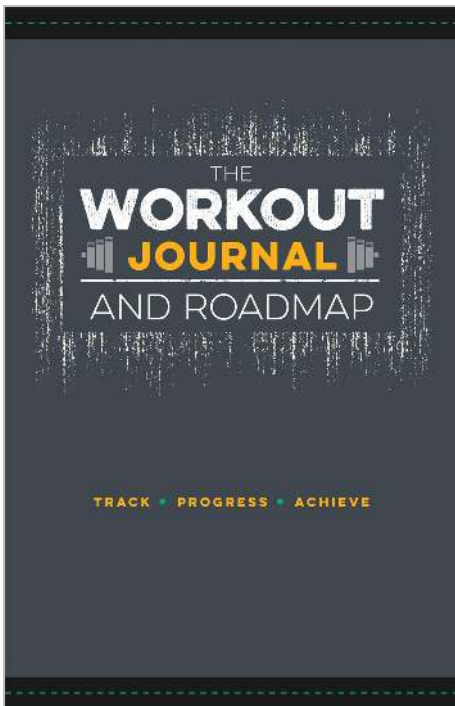


**CASTLE  
POINT  
BOOKS**



## The Workout Journal and Roadmap

*Track. Progress. Achieve.*

Jon Moore

### A convenient handbook to keep you on track with your fitness goals

Not seeing the maximum fitness results you know you can achieve? It's time to get serious with your most powerful tool: *The Workout Journal and Roadmap!* With a durable, cleanable cover and convenient spiral binding (lays flat for tracking anywhere!), this handy-size journal is ready to tuck into your gym bag. The Workout Journal and Roadmap will energize your workouts and help you take them to a whole new level. The power lies in recording:

- Your training goals—whether it's more reps or sets with higher weight or going farther and faster with cardio, even flexibility and mobility goals
- Where you are right now—from body measurements to workout maxes and bests, so you can clearly see your progress and boost motivation to keep at it
- Your performance for each workout—celebrate successes (physical and mental) and troubleshoot anything holding you back
- Extra support from nutrition, supplements, and sleep—factors easy to overlook but also critical to reaching your fitness goals

Easy-to-use log pages help you capture important workout measures—reps and sets, distance, heart rate, and more—in a strong, portable book. Plus, the simple yet powerful act of recording keeps you focused in each workout and motivated to stick to your overall fitness program. Get ready to see the results you've been chasing!

JON MOORE is a certified personal trainer who lives to help clients reach new goals. His personal goal is to someday compete on *American Ninja Warrior*. He resides just outside of Wilmington, North Carolina.

#### HEALTH & FITNESS / EXERCISE

Castle Point Books | 12/24/2018  
 9781250199775 | \$14.99 / \$19.50 Can.  
 Spiral Bound | 224 pages | Carton Qty: 34  
 8.5 in H | 5.5 in W

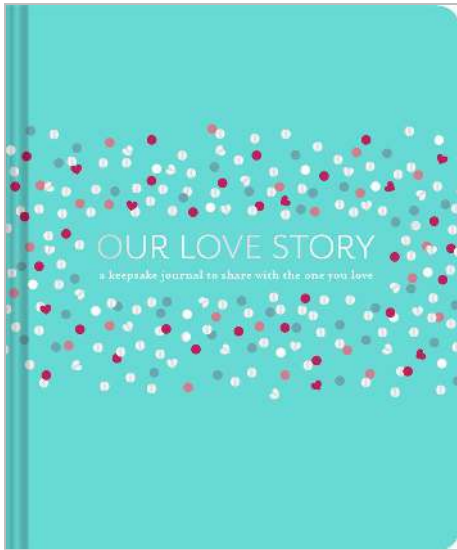
## Our Love Story

*A Keepsake Journal to Share with the One You Love*

Julie Day

**A beautiful, full-color guided journal to record and preserve the memories of your relationship**

This book is a very special gift for your significant other, or to keep for yourself to remember when, why, and how the two of you fell in love! It's a beautiful guided journal for couples to record the story of their relationship, preserving the memories of how they met and fell in love for future generations. With insightful prompts, this full-color journal makes it easy to write down all the funny moments, surprising coincidences, and serendipitous encounters that make each love story unique.



