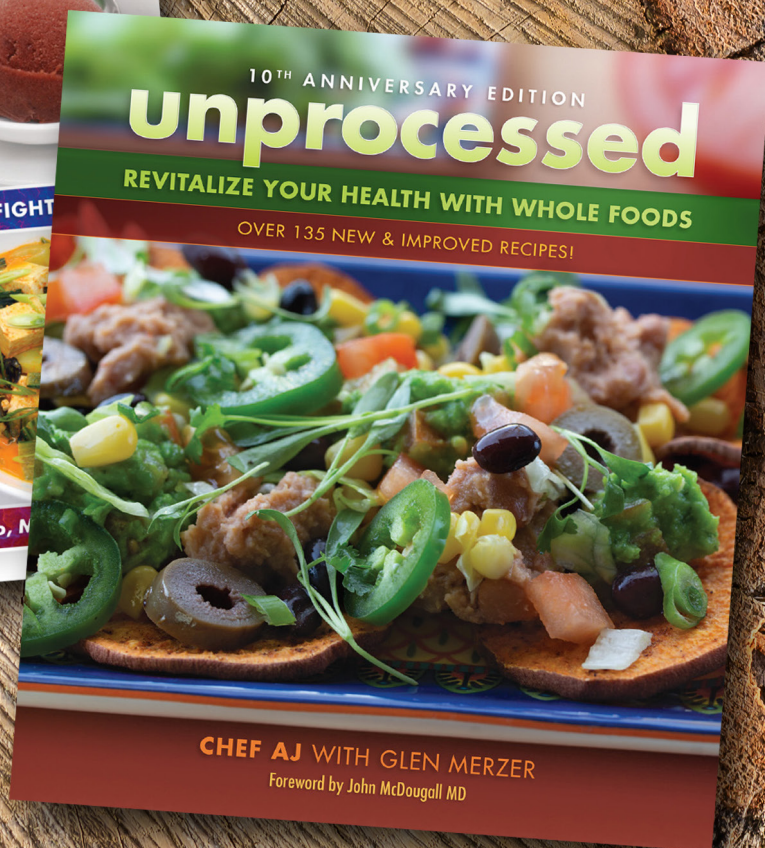
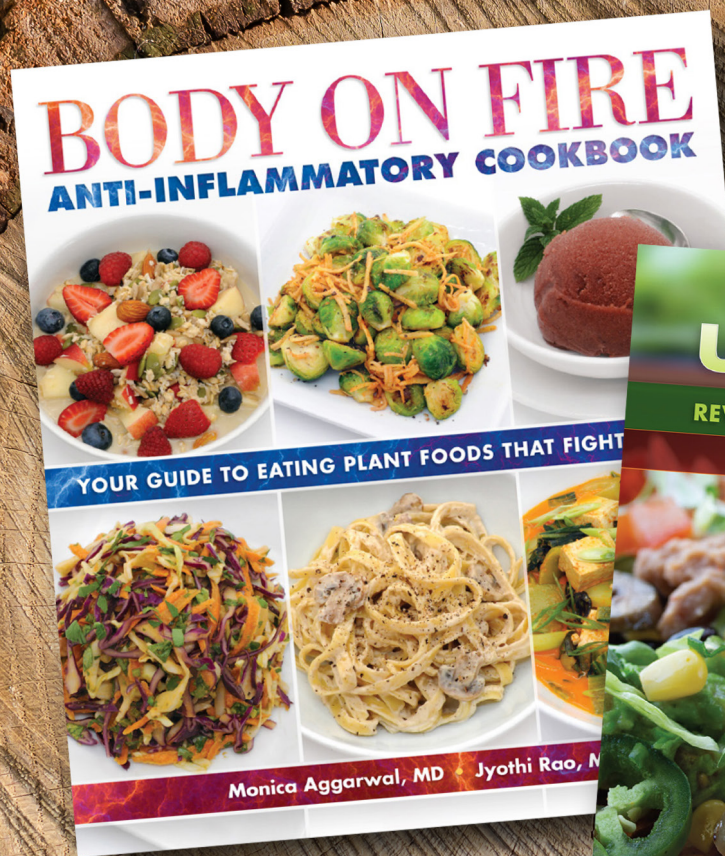


