brunch staples, like the mimosa and the Bloody Mary. Aperitifs, like the gimlet and the Kir Royale. Party drinks, including the mai tai, the piña colada, and a classic sangria, just right for a barbecue. And those lovely spirit-forward concoctions that just sound like the soul of sophistication—the sidecar, the Ramos gin fizz, the old-fashioned, and the Moscow mule. Along the way, readers will learn liquor fundamentals (the book is organized according to spirit), basic mixing techniques, how to prep cocktails ahead of time (when permissible!), and how to match drinks and barware.

Nick Mautone has worked in the hospitality industry for more than 35 years, most recently as the managing director for the iconic Rainbow Room in New York City. He previously managed restaurants, including New York’s Gotham Bar and Grill and Gramercy Tavern. Mautone and his cocktails have been featured in the New York Times and Food & Wine and on CBS’s The Early Show. He lives in Seattle with his wife and children.
One-Bowl Meals
Simple, Nourishing, Delicious
Maria Zizka

Inspired combinations and how-tos for the way we love to eat today. From the runaway success of places like Sweetgreen to the 3 million plus posts with the #bowls hashtag on Instagram, the one-bowl meal is a staple of contemporary eating. Whether it’s for breakfast, lunch, or dinner, Asian-, Mediterranean- or Mexican-inspired, it checks all the boxes—delicious, healthy, casual. And in the hands of accomplished cookbook writer and recipe developer Maria Zizka, its possibilities are even more exciting. One-Bowl Meals offers not only 30 inspired combinations but also one-bowl tutorials that will take your cooking to the next level.

The recipes are organized by base: oatmeal or chia, for example, for breakfast, then main-meal bowls built on grains, noodles, rice, or greens: Very Vert Lentils with Crispy Mustard Chicken, Coconut Farro with Spicy Snapper, Sesame Soba, an ingenious Not-Leafy Caesar, Scandinavian Salad with smoked trout and quick-pickled onions. And while readers may be making specific recipes, they’re also learning a whole method of preparing meals—the foolproof one-bowl formula of base + topping + topping + (sometimes) sauce. How to Bowl in 5 Steps, including #5: “Garnish with something crunchy or bright.” How to make a perfect seven-minute egg (with an oozy yolk that brings everything together). Substitution Rules of Thumb, chart included. Tips to customize—make it vegan or gluten-free, or up the protein. Even tips for batch cooking and incorporating store-bought components.

Maria Zizka, author of Boards, Platters, Plates and The Newlywed Table, is a cookbook writer and recipe developer who was named by Forbes as one of the most influential people under 30 in the world of food and drink. She has coauthored numerous award-winning cookbooks, most recently Tartine All Day, Everything I Want to Eat, and This Is Camino. Zizka lives in Berkeley, California, with her husband. Find her on Instagram at @mariazizka.
Cooking à la Heart, Fourth Edition
425 Easy and Delicious Recipes to Make Every Meal Heart Healthy
Linda Hachfeld, MPH, RD • Foreword by Jane Brody

Reduce risk of heart disease and stroke with this Mayo Clinic–trusted cookbook packed with heart-healthy tips and 425 recipes for every occasion.

Heart disease is the leading cause of death in the US, with nearly half of American adults at risk. But lifestyle changes can lower this risk by as much as 82 percent! Cooking à la Heart is here to help readers ward off heart disease, stroke, and diabetes with:

• 425 delicious, healthy recipes, from Savory Stuffed Mushrooms to Chicken Tandoori and Spicy Pumpkin Bars
• Nutrient analysis for every heart-smart recipe (calories, carbs, protein, fat, and more), plus diabetic exchanges
• MIND, DASH (Dietary Approaches to Stop Hypertension), and Mediterranean diet guidelines
• Tips on exercise, weight control, and meal planning.

With Cooking à la Heart, eating healthier isn't difficult or boring—it's an investment that will keep you enjoying good food for many years to come.

Linda Hachfeld, MPH, RD, is the former nutrition coordinator for the Mankato Heart Health Program and has volunteered with the American Heart Association for 35 years. She holds a master's degree in public health and has been a member of the Academy of Nutrition and Dietetics for 40 years. She lives in Minnesota.

Jane Brody has been the New York Times personal health columnist since 1976.
Healthy Easy Mexican

Over 160 Authentic Low-Calorie, Big-Flavor Recipes

Velda de la Garza, MS, RDN

Over 160 classic Mexican recipes made healthy and low-cal—still full of flavor and oh-so-simple to prepare.