### GAMES & ACTIVITIES / GUIDED JOURNALS

Castle Point Books | 12/24/2018

9781250203472 | \$17.99 / \$23.50 Can.

Hardcover with dust jacket | 96 pages | Carton

Qty: 28

9 in H | 7.5 in W

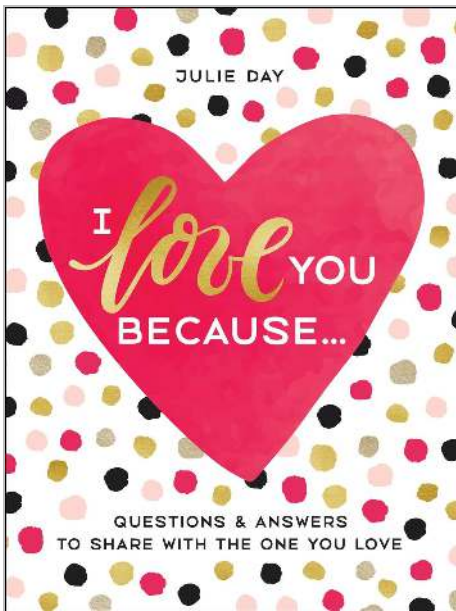
Includes color illustrations throughout and one-color printed endpapers

### MARKETING

Online Promotion

Blog Outreach

Social Media Post



## I Love You Because . . .

*Questions & Answers to Share with the One You Love*

Julie Day

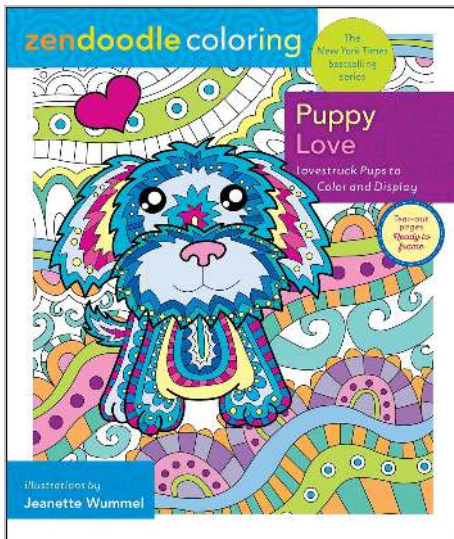
**Heartfelt and fun fill-in activities to express your feelings, desires, and thoughts for the one you love**

A guided journal for lovers to fill out for each other, *I Love You Because...* lets your loved one know exactly how you feel about him or her, and why. Full of guided prompts to help readers express their heartfelt feelings for their loved ones, it's the perfect gift for anyone in a relationship, or just to tell your partner how much you care.

JULIE DAY is a freelance writer and journalist living in Denver, Colorado. Her relationship quizzes have been featured in many popular women's magazines and online publications. When she's not writing or traveling, she's hiking local trails with her two trusty spaniels, Todd and Copper.

### **GAMES & ACTIVITIES / GUIDED JOURNALS**

Castle Point Books | 12/24/2018  
 9781250202277 | \$14.99 / \$19.50 Can.  
 Hardcover Paper over boards | 96 pages |  
 Carton Qty: 56  
 8 in H | 6 in W  
 Includes color printed endpapers



# Zendoodle Coloring: Puppy Love

*Lovestruck Pups to Color and Display*

Jeanette Wummel

## Love-struck puppies to color and adore

Hugs, kisses, and nose-boops from the cutest puppies yet! The *New York Times* best-selling Zendoodle series is back with 62 adorable, hand-drawn illustrations of flirty pups who just can't help but snuggle, cuddle, and love one another.

JEANETTE WUMMEL is a graphic designer and artist based out of East Lansing, MI. She specializes in creating whimsical art that is fun for all ages.

