

FALL 2019

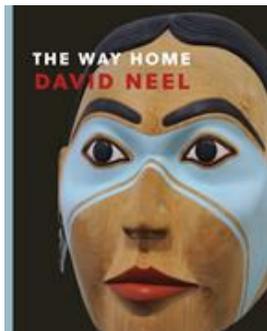
FALL 2019

FALL 2019

FALL 2019

UBC PRESS | trade

1



9780774890410

- English
- 8 x 10 in
- 192 pages
- Carton qty: 1
- SOCIAL SCIENCE
- Distributor: UTP Distribution

The Way Home

by David Neel
 Sep 01, 2019 Paperback , Flaps \$32.95 CAD

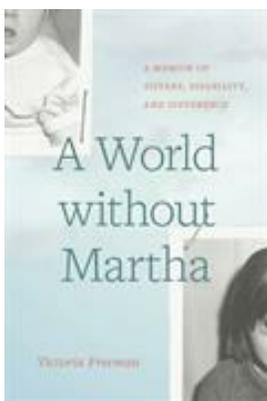
Crafted from memories, legends, and art, this powerful memoir tells the uplifting story of an Indigenous man's struggle to reconnect with his culture and walk in the footsteps of his father and the generations of Kwakwa_ka_'wakw artists that came before him.

David Neel was an infant when his father, a Kwakwa_ka_'wakw artist, died, triggering events that would separate him from the traditions of his homeland. When the aspiring photographer saw a mask carved by an ancestor in a Texas museum twenty-five years later, the encounter inspired him to return home and follow in his father's footsteps. Drawing on memory, legend, and his own art, Neel recounts his struggle to reconnect with his culture and become an accomplished Kwakwa_ka_'wakw artist. His memoir is a testament to the strength of the human spirit to overcome great obstacles and to the power and endurance of Indigenous culture and art.

About the Contributor(s)

David Neel, carver, jeweller, painter, printmaker, and photographer, comes from a family of traditional Kwakwa_ka_'wakw artists, including Dave Neel Sr., Ellen Neel, Mungo Martin, and Charlie James. In addition to apprenticing with carvers in Fort Rupert, he received training in fine arts from the University of Kansas and Mount Royal College in Alberta. He is the author of *Our Chiefs and Elders: Words and Photographs of Native Leaders* and *The Great Canoes: Reviving a Northwest Coast Tradition*. He is dedicated to promoting and preserving his Kwakwa_ka_'wakw heritage.

2



9780774880404

- English
- 6 x 9 in
- 288 pages
- Carton qty: 1
- SOCIAL SCIENCE
- Distributor: UTP Distribution

A World without Martha

A Memoir of Sisters, Disability, and Difference
 by Victoria Freeman
 Oct 01, 2019 Paperback , Trade \$29.95 CAD

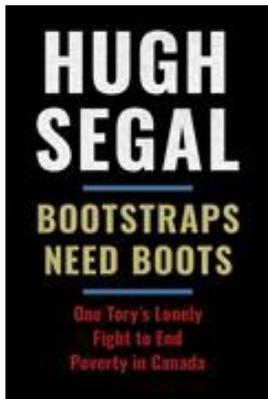
A World without Martha is an unflinching yet compassionate memoir of how one sister's institutionalization for intellectual disability in the 1960s affected the other, sending them both on separate but parallel journeys shaped initially by society's inability to accept difference and later by changing attitudes towards disability, identity, and inclusion.

Victoria Freeman was only four when her parents followed medical advice and sent her sister away to a distant, overcrowded institution. Martha was not yet two, but in 1960s Ontario there was little community acceptance or support for raising children with intellectual disabilities at home. In this frank and moving memoir, Victoria describes growing up in a world that excluded and dehumanized her sister, and how society's insistence that only a "normal" life was worth living affected her sister, her family, and herself, until changing attitudes to disability and difference offered both sisters new possibilities for healing and self-discovery.

About the Contributor(s)

Victoria Freeman is a writer, theatre artist, educator, and public historian. She is the co-creator, with Sol Express, of *Birds Make Me Think About Freedom*, a play about the experiences of peoples institutionalized for intellectual disability, and is on the advisory board of Uncovering the People's History, which documents the stories of institutional survivors and their families for Family Alliance Ontario. She also co-wrote the *Talking Treaties Spectacle* with Ange Loft of Jumbies Theatre, which was performed in 2017 and 2018 at Fort York in Toronto. Her previous book, *Distant Relations: How My Ancestors Colonized North America*, was shortlisted for the 2000 Writers' Trust Shaughnessy Cohen Prize for Political Writing. She teaches in the Canadian Studies Program at Glendon College, York University, in Toronto.

3



9780774890458

- English
- 6 x 9 in
- 224 pages
- Carton qty: 1
- POLITICAL SCIENCE
- Distributor: UTP Distribution

Bootstraps Need Boots

One Tory's Lonely Fight to End Poverty in Canada

by Hugh Segal

Oct 01, 2019 Hardcover , Dust jacket \$32.95 CAD

In this deeply personal memoir, Hugh Segal looks back on a life that took him from childhood poverty to the heights of Canadian politics and how these early experiences shaped his life-long advocacy for the poor.