# 2022 Spring

## BPC PUBLICATIONS





## **Books that educate, inspire, and empower.**

BPC was founded in 1974 as Book Publishing Company and is owned by The Farm, an intentional community in Summertown, Tennessee. We are dedicated to publishing books that help create a more ecologically and socially conscious society. Since the 1970s, BPC authors have been pioneers in plant-based cooking and nutrition.

Our imprints—**Healthy Living**, **Books Alive**, **Norwalk Press**, and **Ehret Literature**—offer both contemporary and legacy titles on natural wellness solutions. **Native Voices** pays homage to Indigenous nations, while our **7th Generation** imprint publishes quality fiction and nonfiction for children and young adults authored by Native writers. **GroundSwell Books** features topics that support a sustainable planet, while two series—**Planet in Crisis** and **Planetary Solutions** (for tweens)—are dedicated to addressing our planet’s environmental crisis.

All our books are printed on stock certified by the Forest Stewardship Council.

## **CONTENTS**

### **NEW**

<b>Cooking</b>	<b>1, 2</b>
<b>Juvenile</b>	
<b>Nonfiction</b>	<b>3</b>
<b>Fiction/Indigenous</b>	<b>4</b>
<b>YA Hi-Lo Fiction/Indigenous</b>	<b>5, 6</b>
<b>Sci-Fi</b>	<b>7</b>

### **RECENT**

<b>Cooking/Health/Environment</b>	<b>8</b>
<b>Juvenile Fiction &amp; Nonfiction</b>	<b>9</b>
<b>YA Indigenous /Sci-Fi/Fantasy</b>	<b>10</b>

<b>INDEX</b>	<b>11</b>
--------------	-----------

<b>ORDERING INFORMATION</b>	<b>12</b>
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# BODY ON FIRE ANTI-INFLAMMATORY COOKBOOK: Your Guide to Plant Foods that Fight Disease

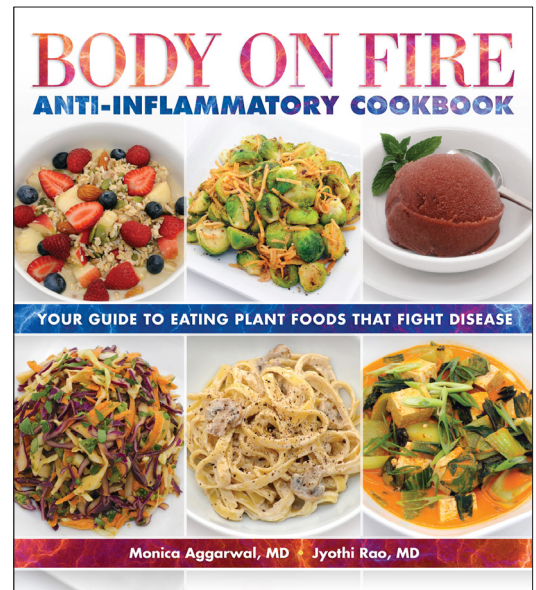
Monica Aggarwal, MD, and Jyothi Rao, MD

- ◆ A plant-based diet is one of the most important tools available to fight inflammation.
- ◆ This program provides effective, drug-free options for treating and preventing chronic illness.

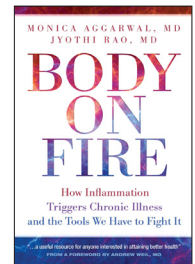
This companion volume to *Body on Fire* reiterates essential concepts about the nature of inflammation and its relationship to chronic illness, offers insights into why certain foods are health-supporting, and provides a how-to-start manual with an abundance of easy-to-make recipes.

