

familius

Helping Families Be Happy



Welcome to the

FAMILY

Dear Family,

When the Familius team puts together a list of books that appear on our seasonal catalogs, we think long and hard about how this list can help fulfill our mission. It is no easy task to be social entrepreneurs, or as I put it "altruistic capitalists." How do we make sure that each book fulfills the Familius mission to help families be happy and also has controlled costs, maintains the material and printing quality we're known for, sells well for our valued retailers, and makes a profit?

We are tremendously pleased with this Spring and Summer 2024 list. We believe that our new titles will be strong sellers for you as well as fulfill our mission. *She Spoke Too* and *A Stemist Force* highlight the voices of some of the key women who have made our world better and encourage our young children to stretch themselves and make their own contribution whether in social movements or in science, technology, engineering, art, and mathematics.

While I personally am no longer able to call my mother as she passed away a decade ago, I never stop thinking about her and what she did for me. We're very fond of Tracy C. Gold's new picture book *Call Your Mother*. We have all had moments in our lives where we needed to call our mother or the person who helped nurture us through difficult times.

Wren's Nest and *A Tree For Me* celebrate the mentorship grandparents and fathers provide as we introduce our family members to the inspiring and fascinating world around them. *Ocean Train* is a fun undersea exploration for our junior oceanographers. And for those parents who have figured out potty training and how getting their little dinos dressed, we now have help getting them to bed with *How to Put a Dinosaur to Bed*. And for little fingers, we have adapted our *DinoTrain* to our latest *Puzzletrain* series: *Puzzletrain: Dinosaurs!*

We believe the world needs more kindness and love. While we don't want to intimidate you, we have provided 1,001 ways to be kind, broken into categories. You don't have to do all of them, but one a day over three years should cover it! And maybe your relationship isn't perfect. Welcome to the club. Gratefully, Dr. Carla Marie Manly has provided a guide for those of us who don't have a perfect relationship and why that is a positive and joyful thing—*The Joy of Imperfect Love*.

For those either raising tiny humans or who might be pregnant, we haven't forgotten you. Raising toddlers can be like navigating a jungle. Thankfully, Liz Swenson, the author of *You Got This, Mama!* has us all covered with her latest and greatest visual how-to guide, *Raising Tiny Humans*. And artist Rachel Garahan has created one of the most inspiring and creatively beautiful journals for mothers-to-be in *9 Months of Wonder*. This letter shares just a few of the wonderful frontlist titles that you will see this spring and summer.

Each book has been carefully crafted to achieve our mission and satisfy your customer's needs. We welcome your feedback and look forward to a fantastic 2024 Spring and Summer season.

Let's talk family!

Christopher & Michele



She Spoke Too

14 More Women Who Raised Their Voices and Changed the World

KATHY MACMILLAN AND MANUELA BERNARDI
ILLUSTRATIONS BY BECKY THORNS

THIS BOOK HELPS FAMILIES:



Read Together



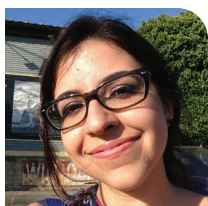
Learn Together

In *She Spoke Too: 14 More Women Who Raised Their Voices and Changed the World*, with the touch of a button readers can hear Mother Jones (Mary Harris Jones), Gerda Weissmann Klein, Patsy Takemoto Mink, Judy Heumann, LaDonna Harris, Antonia Hernández, Dr. Mae Jemison, Jacinda Ardern, Zuzana Čaputová, Chimamanda Ngozi Adichie, Kamala Harris, Maria Ressa, Shamsia Hassani, and Greta Thunberg. Through succinct profiles, stunning portraits by illustrator Becky Thorns, and the original voices of these international women, *She Spoke Too* will inspire readers of all ages to share their own truths and change the world. **Ages 5–7**



Kathy MacMillan

is a nationally certified American Sign Language interpreter, writer, teacher, librarian, and storyteller.



Manuela Bernardi

is a film and TV writer based in Rio de Janeiro, Brazil, where she has collaborated on award-winning feature films.



Becky Thorns

is a visual storyteller who enjoys taking a poetic approach to her art creating new, unknown lands. She uses traditional painting techniques aided by digital methods.

Other sound board books available:



Allegro

\$24.99 ISBN-13: 978-1-64170-038-2



She Spoke

\$24.99 ISBN-13: 978-1-64170-131-0



Hear Them Roar

\$24.99 ISBN-13: 978-1-64170-728-2



ISBN-13: 978-1-64170-751-0
Product number: 550751
Price: \$24.99 (USD) £17.99 (UK)
Picture book with soundboard,
11 × 9, 32 pages

Ships: February 2024

ISBN 978-1-64170-751-0



- Features fourteen women from history that raised their voices and changed the world with a sound panel that allows readers to hear clips of their most powerful speeches.
- Diverse women from around the globe are featured including Mother Jones, Gerda Weissmann Klein, Patsy Takemoto Mink, Judy Heumann, Chimamanda Ngozi Adichie, Greta Thunberg, and more!
- A much-anticipated follow-up to the first book in this series, *She Spoke*.





QUICK FACTS

- Author, speaker, and humanitarian
- Born May 8, 1924 (Bielsko, Poland); died April 3, 2022

GERDA WEISSMANN KLEIN



GERDA'S VOICE

After receiving the Presidential Medal of Freedom, Gerda Weissmann Klein talked about her experiences, her gratitude, and her lifelong work to help others.

Gerda Weissmann Klein had a happy childhood with her Jewish family in Poland. Although they were not rich, they had all they needed. But in 1939, Nazi Germany invaded, igniting World War II. When Gerda was eighteen years old, she was forced into a work camp. Her whole family died during the Holocaust. Gerda endured three years of torture, forced labor, and starvation. She only got through it because of friends she found in the camps and memories of her loved ones. In 1945, as the war was ending, Gerda and other starving survivors were rescued by American soldiers. Gerda fell in love with one of them. His name was Kurt Klein. He, too, was Jewish and had lost his parents in the war. They married in 1946 and moved to Buffalo, New York. Gerda dedicated the rest of her life to raising awareness about the dangers of intolerance. She gave lectures and published articles and books, including *All But My Life* (1957), a memoir about fighting to hold on to her spirit during the Holocaust. In 1997, she was appointed to the US Holocaust Commission. A year later, she and her husband founded the Gerda and Kurt Klein Foundation, which promotes community service and teaching tolerance. In recognition of her work against hunger, racism, and hate, Gerda was awarded the Presidential Medal of Freedom, the highest civilian honor in the United States, in 2011.

"I think survival is an incredible privilege, and with it comes a very deep obligation to speak about those who never had the chance, who never held their child in their arms. I think that I can never pay back enough, and I always ask the question, why am I here?"



YOUR TURN TO SPEAK UP

Gerda's memories of those she loved strengthened her during difficult times. For example, she treasured the memory of the cocoa her mother gave her on their family's last morning together. How can your memories of your family or friends strengthen you?



During her imprisonment, Gerda's friends—Ilse, Susie, and Liesel—loved and supported her. Even though they would go days without food, they shared what little they had. On Gerda's birthday, her friends gave her the gifts they could, such as margarine and lollipop. Why is friendship so important? What can you do today to show a friend that you appreciate them?



QUICK FACTS

- Attorney and politician
- Born December 6, 1927 (Pāhala, Maui, Hawaii, United States of America); died September 28, 2002

PATSY TAKEMOTO MINK



PATSY'S VOICE

In November 1974, the US Office of Information interviewed Patsy Mink and fellow congresswoman Marsha Griffin about the changing role of women. As usual, Patsy was straightforward about the causes of gender-based discrimination:

Patsy Takemoto Mink never let other people's prejudice stop her. Her high school had never had a female student body president, but she ran and won. In college, she was assigned to the international dorm because non-white students were not allowed in the main dorms. She ignited a protest that got the policy changed. Later, medical schools would not admit her because she was a woman. So Patsy went to law school. She became Hawaii's first Japanese American woman lawyer. When law firms wouldn't hire her because she was married with children, she opened her own firm. Between 1956 and 1964, Patsy served in Hawaii's legislature. In 1964, she was elected to the US House of Representatives, becoming the first woman of color to serve in Congress. She was re-elected five times in a row. Patsy fought for education, women's rights, civil rights, and the environment. She coauthored the Title IX Educational Amendment of 1972, which required equal opportunities for women and men in admissions, academics, and athletics. Patsy opposed the Vietnam War and ran for president in 1972 as an antiwar candidate. She knew she wouldn't win, but she wanted Americans to get used to seeing female candidates. After an unsuccessful run for the US Senate in 1975, Patsy became involved in Hawaii's local politics. She returned to the US House of Representatives in 1990 and continued to serve until her death. Congress later renamed Title IX as the Patsy I. Mink Equal Opportunity in Education Act.

"So long as any part of our society adheres to a sexist notion that men should do certain things and women should do certain things and then begin to inculcate our babies with these notions through curriculum development and so forth, then we'll never be rid of the basic causes of sex discrimination."



YOUR TURN TO SPEAK UP

Patsy ran for president of the United States even though she knew she wouldn't win, but she didn't consider it a wasted effort. Do you think some things are worth doing even if you don't win? Patsy stood up for what she believed in, even if it was unpopular. She said that you have to be willing to "stand alone for a while if necessary" until others catch up. Why is it often hard to stand alone? What would inspire you to be the person who stands up first?



QUICK FACTS

- Lawyer and civil rights leader
- Born May 30, 1918 (Buenos Aires, Argentina)

ANTONIA HERNÁNDEZ

Antonia Hernández has fought against discrimination her whole life. Through her own work as a labor leader, lawyer, and author, she has helped Mexican Americans fight for their rights. In 1968, she was elected to the US House of Representatives as the first Hispanic woman in Congress. She fought for equal pay for women and against discrimination in housing and education. She was also a vocal supporter of the Civil Rights Movement and the fight for the rights of the Latino community.

ANTONIA'S VOICE

"We're in the hands and feet of a bunch of dead men. We're in the hands and feet of a bunch of dead men. We're in the hands and feet of a bunch of dead men. We're in the hands and feet of a bunch of dead men."

YOUR TURN TO SPEAK UP

Although Antonia was successful at being a labor leader, lawyer, and author, she was also a vocal supporter of the Civil Rights Movement and the fight for the rights of the Latino community.



QUICK FACTS

- Astronaut, scientist, and educator
- Born August 19, 1951 (Decatur, Illinois, United States of America)

DR. MAE JEMISON

Mae Jemison has been a trailblazer in many ways. She was the first African American woman to travel into space as a payload specialist on the Space Shuttle Columbia in 1992. She was also a scientist, educator, and author. She has inspired many young people to pursue careers in science and technology.

MAE'S VOICE

"On October 15, 1992, as the shuttle Columbia lifted off for the 28th mission, STS-47, I was one of the first African American women to travel into space as a payload specialist on the Space Shuttle Columbia in 1992. It was a moment of great pride and honor for me and for my country."

YOUR TURN TO SPEAK UP

What are her greatest accomplishments? How do you think her work has inspired others? How do you think her work has inspired others?

A Steminist Force

A Celebration of Women in STEM

LAURA W. CARTER

ILLUSTRATIONS BY ANNA DOHERTY

We are girls as bright as fire!

We're a STEMINIST brigade.

Leaving blazing trails behind us

On our groundbreaking crusade.

THIS BOOK HELPS FAMILIES:



Learn Together



Read Together

Written in rhyme with young girls in mind, *A Steminist Force* is a rallying cry of rhythmic prose that celebrates female contributions in STEM fields across the world and throughout history. From mathematicians to meteorologists, and from architects to astronauts, this book celebrates pioneering women's contributions to STEM fields across the world. With backmatter detailing each woman's individual contributions to her field, this colorful picture book is the perfect classroom or living room tool to introduce children to remarkable women in STEM history and to encourage girls to continue exploring STEM



Laura W. Carter

is a native of Oxford, Alabama. After earning a Bachelor of History in 2008 and a Master of Education in 2009 from the University of Montevallo, she and her husband moved to Huntsville, where they both began their careers as teachers.

She has taught history at the high school level since 2013 and is also certified to teach English and language arts. *The Elect* and *Restoration* were her first published books, and they were released from a small press beginning in 2013. Since then, she has expanded her writing into all realms of kidlit with a particular fondness toward writing picture books that her son would enjoy. Laura's adult life has been and continues to be dedicated to working with youth and encouraging them to love stories, history, and learning.

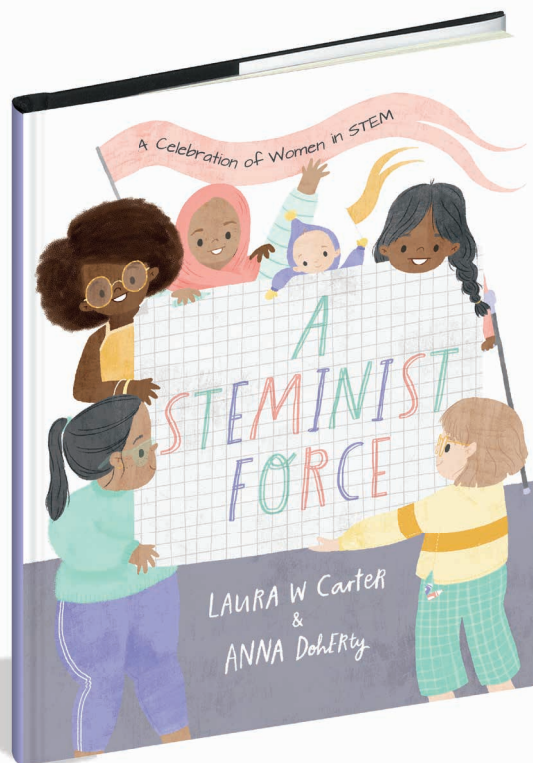
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Anna Doherty

is an illustrator/author from Edinburgh, based in Cambridge. Since graduating from the Children's Book Illustration MA at Cambridge School of Art, Anna has illustrated several picture books, most recently *Lots of Dots* and *Human Town*. She is the creator of *Fantastically Feminist*, a

mini-series of biographical books and enjoys working on board books and non-fiction titles. Anna loves mustard yellow, popcorn, and dogs.



ISBN-13: 978-1-64170-960-6

Product number: 550960

Price: \$16.99 (USD) £ 11.99 (UK)

Jacketed hardcover, spot UV/raised varnish, 8 × 10, 32 pages

Ships: February 2024

ISBN 978-1-64170-960-6



- The sing-song format is perfect for the classroom and read-aloud opportunities.
- By using the collective “We,” it invites young girls to join the growing list of pioneering women in STEM across the world and includes them in the celebration of girl power.
- The author wrote this book after being inspired by her students at the STEM magnet school where she teaches 3 to 7-year-olds.





We are human calculators,
Perfect mathematician queens.

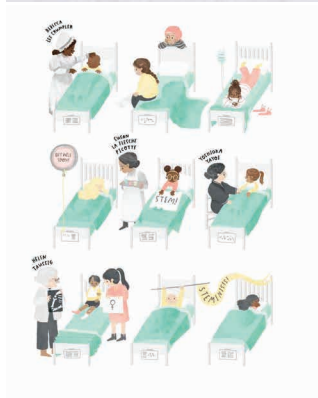
We are programmers designing
Codes and apps for your machines.

STEMINISTS!



We are astronauts who reach for stars
That shine in outer space.

And we're physicists who measure how
Things move from place to place.



We are doctors healing patients
And researching new vaccines.

We are farmers tilling soil and
Growing wheat and corn and greens.

We're marine biologists
Who study life beneath the waves.

We're geologists who travel
To the deepest of Earth's caves.

A Tree for Me

CAROLE GERBER

ILLUSTRATIONS BY HELENA PÉREZ GARCIA

*We take a path into the park,
to look at all the summer trees.*

Leaves are rustling—whisper, whisper.

Limbs are creaking in the breeze.

THIS BOOK HELPS FAMILIES:



Learn Together



Work Together

There are amazing trees that live in our world—yellow poplar, American beech, crape myrtle, and so many more! But how do you know which ones are which? Follow along in this heartwarming tale as a father lovingly teaches his son to identify eight common trees in a park and then surprises him with his own tree to plant and nurture.