### GAMES & ACTIVITIES / COLORING BOOKS

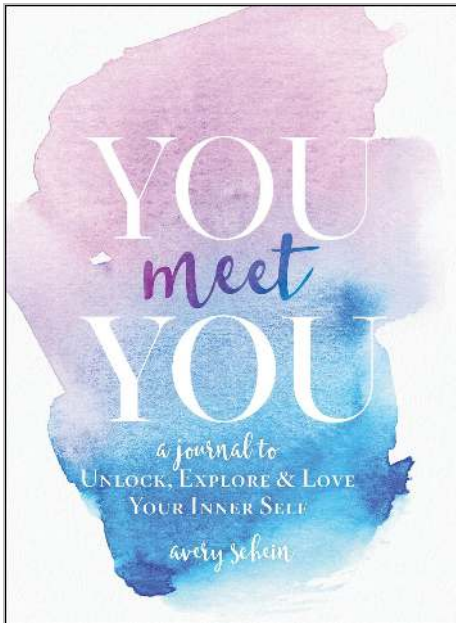
St. Martin's Griffin | 1/8/2019

9781250202406 | \$13.99 / \$18.50 Can.

Trade Paperback | 128 pages

10 in H | 8.5 in W

Includes 62 black-and-white illustrations throughout



### GAMES & ACTIVITIES / GUIDED JOURNALS

Castle Point Books | 2/19/2019

9781250202390 | \$14.99 / \$19.50 Can.

Trade Paperback | 128 pages | Carton Qty: 60

7.5 in H | 5.5 in W

## You Meet You

*A Journal to Unlock, Explore, and Love Your Inner Self*

Avery Schein

**Through guided journaling, get to know an important person you'd like to know better: yourself!**

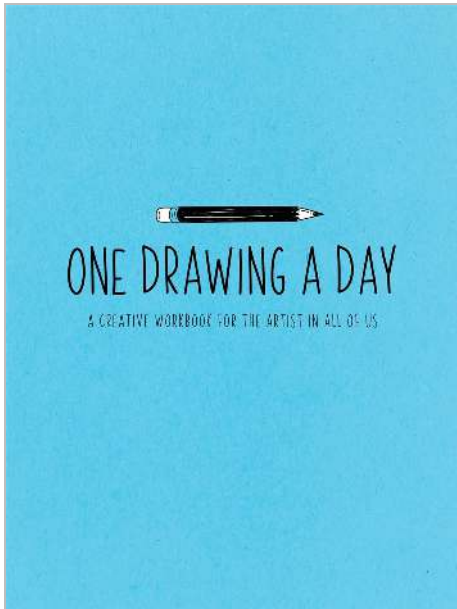
In a world of uncertainty and misdirection, it can be difficult to find a well-worn path, a trusted mentor, or a guiding hand. On the pages of a beautiful guided journal, you can unlock the door to a world of wonder and wisdom inside yourself. *You Meet You* is a journal designed to help you meet the real you—the person who brings you confidence and joy, and makes your own world a place you want to be. Through guided inspirations and writing prompts, you can tap into your own special domain of self-discovery, follow your inner compass, and feel confident in your worth. Find the best relationship yet to come with *You Meet You!*

Journal prompts include:

*“Knowing yourself is the beginning of all wisdom.” —Aristotle*

*Imagine your favorite qualities about yourself are the wispy petals of a dandelion. What does each petal represent? Blow gently on the petals, sending them off into the wind. Where do you want them to go and grow?*

AVERY SCHEIN is a yoga instructor and artist at heart. When she's not working with her students or in her studio, you can find her hiking with her two fur-babies, Joni and Moon. She lives just outside of Seattle, Washington.



# One Drawing a Day

*A Creative Workbook for the Artist in All of Us*

Nadia Hayes

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## Practice a moment of creative self-expression every day

An inspirational journal for artists, *One Drawing a Day* offers simple prompts to spark creativity and practice the art of drawing every day. With 365 prompts, this handy workbook encourages budding and experienced artists to draw something every day for a year, and in the process create an artist's keepsake.

NADIA HAYES is a proud introvert who works as a wellness coach in the Houston area. She recharges by writing, knitting, and communing with nature.

### GAMES & ACTIVITIES / GUIDED JOURNALS

Castle Point Books | 2/12/2019

9781250202307 | \$17.99 / \$23.50 Can.