The main goal is to calm inflammation and reduce the risk of illness. While there are multiple steps involved with healing, nutrition should be the first one to turn to. Combined with a renewed focus on sleep, movement, and an unstressed mind, Drs. Aggarwal and Rao provide natural solutions for regaining health.

Encouragement and sound advice are offered on everything from the best times to eat and which foods affect sleep, exercise, and outlook, to rediscovering the joys of cooking and budget-friendly options. The recipes use minimum amounts of salt and oil, are nutrient-dense as well as universally appealing, and deliver a healthy dose of flavor with each bite.



◆ **AVAILABLE APRIL 2022**  
978-1-57067-407-5 / \$29.95  
192 pages / trade paper  
8 x 9 / full color



**BODY ON FIRE**  
978-1-57067-392-4 / \$22.95

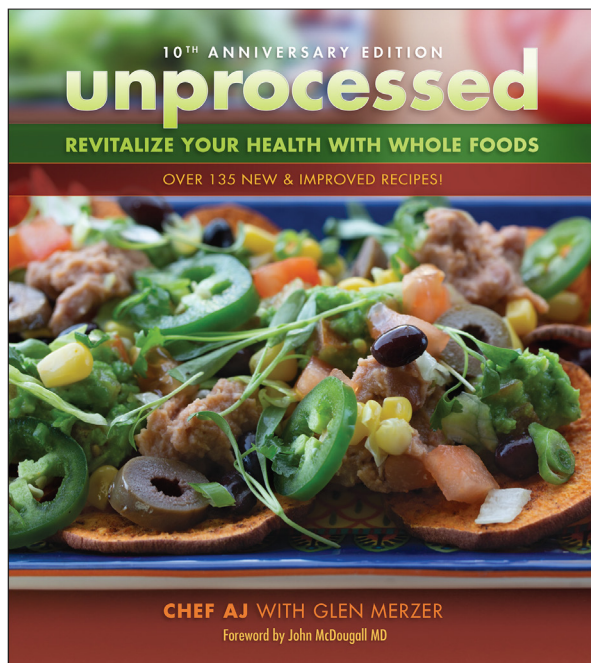
## AUTHOR BIOS

**Monica Aggarwal, MD**, is an associate professor of medicine at the University of Florida Division of Cardiovascular Medicine, where she also serves as the director of integrative cardiology and prevention. For more information, visit [drmonicaaggarwal.com](http://drmonicaaggarwal.com).



**Jyothi Rao, MD**, is board certified in internal medicine and anti-aging and regenerative medicine. Dr. Rao is currently the medical director of the Shakthi Health and Wellness Center. Her website is [raowellness.com](http://raowellness.com).





## UNPROCESSED 10TH ANNIVERSARY EDITION: Revitalize Your Health with Whole Foods

*CHEF AJ with Glen Merzer*

- ◆ **Clearly defines the health benefits of a whole-food, plant-based diet**
- ◆ **Over 135 new and improved recipes**

This revision is a celebration of the amazing versatility and health benefits to be found in whole plant foods. The original book inspired thousands to adopt a healthier diet, and this updated edition will appeal to an even wider health-conscious audience who follows Hippocrates' adage of "let thy food be thy medicine."

Chef AJ shares her own inspiring journey to wellness where she learned about the healing power of whole plant foods. The authors clearly define the differences between processed vs whole foods, explain why fiber- over calorie-dense is better, and offer numerous suggestions on how to replace the flavors of salt, oil, and sugar.

All recipes are free of gluten, oil, salt, and sugar. Chef AJ creatively fuses nutrient-rich ingredients into outrageously tasteful combinations. This compendium of selections will provide nourishing and satisfying choices for anyone who wishes to feel at their best.

- ◆ **AVAILABLE MAY 2022**  
978-1-57067-408-2 / \$29.95  
196 pages / trade paper  
8 x 9 / full color

### AUTHOR BIOS



**CHEF AJ** is the host of the YouTube series *Healthy Living with Chef AJ*, which airs on Foody TV. She is also the creator of the Ultimate Weight Loss Program, which has helped hundreds achieve a healthy weight. For more information, visit [chefaj.com](http://chefaj.com).