With beautiful, realistic illustrations and tree facts interwoven throughout the story, *A Tree for Me* makes learning about trees fun! And as a bonus, there are more facts and resources at the end of the book to learn how to identify and plant a tree, so you can surprise your child with a trip to the nursery and their very own “tree for me.” **Ages 3–6**



Carole Gerber

Poet and author Carole Gerber has written three other well-reviewed picture books about trees: *Leaf Jumpers*, *Winter Trees*, and *Spring Blossoms*. She has authored 18 picture books, and more than one hundred elementary science and reading texts for major publishers. She holds a BS in English education and an MA in journalism from Ohio State and

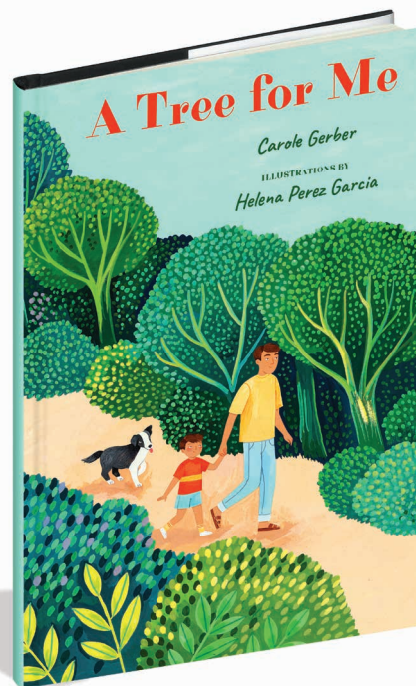
has taught middle school and high school English as well as news writing and factual writing at OSU. Learn more at www.carolegerber.com



Helena Pérez Garcia

is a graduate of Azusa Pacific University's Bachelor's of Fine Arts program with an Interdisciplinary emphasis in both graphic design and illustration. Having roots in the multicultural community of Southern California, Sarah grew up loving music and dance, playing classical guitar and

performing as a Polynesian dancer throughout her younger years.



ISBN-13: 978-1-64170-753-4

Product number: 550753

Price: \$17.99 (USD) £12.99 (UK)

Jacketed hardcover, spot UV/raised varnish

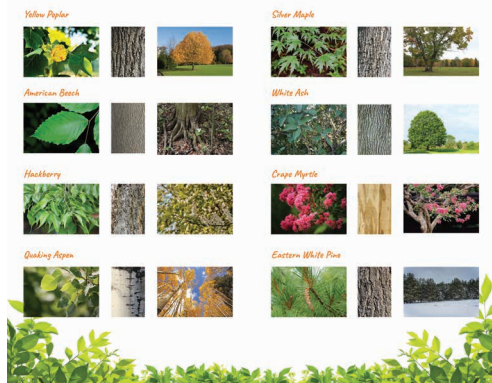
7.5 x 12, 32 pages

ISBN 978-1-64170-753-4

Ships: March 2024



- **Perfect for Arbor Day, this is a visual exploration of multiple tree species told through a story in verse about a father and son choosing the right tree for their garden.**
- **Back matter includes resources on how to plant and care for a new tree and photos of bark, leaves, and roots to help children identify the species discussed in the book.**
- **The author has written several well-reviewed books on the topic of seasonal trees for children: *Leaf Jumpers*, *Winter Trees*, and *Spring Blossoms* (published by Charlesbridge Press).**

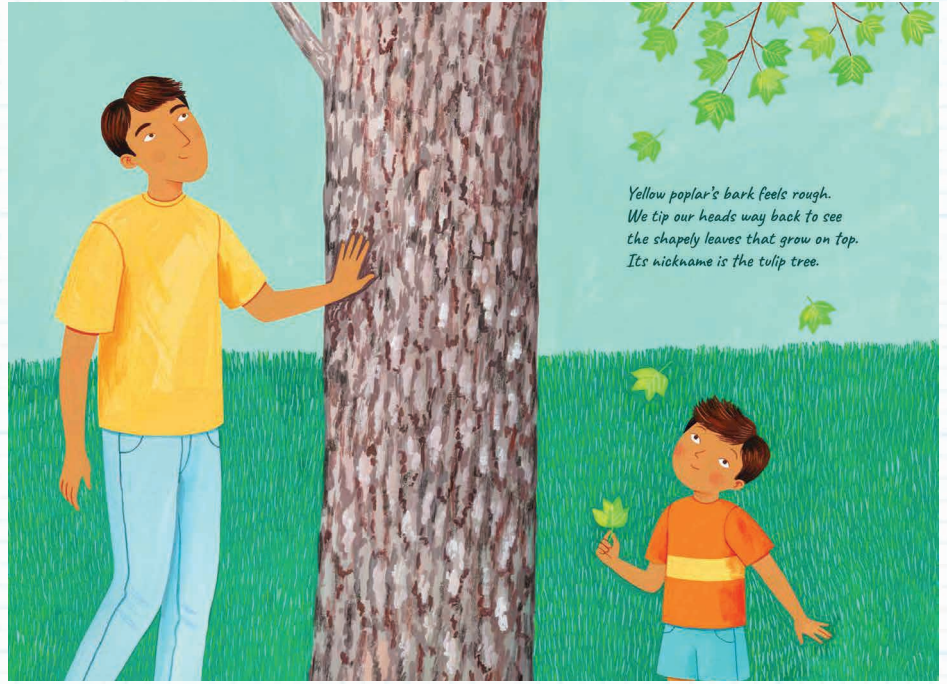


*We take a path into the park,
to look at all the summer trees.*



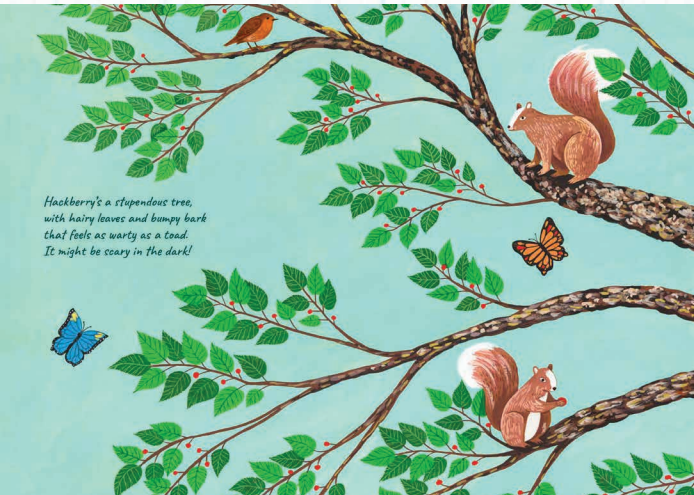
*Leaves are rustling—
whisper, whisper.
Limbs are creaking
in the breeze.*

*Each kind has different leaves and bark
that make it stand out from the rest.
We'll learn to tell the trees apart
by looking at the way they're dressed.*



*Yellow poplar's bark feels rough.
We tip our heads way back to see
the shapely leaves that grow on top.
Its nickname is the tulip tree.*

*Hackberry's a stupendous tree,
with hairy leaves and bumpy bark
that feels as warty as a toad!
It might be scary in the dark!*



*We lean against a small beech tree.
The bark feels cool and smooth as skin.
Its oval leaves are glossy green
with jagged edges at the end.*



Call Your Mother

TRACY C. GOLD

ILLUSTRATIONS BY VIVIAN MINEKER

*When you're hungry, when you're sad,
When you don't know why you're mad,
Goo ga! Ma ma!
Call your mother.*

THIS BOOK HELPS FAMILIES:



Love Together



Heal Together

From life's highs to life's lows, there's one person who is always the first one we call: our mother. She's the one we want to comfort us, to wipe our tears, and to share our triumphs. In this beautiful and relatable picture book *Call Your Mother*, follows a mother and daughter through the years as they face each new stage together. You are never too old to need your mother. The perfect gift for the mothers or grandmothers in your life who always answer the call! **Ages 3-6**



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.



Vivien Mineker is a Taiwanese American illustrator from Taipei, Taiwan and Portland, Oregon, currently living in Slovenia. Her process usually starts with watercolor and colored pencils and finishes on the computer for fine details and adjustments.

Other books for mothers:



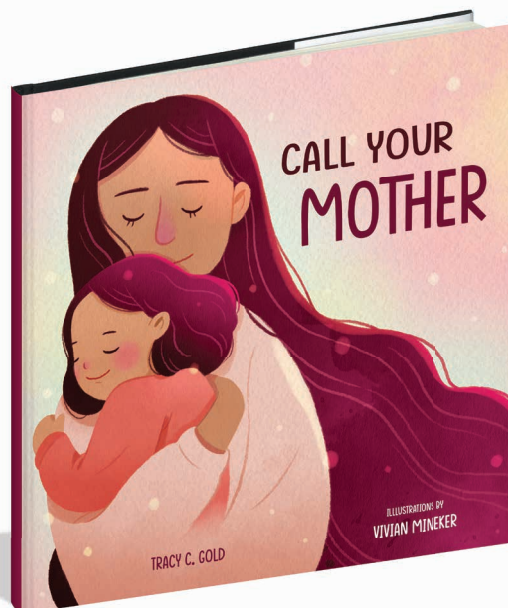
Mommy's Love

\$9.99 ISBN-13: 978-1-64170-665-0



Mommy Ever After

\$17.99 ISBN-13: 978-1-64170-451-9



ISBN-13: 978-1-64170-904-0

Product number: 550904

Price: \$17.99 (USD) £ 12.99 (UK)

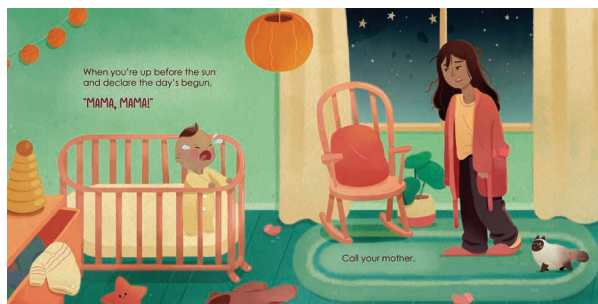
Jacketed hardcover, spot UV/raised varnish
9 x 9, 32 pages

Ships: January 2024

ISBN 978-1-64170-904-0



- **A touching gift for new moms that recounts the moments from infancy to parenthood when you call on your mother.**
- **An updated version of "Love You Forever" by Robert Munsch/Sheila McGraw.**
- **This book takes the often nagging "Call your mom" adage and turns it into a loving refrain that will melt the hearts of mothers and children of all ages.**



When you really have to pee,

"MOMMY, HELP ME!"



Call your mother.

When you play a brilliant game,
and your teammates cheer your name,

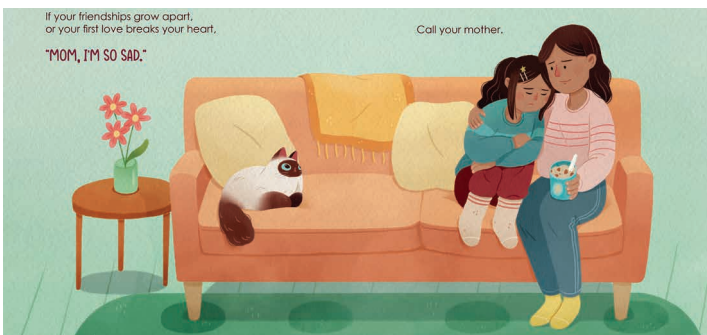
"MOM, WE DID IT!"



Call your mother.

If your friendships grow apart,
or your first love breaks your heart,
"MOM, I'M SO SAD."

Call your mother.



**"I DID JUST THE
SAME AS YOU,"**



The Blue Canoe

SHERYL MCFARLANE

ILLUSTRATIONS BY LAUREL AYLESWORTH

Every cabin day is a paddle-on-the-lake day.

You'll be paddling with us too,

coming-soon baby.

Mom and me and you in our blue canoe..

THIS BOOK HELPS FAMILIES:

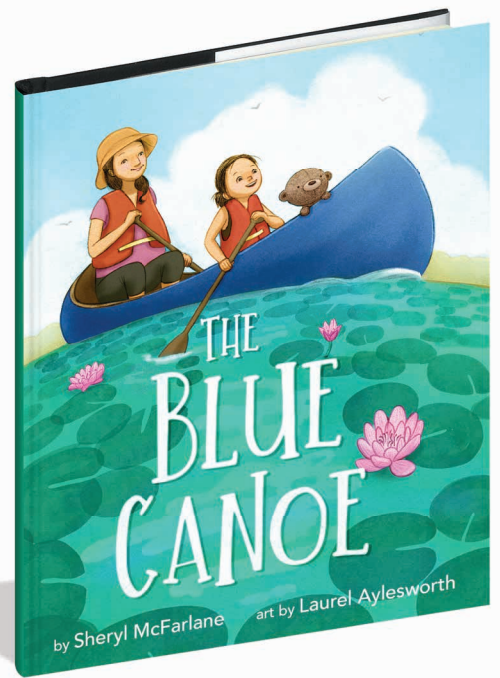


Love Together



Heal Together

A mother and daughter spend the day on the lake, admiring the local flora and fauna and considering the way their paddling routine might change when a new baby arrives. For nature lovers with a growing family, *The Blue Canoe* is a poignant picture book conversation that gently addresses a child's natural worries about shifting family dynamics while celebrating the unchangeable bond between mother and child. The details of the animal families they encounter bolster the child's confidence and reinforce the mother's loving reassurance that even though a new baby will bring change, some things are as reliable as the sunrise. **Ages 3–5**



ISBN-13: 978-1-64170-915-6
 Product number: 550915
 Price: \$16.99 (USD) £11.99 (UK)
 Jacketed hardcover, spot UV/raised varnish
 8 × 10, 32 pages
 **Ships: June 2024**

ISBN 978-1-64170-915-6



Sheryl McFarlane is a writer and educator living in Victoria, B. C. She is the award-winning author of nineteen books for children, including: *Waiting for the Whales*, *Jessie's Island*, *I Love Kisses and Welcome Rain!* Sheryl has coordinated several book tours for Canadian Children's Book Week, organized two children's book festivals, and chaired the Children's Literature Roundtable in Victoria

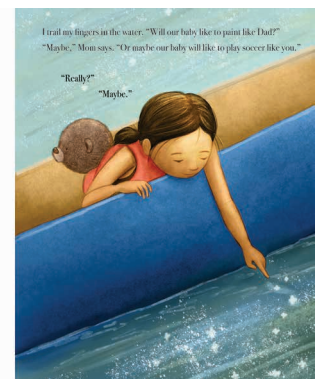
for more than ten years. She has toured extensively, spoken at numerous literacy, literature, and young writers conferences. She loves reading, gardening, and walking her mini Dachshund, Karl. *The Blue Canoe* was inspired by canoeing and kayaking with her children when they were young. Sheryl stocks a little free library for friends and neighbors. Find out more about Sheryl at sherylmcfarlane.ca.



Laurel Aylesworth As an introverted kid growing up in Vermont, drawing came naturally to Laurel Aylesworth. Instead of going to the mall like most teenagers, you would find her in her room drawing scenes from *Lord of the Rings* or copying her favorite characters from *Elf Quest* comics. Later, her career path naturally led to graphic design, but something was missing (namely,

Elves and magic). She found her calling as an illustrator after becoming a mother and hence, wading knee-deep in picture books from the library. She was inspired by the books crafted by Eliza Wheeler, Guojing, Kelly Murphy, Lee White, and other incredibly talented illustrators. Laurel strives to bring a sense of mystery, magic, and tenderness to her visual storytelling. Today, you can find Laurel still surrounded by picture books, sketch pads and pencils, her daughters, and a cup of jasmine tea at her side.

- *The Blue Canoe* beautifully captures the tender relationship between a mother and her young daughter, as they embark on the journey of welcoming a newborn into their lives.
- The pages of the book come alive with vivid descriptions and stunning illustrations of local lake flora and fauna.
- Through the conversation between the mother and daughter, *The Blue Canoe* tackles the young girl's apprehensions about the changes a new sibling may bring.





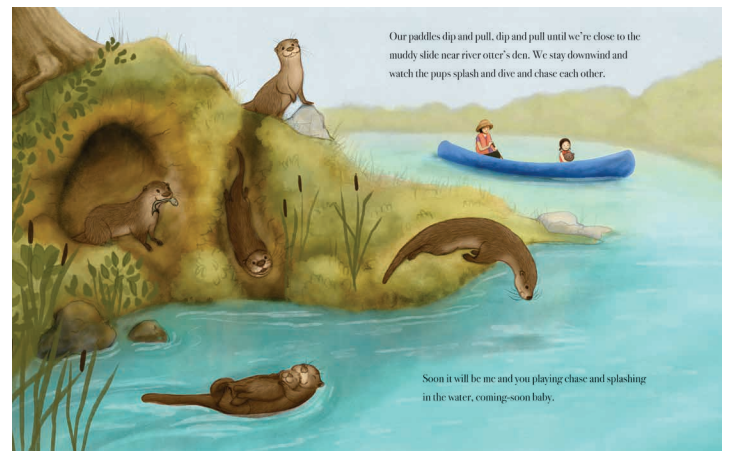
Every cabin day is a paddle-on-the-lake day.