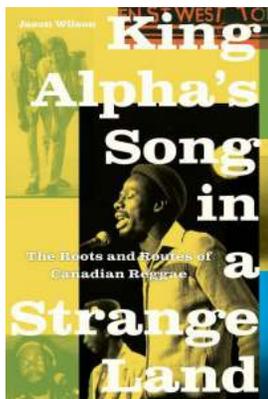
For more than four decades, Hugh Segal has been one of the leading voices of progressive conservatism in Canada. A self-described Red Tory warrior who disdained “boot strap” approaches to poverty, he has always promoted policies, especially a basic annual income, to help the most economically vulnerable. Why would a life-long Tory support something so radical? In this revealing memoir, Segal shares how his life and experiences brought him to this most unlikely of places, beginning with his childhood in a poor immigrant family in Montreal to his time as a chief of staff for Prime Minister Mulroney and to his more recent work as an advisor on basic income for the Ontario Liberal government. This book is a passionate argument not only for why a basic annual income makes economic sense, but for why it is the right thing to do.

About the Contributor(s)

Hugh Segal, OC, OOnt, is a remarkable Canadian whose multiple vocations have spanned politics, academia, business, and communications for more than four decades. He has served in myriad capacities in provincial, federal, and international politics, including formal roles as chief of staff to Prime Minister Brian Mulroney and principal secretary to Premier Bill Davis. Internationally, he was a member of the nine-person Commonwealth Eminent Persons Group that proposed reforms around democracy, rule of law, human rights, gender equity, judicial independence, and modernization to the Commonwealth Heads of Government meeting in 2011.

Hugh Segal has taught at Queen's University's School of Policy Studies for twenty years and has

4



9780774862288

- English
- 6 x 9 in
- 320 pages
- UBC Press
- Carton qty: 1
- MUSIC
- Distributor: UTP Distribution

King Alpha's Song in a Strange Land

The Roots and Routes of Canadian Reggae

by Jason Wilson

Nov 01, 2019 Paperback , Trade \$34.95 CAD

This insider look at the forces that came together to make Canada's reggae scene reaffirms the power of music to combat racism and build bridges between communities and cultures.

When Jackie Mittoo and Leroy Sibbles migrated from Jamaica to Toronto in the early 1970s, the musicians brought reggae with them, sparking the flames of one of Canada's most vibrant music scenes. Professional reggae musician and scholar Jason Wilson tells the story of how reggae brought black and white youth together, opening up a cultural dialogue between Jamaican migrants and Canadians along the city's ethnic frontlines. This underground subculture rebelled against the status quo, broke through the bonds of race, eased the acculturation process, and made bands such as Messenjah and the Sattalites household names for a brief but important time.

About the Contributor(s)

Jason Wilson is a bestselling author, two-time Juno Award nominee, and winner of a Canadian Reggae Music Award. He is the author of *The Toronto Maple Leaf Hockey Club: Official Centennial Publication, 1917-2017* and *Soldiers of Song: The Dumbells and Other Canadian Concert Parties of the First World War*. The latter was turned into a play that toured across Canada. Wilson's life story has been featured in documentaries on CBC's *The National* and BBC Radio. He is an adjunct professor at the University of Guelph.

5



9781988111001

- English
- 7.5 x 11 in
- 320 pages
- Concordia University Press
- Carton qty: 1
- ART
- Distributor: UTP Distribution

Everything is Relevant

Writings on Art and Life, 1991-2018

by Ken Lum 🇨🇦, Kitty Scott 🇨🇦

Oct 01, 2019 Paperback, Trade \$49.00 CAD

A compelling and illuminating collection of Canadian artist Ken Lum's diverse writings from the early 1990s to the present.

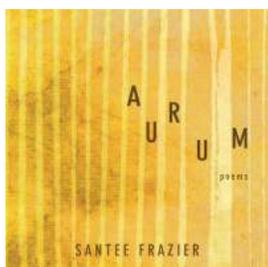
Everything is Relevant: Writings on Art and Life, 1991-2018 brings together texts by Canadian artist Ken Lum. They include a letter to an editor, diary entries, articles, catalogue essays, curatorial statements, and more. Along the way, the reader learns about late modern, postmodern, and contemporary art practices, as well as debates around issues like race, class, and monumentality. Penetrating, insightful, and often moving, Lum's writings are essential for understanding his varied practice, which has often been prescient of developments within contemporary art.

About the Contributor(s)

Vancouver-born artist **Ken Lum** is known for his conceptual and representational art in a number of media, including painting, sculpture, and photography. He currently is the Chair of Fine Arts at the University of Pennsylvania's School of Design and he previously taught at Bard College and at the University of British Columbia. As an artist, he has exhibited at Documenta 11, the Venice Biennale, Shanghai Biennale, Carnegie International, and Whitney Biennial, among others. He is a co-founder and founding editor of *Yishu: Journal of Contemporary Chinese Art and* in 2000 he worked as co-editor of the Shanghai Biennale. He is co-curator of *Monument Lab: A Public Art and History Project* in Philadelphia. In 2017, he was appointed an Officer of the Order of Canada.

Kitty Scott is Carol and Morton Rapp Curator of Modern and Contemporary Art at the Art Gallery of Ontario.