**Glen Merzer** is the author of *Own Your Health!* (2021) and coauthored *Mad Cowboy* and *No More Bull* with Howard Lyman. His website is [ownyourhealth.com](http://ownyourhealth.com).

Chef AJ and Glen Merzer also coauthored *Unprocessed* (2011) and *The Secrets to Ultimate Weight Loss* (2018).

## DEFENDING ORCAS: No More Captivity

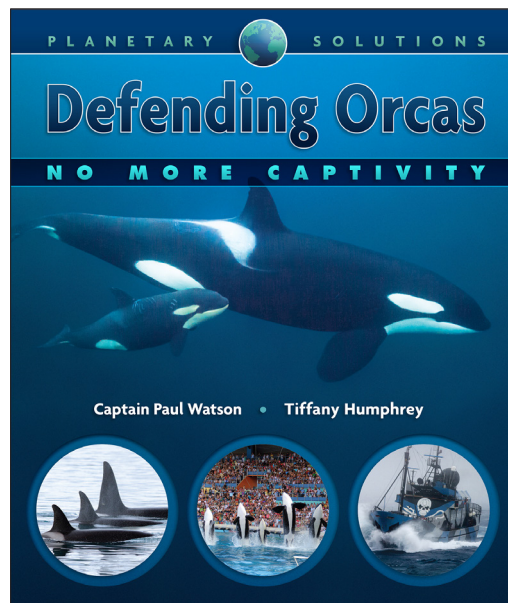
Captain Paul Watson, Tiffany Humphrey

- ◆ This realistic look at captive wild orcas increases empathy in children for other species.
- ◆ Book Three of the Planetary Solutions series.

This book provides with a behind-the-scenes look at of how performing orcas are treated at marine parks worldwide. Orcas are part of the same biological family as dolphins and thrive in the open sea. Being captured or born into captivity interferes with and stunts their natural growth and development.

Kids learn about the world of orcas, their unique characteristics, their place in the ocean’s ecosystem, and how they are hunted and captured. They also are shown how orcas endure mental and physical stress under captivity, which often can lead to their death.

Of special interest are the introductions to individual orcas—some of them world famous—with information on their life stories and the impact confinement has had on them. Beautiful color photos of orcas throughout the text show what a magnificent species they are. Includes resources on orca conservation groups.