I sit a little taller and paddle a little harder.
A kingfisher chit-chit-chit-chit-chits.

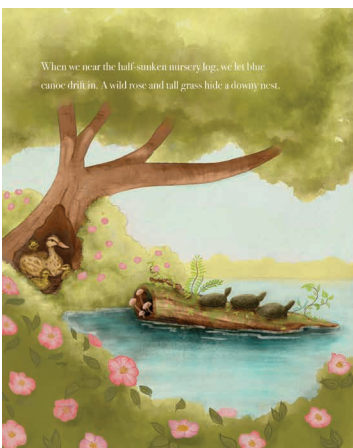
"I'll be busy or tired sometimes—but nothing is better than canoeing with you."

I wonder, will you have silly stick-up hair like the kingfisher, coming-soon baby?

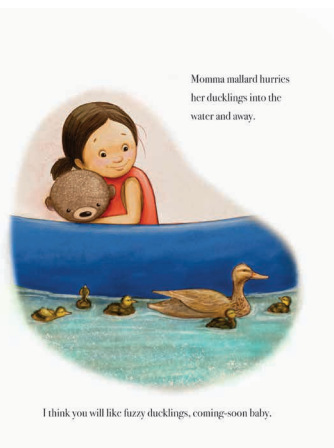


Our paddles dip and pull, dip and pull until we're close to the muddy slide near river otter's den. We stay downwind and watch the pups splash and dive and chase each other.

Soon it will be me and you playing chase and splashing in the water, coming-soon baby.



When we near the half-sunken nursery log, we let blue canoe drink in. A wild rose and tall grass hide a downy nest.



Momma mallard hurries her ducklings into the water and away.

I think you will like fuzzy ducklings, coming-soon baby.



It's quiet except for the sound of our paddles. A bald eagle floats on an updraft and the tall trees reach for the sky.

Then I have a scary thought...

Wren's Nest

HEIDI E.Y. STEMPLE

ILLUSTRATIONS BY EUGENIA NOBATI

When Wren was born, Grandpa put a wren box just outside the window of her tiny room.

When she was a baby, the wrens sang her to sleep.

Each spring, Wren and Grandpa watched the birds bringing sticks and grasses to the box and listened when the babies squealed for their dinner.

THIS BOOK HELPS FAMILIES:



Read Together



Learn Together

When Wren's family moves to the city, she misses bird-watching in the meadow. Their new home has an extra bedroom, but the only birds she can see are pigeons. Lots of pigeons. But when Wren and her grandpa discover a phoebe nest in the rafters above their porch, they get a front-row seat to the miracle of new life—both in nature and in their own home. With ecological back-matter about what to do if you find a bird's nest and other birdwatching resources, this gorgeously illustrated picture book explores the sweet relationship between grandfather and granddaughter, as well as the anticipation of a new arrival. **Ages 4–6**

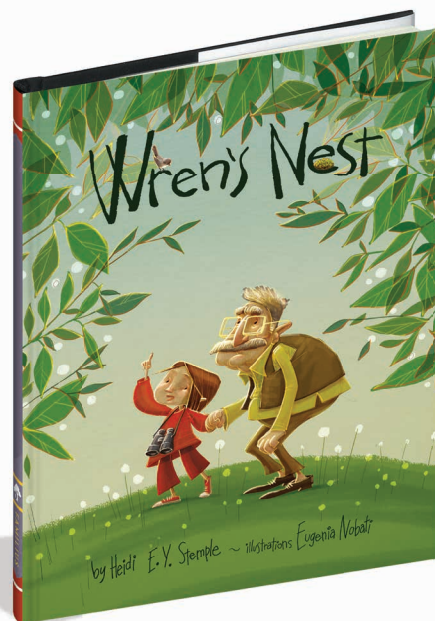


Heidi E.Y. Stemple didn't want to be a writer when she grew up. In fact, after she graduated from college, she became a probation officer in Florida. It wasn't until she was 28 years old that she gave in and joined the family business, publishing her first short story in a book called *Famous Writers and Their Kids Write Spooky Stories*. The famous writer was her mom, author Jane Yolen. Since then,

she has published more than thirty-five books and numerous short stories and poems, mostly for children.



Eugenia Nobati was born in 1968, Buenos Aires, Argentina, where she still lives with her family. Started as a Graphic Designer in 1990, but in 1997, she decided to dedicate her time exclusively to illustration, mostly to children's books. Over the years, her work has been published in nine countries and more than fifty books.



ISBN-13: 978-1-64170-752-7

Product number: 550752

Price: \$17.99 (USD) £ 12.99 (UK)

Jacketed hardcover, spot UV/raised varnish, 8.5× 11, 32 pages

Ships: February 2024

ISBN 978-1-64170-752-7



- **An intergenerational story about a child, her grandfather, and their shared love of birds.**
- **Written by the real-life little girl in Jane Yolen's Caldecott winning *Owl Moon*.**
- **An ideal book for any birder or citizen scientist trying to pass their hobby on to the next generation.**
- **Backmatter includes information about birding and wrens**



When Wren was born, Grandpa put a wren box just outside the window of her tiny room.
When she was a baby, the wrens sang her to sleep.



Each spring, Wren and Grandpa watched the birds bringing sticks and grasses to the box and listened when the babies squealed for their dinner. Sammy Cat pressed her nose up to the window and the daddy wren chat chat chattered a warning to get away!



Wren and Grandpa watched out the window year after year.

Grandpa told her stories about wrens. Make believe ones like Cinda-wren-a. And, real ones like how daddy wrens sometimes built two or three nests before finding the perfect spot for mama wren to lay eggs.



When she got big enough, Grandpa brought Wren her very own pair of binoculars. They watched birds in the meadow behind the house. Blue birds and blue jays, robins and mockingbirds, nuthatches and chickadees. Sometimes, a red tail hawk would circle lazily over the meadow and all the other birds scattered. The wrens, though, were her favorites.



The new house felt big and lonely. Mama and Daddy went to their new jobs and Grandpa was busy building things. Wren sat on the front porch and looked through her binoculars. She spotted a boy riding his bike, a pair of joggers, and a dog sniffing a fire hydrant. And, she saw pigeons. Only pigeons.



Every day Wren sat on the porch quietly. Sometimes Grandpa joined her. One sunny afternoon, one then two, then quickly all five eggs hatched. When she pecked, Wren couldn't really tell where one chick ended and another began.

Finding Mr. Trunks

ANNEMARIE GUERTIN

ILLUSTRATIONS BY ANDREA ALEMANO

Somewhere between the security checkpoint and Gate 2 is where it happened. The grip around my neck loosened. Oh, no! Libby? Libbyyyyy!

THIS BOOK HELPS FAMILIES:



Read Together



Laugh Together

When Libby accidentally drops her beloved stuffed elephant, Mr. Trunks, at the airport, he must figure out how to reconnect with her before they're separated forever. With help from a friendly baby and big brother en route to Italy, Mr. Trunks comes up with a clever plan to harness the power of social media and #FindMrTrunks. With quirky illustrations and a magical world of people and animals, this modern tale of finding home and the power of collective kindness is sure to give you all the heart eyes. **Ages 3-5**



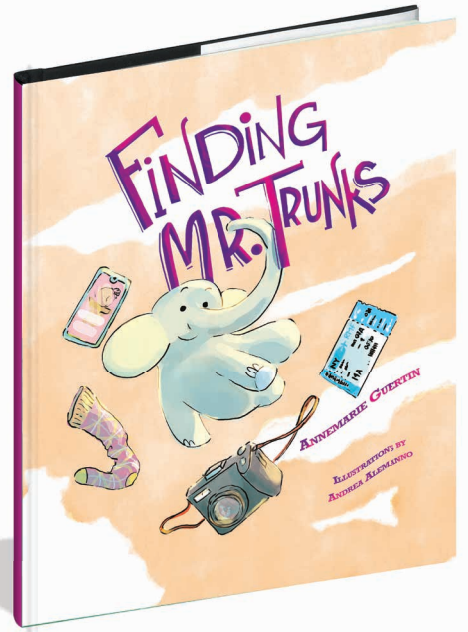
Annemarie Guertin

graduated from Wheelock College and Fitchburg State University, earning both a bachelor's and master's degree in education (summa cum laude). Annemarie is a literacy coach for the Salem Public School district in Salem, MA. She lives in Haverhill, MA, with her husband, Michael, and their two children.



Andrea Alemano

currently lives in Mantua, Italy. He has lived in Florence, Macerata, Lecce, Valencia, Taranto and more! Now, more than 3 decades and a lot of houses, apartments, caves, dungeons, and castles later, he is still drawing and learning something new every day. He loves adding a traditional touch into a digital world, so he uses pencil, ink, and digital colors to give life to his artwork. Sometimes he passes his knowledge on to aspiring illustrators. He is currently working for both Italian and international publishers.

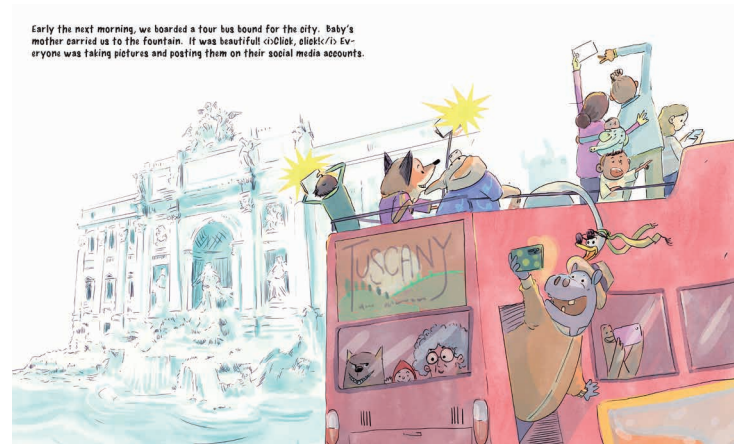
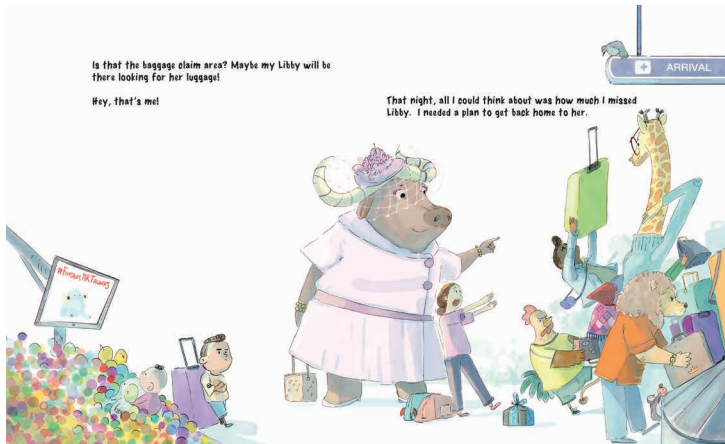


ISBN-13: 978-1-64170-986-6
 Product number: 550986
 Price: \$16.99 (USD) £ 11.99 (UK)
 Jacketed hardcover, spot UV/raised varnish, 8x 10, 32 pages
Ships: May 2024

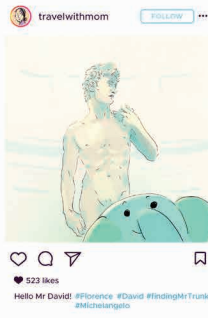
ISBN 978-1-64170-986-6



- **Delivers a heartwarming message to young readers, teaching them about resilience, determination, and the power of friendship.**
- **Explores popular theme of lost toys being reunited with their owners.**
- **Narrated from the point of view of Mr. Trunks, the lovable stuffed elephant, offering a fresh and engaging perspective for young readers by allowing them to experience alongside him.**



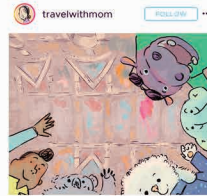
Everyone is eager to see where I am and what I'm up to!



Wherever we went, people stopped to take pictures of me to post on #FindMr.Trunks.



Click, Click
There I was at The Colosseum.



Click
I was at The Leaning Tower of Pisa.



Click, Click, Clickety, Click
I even had a picture taken at the Vatican!

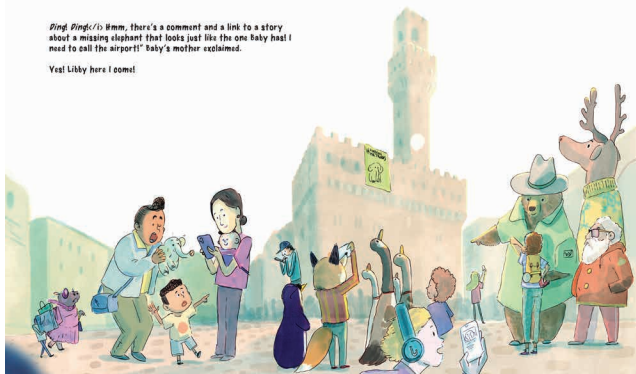


"Oh, my goodness! It's him! But we won't be back for another two weeks. Poor Libby. Don't worry Mr. Trunks, we'll find a way to let her know what you're up to until we can get you back home!"

Ding! "We've got a response from Mr. Trunks family! They said they would meet us at the airport when we return."



Ding! Ding!/:) Hmm, there's a comment and a link to a story about a missing elephant that looks just like the one baby had! I need to call the airport!! Baby's mother exclaimed.
Yes! Libby here I come!



Baby, hold me up! Smile for the camera!
Click



"Aww, what a great picture of us!
Ding! Ding! "The picture I posted is getting a lot of attention!"

The Overlook Book

Change Your Perspective, Change the World

MEGAN FULLMER PERRY

Our initial view of a situation doesn't always allow us to see the whole picture. Only by looking at an issue from a different perspective can we gain a better understanding. *The Overlook Book: Change Your Perspective, Change the World* encourages readers to see things from a different perspective in a very literal way. Showing scenes from one viewpoint and then pivoting to an aerial view helps readers understand what is really going on in each scene and what vital details we might be missing with our limited view. Author and illustrator Megan Perry's colorful artwork is created using paper collages, so the images have a degree of depth, shadow, and texture from the layers of paper that mirror the layers of our understanding. *The Overlook Book* invites readers to open their minds to new perspectives and explores concepts of friendship, family, support, love, inclusion, peace, and kindness. **Ages 5-7**

THIS BOOK HELPS FAMILIES:



Read Together



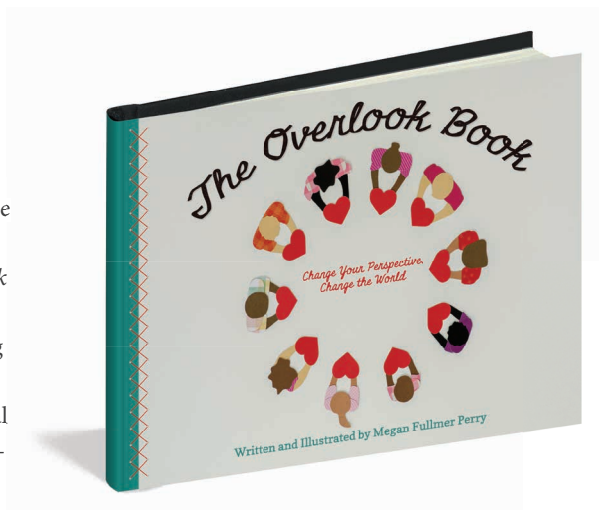
Learn Together



Megan Fullmer Perry

is an artist and musician from Salt Lake City, Utah. Her love for both art and music started at a young age as she grew up in a home of creative minds and was taught to play the piano by her grandmother. Megan lives with her husband and four children in the Salt Lake area against the backdrop of the beautiful Wasatch Front. Megan creates art through a paper collage method using hand-cut as well as machine-cut pieces for a crisp, clean look.

Along with paper collages, she loves painting, photography, and interior design. Megan received a degree in art history from the University of Washington.