With so many popular fast-casual chains serving up foot-long burritos, oozing quesadillas, and “taco shells” made of snack chips that shall remain nameless, it’s all too easy to equate Mexican cooking with unhealthy eating.

Enter Healthy Easy Mexican. Registered dietitian Velda de la Garza shifts the spotlight back to the Mexican fare she grew up with, which is filled with colorful fruits and veggies and lends itself to low-cal, healthy cooking. Her 160 recipes, all with short ingredient lists and practical prep times, include Stuffed Jalapeños, Chalupas, Chicken Adobo, Chile Cheese Tortillas, and Mango Flan!

First published as Healthy Mexican Cooking (25,000 in print), this fully revised edition adds vibrant color photos throughout. Plus, de la Garza includes substitutions, nutrient analyses, and diabetic exchanges to help readers achieve their health goals. As the saying goes, Que tus alimentos seyan tus medicinas: “Let your food be your medicine.”

Velda de La Garza, MS, RDN, is a Mayo Clinic–trained, registered dietitian who’s passionate about promoting better health and the traditional Mexican foods of her heritage. She received her bachelor’s degree in nutrition from the University of Texas at Austin and earned a master’s of science degree in nutrition from Texas Woman’s University. She lives in McAllen, Texas.
Let’s Cook!
55 Quick and Easy Recipes for People with Intellectual Disability

Elizabeth D. Reisz, PhD, and Anne Kissack, MPH, RD

Everyone can enjoy the art of cooking with these simple, balanced recipes!

*Let’s Cook!* helps people with intellectual disability (ID) prepare their own meals with success. All 55 recipes are written at a basic level and illustrated with photos. Icons showing the MyPlate food groups help readers plan balanced meals, and clear reminders reinforce safety measures like washing hands and using pot holders. Readers will gain kitchen confidence and take a rewarding step toward independence. Bon appétit!

Elizabeth D. Riesz, PhD (1937–2019), was inspired to create this book by her daughter, Sarah, who had Down syndrome—and by watching Sarah’s love of cooking blossom with encouragement.

Anne Kissack, MPH, RD, is a public health practitioner specializing in chronic disease prevention and management.
No Recipe? No Problem!

How to Pull Together Tasty Meals without a Recipe

Phyllis Good

Cook anything without a recipe—just let the ingredients lead the way! Author Phyllis Good of Fix-It and Forget-It fame and her circle of friends who love to cook deliver friendly, encouraging tips, tricks, and inspiration for winging it in the kitchen.

Practical kitchen and cooking advice set the stage for successful improvisation, while Freestyle Cooking charts provide a scaffolding for building a finished dish, Kitchen Cheat Sheets lend guidance on correct cooking times and temperatures, and personal experiences showcase ways to combine flavors and find good substitute ingredients. With this book, readers will gain the confidence to dream up something delicious using what’s on hand and the skills to bring it about.

Flavor Inspirations build a cook’s confidence in how to mix and match ingredients with flavorful results every time.

Phyllis Good is the New York Times bestselling author and creator of the Fix-It and Forget-It series, with more than 14 million copies in print. She has appeared on QVC more than 40 times. For 35 years, Good served as a writer and editor of Good Books. She is currently the executive editor for Walnut Street Books.
Blueberry Love
46 Sweet and Savory Recipes for Pies, Jams, Smoothies, Sauces, and More

Strawberry Love
45 Sweet and Savory Recipes for Shortcakes, Hand Pies, Salads, Salsas, and More

Cynthia Graubart

Make the most of summer’s berry bounty with this pair of cookbooks celebrating two favorite fruits. Blueberry Love and Strawberry Love, written by award-winning author and recipe developer Cynthia Graubart, are brimming with fruit-forward favorites like jams and baked goods, as well as unexpected options that highlight the many ways blueberries and strawberries can lend flavor and nutrition to a variety of dishes.