◆ AVAILABLE MARCH 2022

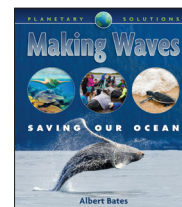
978-1-939053-36-7 / \$18.95

48 pages / trade paper / 8 x 9½  
full color / Ages 9–12



**Book One: Taming Plastic: Stop the Pollution**

978-1939053-24-4 / \$18.95



**Book Two: Making Waves: Saving Our Ocean**

978-1-939053-33-6 / \$18.95

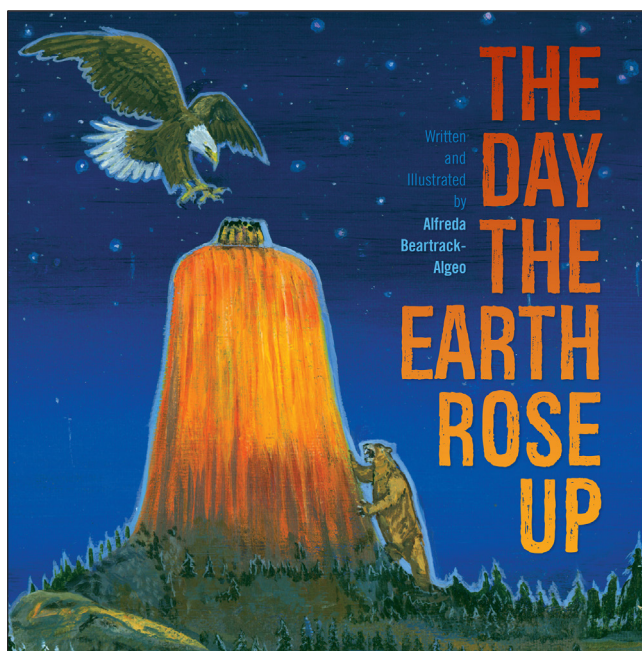
### AUTHOR BIOS

**Captain Paul Watson**, a Canadian-American marine conservation activist, founded the direct-action group Sea Shepherd Conservation Society in 1977. Watson’s recent release, *Urgent!* (2021) addresses the climate crisis.



**Tiffany Humphrey** has been working with marine wildlife since 2003 in South Carolina, Washington, and Hawaii. From 2009 to 2013, she worked as Paul’s executive assistant at Sea Shepherd Conservation Society.





- ◆ **AVAILABLE MARCH 2022**  
 978-1-939053-39-8 / \$18.95  
 40 pages / trade paper / 8½ x 8½  
 full color / Ages 4–8

## THE DAY THE EARTH ROSE UP

*Written and illustrated by  
 Alfreda Beartrack-Algeo*

- ◆ **Lakota version of how the Pleiades or Seven Sisters star formation came to be.**
- ◆ **A glossary of Lakota words used throughout the tale is included.**

The author's hope is to show the connection between the heavenly bodies, the earth, the animal nations, the plant nations, and humans.

When seven Lakota sisters venture deep into the forest to gather chokecherries, they are surprised and chased by Mato Sica, a giant bear known to eat people. The sisters run and climb up on a short rock ledge and pray for help. The ground trembles and gives a sudden jolt, and they find themselves on top of a tall earth tower.

A great giant eagle comes to their rescue and carries the Seven Sisters up to the Star Nation, where they are welcomed home and become the Wicinca Sakowin, also known as the Seven Sisters or Pleiades star formation.

### AUTHOR BIO



**Alfreda Beartrack-Algeo**, a storyteller and poet, artist, and illustrator, is a member of the Lower Brule Lakota Nation, Kul Wicasa Oyate, in Lower Brule, South Dakota, where she grew up. Her involvement in fine art began at an early age with direct influence from her father, Alfred Ziegler, a noteworthy artist who has inspired her work in sculpture, painting, and drawing throughout her life. Alfreda currently lives in beautiful Palisade, Colorado, with her spouse, David Algeo.

## WHISPER TO THE SKY

Kim Sigafus

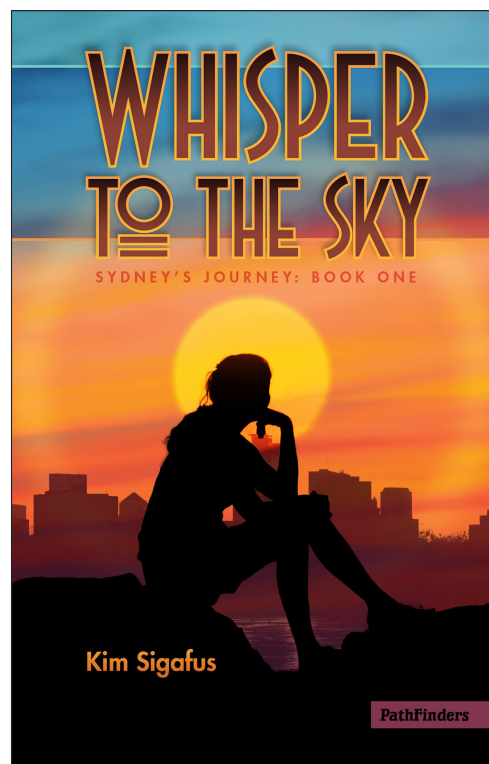
- ◆ High school bullying continues to be a huge social problem.
- ◆ The story examines the effects of bullying on teens and emphasizes acceptance of those who are different.
- ◆ Book One of a new PathFinders series, *Sydney's Journey*.