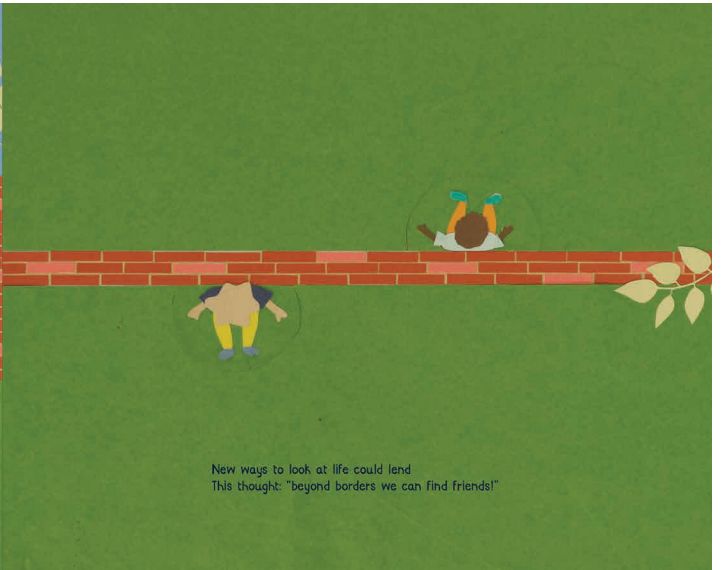
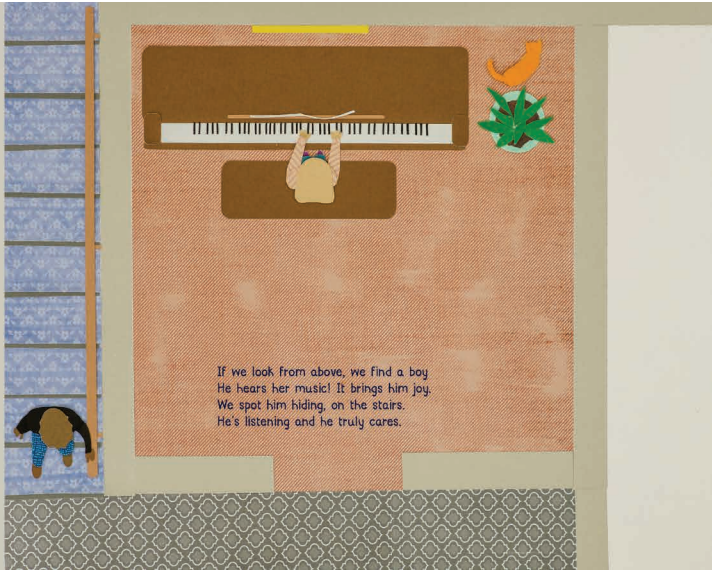
ISBN-13: 978-1-64170-955-2
 Product number: 550955
 Price: \$17.99 (USD) £ 12.99 (UK)
 Jacketed hardcover, spot UV/raised varnish, 10 x 8, 32 pages
Ships: June 2024

ISBN 978-1-64170-955-2



- **Resonates with our shared human experiences, presenting universal themes that transcend age, culture, and background, making it a valuable addition to any library, classroom, or personal collection.**
- **Motivates readers, particularly children, to consider different perspectives and think about different points of view.**
- **The artwork in the book is meticulously created through the intricate technique of paper collage, adding depth, shadow, and texture to each page.**





123 Counting on Community

ANNEMARIE RILEY GUERTIN
ILLUSTRATED BY CORY REID

When a neighborhood park is in need of repair, the community comes together to give it a new life. From raking leaves to painting benches and planting a communal garden, kids and grownups join forces to beautify their shared space. With countable elements from 1 to 10 and a diverse community of helpers, *123 Counting on Community* celebrates the power of working together. **Ages 0–3**

THESE BOOKS HELP FAMILIES:



Read Together



Work Together

ISBN-13: 978-1-64170-952-1

Product number: 550952

Price: \$9.99 (USD) £6.99 (UK)

Board book, 7 × 7, 20 pages

 **Ships: June 2024**

ISBN 978-1-64170-952-1



Annemarie Guertin

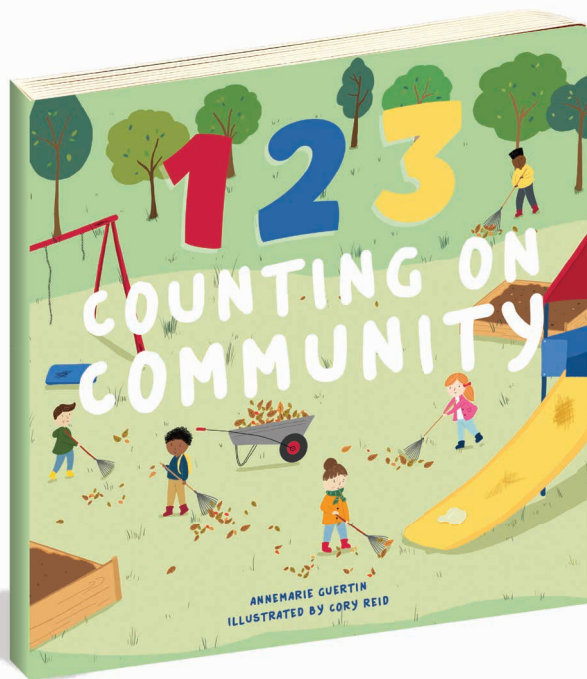
graduated from Wheelock College and Fitchburg State University, earning both a bachelor's and master's degree in education (summa cum laude). Annemarie is a literacy coach for the Salem Public School district in Salem, MA. She lives in Haverhill, MA, with her husband, Michael, and their two children.



Cory Reid

has a BA Hons Degree in Illustration from Loughborough University and has a passion for creating adorable characters and worlds for them to inhabit. His charming digital style features fine detailing and is beautifully textured. Cory has worked in the creative industry for almost twenty years, starting as a greetings card designer, before moving into children's publishing. He has already had several titles published for

clients including Usborne Publishing, Owlet Press, Autumn Publishing and Pan Macmillan.



- Celebrates the power of unity, learning, and growing together.
- From one to ten, this book helps young children develop number recognition, counting, and 1-to-1 correspondence.
- Touches on various subjects like life science, earth science, recycling, composting, and gardening.
- Offering a comprehensive exploration of various subjects in a board book format designed specifically for younger children, making it accessible and durable for little hands.



June Moon

LYNN BECKER

ILLUSTRATED BY NATE CARVALHO

Rising moon

Shining moon,

Magic as a June moon.

A story of seashores and summertimes, in *June Moon*, the rising and setting of the moon mirrors a child's imaginative play and bedtime routine, all bathed in the natural magic of an evening in June. With gorgeous illustrations and seamless transitions between reality and the fantasy of a child's view of the night sky, readers of all ages will reach for this lilting bedtime poem again and again. **Ages 0–3**

ISBN-13: 978-1-64170-999-6

Product number: 550999

Price: \$9.99 (USD) £6.99 (UK)

Board book, 7 × 7, 20 pages

 **Ships: April 2024**

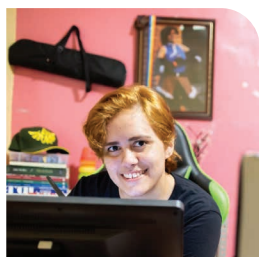
ISBN 978-1-64170-999-6



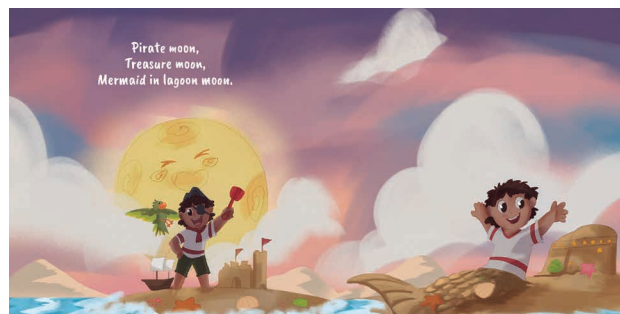
- With its lyrical language and enchanting storyline, children and parents alike will be captivated by the magical interactions between a child and the full moon on a warm summer evening.
- Designed to be the ideal book for winding down before bed. Combines the familiarity of a bedtime routine with the imaginative playfulness of interacting with the moon.
- Regardless of the time of year, *June Moon* will be a favorite among young readers.



Lynn Becker grew up in New York, spent many years in the Southern California desert, and now lives in Colorado. She's a children's book reviewer with *Shelf Awareness*, and also the author of *Monsters in the Briny*, a picture book illustrated by Scott Brundage.



Nate Carvalho is a published children's book illustrator and visual development artist in the animation industry. Nate is a storyteller at heart, bringing colourful images and stories to life.



How to Put a Dinosaur to Bed

ALYCIA PACE

*Having a dinosaur is SO much fun,
but taking care of them can sure make you TIRED.
Especially if your dinosaur keeps you up ALLLLLLL night long.
So how do you get a dinosaur to go to bed and STAY in bed?*

Along with a cute triceratops, two siblings learn the value of sleep as they attempt to put their dino to bed. Every parent knows the bedtime power struggle can be a waking nightmare, but with a solid routine and gentle reminders, children can learn the tools they need to stay in bed. This hilarious board book places children in the teaching role and allows them to learn the skills for themselves in a fun, easy way. **Ages 0-3**

ISBN-13: 978-1-64170-953-8

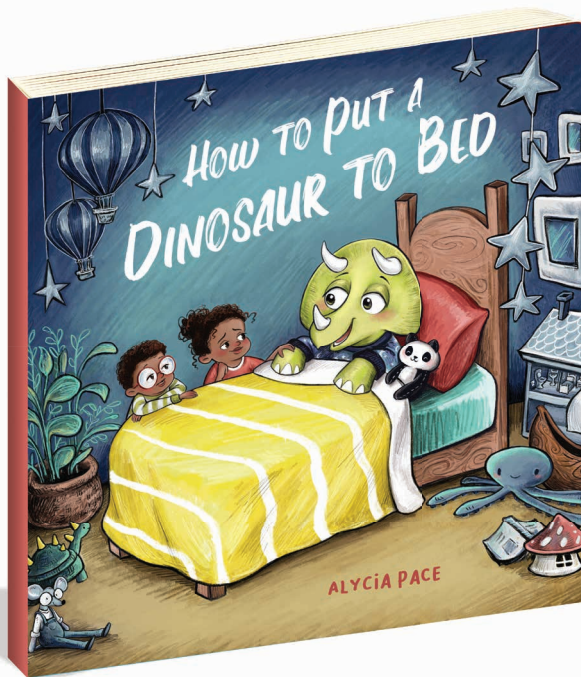
Product number: 550953

Price: \$9.99 (USD) £ 6.99 (UK)

Board book, 7 x 7, 16 pages

 **Ships: December 2023**

ISBN 978-1-64170-953-8



Read Together



Laugh Together

- Follows the format of the other How to Dino series books by teaching children through a story.
- Combines the popularity of dinosaurs with the necessity of bedtime.
- Both bedtime and dinosaurs are evergreen topics for children's book sections.
- Narrative teaching has been proven effective for children in this age group.

Alycia Pace has always loved telling stories. She studied animation at Brigham Young University and is now a freelance illustrator from her home in Utah, where she lives with her two-year-old daughter and adventurous husband. Alycia loves fortune cookies, exploring new places, and the smell of bookstores.



Also available:

How to Potty Train a Dinosaur

\$9.99 ISBN-13: 978-1-64170-290-4

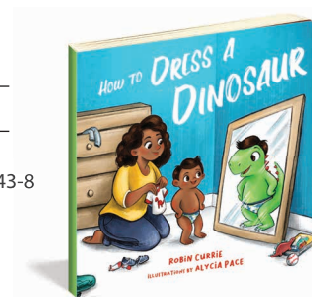
ISBN 978-1-64170-240-9

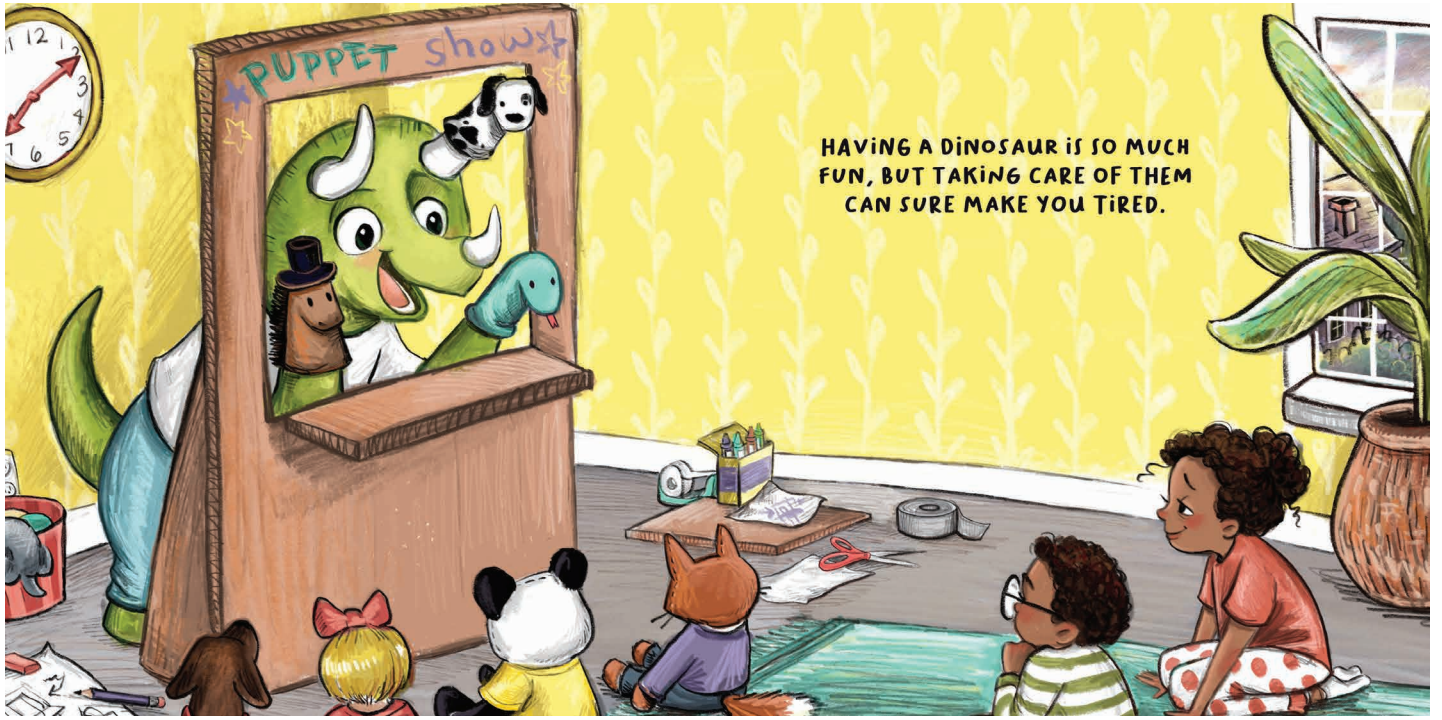


How to Dress a Dinosaur

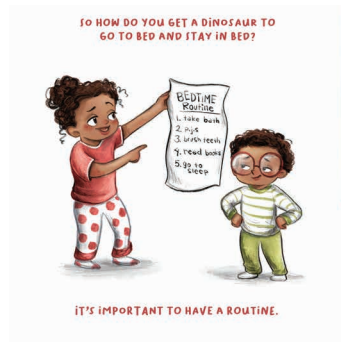
\$8.99 ISBN-13: 978-1-64170-643-8

ISBN 978-1-64170-643-8





HAVING A DINOSAUR IS SO MUCH FUN, BUT TAKING CARE OF THEM CAN SURE MAKE YOU TIRED.



DON'T FORGET A BEDTIME STORY! KISS THEM GOODNIGHT AND TELL THEM YOU'LL SEE THEM IN THE MORNING.

Ocean Train

CHRISTOPHER ROBBINS
ILLUSTRATIONS BY SUSANNA COVELLI

Ahoy! Take a dive under the sea with Ocean Train!

With a yellow submarine engine, little nautical explorers will love this 56-inch fold-out train (perfect for playtime or room decor)! Printed on both sides with boldly colored underwater illustrations, the book includes a handy velcro clasp to keep everything snugly shut when reading time is over. A perfect interactive primer for teaching numbers and sea creature names to kids, *Ocean Train* provides that colorful, educational, and toy-like experience that makes learning fun. **Ages 3-5**

THESE BOOKS HELP FAMILIES:



Learn Together

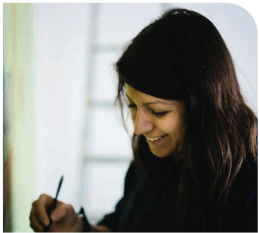


Read Together



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.



Susanna Covelli

was born in a small town in Piedmont, Italy, earned an MA in architecture, and followed her passion for art and decided to attend a specialization course in both traditional and digital illustration at Scuola Iternazionale 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 perspectives.



ISBN-13: 978-1-64170-900-2
Product number: 550900
Price: \$14.99 (USD) £10.99 (UK)
Die-cut Boardbook
8.75 x 6, **Ships: March 2024**

ISBN 978-1-64170-900-2



- Ocean-themed 1 to 10 perfect for any ocean-themed store or display.
- General ocean words appeal to both coasts as well as aquariums and museum stores.
- Unfolds into a 56" train! Playful two-in-one format: read as a book or play as a train.
- Newest addition to our On-Track Learning series of books.