Blueberry Love features:
- Blueberry-Pecan Bread
- Warm Grilled Chicken and Blueberry Salad
- Blueberry Whiskey Sour
- Blueberry-Lemon-Basil Granita

Strawberry Love features:
- Fish Tacos with Strawberry Salsa
- Sour Cream–Strawberry Waffles
- Strawberry Gazpacho
- English Summer Strawberry Trifle

Cynthia Graubart is a James Beard Award-winning cookbook author, a cooking teacher, and a culinary television producer whose previous books include Sunday Suppers and Mastering the Art of Southern Cooking. A frequent guest on Hallmark Channel’s Home and Family Show, she spends her summers on the coast of Maine. Find her online at cynthiagraubart.com.
Aguas Frescas & Paletas
Refreshing Mexican Drinks and Frozen Treats, Traditional and Reimagined

Ericka Sanchez

It wouldn’t be summer in Mexico without aguas frescas and paletas—fresh-made Mexican drinks and popsicles in a variety of fruity and flowery flavors. Now you can bring the refreshing, authentic tastes of Mexico to your own backyard!

Ericka Sanchez of the popular culinary website Nibbles & Feasts delivers 38 easy recipes for anyone who loves traditional Mexican fare. Ranging from familiar flavors like horchata and lime to more unique combinations like Hibiscus & Spiced Orange, Mint Blackberry, and Avocado Coconut, the recipes in Aguas Frescas & Paletas use less sugar than traditional Mexican treats and simple ingredients that can all be found at your local supermarket. ¡Buen provecho!

• Paletas have become increasingly popular in recent years throughout the US with craft palteros popping up all over, from California to New York and everywhere in between

• Aguas frescas are on trend to be the next big thing with horchata and jícama stickers, patches, and more showing up on popular Latino sites like Mitu and Pero Like

• All drinks are alcohol-free and perfect to share with your family!

• Author Ericka Sanchez has worked with a number of companies as a recipe writer and food blogger; most notably, she has worked with Disney on their Coco-themed menu and Latina Parents creating modern versions of classic dishes for new generations

• Second- and third-generation Latinos are a growing market in the US, many of whom are looking to rediscover their roots and culture

Ericka Sanchez is a recipe developer, food stylist, and the creator of the award-winning culinary website nibblesandfeasts.com. Ericka’s cooking style is inspired by her life as a bicultural Latina living in California and her cherished memories in the kitchen with her grandmother and mother in Mexico. Ericka was born in Torreón Coahuila, Mexico, and immigrated with her family to El Paso, Texas, at eight years old.
The Happy Sandwich
Scrumptious Sandwiches to Make You Smile

Jason Goldstein

Sandwiches: the ultimate comfort food with endless amazing combinations. But you won’t find a PB&J in this delicious collection. These are gourmet sandwiches with a twist, and every recipe makes it easy for busy people to come home after a long day to a satisfying, flavorful sandwich every time. From the Pesto Pulled Pork to the Mexican Chicken Sausage and Peppers Sub to the Spinach Artichoke Dip Grilled Cheese, every page will have you drooling. Each section provides a tasty, time-saving approach: Sheet-pan sandwiches save on dishes. Slow-cooker sandwiches let you “set it and forget it.” And breadless sandwiches keep things interesting! With a whole chapter on variations on grilled cheese, The Happy Sandwich is the cookbook every sandwich lover needs!

Jason Goldstein is a chiropractor by day and food blogger by night. Through his culinary blog, Chop Happy, Jason shares his love of easy comfort food recipes, showcasing rich flavors, inventive ideas, and unique cooking tips and advice. He was a finalist on Next Food Network Star Season 14 and finished in the Top 10 in Rachael Ray’s Cookbook Contest. His recipes have been featured on The Chew and The Kitchen, and he has appeared on Good Morning America.
Living with Plants

- **Project Succulent**
- **Home Sweet Houseplant**
- **Tabletop Gardens**

Baylor Chapman

Gift books for plant lovers, filled with ideas and information. Houseplants are hot, and with good reason—plants are a wonderful way to communicate style, define a space, bring calm to an environment, clean the air, mitigate noise, and add “soul” to a home. And you don’t need a “green thumb”; you just need a little knowledge and inspiration.

The Living with Plants series, adapted from Baylor Chapman’s *Decorating with Plants* and *The Plant Recipe Book*, offers three single-subject books for the new or experienced plant lover. In *Project Succulent*, Chapman gives the succulent-obsessed reader a step-by-step guide to decorating with these hugely popular, carefree plants. They will learn to create arrangements and tiny terrariums, like “A Desert View,” which includes burro’s tails and zebra plants, or the “Zen Garden,” with bunny ear cacti, pincushion cacti, a crested cactus, and a little ‘Morgan’s Beauty’.