At her old school on the reservation, where almost all the kids were Native, Sydney was known as a tough bully. Now at her new school, which has only a few Native kids, she wonders if she will fit in.

It doesn't take Sydney long to realize she stands out like a sore thumb. After accidentally bumping into a classmate in the hall, the bullying begins, but this time it's aimed right at her. Although Sydney was used to being the bully at her old school, the tables have turned, and she is now on the other side.

A chance encounter with a boy in the lunchroom turns into a close friendship. Her new friend, Finn, who is gay, is also a target of bullies. Sydney begins to feel ashamed and to regret her past behavior. Before she can begin the journey to self-forgiveness, Sydney realizes that she must make amends with the girl she had bullied at her old school.

**The *Sydney's Journey* series follows an urban Indian high schooler as she transitions from being a former bully who deals with self-shame to a confident teen who has compassion for others.**



◆ **AVAILABLE MARCH 2022**

978-1-939053-38-1 / \$12.95

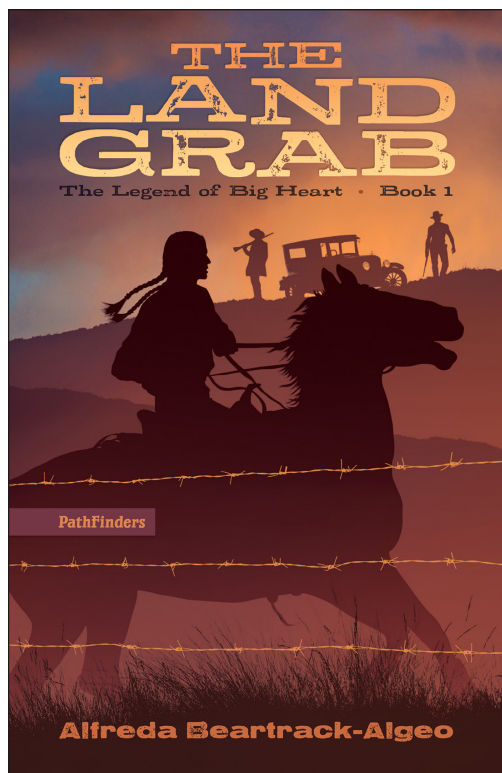
118 pages / trade paper / 7 x 4½

YA 12+ / FRY RL 4

### AUTHOR BIO

**Kim Sigafus** is an award-winning Ojibwa writer and photographer whose family is from the White Earth Indian Reservation in northwest Minnesota. She is also the author of three PathFinders novels, *Nowhere to Hide*, *Autumn's Dawn*, and *Finding Grace*, and the coauthor of *Native Writers: Voices of Power* and *Native Elders: Sharing Their Wisdom*.





- ◆ **AVAILABLE MAY 2022**  
 978-1-939053-40-4 / \$12.95  
 118 pages / trade paper / 7 x 4½  
 YA 12+ / FRY RL 4

## THE LAND GRAB

*Alfreda Beartrack-Algeo*

- ◆ **The story is based on the remarkable real-life events of the author's father, Alfred Swallow.**
- ◆ **Book One of a new PathFinders series, The Legend of Big Heart.**

"Jay, do you think Mr. O'Neil had something to do with this fire?"

Uncle Jay stood up. "Yup, I do, Tom. I think Mr. O'Neil sent two of his guys here yesterday to stake out you and your land. They came back out here before dawn and started this fire. Yup, I have no doubt, but proving it will be a challenge because we are up against the big boys."

Alfred is 11 years old and has many responsibilities not expected of a young boy. His Lalá (grandfather) has instilled in his grandson many Lakota traditions, which Alfred respects but at times struggles to understand the message they convey.