City Train

STEPHANIE CAMPISI

ILLUSTRATIONS BY SUSANNA COVELLI

All aboard the City Train!

See cities like Boston, Atlanta, and Denver on a coast-to-coast train ride that shows you all the exciting things in each city. This adorable two-in-one, sturdy, die-cut board book unfolds into a 56-inch train (perfect for playtime or room decor!). Printed on both sides with boldly colored illustrations, the book includes a handy velcro clasp to keep everything snugly shut when reading time is over. A perfect interactive primer for teaching cities and places to kids, *City Train* provides that colorful, educational, and toy-like experience that makes learning fun. **Ages 3-5**



Stephanie Campisi

is an Australian picture book author based in Tennessee. When not exploring the woods and streams about her home, she's reading to her son or concocting imaginative worlds brimming with wordplay and whimsy.

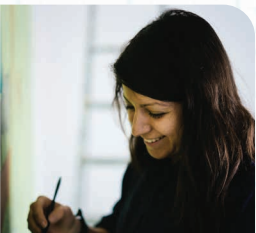
ISBN-13: 978-1-64170-997-2

Product number: 550997

Price: \$12.99 (USD) £9.99 (UK)

Die-cut Boardbook

8.75 x 6, 🚚 Ships: April 2024



Susanna Covelli

was born in a small town in Piedmont, Italy, earned an MA in architecture, and followed her passion for art and decided to attend 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

ISBN 978-1-64170-997-2



style, and out-of-the-ordinary perspectives.

- The newest addition to our **On-Track Learning** series of books.
- Takes readers on a train journey across the US exploring the local train systems in 24 different cities.
- Stephanie Campisi will participate in a nationwide tour starting in TN and moving across the US hoping to stop along the major cities featured in the book.



LIT for LITTLE HANDS™

The Wonderful Wizard of Oz

BROOKE JORDEN

ILLUSTRATIONS BY OLGA SKOMOROKHOVA

THESE BOOKS HELP FAMILIES:



Read Together



Play Together

Frank Baum's classic novel comes to life for young children! Wheels, pull tabs, and other interactive elements invite kids to spin with Dorothy and Toto in the cyclone, swing an axe with the Tin Woodman, and melt the Wicked Witch of the West. Much more than a primer, *Lit for Little Hands: The Wonderful Wizard of Oz* tells the actual story in simple, engaging prose, and fans of the novel will be delighted by the book's attention to detail and clever use of original dialogue. And the book's use of super-sturdy board means everyone can enjoy this tale of brains, heart, and courage over . . . and over . . . and over again! **Ages 3–7**



Brooke Jordan 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 editorial director at Familius and the mother of three.



Olga Skomorokhova specializes in editorial and book illustrations and other commissioned and personal projects. Olga is inspired by her travels and the people around; thus, you can see a lot of botanical, architectural, and animalistic topics in her art. She

experiments with many different techniques and utilizes various materials to achieve the desired effect.



ISBN-13: 978-1-64170-658-2

Product number: 550463

Price: \$14.99 (USD) £ 10.99 (UK)

Interactive board book,

6.5 × 7.5, 16 pages

Ships: January 2024

ISBN 978-1-64170-658-2



- **The newest addition to our Lit for Little Hands series.**
- **This series of books are loved by children and adult collectors alike!**
- **Each book features text and dialogue from the original book along with pull tabs, wheels, and more.**
- **Colorful and detailed illustrations help tell the story as it was originally written.**
- **Edited down so children can understand the story without losing its essence.**



Don't miss the other interactive classics in this exciting series!



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A Christmas Carol

\$12.99
ISBN-13: 978-1-64170-151-8

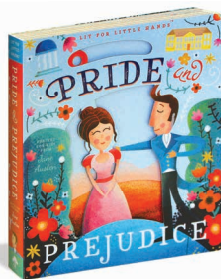
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Peter Pan

\$12.99
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\$14.99
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ISBN 978-1-64170-455-7



Puzzletrain: Dinosaurs

CHRISTOPHER ROBBINS

ILLUSTRATED BY SUSANNA COVELLI

THESE
PUZZLES
HELP
FAMILIES:



Read
Together



Play
Together

All aboard the Dino train! Join Brachiosaurus, Triceratops, and Velociraptor on a train ride that teaches fun facts about the adorable alphabetized dinos aboard this 26-piece puzzle that builds a 50-inch train! With boldly colored and hilarious dinosaur illustrations, this puzzle and primer teaches dinosaur names and letter sounds to kids and makes learning fun. **Ages 3-7**

ISBN-13: 978-1-64170-978-1

Product number: 550978

Price: \$14.99 (USD) £ 10.99 (UK)

Die-cut 1inx1.5in puzzle piece,
6.5 x 3, 26 pieces

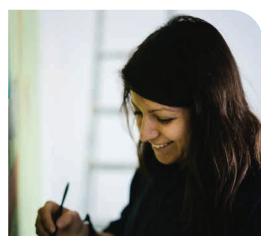
Ships: February 2024

ISBN 978-1-64170-978-1



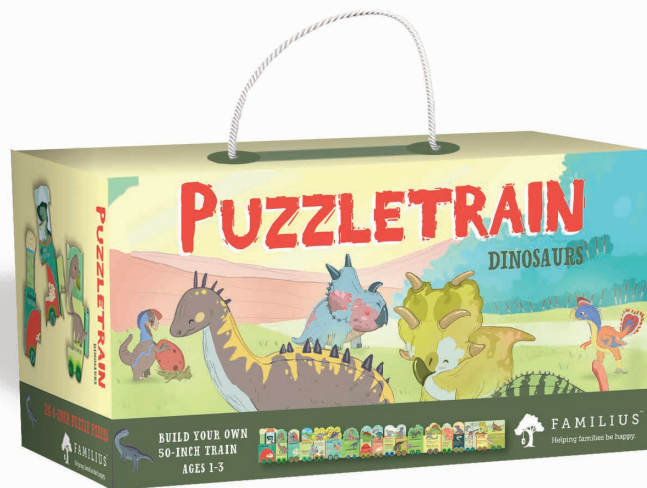
Christopher Robbins

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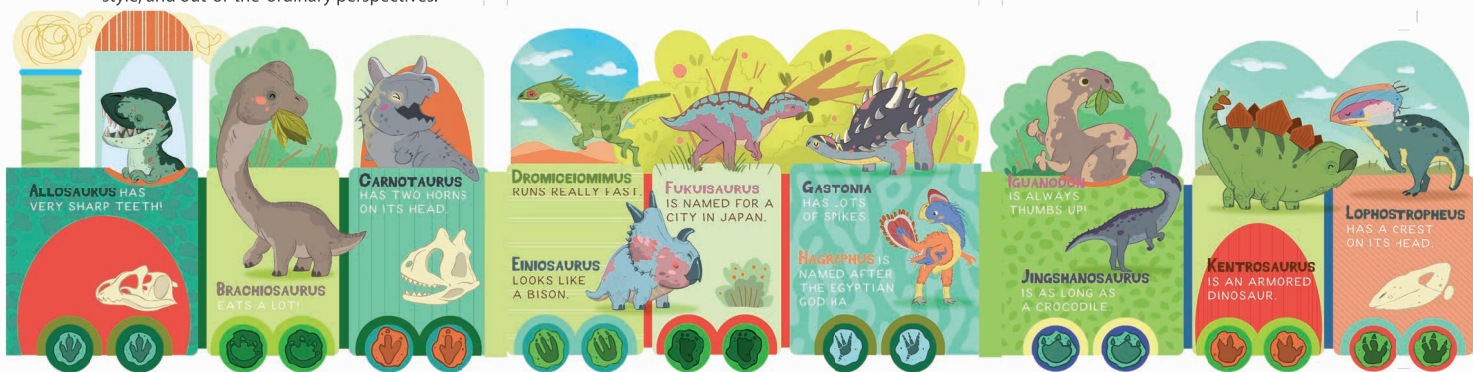


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- Features both popular and lesser-known dinosaurs along with adorable illustrations and fun facts for each dino shown.
- Features art from the Familius On-Track Learning Dino Train book.
- Large 1-inch puzzle pieces are perfect for small hands.
- An adorable puzzle box with string handle makes this package perfect for gift giving.
- Builds to a 50-in train.



Also available in the series:



PuzzleTrain: Monsters

\$14.99 ISBN-13:978-1-64170-730-5

ISBN 978-1-64170-730-5



PuzzleTrain: Alphabet

\$14.99 ISBN-13:978-1-64170-580-6

ISBN 978-1-64170-580-6



PuzzleTrain: Christmas

\$14.99 ISBN-13:978-1-64170-579-0

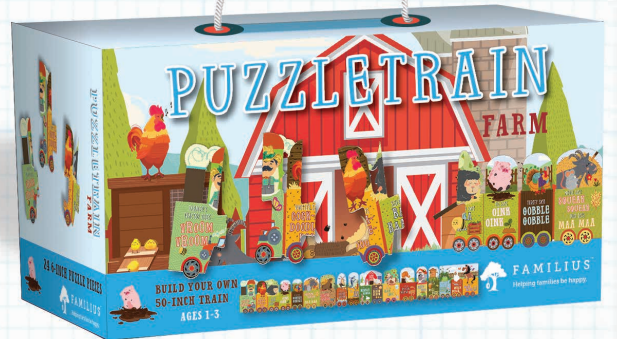
ISBN 978-1-64170-579-0



PuzzleTrain: Farm

\$14.99 ISBN-13:978-1-64170-647-6

ISBN 978-1-64170-647-6



MICRORAPTOR IS AS SMALL AS A CHICKEN.

OVIRAPTOR PROTECTS ITS EGGS.

PARASAUROLOPHUS'S NOSE CAN GROW OVER SIX FEET LONG!

RINCHENIA IS THE SIZE OF A LARGE DOG.

SPINOSAURUS HAS A BIG SAIL ON ITS BACK.

TRICERATOPS HAS THREE HORNS ON ITS HEAD.

UTAHRAPTOR IS UTAH'S STATE DINOSAUR.

XENOCERATOPS MEANS "ALIEN HORNED FACE."

VELOCIAPTOR WEARS FLUFFY FEATHERS!

WANNIAOSAURUS WAS DISCOVERED IN CHINA.

ZEPHYROSAURUS LIKES TO DIG BURROWS WITH ITS BEAK.

YINLONG WALKS ON TWO FEET.

100 First Words for Little Utahns

CHRISTOPHER ROBBINS
ILLUSTRATIONS BY MICHAELA RAPPLEYEA

THESE BOOKS HELP FAMILIES:



Learn Together



Laugh Together

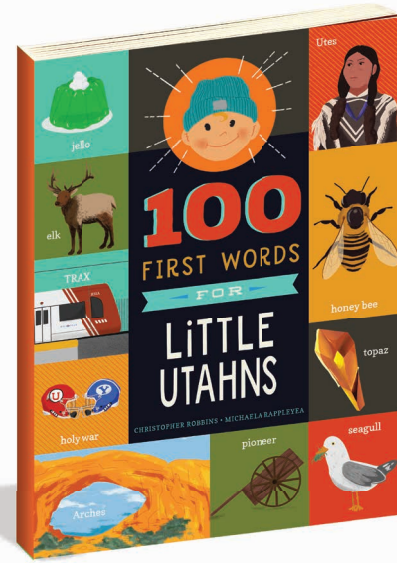
Driving up and down the I-15, exploring gorgeous national parks, and dipping everything in fry sauce, we're Utahns in every fiber of our being. But how do we pass on our love for this bea-UTAH-ful state to our baby? Oh my heck! Introducing *100 First Words for Little Utahns*, a state primer for kids learning their first words! Forget apple and dog. Little Utahns are ready to move from ABC to MLM and other Utah-specific words like Timp, Pando, and deseret. Packed with hilarious illustrations and 100 words every Utah-born baby should know. Whether you bleed red or blue, *100 First Words for Little Utahns* is the perfect board book for families who call Utah home. **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.



Michaela Rappleyea is an editor, illustrator, and designer from eastern North Carolina. McKay attended Brigham Young University and received a bachelors degree in Editing and Publishing with University Honors, and now works in the publishing industry to create really excellent books.



ISBN-13: 978-1-64170-959-0
Product number: 550959
Price: \$9.99 (USD) £6.99 (UK)
Board book, 6 x 8, 20 pages
 Ships: August 2023

ISBN 978-1-64170-959-0



- **This book takes a hilarious twist on typical primers by incorporating state-specific slang, food, icons, and places that only true Utahns would know.**
- **Designed specifically for Utahns, this book celebrates the local identity and showcases the distinct aspects of the state.**
- **The series has gained significant attention across the internet, with features on popular sites like PopSugar and BuzzFeed.**

100 First Words for Little New Yorkers

\$9.99 ISBN-13: 9781641705684

ISBN 978-1-64170-568-4



100 First Words for Little Californians

\$9.99 ISBN-13: 9781641704571

ISBN 978-1-64170-457-1



A Is for Australia

ANN INGALLS

ILLUSTRATED BY KAT KALINDI

A is for Aussie

B is for boomerang

C is for crocodiles . . .

G'day, mates! With D for didgeridoo, R for reef, and v for vegemite, this colorful primer has everything you need to know about the land down under. Take an alphabetized bushwalk from the Outback to the Reef, and learn what makes Australia so amazing! **Ages 0–3**



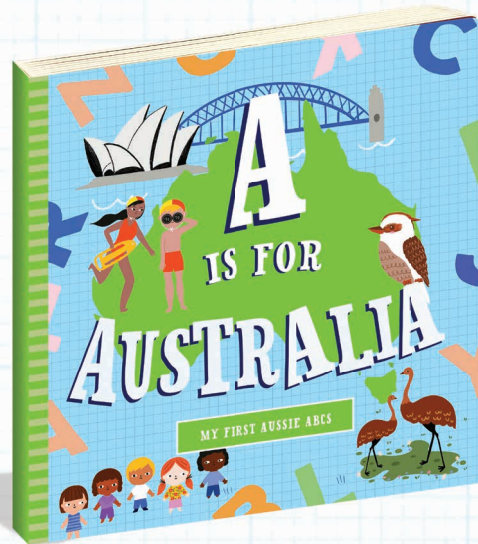
Ann Ingalls passes the day by exaggerating (writing fiction) or telling the truth (writing nonfiction). Ann has written over sixty books for young readers. *Pencil: A Story with a Point!* made the Banks Street Best Books list of 2020. *I Is for Jazz* won the

2015 Annual American Graphic Design Award and the Ella Fitzgerald Foundation's "A Book Just for Me!" *Little Piano Girl* also won the Ella Fitzgerald Foundation's "A Book Just for Me!" She has received a handful of awards from the Highlights Foundation for poetry and short stories.



Kat Kalindi is an illustrator and surface pattern designer from the sunny Gold Coast, Australia. She has been illustrating for over 15 years. Her life is filled with lots of colour, plants, patterns, and magic, and these are inspirations for her artwork. Kat

licenses her art and works for various clients and categories from books to fabric to stationery.



ISBN-13: 978-1-64170-902-6

Product Number: 550902

Price: \$12.99 (USD) £ 9.99 (UK)

Board book, 8 × 8, 20 pages

 **Ships: November 2023**

ISBN 978-1-64170-902-6



- **Alphabet book that highlights Australian landmarks, animals, and cultural curiosities.**
- **Regional interest to Australia.**
- **Follows the style and format of our other regional ABC primer series.**
- **Illustrated by an Aussie illustrator.**



Other books related to Australia:

O Is for Ocean

\$9.99 ISBN-13:9781641701853

ISBN 978-1-64170-034-4



Quacks Like a Duck

\$17.99 ISBN-13: 9781641707299

ISBN 978-1-64170-128-0



1001 Ways to Be Kind

DALLAS WOODBURN

So often we feel weighed down by problems at home, hassles at work, or the issues facing society. Imagine instead feeling empowered, optimistic, and purposeful about intentionally taking tiny steps to make the world a kinder place. *1001 Ways to Be Kind* is a fun, dive-in-anywhere book with 1001 acts of kindness broken down into 25 different categories, from everyday kindness to kind acts for children to do and kind acts to do on your lunch break. Graphically designed in full color, each section provides ideas, motivation, and hope. Immensely giftable AND actionable, this is the book our world is yearning for right now—a little book that could spark a big movement—touching people’s hearts, building bridges across differences, and making our world kinder, week by week and reader by reader.