Trade Paperback | 368 pages | Carton Qty: 20

8 in H | 6 in W

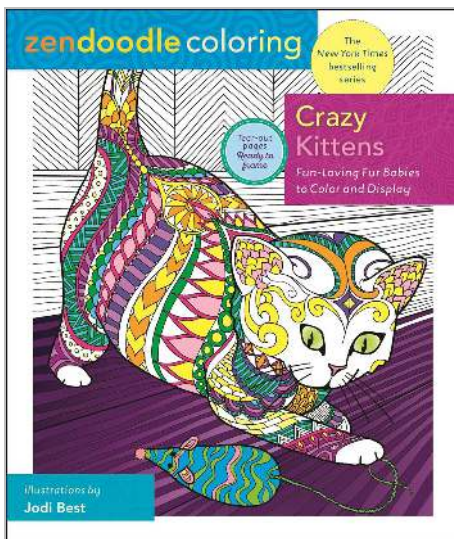
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### MARKETING

Online Promotion

Blog Outreach

Social Media Post



# Zendoodle Coloring: Crazy Kittens

*Fun-Loving Furbabies to Color and Display*

Jodi Best

## Cute kittens find their inner wildcats through coloring fun

The *New York Times* best-selling Zendoodle series brings you the cutest cats! Mischievous kitties abound in this book of 62 hand-drawn illustrations of kittens getting into trouble, purring their way into your heart, and having pawfuls of fun on each and every page.

JODI BEST originally began creating doodles as a birthday present for her mother who loves to color as a way of relaxing. Jodi lives in Maryland with her husband and children and loves showing her children how art can be both a process and a product to help us learn about the world around us.

### GAMES & ACTIVITIES / COLORING BOOKS

St. Martin's Griffin | 2/26/2019

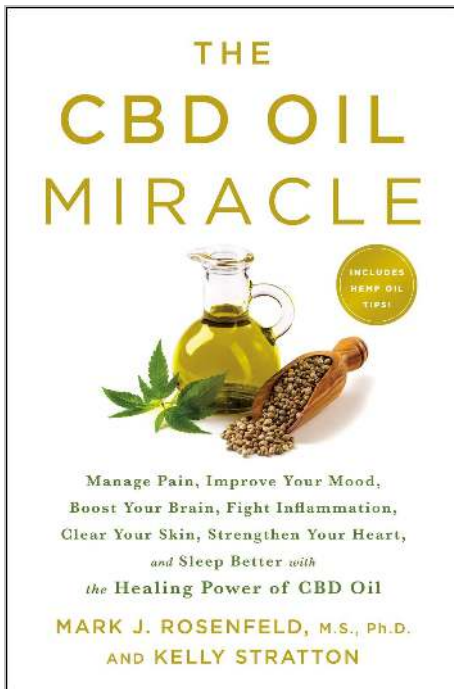
9781250202420 | \$13.99 / \$18.50 Can.

Trade Paperback | 128 pages

10 in H | 8.5 in W

Includes 62 black-and-white illustrations throughout





## The CBD Oil Miracle

*Manage Pain, Improve Your Mood, Boost Your Brain, Fight Inflammation, Clear Your Skin, Strengthen Your Heart, and Sleep Better with the Healing Power of CBD Oil*

Laura Lagano, M.S., RDN, CDN, and Kelly Stratton

**Learn how to use the next big thing in natural health to look and feel better than ever**

CBD oil is a hot-selling natural health product that is the next apple cider vinegar or coconut oil. This natural oil, easily purchased at health-food stores or online, has a wealth of phytonutrients and an ideal balance of Super Omega-3 and Super Omega-6 fatty acids, making it a true superfood. *The CBD Oil Miracle* explains the myriad benefits of CBD oil and shows readers how to use it to improve their physical and mental health, along with healthy recipes.

LAURA LAGANO, MS, RDN, CDN, is an integrative clinical nutritionist and cofounder of the Holistic Cannabis Academy with a commitment to progressive therapies. Laura enjoys cooking, traveling, and basking in her role as mother of three young adults and wife to a soccer-obsessed husband in metro NYC.