Young Alfred draws from these traditions when an unscrupulous US Land Agent, who knows the value of the family's land, is determined to grab their land with intimidation and force. The family and their neighbors band together to stop the unlawful actions, but can they stop a determined criminal?

**The Legend of Big Heart series begins in 1929 and follows the exciting adventures of young Alfred Swallow through manhood as he and his family navigate life on and off the Lower Brule Lakota Reservation in South Dakota. Forced to leave their land, they find themselves being assimilated into mainstream American culture and society, leaving behind their tribal values and traditions.**



### AUTHOR BIO

**Alfreda Beartrack-Algeo** is a member of the Lower Brule Lakota Nation in South Dakota. A storyteller, artist, and illustrator, her involvement in fine art began at an early age through the direct influence of her father, Alfred Ziegler, a noteworthy artist who has inspired her work in sculpture, painting, and drawing throughout her life.



## THE TWO RIDERS

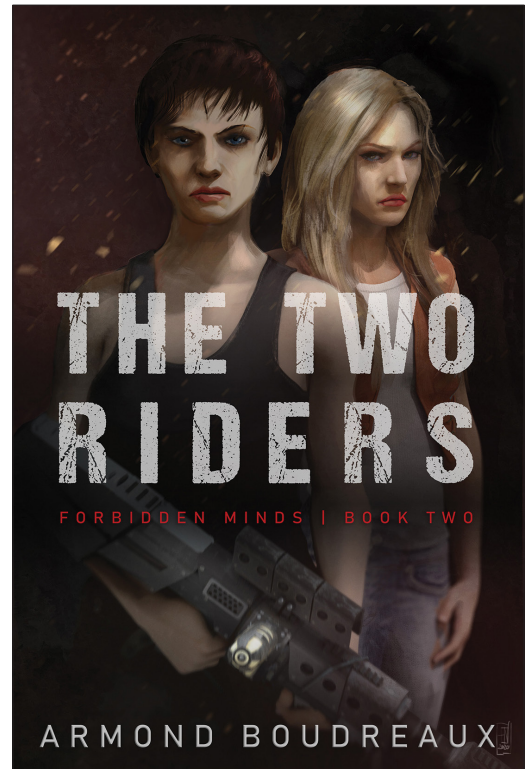
*Armond Boudreaux*

- ◆ **Book Two of the Forbidden Minds series**
- ◆ **Politically focused science fiction**

**The truth alone has the power to destroy nations.**

Former US Marine Valarie Hara knows the secrets she holds are enough to send her country—and the world—over the edge into the abyss. Branded a terrorist for rescuing her telepathic son from a government research lab, she wants nothing more than to escape into hiding with her family. Investigative reporter Jessica Brantley demands they stand and fight. Government agents are hunting down other children like Valerie’s—and no one else can save them. Or so she believes.

Soon she’ll wish she was right. Despite tyrannical laws requiring artificial wombs for all human reproduction, the governments of the world have failed to completely eliminate the births of people with telepathic abilities. And after decades of hiding in the shadows, banding together for survival, they’re done being victims.