ISBN-13: 978-1-64170-901-9

Product number: 550901

Price: \$9.99 (USD) £ 6.99 (UK)

hardcover, spot UV/raised varnish,

4 x 4, 128 pages

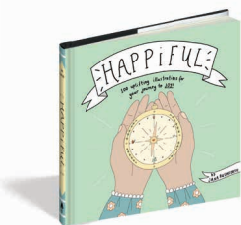
 **Ships: December 2023**



Dallas Woodburn is an award-winning author, podcast host, and book coach who has helped dozens of women around the world write and publish the books inside their hearts. She is the author of five books including *How to Make Paper When the World is Ending* and *The Best Week That Never Happened*, and her stories and essays

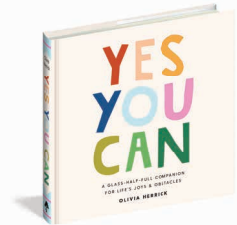
have appeared in *The Los Angeles Times*, *Modern Loss*, *Chicken Soup for the Soul*, and many others. A former John Steinbeck Fellow in Creative Writing, Dallas has been honored with the Jefferson Award for public service, the international Glass Woman Prize, and four Pushcart Prize nominations. She once spent an entire year doing a unique act of kindness every week and chronicling the journey on her blog. Dallas lives with her husband and two young daughters in a comfortably messy house with overflowing bookshelves.

Also available in our mini book series:



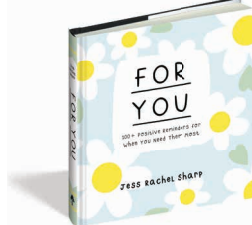
Happiful

\$14.99 ISBN-13:978-1-64170-660-5



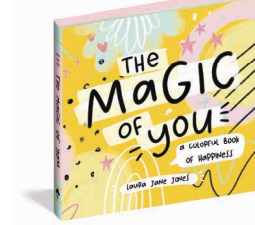
Yes You Can

\$14.99 ISBN-13:978-1-64170-468-7



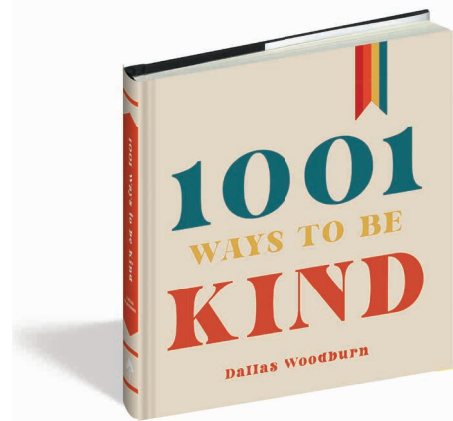
For You

\$14.99 ISBN-13:978-1-64170-659-9



The Magic of You

\$14.99 ISBN-13:978-1-64170-469-4



ISBN 978-1-64170-901-9



- Broken down into 25 different categories of kindness (such as everyday kindness, kind acts for children to do, and kind acts to do on your lunch break).
- A great book to bring people, families, and communities together to take kind actions.
- In today's fast-paced and at times disconnected society, this book is an empowering jumping-off point for conversation and connection.

Everyday Kindness

"How we treat one another is the only thing that matters."

—Samite Mulondo

1. Arrive early.
2. Text someone to let them know you're thinking of them.
3. Give a genuine compliment.
4. Write a thank-you note.
5. Do a favor for someone.
6. Hold the door open for someone.
7. Pull a chair out for someone.
8. Smile at everyone you meet.
9. Ask someone about their day, and actively listen to what they say.
10. Offer to carry something for someone.
11. When waiting at a red light, scoot over so another driver can pull up beside you and turn right.
12. Let someone go ahead of you at a four-way stop.
13. Let someone merge ahead of you on the freeway.
14. Walk quickly across a crosswalk when a car is waiting to go.
15. Let someone go ahead of you in line.
16. Pick up litter on the ground and throw it away.
17. Help someone clean up a mess.
18. Stand up and offer someone else your seat.
27. Surprise someone with a small gift.
28. Cook for someone.
29. Turn off all the lights when you leave a room.
30. Give hot chocolate to someone out in the cold.
31. Give ice-cold water to someone out in the heat.
32. Take care of someone who is sick.
33. Help someone who is lost.
42. Ask someone else for their opinion.
43. Be polite.
44. Forgive someone.
45. Let someone help you.



GIFT

THESE BOOKS HELP FAMILIES:



Love Together



Work Together

A Little Drop of Courage

A Daily Guide for Cultivating Courage Through Gentleness and Self-Compassion

HAYLEY KAYE

Sometimes all we need is a little boost of courage to stop should-ing ourselves and take back the narrative of our own life! From the popular Instagram account @iamhayleykaye, illustrator and mental health advocate Hayley Kaye encourages readers to care for themselves through brightly colored illustrations and messages. This mini-book is the perfect gift for anyone to cultivate gentleness and self-compassion!

ISBN 978-1-64170-973-6




ISBN-13: 978-1-64170-973-6

Product number: 550973

Price: \$9.99 (USD) £ 6.99 (UK)

hardcover, spot UV/raised varnish,

4x 4, 120 pages

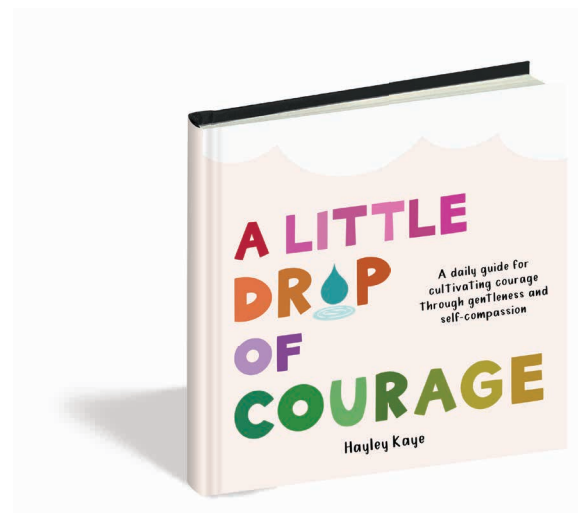
 Ships: March 2024



Hayley Kaye

(@iamhayleykaye) is a Michigander turned Floridian who blends her passion for colorful art, mental health, and social media marketing to spark courage and joy to online audiences. Having had anxiety most of her life, Hayley has made it her mission

to bring awareness and help make mental health tangible for others through self-compassion and gentleness.



- This book is tailor-made for adults aged 25-35, especially females, who are college-educated and health-conscious.
- Creates a sense of community and reduce the feeling of isolation among readers facing mental health challenges.
- Serves as both a self-help guide and a source of support for individuals struggling with mental health issues, providing them with tools to cope with challenges.
- By using a mix of doodles, geometric shapes, and patterns, the book stands out as a unique and artistic take on mental health.



Raising Tiny Humans

From Potty Training to Prejudice, a Survival Guide for the Wild Toddler Years

LIZ SWENSON

THIS BOOK HELPS FAMILIES:



Love Together



Work Together

It's a jungle out there in the wild world of parenting! Just when you think you've got it down, a new phase emerges to keep you on your toes. There are plenty of books about the first year and caring for an infant, but once you have a curious, tottering toddler who seems intent on finding danger, it's a whole different animal! With this full-color illustrated field guide as your constant companion—full of tips, tricks, and a healthy dose of humor—you'll feel confident embarking on the adventure of parenthood for kids ages one and beyond! With chapters on body and brain development, behavior, and the ever-pressing question of how to help your child become the best human they can be, *Raising Tiny Humans* is the compass every parent needs to guide them on their way.

ISBN 978-1-64170-755-8



ISBN-13: 978-1-64170-755-8

Product number: 550755

Price: \$14.99 (USD) £ 10.99 (UK)
hardcover, spot UV/raised varnish,
7x 7, 208 pages

Ships: February 2024



Liz Swenson lives

in the sunny beach town of San Clemente, California, with her handsome hubs, three crazy kids, and big dog, Harper. She relishes momming, teaching math to high schoolers, making art, and living life to the fullest.

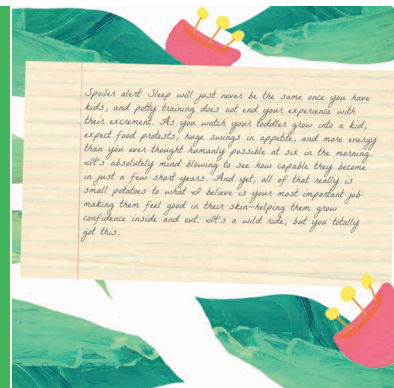
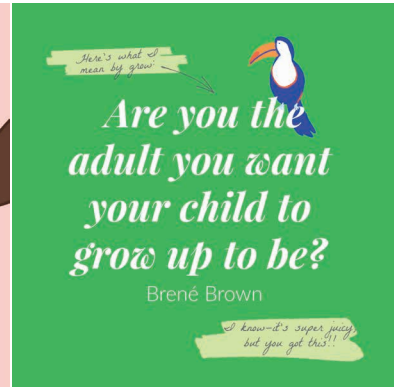
Also available by Liz Swenson:



You Got This, Mama!

\$14.99 ISBN-13:978-1-64170-449-6

ISBN 978-1-64170-449-6



- **Digestible.** Takes important parenting concepts and gives them to parents in quick and easy-to-read bite-sized snippets with citations for parents who want to dive deeper.
- **Trendy illustrations** make this the book you want to leave on your coffee table, bedside, kitchen table, or desk.
- **A light and easy format** helps parents ease into tough and touchy topics.
- **This a much-requested follow-up** to Liz Swenson's popular debut book *You Got This, Mama!*

Trust
(their)
~~your~~
gut.

The less restrictive wording we use with kids, the better they will be able to figure out how to read their own body cues.

Emily Lauren Dick
Author of *Body Positive*



20

Explore!

Trying new foods together is fun.¹⁰ And it's a great way to model openness and facing fears.

Cookie Ball Recipe

- 1 cup pitted dates
- 1 cup almonds
- 1 cup unsweetened shredded coconut.

Blend the dates and almonds in a food processor until smooth. Roll the almond/date paste into 2-inch balls. Roll the balls in a shallow dish filled with shredded coconut. Refrigerate and serve as a sweet treat or snack.

Cut into pieces as needed for your child.

Tons of plant-based protein and vitamins for a big upgrade to a typical "sweet treat."



22

There are lots of ways to make fruits and veggies fun:

- *Put fruit on a stick and freeze it for a summer treat.
- *Make a silly face or animal with their veggies.
- *Let them cook with you.
- *Have them make art with their veggies.
- *Give healthy foods fun names like "Hulk Muffins," "Superhero sprouts," and "Unicorn Horns" for carrots.

PLAY WITH YOUR FOOD



24

Gas Fire Heat

ALY ROMERO

Get excited about cooking together outdoors! Take your recipes from the kitchen to the grill, enjoying friends and family, and building community through cooking outdoors! Author Aly Romero is a private chef, Traeger ambassador, and media personality—but you can just think of her as your friend who cooks! Whether you prefer beef, chicken, seafood, or grilled veggies, *Gas Fire Heat* provides recipes with a culinary approach for BBQ, smoking, and griddling to awaken your taste buds with easy, unique, and creative recipes the whole family will love!

ISBN-13: 978-1-64170-910-1

Product number: 550910

Price: \$24.99 (USD) £ 17.99 (UK)
hardcover, spot UV/raised varnish,
8 × 10, 160 pages

 **Ships: April 2024**

ISBN 978-1-64170-910-1



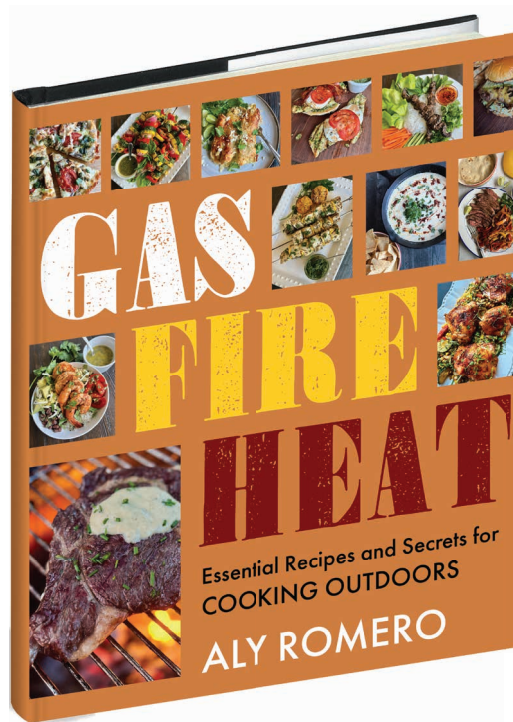
THIS BOOK HELPS FAMILIES:



Eat Together



Work Together



Aly Romero is a private chef, brand ambassador, media personality, and now officially a cookbook author—but you can just think of her as your friend who cooks!

- Brings together a unique collection of BBQ recipes beyond your typical fare inspired by the author's travels and cultural experiences.
- Focus on BBQ, smoking, griddling, and grilling.
- As a woman in the BBQ world, author Aly Romero breaks gender stereotypes and encourages everyone to embrace outdoor cooking!

At Traeger, we embrace a mission to bring people together to create a more flavorful world. Chef Aly's book exemplifies this mission through her unwavering passion for teaching people to cook outdoors, be it crafting quick-and-easy weeknight meals or going all out with a low-and-slow BBQ feast for family and friends. She not only presents an array of techniques and flavors, but also demonstrates that there's no limit to what you can create outdoors.

—Jeremy Andrus,
CEO of Traeger Grills

Serves: 10-12
Prep Time: 15 minutes
Cooking Time: 30 minutes
Total Time: 45 minutes

SMOKED BUFFALO CHICKEN DIP

This is a great dip to bring next time you're asked to bring something to share to a party—it's super addicting! I lightened it up with Greek yogurt, but it's still just as creamy and tasty!

- | | |
|---|--|
| 2 cups shredded chicken (ballistics works great) | 1 cup cream cheese, at room temperature |
| 1/2 tablespoon granulated garlic | 1/3 cup blue cheese crumbles |
| 1/2 tablespoon onion powder | 1/2 block (4 ounces) mozzarella, shredded, divided |
| 1/2 tablespoon smoked paprika | 1/2 block (4 ounces) sharp cheddar, shredded, divided |
| 1 tablespoon dried parsley | 3 scallions, sliced and divided, reserving dark greens for garnish |
| 1/2 teaspoon black pepper | 1/2 cup whole milk Greek yogurt, plain |
| 3/4 cup Frank's RedHot Buffalo Wings Hot Sauce (or your favorite brand) | Tortilla chips, for serving |

1. Preheat smoker to 375 degrees.
2. In a large bowl, stir together chicken, granulated garlic, onion powder, paprika, parsley, and pepper.
3. Add hot sauce, yogurt, cream cheese, blue cheese, 1/2 cup mozzarella, and 1/2 cup cheddar. Add white and light green scallions. Stir to combine.
4. Pour into a skillet, sprinkle with another 1/2 cup mozzarella and 1/2 cup cheddar.
5. Smoke for 25-30 minutes, until cheese is melted and bubbly. Rotate skillet halfway through.
6. Sprinkle with remaining scallions and serve with tortilla chips.

PRO TIPS:

- This recipe can also be made in the oven; bake it on the top rack.
- You can substitute Monterey Jack for mozzarella.
- For best results, always shred your own cheese from a block.





KALUA PORK

Serves: 6–8
 Prep Time: 10 minutes
 Marinating Time: 24 hours
 Cooking Time: 12 hours
 Total Time: 36 hours, 10 minutes

Kalua pork is one of those dishes that is so simple without too many ingredients, but it is so tender and delicious! Because I'm not building the traditional "imu" (an underground oven) in my yard anytime soon, I came up with this version to get a similar smoky effect, wrapped in banana leaves to add that sweet traditional Hawaiian flavor. It's great to make a large portion of it and serve it at a party! In the following recipes, I've showed how to use the leftovers a few different ways, so make a big batch!

6 pounds boneless pork shoulder
 2 tablespoons Maldon smoked sea salt
 2 tablespoons Ono Hawaiian salt seasoning
 2 large banana leaves

1. Pat the pork shoulder dry and score fat cap about 1/4-inch deep, in a cross hatch.
2. Season all sides of the boneless pork shoulder with salts. Wrap tightly in plastic wrap, so no air can get in, place in a bowl or on a sheet pan in case juices leak, and refrigerate overnight for 24 hours.
3. Preheat smoker to 225 degrees and turn on the super smoke (if your smoker has that function).
4. Remove the pork from the plastic wrap and let come to room temperature, about 30 minutes, before smoking.
5. Smoke pork, fat cap up, for 2 hours.
6. Remove pork and turn off super smoke.
7. Wrap the smoked pork shoulder with 2 overlapping layers of banana leaves, tucking them tightly around the pork.
8. Double wrap the pork shoulder and banana leaves in heavy foil. Place entire pork shoulder into an aluminum tin pan to collect the juices.
9. Smoke the pork shoulder for 10 hours.
10. Remove, let cool slightly, and remove foil and banana leaves, unwrapping it in the foil tin to collect all the cooking juices.
11. Remove the fat cap and as much fat as possible and shred the pork with your hands or two forks into the tin pan with the cooking juices to keep it moist.