KELLY STRATTON is a health writer and researcher living in Parsippany, NJ. When she's not sneaking fruits and veggies into her daughter's lunchbox, she's balancing deadlines with 5K finish lines.

### HEALTH & FITNESS / ALTERNATIVE THERAPIES

Castle Point Books | 3/12/2019

9781250202253 | \$17.99 / \$23.50 Can.

Trade Paperback | 224 pages | Carton Qty: 36

9.3 in H | 6.1 in W

#### Other Available Formats:

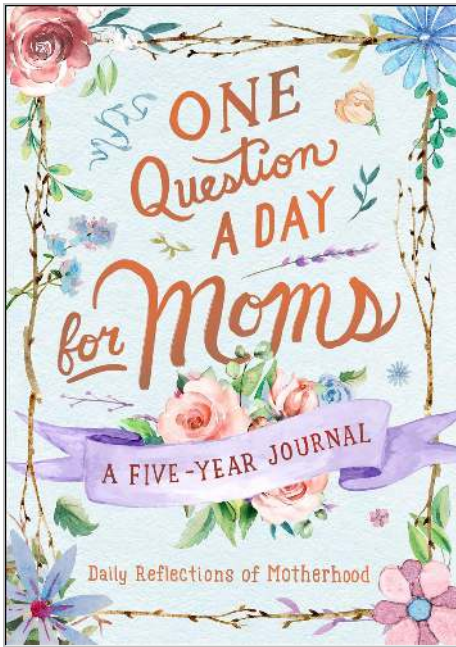
Ebook ISBN: 9781250202260

### MARKETING

Online Promotion

Blog Outreach

Social Media Post



### GAMES & ACTIVITIES / GUIDED JOURNALS

Castle Point Books | 3/19/2019

9781250202314 | \$16.99 / \$22.50 Can.

Vinyl Paperback | 368 pages | Carton Qty: 32

7 in H | 5 in W

Includes one-color printed endpapers, a ribbon marker, and stained edges

## One Question a Day for Moms: Daily Reflections of Motherhood

*A Five-Year Journal*

Aimee Chase

### Track moments of motherhood in a beautiful keepsake journal

This multi-year journal encourages mothers everywhere to take a moment to themselves each day and answer simple questions about their thoughts and musings. Questions range from big and small to serious and silly, giving Mom the opportunity to share her thoughts about her life, interests, personal goals, and special moments as a mother. Over the course of five years, she can look back and reflect on how the answers to these questions have changed or stayed the same.

Questions include:

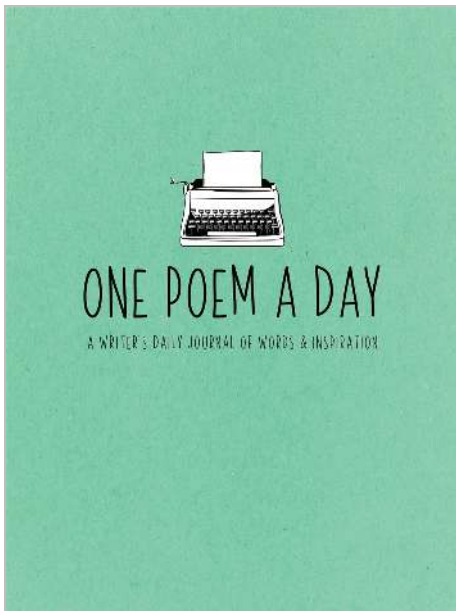
If you could go somewhere alone for a day, where would it be?

What is the funniest thing your child has said recently?

What's your favorite guilty pleasure?

What small gift did motherhood give you today?

AIMEE CHASE is a writer and editor with a perfectly imperfect life. She lives in the Boston area with her husband and two spontaneous little boys who remind her to live in the moment.



# One Poem a Day

*A Writer's Daily Journal of Words & Inspiration*

Nadia Hayes

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## Poetry made easy with ideas and vocabulary prompts

Instagram poetry is sweeping the nation, and millions of people are finding their feelings are best expressed in modern poetic form. This handy guided journal offers a theme and word suggestions on each page, helping writers and would-be writers exercise their creative muscles and practice their art.

NADIA HAYES is a proud introvert who works as a wellness coach in the Houston area. She recharges by writing, knitting, and communing with nature.