6



9780816539628

- English
- 7 x 7 in
- 72 pages
- The University of Arizona Press
- POETRY
- Distributor: University of British Columbia Press

Sun Tracks

Aurum

Poems

by Santee Frazier

Sep 17, 2019 Paperback, Trade \$18.95 CAD

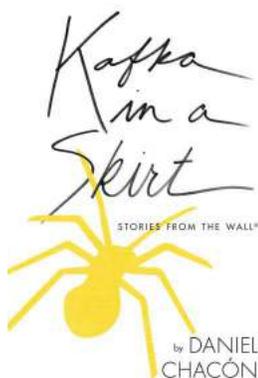
The long-awaited new collection by a searing voice in Indigenous poetry.

Aurum is a fiercely original poetry collection that reveals the marginalized and estranged Native American experience in the wake of industrial progress. With unforgettable imagery and haunting honesty, these poems are powerfully resonant.

About the Contributor(s)

Santee Frazier received his BFA from the Institute of American Indian Arts and his MFA from Syracuse University. Frazier is a faculty member at the Institute of American Indian Arts MFA program. He is a member of the Cherokee Nation of Oklahoma.

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9780816539918

- English
- 5.5 x 8.5 in
- 128 pages
- The University of Arizona Press
- FICTION
- Distributor: University of British Columbia Press

Camino del Sol
Kafka in a Skirt
Stories from the Wall
 by Daniel Chacón
 Oct 29, 2019 Paperback , Trade \$18.95 CAD

Short stories that highlight the folly of the human condition.

Kafka in a Skirt is not your ordinary short story collection. In his newest work, Daniel Chacón subverts expectation and breaks down the walls of reality to create stories that are intriguing, hilarious, and deeply rooted in Chicano culture.

About the Contributor(s)

Daniel Chacón is a professor of creative writing at the University of Texas, El Paso. He earned an MFA in creative writing from the University of Oregon. He is the author several books, including the *The Cholo Tree and Hotel Juárez: Stories, Rooms and Loops*, which won the 2014 PEN Oakland Award for Literary Excellence.

8



9780870719851

- English
- 5.5 x 8.5 in
- 176 pages
- Oregon State University Press
- Carton qty: 1
- NATURE
- Distributor: UTP Distribution

Listening at Outlook Creek
Nature in Spiritual Practice
 by Gretel Van Wieren
 Nov 15, 2019 Paperback , Trade \$22.95 CAD

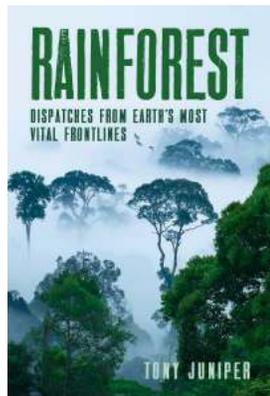
Explores the tenuous character of the human relationship to the natural world in the twenty first century, arguing that contact with specific places is necessary for fostering a sense of meaning and fulfillment in today's high-tech world.

Listening at Outlook Creek recounts the author's attempt to reconnect with nature at the H.J. Andrews Experimental Forest in Oregon and back home at her family's cabin in northwest Michigan's Manistee National Forest. Weaving philosophical and spiritual interpretations of the natural world with personal, hands-on experiences of particular landed places, it will be of interest to students of environmental ethics and religion, conservationists, hunting and fishing enthusiasts, and those who work to connect children with nature.

About the Contributor(s)

Gretel Van Wieren is associate professor of religious studies at Michigan State University where her courses focus on religion, ethics, and the environment. She is author of the books *Food, Farming and Religion* and *Restored to Earth*, as well as numerous journal articles. She received her PhD in Religious Studies from Yale University.

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9781642830729

- English
- 6 x 9 in
- 348 pages
- Island Press
- NATURE
- Distributor: University of British Columbia Press

Rainforest

Dispatches from Earth's Most Vital Frontlines
by Tony Juniper
Oct 19, 2019 Paperback , Trade \$22.95 CAD

A comprehensive view of the crucial roles rainforests serve, the state of the world's rainforests today, and the inspirational efforts underway to save them.

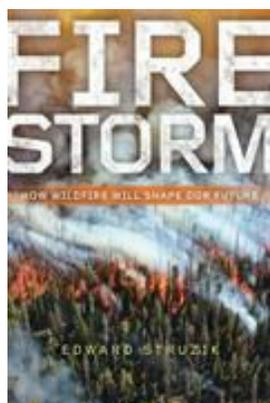
Rainforests are home to 50 percent of the world's animals and plants, but their impact stretches even further—they serve vital functions as regulators of the earth's temperature and weather. Yet widespread destruction of the rainforests continues, as trees are razed to make way for plantations, Indigenous communities are threatened, and corruption leads to illegal logging and pollution. In *Rainforest: Dispatches from Earth's Most Vital Frontlines*, one of Britain's most well-known conservationists provides a comprehensive view of the crucial roles rainforests serve, the state of the world's rainforests today, and the inspirational efforts underway to save them.

In *Rainforest*, Tony Juniper draws upon decades of work in rainforest conservation, bringing readers along on his journeys, from the deep forest of the Peruvian Amazon to Indonesia, where palm oil plantations have supplanted much of the former rainforest. Despite many ominous trends, Juniper sees hope for rainforests and those who rely upon them in developments like new international agreements, corporate deforestation policies, and initiatives to empower local and Indigenous communities.