PRO TIP:

- If you cannot find Ono Hawaiian salt seasoning, kosher salt is a good substitute.

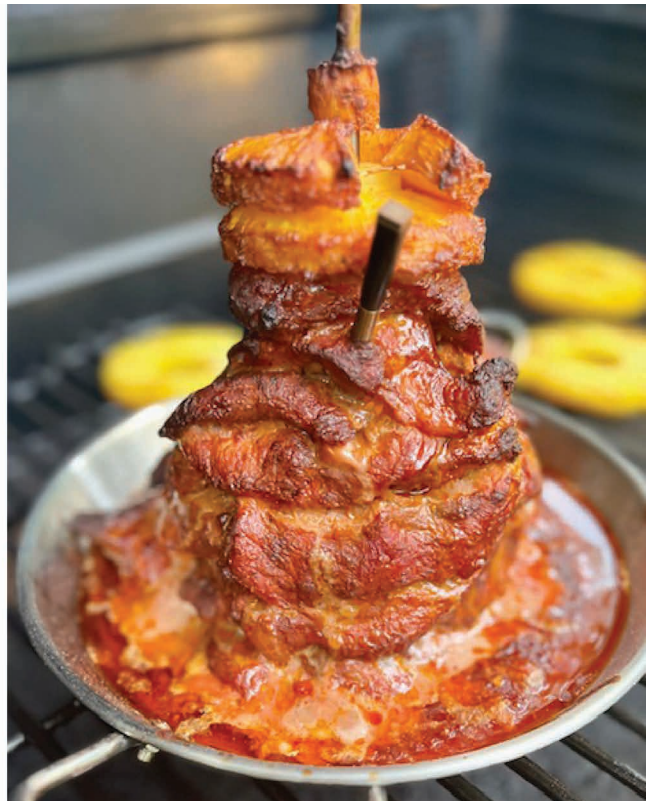
Serves: 6
 Prep Time: 30 minutes
 Cooking Time: 2 hours
 Total Time: 2 hours, 30 minutes

PORK AL PASTOR

I love pork al pastor tacos! The flavors that hit in one bite are amazing! This was the closest way I came up with to get that slow-roasted al pastor flavor on a home smoker.

3 pounds boneless pork shoulder
MARINADE
 2 guajillo dried chiles
 2 Anaheim dried chiles
 2 chile de árbol
 1 1/2 cups pineapple juice
 1 chipotle pepper in adobo sauce, plus 1 tablespoon of the chipotle sauce
 5 cloves of garlic
 1/2 cup fresh cilantro
 1 tablespoon ground cumin
 1 tablespoon ground coriander
 1 tablespoon dried oregano
 1/2 tablespoon smoked paprika
 3 tablespoons sherry vinegar
 1/2 lime, juiced
 1 1/2 tablespoons kosher salt
 1/2 tablespoon black pepper
 1/4 cup vegetable oil
 1 pineapple, sliced into 1/2-inch slices
 12 street taco-sized corn or flour tortillas
 1/2 yellow onion, diced, for garnish
 1/2 cup chopped fresh cilantro, for garnish
 Lime wedges, for garnish

1. Slice the pork shoulder into 1/2-inch slices, or ask your butcher to slice it for you.
2. Bring a small pot of water to a boil, add the dried guajillo, Anaheim, and chile de árbol peppers. Cover and turn off the heat; steep for 20 minutes. When they are soft, remove stem and seeds.
3. In a blender, combine rehydrated chiles and the remaining marinade ingredients. Blend on high until smooth.
4. Add pork slices to a large dish or Ziplock bag and coat with the marinade, reserving 1/2 cup of the marinade. Marinate for 6 hours or overnight, if possible.
5. Preheat the smoker to 350 degrees and remove the pork from the refrigerator to allow to come to room temperature for 30 minutes.
6. On a small vertical skewer/spit with a tray underneath, stack the pork slices and add 2 slices of pineapple to the marinade and then to the top of the skewer.
7. Smoke the pork al pastor for about 2 hours, until it reaches 140 degrees. During the last 10 minutes, add additional pineapple slices to the smoker, directly on the grills. Cook for 5 minutes on each side. Chop the grilled pineapple into small chunks.
8. Remove the pork and slice it down the sides in thin slices. Toss it with some of the reserved marinade and taste for seasoning; add more salt if needed.
9. Serve on tortillas with smoked pineapple, onions, cilantro, and lime wedges.



PASTRY-WRAPPED BRIE WITH ROASTED GRAPES

If you're never had roasted grapes, now is your chance! The sweet flavor is intensified and roasting them in a skillet with the extra-marinated olive oil and the balsamic vinegar together. They pair a glass of wine and dig in.

- 2 1/2 tablespoons 1 teaspoon water 1/2 cup olive oil 1/2 cup balsamic vinegar 1/2 cup extra-virgin olive oil 1/2 cup kosher salt 1/2 cup black pepper 1/2 cup vegetable oil**
1. Preheat the oven to 375 degrees and roast the grapes with 1/2 cup olive oil and 1/2 cup balsamic vinegar for 20 minutes.
 2. In a small pot, bring the water to a boil, add the dried guajillo, Anaheim, and chile de árbol peppers. Cover and turn off the heat; steep for 20 minutes. When they are soft, remove stem and seeds.
 3. In a blender, combine rehydrated chiles and the remaining marinade ingredients. Blend on high until smooth.
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 8. Remove the pork and slice it down the sides in thin slices. Toss it with some of the reserved marinade and taste for seasoning; add more salt if needed.
 9. Serve on tortillas with smoked pineapple, onions, cilantro, and lime wedges.

MAHI MAHI TACOS

This recipe will make your next Taco Tuesday a smashing success!

- 1/2 cup olive oil 1/2 cup balsamic vinegar 1/2 cup extra-virgin olive oil 1/2 cup kosher salt 1/2 cup black pepper 1/2 cup vegetable oil**
1. Preheat the oven to 375 degrees and roast the grapes with 1/2 cup olive oil and 1/2 cup balsamic vinegar for 20 minutes.
 2. In a small pot, bring the water to a boil, add the dried guajillo, Anaheim, and chile de árbol peppers. Cover and turn off the heat; steep for 20 minutes. When they are soft, remove stem and seeds.
 3. In a blender, combine rehydrated chiles and the remaining marinade ingredients. Blend on high until smooth.
 4. Add pork slices to a large dish or Ziplock bag and coat with the marinade, reserving 1/2 cup of the marinade. Marinate for 6 hours or overnight, if possible.
 5. Preheat the smoker to 350 degrees and remove the pork from the refrigerator to allow to come to room temperature for 30 minutes.
 6. On a small vertical skewer/spit with a tray underneath, stack the pork slices and add 2 slices of pineapple to the marinade and then to the top of the skewer.
 7. Smoke the pork al pastor for about 2 hours, until it reaches 140 degrees. During the last 10 minutes, add additional pineapple slices to the smoker, directly on the grills. Cook for 5 minutes on each side. Chop the grilled pineapple into small chunks.
 8. Remove the pork and slice it down the sides in thin slices. Toss it with some of the reserved marinade and taste for seasoning; add more salt if needed.
 9. Serve on tortillas with smoked pineapple, onions, cilantro, and lime wedges.



9 Months of Wonder

A Monthly Guide and Journal Prompts for the Conscious Mother-to-Be

RACHEL GARAHAN

Pregnancy is a time like no other, a season of limbo: the baby is here but not here. Mothers-to-be enter a dreamy phase between being and becoming, suspended in wonder with amazement of what we are creating, and curiosity for who we are carrying. We can get so caught up in the new life growing within us—distracted with facts and logistics—that we might easily forget to acknowledge the other transformation taking place as well: the redefining of our own identity.

With a spare, modern design and gorgeous illustrations, *9 Months of Wonder* is designed to help you to document the liminal space between here and there while softening into the season you're in. In these journal pages, you'll find a safe place to record and process your experiences, reflect on the ups and downs, move through fears, and honor the metamorphosis taking place in you as you give birth to the new life of your child and the new parts of yourself.

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 **Ships: January 2024**

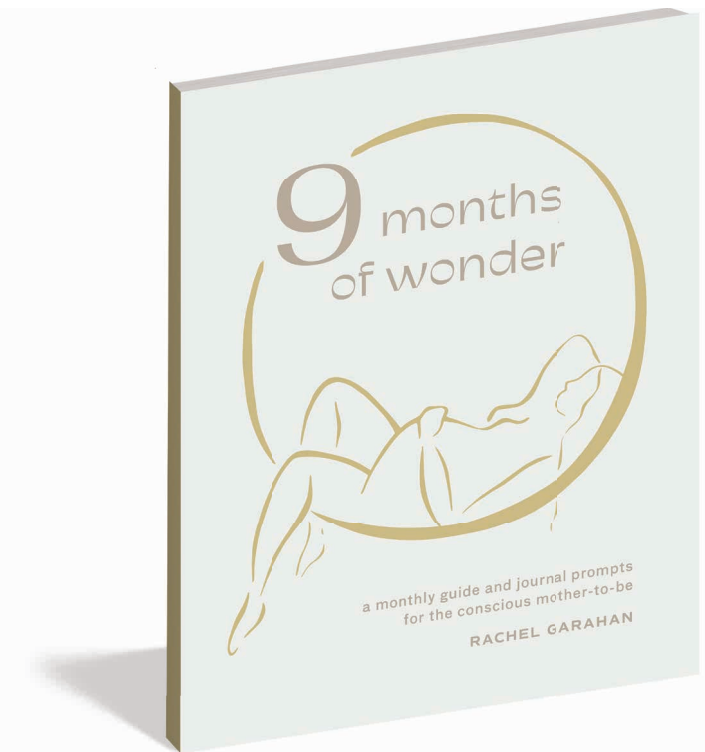
ISBN 978-1-64170-996-5



Rachel Garahan

is creative director, artist, and innate nurturer. In all of her work, she is drawn to what she calls the elemental connection: the space where nature and the human spirit overlap. She is the founder of One Part Gypsy, a creative design and consulting agency, and an online journal of the same name where she writes about conscious living and bohemian style. With a strong root in the worlds of natural beauty and wellness, her work is known for being clean, modern, and sophisticated. Clients include Yoga Journal and Dr. Andrew Weil, and her lifestyle has attracted praise from the likes of Josie Maran and Tata Harper. She is based out of Ojai, California where she lives with her husband, son, and two pups.

With a spare, modern design and gorgeous illustrations, *9 Months of Wonder* is designed to help you to document the liminal space between here and there while softening into the season you're in. In these journal pages, you'll find a safe place to record and process your experiences, reflect on the ups and downs, move through fears, and honor the metamorphosis taking place in you as you give birth to the new life of your child and the new parts of yourself.



THIS BOOK HELPS FAMILIES:

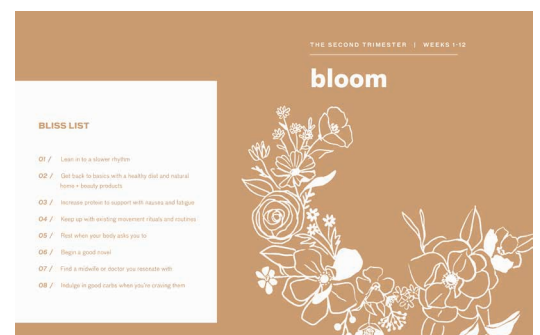


Love Together



Heal Together

- Beautiful journal for the mindful parent-to-be with prompts to celebrate the magical time of pregnancy.
- Unlike other pregnancy journals, this guidebook helps the mother prepare for birth including envisioning what type of mother she wishes to be with reminders to enjoy the nine-month journey.
- Each chapter includes space for a monthly bump or ultrasound photo as well as “wonder prompts” that allow for reflection on that moment.



empower

(weeks 21–24)

a picture of us . . .
with each month, we grow



If you listen to [your children], somehow you are able to free yourself from baggage and vanity and all sorts of things, and deliver a better self, one that you like. The person that was in me that I liked best was the one my children seemed to want.

TONI MORRISON

In the sixth month of pregnancy, your body is no doubt looking and feeling different from before since change is happening at a rapid pace, for both you and your baby. While the third trimester can bring weariness and impatience, let this time of physical growth lead the way for personal growth.

It has been said that motherhood reveals a woman's roughest edges, and the same is true for pregnancy. These last few months are a wonderful time to compassionately work on unresolved issues and emotions in order to integrate new learnings and show up as your most complete and authentic self for your child.

Through the study of epigenetics—an emerging science that looks at how mindset, behavior and environment affect genes—we are beginning to learn the amazing power a pregnant woman has three generations at once: herself, her unborn child, and her unborn grandchild, through the presence of the eggs she holds in her womb. This goes the other way too: all the stories and experiences our maternal grandmother carried while pregnant had an effect on our mother and us. With this knowledge, we can recognize the magnificent potential our bodies hold, and choose to utilize it for positive change.

This month, allow your attention to be focused on transformation, judgment, composting it into compassion and self-love through forgiveness.

By acknowledging our negative patterns, behaviors and thoughts for the many mistakes we have made or will make as imperfect beings.

By acknowledging this layered and continual process, we can start to accept and heal our own negative patterns and thoughts so we don't pass them on to the next generation. If we can learn to do this for ourselves, we will empower our children with the loving capacity to do the same.

MEDITATING THROUGH FEAR

Whether inherited or learned, a result of negative experience or the unknown, impending motherhood can inspire some of our greatest fears. Though uncomfortable, allowing ourselves to sit with our fears can bring us back to a place of empowerment. If you notice fears arising, try this meditation for spaciousness and ease.

Find a quiet place to sit without distractions. Focus on your

this month . . .

WEEKS 29–32

CONNECTING WITH YOU

Ways I connect with you	
Things I say to you	The energy you bring
Celebrating the life inside of me	
Getting ready for you by	Special things bought or received
You seem to like it when . . .	

EMBRACING THE EXPERIENCE

Cravings + Aversions:	
Nervousness or Confidence	Hopes or Fears
Joy + Reverence + Awe	
Surprises	Changes
Complaints, Confessions, Heartaches, Challenges	

LISTENING TO ME

Ways I care for myself	
Feelings	Sentations
In my mind . . . themes, mantras, and affirmations	

THE JOURNEY OF DISCOVERY

Learning, reading, listening to . . .	
How I connect with my partner	Focuses this month
Where I feel most loved and supported	
Advice	Reactions
Looking forward to . . .	

45

connect

(weeks 13–16)

a picture of us . . .
with each month, we grow



The Joy of Imperfect Love

The Art of Creating Healthy, Securely Attached Relationships

CARLA MARIE MANLY, PHD

Stuck in unhealthy relationship dynamics? Yearning to find (or be) that perfect someone? Can you accept someone while also wanting them to grow?

The key to healthy relationships is accepting that real love is messy, imperfect, and a work in progress! Clinical psychologist Dr. Carla Marie Manly's *The Joy of Imperfect Love* guides readers on a transformative journey of compassionate, healthy love. With research-backed insights, captivating case studies, and empowering exercises, readers explore how attachment issues and unresolved personal issues negatively impact both self-love and the quality of our relationships. Dr. Manly offers sound solutions for creating awareness and healthy habits that promote lasting love. Readers will breathe a sigh of deep relief as they discover the doable, real-life secrets to creating joy-filled relationships and genuine, imperfect love.

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Stationary, 6 x 9, 396 pages

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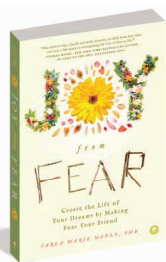
ISBN 978-1-64170-905-7



Carla Marie Manly

is a practicing clinical psychologist, author, and advocate who makes her home in Santa Rosa, California. Utilizing a mindfulness-based, holistic approach, Dr. Manly focuses on helping others achieve joy and balance from the inside out.