*Home Sweet Houseplant* solves the problem of how to bring the big impact of beautiful plants to any space. Chapman starts with a primer on plant basics and then takes the reader through their home with a room-by-room guide, providing myriad inspirational design concepts. There are projects here to elevate every home and add a special flourish of character, including unexpected ideas like four ways to turn your dresser into a design statement and creating an apothecary cart that is both stylish and practical.
And instead of picking up fresh-cut flowers from the supermarket or florist, discover how to create lasting flowering arrangements using living plants in *Tabletop Gardens*, featuring 31 projects that, when finished, become stunning centerpieces. Each project specifies the type and amount of plants needed and the best containers to use, plus techniques and expert advice for helping that tabletop garden grow.

**Baylor Chapman** is the author of *Decorating with Plants* and *The Plant Recipe Book* and founder of Lila B. Design, a San Francisco–based plant design studio. She has been a guest on PBS’s *Growing a Greener World*, and her work has appeared in *Good Housekeeping* and *Better Homes & Gardens*. When not in her studio, she’s scouring plant nurseries and leading workshops to help plant lovers of all skill levels feel confident that they can make their spaces feel like home with just a little bit of green. Check out her tutorials on Sunset.com and Houzz.com, and follow her on Instagram at @lilabdesign.
The Heirloom Gardener
Traditional Plants and Skills for the Modern World
John Forti

Modern life is a cornucopia of technological wonders. But when we spend so much time glued to our phones and computer screens, something precious is lost: a sense of connection to the generations that have preceded us.

John Forti is acutely aware of this loss, and his mission is to heal it. In The Heirloom Gardener, he celebrates and shares the lore and traditional practices that link us with the natural world and with each other. Arranged alphabetically, entries include heirloom flowers like beebalm, Johnny-jump-ups, and nasturtiums; traditional skills such as distilling, wreath-making, and brewing cordials; and subjects such as ethnobotany, biodiversity, and organic growing. In every entry, John highlights the ways in which these plants and practices can enrich modern life.

Each entry is accompanied by a charming woodcut illustration, resulting in an appealing package that will inspire readers to slow down, recharge, and reconnect.

A nationally recognized garden historian, ethnobotanist, and heirloom specialist, John Forti is currently Executive Director of Bedrock Gardens, an artist-inspired public sculpture garden and landscape in Lee, New Hampshire.

The Garden in Every Sense and Season
A Year of Insights and Inspiration from My Garden
Tovah Martin

In The Garden in Every Sense and Season, beloved garden writer Tovah Martin reflects on her garden through each season.
The Beginner’s Guide to Growing Great Vegetables

Lorene Edwards Forkner

Vegetable gardening is hot again, and millions of people around the globe are trying it out for the first time. They might not know their roots from their stems, but they are ready to give it a try.

*The Beginner’s Guide to Growing Great Vegetables* is an ultra-friendly, accessible guide—it is Gardening 101 for people looking for advice on how to grow their own food. It includes an A-Z listing of the 30 most popular vegetables and herbs, a comprehensive gardening primer, planting charts for every region, and month-by-month guides for what to do in the garden from January to December. And the advice applies to all gardeners, whether they are growing in raised beds, in containers, on a balcony, or even on a windowsill.

Packed with color photography, filled with information that applies to every growing region throughout the US, and aggressively priced at $19.95, *The Beginner’s Guide to Growing Great Vegetables* should be on every garden shelf this spring.


Home gardeners will delight in this meditative collection of essays on the sensory delights of gardening. Called “a gem of a book” by *Country Gardens* and “poetic” by *Old House Journal,* the new paperback edition of *The Garden in Every Sense and Season* will inspire readers to slow down and enjoy their own gardens. They will also appreciate the sage garden advice woven throughout. This deeply personal narrative teaches us to look closer, breathe deeper, listen harder, and to truly savor the gifts of our gardens.

Tovah Martin is a fanatical and passionate organic gardener and the author of *The Indestructible Houseplant, The Unexpected Houseplant, The New Terrarium,* and *Tasha Tudor’s Garden.*
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So. Many. Stickers.

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Mo Vázquez is the founder and creative director behind Pipsticks, a subscription sticker club that reaches thousands of subscribers every month. She and her husband and their four children live in San Luis Obispo, California.

A Little Book of Big Stickers

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You will receive a frontlist supplement
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