About the Contributor(s)

Tony Juniper is an activist, writer, sustainability adviser, and a well-known British environmentalist. He has published several successful and award-winning books including the bestseller *What Has Nature Ever Done for Us?* and *Saving Planet Earth*. He has worked on efforts to conserve tropical forests for more than thirty years, including with BirdLife International, Friends of the Earth, and as an advisor to The Prince's Rainforests Project. He is currently executive director for advocacy and campaigns at WWF in London.

10



9781610919975

- English
- 6 x 9 in
- 248 pages
- Island Press
- Carton qty: 1
- NATURE
- Distributor: UTP Distribution

Firestorm

How Wildfire Will Shape Our Future
by Edward Struzik
Oct 05, 2019 Paperback , Trade \$24.95 CAD

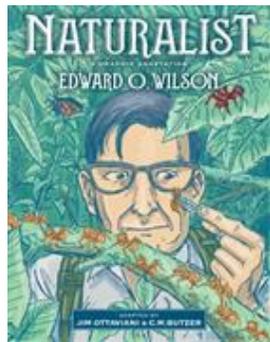
A gripping narrative about the new reality of wildfire in North America.

For two months in the spring of 2016, the world watched as wildfire ravaged the town of Fort McMurray. Firefighters named the fire "the Beast." It seemed to be alive with destructive energy, and they hoped never to see anything like it again. Yet it's not a stretch to imagine we will all soon live in a world in which fires like the Beast are commonplace. In *Firestorm*, Edward Struzik confronts this new reality, offering a deftly woven tale of science, economics, politics, and human determination. It's possible for us to flourish in the coming age of megafires – but it will take a radical new approach that requires acknowledging that fires are no longer avoidable. Living with fire also means, Struzik reveals, that we must better understand how the surprising, far-reaching impacts of these massive fires will linger long after the smoke eventually clears.

About the Contributor(s)

Edward Struzik is an award-winning writer and photographer. A fellow at the School of Policy Studies, Queen's Institute for Energy and Environmental Policy at Queen University in Kingston, his numerous accolades include the prestigious Atkinson Fellowship in Public Policy and the Sir Sandford Fleming Medal, awarded for outstanding contributions to the understanding of science. He is also the author of *Future Arctic: Field Notes from a World on Edge*. He lives in Edmonton, Alberta.

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- 9781610919586
- English
- 177.8 x 228.6 mm
- 208 pages
- Island Press
- Carton qty: 1
- COMICS & GRAPHIC NOVELS
- Distributor: UTP Distribution

Naturalist
A Graphic Adaptation
 by Edward O. Wilson, Chris Butzer
 Nov 05, 2019 Hardcover , Sewn \$31.95 CAD

A vibrant graphic adaptation of the classic science memoir.

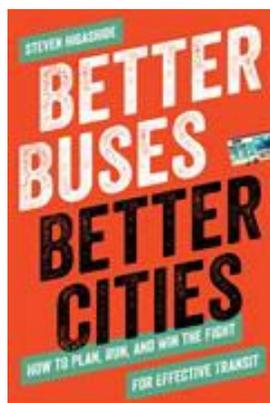
Regarded as one of the world's preeminent biologists, Edward O. Wilson spent his boyhood exploring the forests and swamps of south Alabama and the Florida panhandle, collecting snakes, butterflies, and ants—the latter to become his lifelong specialty. His memoir *Naturalist*, called “one of the finest scientific memoirs ever written,” was written as an invitation—a reminder that curiosity is vital and scientific exploration is open to all of us. This graphic edition brings Wilson's childhood and celebrated career to life through dynamic full-color illustrations and Wilson's own lyric writing.

About the Contributor(s)

Edward O. Wilson is professor emeritus at Harvard University. Arguably the most important evolutionary biologist of his time, he has made seminal contributions to the study of evolution and ecology, created the field of sociobiology, and was one of the earliest voices to speak out about biodiversity loss.

Wilson is the author of two Pulitzer Prize winning books, *On Human Nature* and *The Ants*.

12



- 9781642830149
- English
- 152.4 x 228.6 mm
- 160 pages
- Island Press
- Carton qty: 1
- TRANSPORTATION
- Distributor: UTP Distribution

Better Buses, Better Cities
How to Plan, Run, and Win the Fight for Effective Transit
 by Steven Higashide
 Oct 10, 2019 Paperback , Trade \$30.95 CAD

Imagine a bus system that is fast, frequent, and reliable—what would that change about your city?

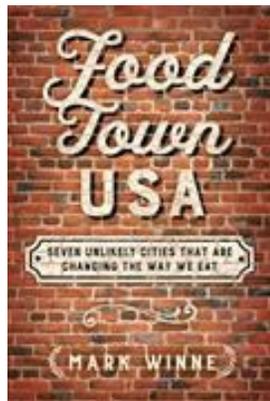
Buses can and should be the cornerstone of urban transportation. They offer affordable mobility and can connect citizens with every aspect of their lives. Yet, they have long been an afterthought in budgeting and planning. With a compelling narrative and actionable steps, *Better Buses, Better Cities* inspires us to fix the bus.

Transit expert Steven Higashide shows us what a successful bus system looks like with real-world stories of reform. *Better Buses, Better Cities* describes how decision-makers, philanthropists, activists, and public agency leaders can work together to make the bus a win in any city.

About the Contributor(s)

Steven Higashide is one of America's leading experts on public transportation and the people who use it. As director of research for the national foundation TransitCenter, Higashide has authored groundbreaking reports that have redefined how decision makers and journalists understand transit. He has taken the bus in 26 cities around the U.S. and the world.