Other books by Dr. Carla Marie Manly:



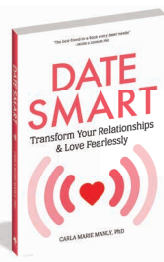
Joy From Fear

\$19.99 ISBN-13: 978-1-64170-121-1



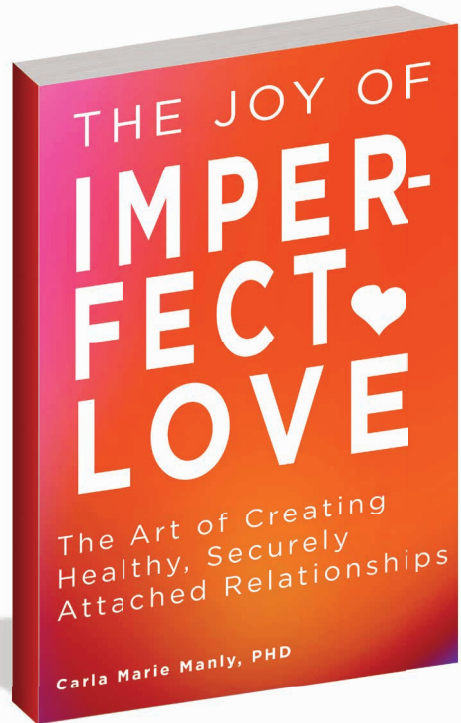
Aging Joyfully

\$18.99 ISBN-13: 978-1-64170-141-9



Date Smart

\$16.99 ISBN-13: 978-1-64170-467-0



- **Attachment theory is more popular than ever, and it is the basis for this book!**
- **Inclusive approach with concepts relevant to all generations (Gen Z forward) and sexual orientations.**
- **Key concepts such as communication skills and emotional intelligence can be applied to romantic relationships, friendships, social relationships, and work relationships.**
- **Well-researched and fact-based with an emphasis on replacing destructive patterns such as negative self-beliefs and toxic inner narratives with healthy, awareness-based dynamics.**

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important to us, need loving attention with regular doses of connective communication and positive time.

In the world of business, we regularly maintain our relationships with staff, customers, vendors, and clients. In fact, we often spend an extraordinary amount of time fostering our business relationships. Given that we know it is important to give focused attention to our assessment of other areas, it's peculiar that many people think that an intimate relationship—the key relationship in our life—should just maintain itself. This commitment might seem like an easy way out, but it's highly destructive to our life, partner, and overall relationship. We thrive when we invest our energy into our intimate relationship. We allow us to love and be loved in return. Sadly, many people profess to be in love, but they don't show love by sending the message that they care.

As we move toward the conclusion of our journey within the world of imperfection, we'll focus on the essential goal of relationship maintenance. Among the

Flowing
Interconnected and Ever-Transforming

Parallel
Disconnected and Not-Changed

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choose to do self-work so you can bring added interpersonal skills into your intimate life. The resulting sense of self-capacity and "empowerment" would boost your self-esteem.

Interpersonal skills support equity, balance, and fairness. Strong interpersonal skills allow us to embrace open and equally-based attitudes that create healthy balance and fairness. When we truly care for others, we naturally want to create equity—even to the point of making sure a hand is on the scale, and fairness. Balance and fairness come into play in emotional, mental, spiritual, and material areas. As an example, you may see that your partner would benefit from having a larger work space. Knowing that you bring plenty of your own space, you might draw an even—open up with your partner. In doing so, you would be supporting greater equity, balance, and fairness in the relationship on more than a physical space level; you would be showing your partner respect, kindness, and a strong intention to equity equity balance.

Interpersonal skills foster stress reduction. Solid interpersonal skills work together to reduce stress and anxiety in all areas of life. When we intentionally use our interpersonal skills in new ways, we reduce the stress that is often created by issues such as instability, unhealthy communication, and insecurity. For example, you and your partner may bring tremendous interpersonal skills into your romantic life. These high-level skills, when used mutually by both of you, will leave you feeling loved, secure, free, and empowered in your intimate relationship.

Self-Development Motivation

Self-development is a vital skill that significantly contributes to personal growth and ongoing investment in the evolution of each inner world. When motivated to be the best version of ourselves, we engage, take on challenges, and discover our true nature and strengths. We become blessed by consciously investing in knowing who we are and being an ongoing work in progress. When we take on challenges, work when we are deeply invested in evolving ourselves, we feel empowered from the inside out. We attain the inner progress and the personal growth that we need and that which is good for the self, relationships, and the world. When we work on self-development, we cease to know that life is far more than our external accomplishments; we realize that our power is wielded or earned from within and that we are the author of our own destiny. We realize that the quality of our self-development, the striving to be a good human being, is what forms the essential foundation for the well-being and the best of those we touch. The essential power of motivation for self-development is this: Being the best version of oneself is the greatest gift and responsibility to life.

When we work on developing who we are—not as what we have or how much we can get—we are investing in our most significant personal asset: the self.

Because this section is intertwined with the other elements of emotional health, topics we have explored, we'll center that it is a full book.

KEY BENEFITS OF SELF-DEVELOPMENT MOTIVATION

The following outlines explore the significant aspects to boosting self-development. When we are motivated to develop ourselves more fully, we readily evolve our lives.

Self-Development

Greater World

Intimate Relationships

Personal Achievement

Self-development motivation increases self-esteem. Self-development practices we engage in regularly in all realms—including interpersonal, mental, emotional, and spiritual—create gifts, wisdom, and helpful behaviors. As we explore and have our capacities in various areas, we

...along similar life. There is a natural... of... the patterns... limited to schedules... the partner's... of greater joy may... the other partner... of... of... although... partners may be... relationship suffers... ultimately due to... is... discovered.

Parenting with Pride

Unlearn Bias, and Embrace, Empower, and Love Your LGBTQ+ Teen

HEATHER HESTER D

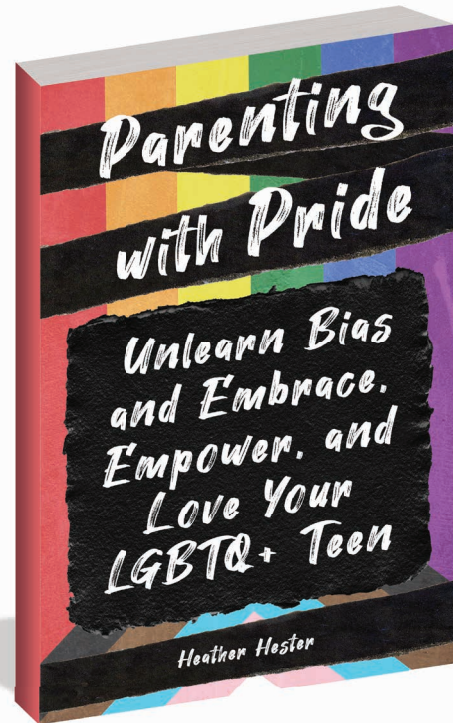
Your kid just came out to you, and amid the flurry of emotion or worry you might feel, you know you would do anything to protect their health and happiness. And you are not alone! Heather Hester, coach, advocate, and host of the #1 rated podcast, *Just Breathe: Parenting Your LGBTQ Teen*, combines an honest retelling of her own son's coming-out experience with wide-ranging research, conversations with dozens of professionals, and the unique experiences of other families to provide the ultimate guidebook for parents embarking on this journey. In *Parenting with Pride: Unlearn Bias and Embrace, Empower, and Love Your LGBTQ+ Teen*, Hester provides parents and caregivers with transformations that gently, but purposefully, walk them through the four pillars toward fully supporting and loving your LGBTQ+ child: Embrace, Educate (or Unlearn), Empower, Love. With trustworthy information and an accessible, straightforward plan, *Parenting with Pride* provides actionable yet profound tools and mental shifts to help parents support their teens and themselves and to be a catalyst for change in their communities.e.



Heather Hester

is the founder of Chrysalis Mama which provides support and education to parents and allies of LGBTQIA adolescents, teenagers, and young adults. She is also the creator and host of the podcast *Just Breathe: Parenting your LGBTQ Teen*. As an advocate and coach for parents and allies, she believes the coming out process

is equal parts beautiful and messy. She works with her clients to let go of fear and feelings of isolation so that they can reconnect with themselves and their children in a meaningful, grounded way. Heather creates a space where growth and shifts can occur through education and empowerment, instilling the confidence that anyone can move through the coming-out process with understanding and love. She is also a speaker and consultant for corporations, teaching how to be better LGBTQ+ allies from the inside out. Heather is a writer and entrepreneur, married to her best friend of 28 years, the mother of four extraordinary kids (three of whom are LGBTQIA), and a student of life who believes in being authentic and embracing the messiness.



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- **Each transformational pillar is accompanied by actionable steps and mental shifts that readers can practice.**
- **Parenting with Pride meets this need, offering timely guidance to support LGBTQ teens and their families in today's world.**
- **Heather's podcast, *Just Breathe: Parenting Your LGBTQ Teen*, has already established her as a trusted and recognized voice in the critical conversation around supporting LGBTQ youth.**
- **The author combines her personal experience with extensive research and conversations with professionals in the field, lending authority, compassion, and clarity to the book.**

Dad Mode

25 Ways To Connect, Reconnect, And Stay Connected To Your Children

TALMADGE EYRE

ILLUSTRATIONS BY BERNARDO FRANCA

You're going to be a dad!—words that don't feel real until nine months later when the new baby arrives. You hold that small life in your arms for the first time, and BOOM, Dad Mode activated! All your feelings as a proud new dad coalesce into one astounding commitment: lifelong connection to your child. But how do you do this dad thing? From author and psychologist Talmadge Eyre, *Dad Mode: 25 Ways to Connect, Reconnect, and Stay Connected to Your Children* is the ultimate guidebook to jumpstarting Dad Mode and fostering an unbreakable connection with your child. Organized into bite-sized chapters, with action steps and a full-color illustration for each way, this book makes connection easy for dads in a hurry. It covers topics from oxytocin and parenting styles to emotional intelligence and family culture, focusing on children ages 0–9. Everything you need to connect, reconnect, and remain connected for life is at the tips of your fingers!

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Hardcover POB, 5x7, 160 pages

 Ships: April 2024

ISBN 978-1-64170-911-8



Talmadge Eyre, son of *New York Times* bestselling authors Richard and Linda Eyre, earned a master's degree in Positive Psychology from the University of Pennsylvania. He and his partner, Anita, and live with their daughter, Annina, in the mountains of Switzerland.

Introduction

"Happiness is Love Full Stop" -George Vaillant
 Why Dad Mode? The Grant study, the longest running longitudinal study of human well-being ever conducted, has followed men for over 80 years with interviews every five years to find out what are the best indicators of a life well lived. George Vaillant, who directed the study for over three decades, said that if he had to bet down all of the learnings from this impressive study into five words, they would be, "Happiness is Love. Full Stop." Vaillant explains that "warm" relationships with those closest to us is the reason he came to that five word summary. This book is aimed at helping you create a warm and connected relationship with your child/children.

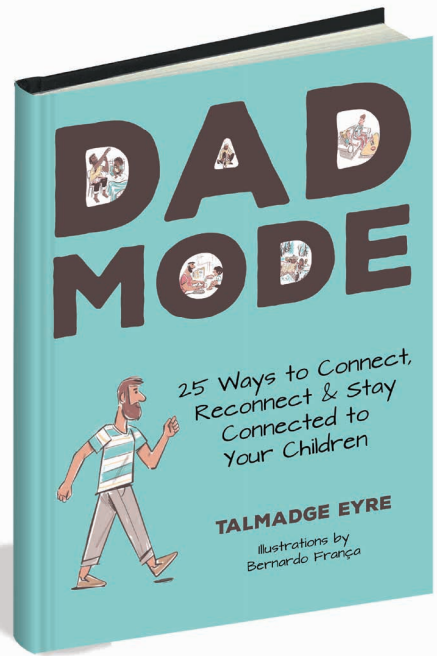
What is Dad Mode?

Dad Mode is when a Dad "tuns in" towards connection with his child/children.
 Over the past decade of being a Dad, I have learned that being a dad good dad is not a reactive thing, it is not a neutral thing either. I have found that being a good dad involves leaning forward and making efforts through the trial and error on a path towards the success. I define "success" as a father as being connected to your child. Thus the state of being in Dad Mode is found by rolling up your sleeves and making efforts physically, mentally,



socially, emotionally, and spiritually to make a warm, flexible and powerful connection with your child/children.
 This doesn't mean that you need to be "leaning in" every waking moment. Knowing that we all have many aspects of our lives which require attention and effort, this book is meant to help you in that very important part of your life which is that of a father. And in the following pages, I have laid out 25 ways that I think are important for you to be able to achieve Dad mode.
 Each of the 25 "Ways" of connecting with your child will have a similar format:

1. Way Title
2. Way "Gist" to give you an overall idea of the concept
3. Way illustration which helps us visualize and remember
4. Way background along with suggested action steps
5. Way Conclusion



- Goes beyond theoretical concepts and provides practical strategies that dads can implement in their everyday lives.
- The second section provides guidance on what to do when bonds are broken. Dads will learn essential skills such as apologizing, fostering regular family meals, and deepening their connections with their children.
- Author Talmadge "Tal" Eyre comes from a family of parenting experts, Richard and Linda Eyre, known for their influential work in the field, making him a credible and trusted source of knowledge on the subject.

In my storytelling experience over the years, I've found that it can be helpful to have one main story where your child knows the characters and, therefore, you don't have to keep working with character development and you can just jump right in and bring the drama.

Fundamentals for Effective Storytelling

Start with a bang! This usually means there is some conflict or drama involving something or someone that your children know. In my stories, it usually has to do with a friend of our daughter who calls her or comes to her house and is excited, worried, confused, curious, sad, happy, or some other emotion. That usually gets her attention right away. The content for this early drama can come from your own life or the life that you see your child leading. If they are thinking about bullies, make it about a bad bully and how the protagonist figured out how to overcome the bully problem of the day. If they are interested in unicorns - or dump trucks - or cars, involve those things. Often the story then moves to the task at hand, which is to fit the problem that has been presented. The two protagonists (in my case, it is my daughter and her friend Pia) together learn how to sort out this problem during the remainder of the story. This problem-solving aspect usually takes work and a few false finishes before it is certainly resolved. Some of my stories don't have a happy ending, but most of them do.

The power of storytelling is documented in many studies and is a tradition that goes back thousands of years. It is a way to teach one generation to the next and is an art, but it seems to be less common these days with all of the other storytelling options that screens present.



Way 7: An Emotional Safe Harbor



Does a child grow best when she or he is protected or exposed? Or is there some kind of middle ground? These are tough questions and I am still in the process of finding the answers.

There are, however, few things I have learned which might be of use to you: I have learned that having a safe harbor where your child can let their guard down, and let out their emotions, provides a space for making sense of their emotions and handling them more intelligently down the road.

This concept of a safe harbor—or a **neutral zone**—allows the child to feel safe in a controlled atmosphere where they can be themselves in healthy and unhealthy ways (along with everything in between).

It is important for our children to know that they can be excited, inspired, joyful, and overall lovely around you. But that they can also be withdrawn, pensive, bored, thoughtful, and puzzled. They should also have space at home to be worried, anxious, mad, angry, frustrated, annoyed, etc. As parents, we have the task of performing the difficult task of absorbing and reflecting these emotions into words so that your child can make sense of how they are actually feeling.

Way 15: Intellectual Humility

being wrong is really a part of learning.. I've been working on this concept in my own life, and I can tell you that it is not easy to admit to my child that I said something wrong or that I was wrong about something. I have a habit of making excuses about the wrongness of my thoughts or actions, but to flat out say I was

Way 15 Gist

Intellectual humility is the realization that we might be wrong. To show our kids that we do not know everything and that we are still learning and have made mistakes is important to moderation and to a growth mindset.

The concept of intellectual humility is commonly defined as "acknowledging that you might be wrong." And if we can know how to practice it, I think it can help us to reconnect as groups and societies. If practiced well, it moves us away from tribalism and polarization and toward understanding and connection.

The Templeton Foundation has brought this concept to life for me. To practice intellectual humility is hard work, but if parents can model it, their kids will be much more likely to practice it as well. The key to intellectual humility is to be aware that we could be wrong in our understanding of anything.

As the world becomes more and more polarized, this concept is more important than ever because it helps us get out of the mentality that we are right about everything and helps us see that



Way 19: Reframe to the Positive

Way 19 Gist

Our daily experiences are very subjective. This way is all about how we can frame and reframe our subjective experience towards looking at things in a positive light. As we work on our reframing abilities right in front of our children, they will also learn how to do this important skill.

From my life: During a layover in Amsterdam a few years ago, I took the time to visit a famous art museum. Just a few minutes after entering the museum, I found myself in front of a Rembrandt painting that completely was completely riveting to me. I couldn't take my eyes off it for what seemed like 15-20 minutes. I think it was the look on their faces that really mesmerized me. The way he looked to her with soft eyes. Her face, however, looks a little nervous. She seems to be somehow comforted as she touches his hand.

In the coming weeks, as I enthusiastically showed this painting to others, I was impressed to learn that many did not see the painting in this same way. To some, it looked like a father/



daughter moment, while others thought the man might be taking advantage of the woman in some way. I was struck by how people can be drawn to very different impressions from the exact same painting.