### GAMES & ACTIVITIES / GUIDED JOURNALS

Castle Point Books | 4/2/2019

9781250202383 | \$17.99 / \$23.50 Can.

Trade Paperback | 368 pages | Carton Qty: 20

8 in H | 6 in W

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### MARKETING

Online Promotion

Blog Outreach

Social Media Post

# My Little Lykke Journal

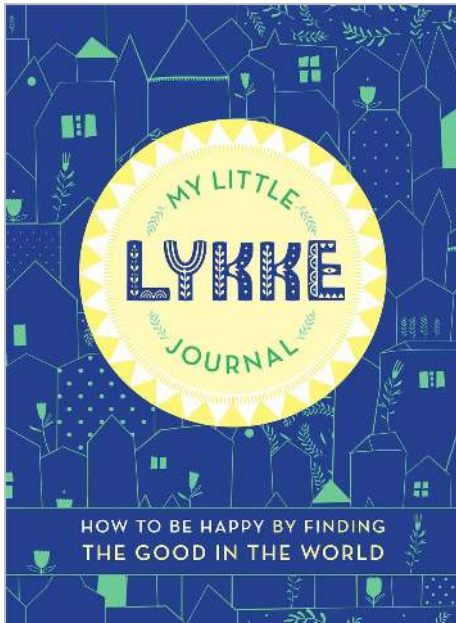
*How to Be Happy by Finding the Good in the World*

Eva Olsen

**Discover simple ways to make joy your mantra every day - the Danish way!**

The Danes are the happiest people on earth, and lykke is the reason why. The practice of “mindful happiness” teaches people how to find the good in the everyday, focusing on the beauty in life as an antidote to the swirl of negativity in the world around us. This journal is a practical guide to conscious reflection on the positive aspects of life, which is proven to increase overall happiness.

EVA OLSEN lives the good life in Fort Collins, Colorado—No. 4 on *National Geographic*’s Happiest Places 2017 list. Her husband, twin sons, hiking with friends, and the art of hand lettering bring her much happiness.



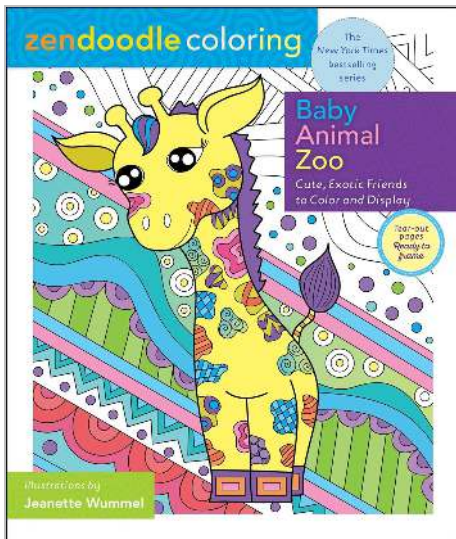
## GAMES & ACTIVITIES / GUIDED JOURNALS

Castle Point Books | 4/16/2019

9781250202291 | \$14.99 / \$19.50 Can.

Trade Paperback | 128 pages | Carton Qty: 20

7.5 in H | 5.5 in W



## Zendoodle Coloring: Baby Animal Zoo

*Cute, Exotic Friends to Color and Display*

Jeanette Wummel

### The cuteness continues with more fun from the animal kingdom

The *New York Times* best-selling Zendoodle series is back with *Zendoodle Coloring: Baby Animal Zoo*, bringing the cuteness of tiny animals to the coloring page. With a splash of color, Jeanette Wummel's 62 hand-drawn, precious zoo creatures will come to life and warm hearts!

JEANETTE WUMMEL is a graphic designer and artist based out of East Lansing, MI. She specializes in creating whimsical art that is fun for all ages.

#### GAMES & ACTIVITIES / COLORING BOOKS

St. Martin's Griffin | 4/23/2019  
9781250202413 | \$13.99 / \$18.50 Can.  
Trade Paperback | 128 pages  
10 in H | 8.5 in W  
Includes 62 black-and-white illustrations  
throughout

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