13



- 9781610919449
- English
 - 152.4 x 228.6 mm
 - 208 pages
 - Island Press
 - Carton qty: 1
 - SOCIAL SCIENCE
 - Distributor: UTP Distribution

Food Town, USA
Seven Unlikely Cities that are Changing the Way We Eat
 by Mark Winne
 Oct 01, 2019 Hardcover , Sewn \$31.95 CAD

Through interviews and storytelling, Food Town, USA showcases innovative approaches to sustainable food that can be applied in any city.

Look at any list of America's top foodie cities and you probably won't find Boise, Idaho or Sitka, Alaska. Yet they are the new face of the food movement. Healthy, sustainable fare is changing communities across this country, revitalizing towns that have been ravaged by disappearing industries and decades of inequity.

What sparked this revolution? To find out, Mark Winne travelled to seven cities not usually considered revolutionary. He broke bread with brew masters and city council members, farmers and philanthropists, toured start-up incubators and homeless shelters. What he discovered was remarkable, even inspiring.

In Bethlehem, Pennsylvania, once a company steel town, investment in the arts has created a robust new market for local restaurateurs. In Alexandria, Louisiana, "one-stop shopping" food banks help clients apply for health insurance along with SNAP benefits. In Jacksonville, Florida, aeroponics are bringing fresh produce to a food desert.

Over the course of his travels, Winne experienced the power of individuals to transform food and the power of food to transform communities. The cities of *Food Town, USA* remind us that innovation is ripening all across the country, especially in the most unlikely places.

About the Contributor(s)

Mark Winne has held leadership positions with several non-profit food organizations and food policy councils. He currently serves as a senior advisor to the Johns Hopkins Center for a Livable Future and writes, trains, and speaks about the food system. He is the author of *Closing the Food Gap*, *Food Rebels*, and *Stand Together or Starve Alone*.

14



- 9781785923890
- English
 - 152 x 229 mm
 - 176 pages
 - Jessica Kingsley Publishers
 - Carton qty: 1
 - FAMILY & RELATIONSHIPS
 - Distributor: UTP Distribution

Crafting Meaningful Funeral Rituals
A Practical Guide
 by Jeltje Gordon-Lennox, Margaret Holloway
 Dec 21, 2019 Paperback , Trade \$24.95 CAD

In-depth guide to designing and creating secular funeral ceremonies.

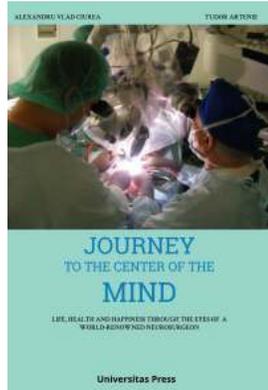
Funerals are among the most important life events in Western society, and fashioning a personalized ceremony for yourself or for a loved one is often the most meaningful way to celebrate the life of the deceased. For those wanting non-religious or secular funeral ceremonies, this step-by-step guide begins by identifying what you want from the funeral and showing how you can make it happen.

With sections on society's views of mortality, our need for rituals and crafting the actual ceremony, this guide provides the tools and philosophy to understand, plan and tailor a funeral for individuals. Includes all the tools necessary for the creation of a ceremony, such as a Ritual Profiles, checklists, and many other handy resources.

About the Contributor(s)

Jeltje Gordon-Lennox is an author, psychotherapist, and founder of the Ashoka Association (Ashoka.ch), where she trains secular celebrants in the craft of secular ritualization.

15



9781988963242

- English
- 6 x 9 in
- 160 pages
- Universitas Press
- Carton qty: 1
- BIOGRAPHY & AUTOBIOGRAPHY
- Distributor: UTP Distribution

Journey to the Center of the Mind

Health and Happiness through the Eyes of a World-Renowned Neurosurgeon
by Alexandru Vlad Ciurea, Tudor Artenie
Sep 01, 2019 Paperback , Trade \$29.00 CAD

Amidst the personal reminiscences of a world-renowned neurosurgeon and professor lie the knowledge and wisdom of a happy and fulfilling life, something we look for ourselves.

Journey to the Center of the Mind is a best-selling book of interviews (originally published in Romanian) with world-renowned neurosurgeon Alexandru Vlad Ciurea. These interviews, conducted by writer and journalist Tudor Artenie, are a window into a life lived with humility, always in the best interest of the patient and of others. Despite living through adverse historical conditions, including a world war and the tough communist regime, Professor Ciurea's life story is filled with joy, optimism, and life lessons for all of us.

The professor talks about what constitutes a good childhood and education; about good habits and health issues; about the benefits of a glass of red wine and of a good book. His honest take on what and how people can get the most out of their lives comes at a critical moment, when we are drowning us in noise and we do not know which way to look for guidance.

Take the journey with him and learn from a neurosurgeon who has operated on over twenty-three thousand patients. His life and musings will inspire and delight.

16



9781785925573

- English
- 6 x 9 in
- 224 pages
- Jessica Kingsley Publishers
- FAMILY & RELATIONSHIPS
- Distributor: University of British Columbia Press

The Incredible Teenage Brain

Everything You Need to Know to Unlock a Teen's Potential
by Bettina Hohnen, Jane Gilmour
Nov 21, 2019 Paperback , Trade \$27.95 CAD

An accessible, cutting edge resource for parents and teachers, explaining the incredible teen brain to aid learning across teen's emotional, social, and education domains.

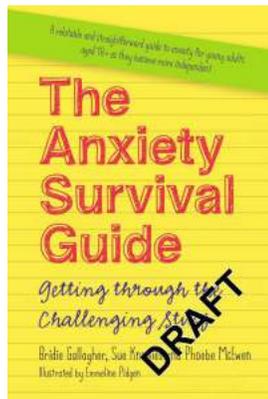
Written by a team of leading clinical psychologists, this straightforward book walks the reader through the workings of the teenage brain. Pulling together the latest research, from brain imaging techniques to studies of teen behaviour, the authors provide an invaluable framework for parents, teachers, and professionals to understand how teenagers learn.

Uniquely, the authors provide a manual with clear strategies for what to do to support teens based on findings from neuroscience and psychology. They show that good relationships and communication are the bedrocks of supporting teens to develop, learn, and grow. They also highlight the importance of individual and learning differences, mental health, and a growth mindset, as part of the over-arching theoretical framework of the book. A must read for anyone supporting young people.

About the Contributor(s)

Bettina Hohnen, Jane Gilmour, and Tara Murphy are clinical psychologists who have a specialist interest in neuropsychology and all based at or have worked at Great Ormond Street Hospital and University College London. All have academic backgrounds and over 20 years' experience working with children, young people and families, and delivering training to parents and professionals.

17



9781785926419

- English
- 8.5 x 5.5 in
- 208 pages
- Jessica Kingsley Publishers
- SELF-HELP
- Age (years) 18 - 25
- Distributor: University of British Columbia Press

The Anxiety Survival Guide

Getting through the Challenging Stuff
by Bridie Gallagher, Sue Knowles
Oct 19, 2019 Paperback , Trade \$24.95 CAD

Survival guide for young people becoming adults, aged 18-25, with anxiety.

Co-written with psychologists and a college student who has experienced anxiety herself, this is a relatable and straightforward guide to managing worry in emerging adulthood. As well as providing tried-and-tested advice and exercises that are proven to reduce feelings of anxiety, it includes recovery stories from people who have managed their symptoms successfully.

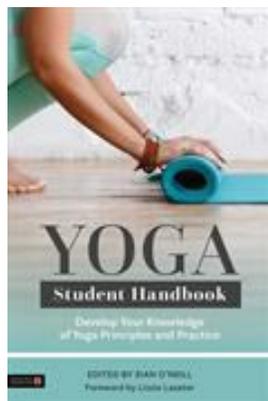
It begins with what is difficult and challenging about young adulthood and how you can deal with uncertainty in life. It goes on to examine change and challenges, giving tips about what can help in specific scenarios such as exams, relationships, leaving home, and job interviews. The guide also includes strategies and techniques for coping with panic attacks; self-care; and calming your mind.

The guide uses a range of evidence-based approaches, including CBT, DBT, Compassion Focused Approaches and Mindfulness so you can work out the techniques that are best for you. The signposting included throughout guides young adults towards further support. This is essential reading for any young person experiencing anxiety, worry or going through a difficult transition or stressful experience.

About the Contributor(s)

Dr. Bridie Gallagher is a Senior Psychologist working for the NHS to improve the mental health and wellbeing of young people in the secure estate.

18



9780857013866

- English
- 152 x 229 mm
- 240 pages
- Singing Dragon
- Carton qty: 1
- HEALTH & FITNESS
- Distributor: UTP Distribution

Yoga Student Handbook

Develop Your Knowledge of Yoga Principles and Practice
by Lizzie Lasater, Sian O'Neill
Oct 19, 2019 Paperback , Trade \$27.95 CAD

Expert advice for yoga students and yoga teacher trainees.

An accessible guide on the history, anatomy and philosophy behind yoga, showing how yoga students can develop and grow their personal practice. By offering students and teacher trainees guidance on how to move on to the next stage in their learning, this practical companion helps to deepen their understanding of holistic yoga practice.

Including insights from renowned yoga professionals, including Lizzie Lasater, Andrew McGonigle, Graham Burns, Tarik Dervish and more, this book offers practical ways to hone yoga skills and knowledge. Covering everything from how to use your breath and the different styles of yoga, to what to expect from yoga teacher training, this is an essential handbook for all students and trainee teachers of yoga.

About the Contributor(s)

Sian O'Neill is a British Wheel of Yoga (BWY)-accredited yoga teacher. Her classes incorporate alignment, a mindful flow and breath awareness. She is Managing Director of an independent publisher. She lives in London, UK.

19



9781785924835

- English
- 152 x 229 mm
- 256 pages
- Jessica Kingsley Publishers
- Carton qty: 1
- SOCIAL SCIENCE
- Distributor: UTP Distribution

They/Them/Their

A Guide to Non-Binary and Genderqueer Identities
by Eris Young
Oct 19, 2019 Paperback , Trade \$29.95 CAD

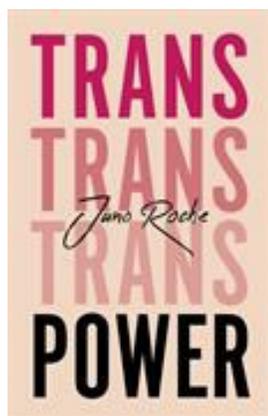
A one-stop introduction to non-binary and genderqueer identities.

In this insightful and long-overdue book, Eris Young explores what it's like to live outside of the gender binary and how it can impact on one's relationships, sense of identity, use of language and more. Drawing on the author's own experiences as a non-binary person, as well as interviews and research, it shares common experiences and challenges faced by those who are non-binary, and what friends, family, and other cisgender people can do to support them. Breaking down misconceptions and providing definitions, this much-needed guide is for anyone wanting to fully understand non-binary and genderqueer identities.

About the Contributor(s)

Eris Young is a queer, non-binary trans writer and editor from Santa Ana, California, and currently lives in Edinburgh, UK.

20



9781787750197

- English
- 138 x 216 mm
- 288 pages
- Jessica Kingsley Publishers
- Carton qty: 1
- SOCIAL SCIENCE
- Distributor: UTP Distribution

Trans Power

Own Your Gender
by Juno Roche
Nov 21, 2019 Paperback , Trade \$24.95 CAD

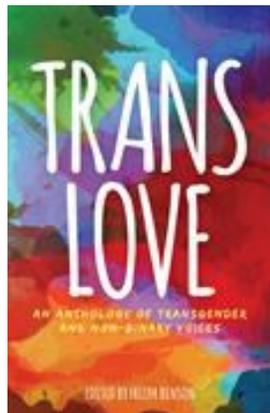
Leading figures from the trans and non-binary community discuss the realities and practicalities of sex and intimacy.

In the follow-up to *Queer Sex*, her radical guide to sex, desire and dating in the trans and non-binary community, Juno Roche pushes the boundaries of trans representation even further by moving beyond themes of intimacy, pleasure and relationships and focusing on the mechanics of sex itself. A collection of interviews with leading figures from the trans and non-binary community, they talk about the practicalities of sex as a trans person. They discuss how trans bodies can inherently bring a range of practical issues to the bedroom and explore the wonder and potential of sex when the bodies involved are not cis. Reframing the discussion of trans sex in terms of empowerment and autonomy, this is a deeply personal, honest and instructive book.

About the Contributor(s)

Juno Roche is an internationally recognised trans writer and campaigner, and Founder of Trans Workers UK and the Trans Teachers Network. On the Independent's Rainbow List 2015 and 2016, she is a patron of cliniQ and received the 2015 NUT Blair Peach Award for her campaign "Why Trans Teachers Matter." She regularly contributes to publications including *Diva*, *The Guardian* and *Vice*.

21



9781785924323

- English
- 138 x 216 mm
- 288 pages
- Jessica Kingsley Publishers
- Carton qty: 1
- SOCIAL SCIENCE
- Distributor: UTP Distribution

Trans Love

An Anthology of Transgender and Non-Binary Voices
by Freiya Benson
Sep 21, 2019 Paperback , Trade \$24.95 CAD

An uplifting and empowering collection of writing about love, for and by trans and non-binary people.

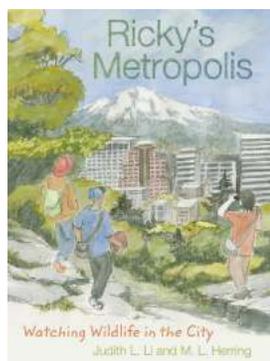
A groundbreaking anthology of writing on the topic of love, written by trans and non-binary people who share their thoughts, feelings, and experiences of love in all its guises. The collection spans familial, romantic, spiritual, and self-love as well as friendships and ally love, to provide a broad and honest understanding of how trans people navigate love and relationships, and what love means to them.

Reclaiming what love means to trans people, this book provokes conversations that are not reflected in what is presently written, moving the narrative around trans identities away from sensationalism. At once intimate and radical, and both humorous and poignant, this book is for anyone who has loved, who is in love, and who is looking for love.

About the Contributor(s)

Freiya Benson is a trans woman and an experienced writer, and has written for magazines and websites, including the *Huffington Post* and *Vice*.

22



9780870719776

- English
- 7 x 9.5 in
- 112 pages
- Oregon State University Press
- JUVENILE FICTION
- Age (years) 8 - 12
- Distributor: University of British Columbia Press

Ricky's Metropolis

Watching Wildlife in the City
by Judith L. Li, M. L. Herring
Oct 15, 2019 Paperback , Trade \$20.95 CAD

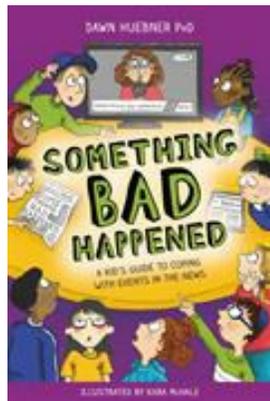
With the help of new friends, young citizen scientists Ricky and Ellie discover a fascinating variety of wildlife and habitats during their weekend visit to the city of Portland, where they map out wildlife connections and make contributions to regional databases.

It's early fall when Ricky and Ellie travel from their homes in the Cascade Mountains to Portland. Much to their surprise, they find an astounding variety of wildlife during their weekend school exchange. With the help of their new buddies, Jenny and Marcus, the kids explore the city's habitats, from its streets and gardens, to woodlands, streams, and river banks. Ellie tests her bird-watching skills while Ricky learns ways to sample fish in streams.

About the Contributor(s)

Judith Li, retired associate professor in the department of fisheries and wildlife at Oregon State University, is a stream ecologist who studies riparian food webs. **M. L. Herring** writes and illustrates works of science. She is an associate professor emerita of science communication at Oregon State University.

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9781787750746

- English
- 152 x 229 mm
- 80 pages
- Jessica Kingsley Publishers
- Carton qty: 1
- JUVENILE NONFICTION
- Reading age 6 - 12
- Distributor: UTP Distribution

Something Bad Happened

A Kid's Guide to Coping With Events in the News
by Dawn Huebner

Oct 19, 2019 Paperback , Trade \$19.95 CAD

Expert advice from best-selling author Dawn Huebner to help 6 to 12 year olds manage sadness and fear about troubling world events.

When we learn about something bad – even when we hear only bits and pieces of it – our brains get busy trying to make sense of what we've heard. Seeing distressing events on the news, or hearing about them later, can feel scary and overwhelming. Talking about what happened, and how we feel about it, is hugely important.

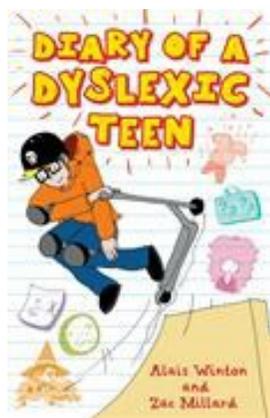
Something Bad Happened guides children aged 6 to 12 and the adults who care about them through tough conversations about news of large-scale events, addressing questions such as: "Where did it happen?" "Why did it happen?" And, "Will it happen again?" Feelings like sadness, fear and confusion are normalized, and coping tools provided.

For children and parents to read together, or by a child with a parent nearby, this helpful resource by a child psychologist best-selling author provides comfort, support and action plans for children learning about the big bad things happening in our world.

About the Contributor(s)

Dawn Huebner is a Clinical Psychologist specializing in the treatment of anxious children and their parents. She is the author of the award-winning *What To Do When You Worry Too Much* and five other *What to Do Guides for Kids*, as well as *Outsmarting Worry* for Jessica Kingsley Publishers.

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9781785924422

- English
- 138 x 216 mm
- 128 pages
- Jessica Kingsley Publishers
- Carton qty: 1
- JUVENILE FICTION
- Reading age 10 - 14
- Distributor: UTP Distribution

Diary of a Dyslexic School Kid

by Alais Winton, Zac Millard

Nov 21, 2019 Paperback , Trade \$18.95 CAD

Fun, relatable book for ages 10-14 about the joys and pitfalls of being at school when you have dyslexia.

Experience day-to-day life for a dyslexic kid, including school life, bullying and coping with tests and homework, in this frank and funny diary.

Co-authored with a teenage boy with dyslexia and illustrated with cartoons, this is a positive yet honest look at the difficulties of being dyslexic. Using a simple and relatable approach, the authors display the ups and downs of school – and home – life with a reading difficulty, focussing on the sometimes overwhelming experience of being at a bigger school and studying loads of new subjects.

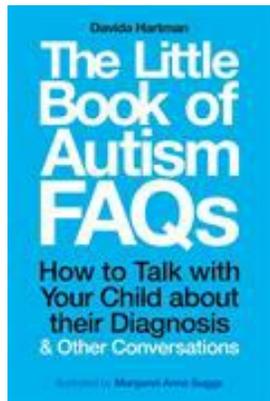
Providing tips for what really helps and works based on real-life experience, this fun, accessible book shows teens and tweens with dyslexia that they are far from alone in their experiences.

About the Contributor(s)

Alais Winton is a private tutor working with dyslexic children in Wales. She has taught on several further education programmes, as well as teaching adult learners on PGCE courses. As a dyslexic teacher and learner herself, Alais has collated and researched techniques to assist dyslexic learners in education.

Zacharia Django Millard, who was fourteen at the time of writing this book, lives in Pembrokeshire, Wales. Being dyslexic, Zac finds school work challenging, especially English and Math. He loves playing X-Box games and going for walks. Zac would like to be rich and famous and live in Spain.

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9781785924491

- English
- 152 x 229 mm
- 112 pages
- Jessica Kingsley Publishers
- Carton qty: 1
- FAMILY & RELATIONSHIPS
- Distributor: UTP Distribution

The Little Book of Autism FAQs

How to Talk with Your Child about their Autism Diagnosis and Other Conversations
by Davida Hartman
Oct 19, 2019 Paperback , Trade \$19.95 CAD

A book to help parents support and communicate with their child after diagnosis.

Empowering and practical, this guide is the perfect companion for parents who are finding it difficult to tell their children about their autism diagnosis. It provides a realistic yet uplifting approach to autism, treating it not as a disability but as a difference.

Not telling children about their autism diagnosis can have a significant negative impact on their mental health; by equipping parents with a language of positivity around autism, the book will make a difference to many children on the spectrum. It advises on how and when to talk to autistic children with both high and low care needs, and provides guidance on supporting children's relationships with peers at school, as well as how to broach the conversation with the child's siblings.

Concise and easy to read, *The Little Book of Autism FAQs* answers parents' questions with accessible language, preparing them to approach this difficult conversation in a constructive manner.

About the Contributor(s)

Davida Hartman is the Director and Senior Educational Psychologist at The Children's Clinic, Dublin, providing child psychology and multi-disciplinary services to children 0-18.

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