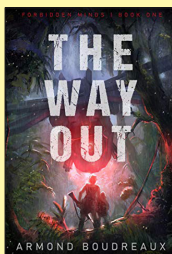


◆ **AVAILABLE MARCH 2022**

978-1-949671-26-1 / \$16.95

350 pages / trade paper / 5½ x 8½

### BOOK ONE



#### THE WAY OUT

*Armond Boudreaux*

978-1-949671-08-7 / \$16.95

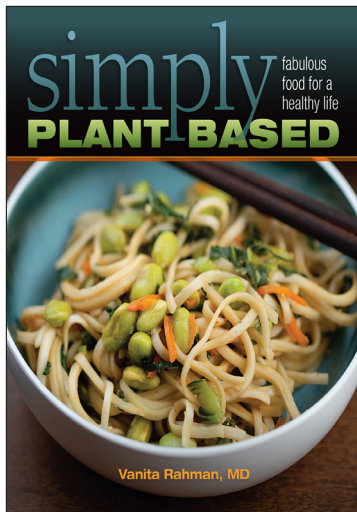
336 pages / trade paper

5½ x 8½

### AUTHOR BIO



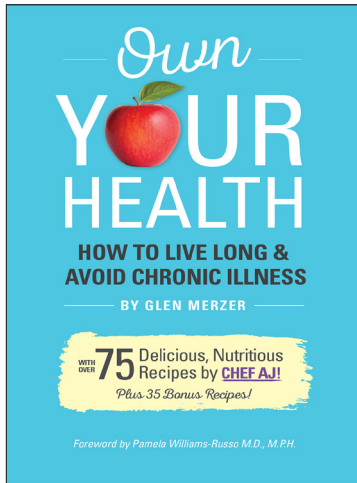
A humanities professor at East Georgia State College, **Armond Boudreaux** also writes nonfiction about the ethics and politics of superheroes. He now lives in Statesboro, Georgia, with his wife and five children.



**SIMPLY PLANT BASED: Fabulous Food for a Healthy Life**  
*Vanita Rahman, MD*

978-1-57067-404-4 / \$28.95 / 176 pages / trade paper / 8 x 9 / full color

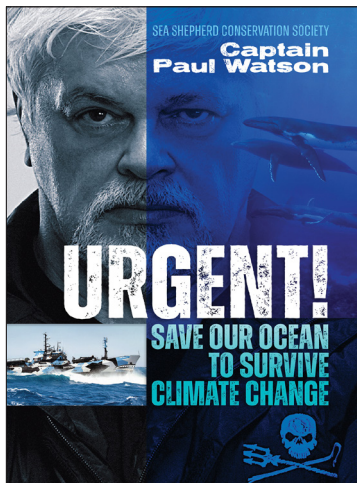
The simplest and most health-promoting diet is built on whole, plant-based foods that are low in fat, sugar, and sodium, and high in fiber and nutrients. Vanita Rahman is a practicing physician, certified nutritionist, and remarkable cook. She provides a smorgasbord of satisfying options—all nutritionally packed, easy to prepare, and rich in flavor—which can support the health goals of anyone who wishes to achieve a healthy weight, reduce joint pain, or lower blood sugar, blood pressure, or cholesterol.



**OWN YOUR HEALTH: How to Live Long & Avoid Chronic Illness**  
*Glen Merzer / Recipes by Chef AJ*

978-1-57067-406-8 / \$25.95 / 288 pages / trade paper / 6 x 9

Glen Merzer presents a convincing case on how a low-fat, plant-based diet can prevent chronic disease. Using both empirical and scientific evidence, he validates his nutritional advice that one's health can be maintained through the right food choices. Popular author Chef AJ delivers more than 75 distinctively delicious, nutritious, and easy-to-make recipes that are free of gluten, oil, sugar, and salt. Together Merzer's counsel and Chef AJ's recipes are a formula for health.



**URGENT!: Save Our Ocean to Survive Climate Change**  
*Captain Paul Watson*

978-1-57067-403-7 / \$12.95 / 96 pages / trade paper / 6 x 9

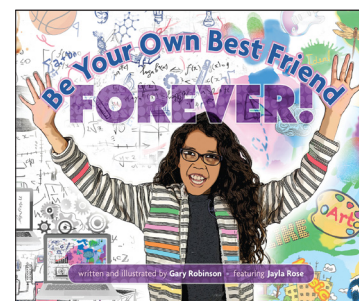
Climate change is the biggest issue facing our species. Environmental activist Captain Paul Watson, founder of Sea Shepherd Conservation Society, provides a road map on how to navigate the upcoming challenges that climate change will bring. From advice on how to minimize the damage going forward and learning to deal with the stress of climate change to embracing a biocentric ideology that values our interdependence with all species, Watson's words are a call to action.

## BE YOUR OWN BEST FRIEND FOREVER!

**Gary Robinson**

978-1-939053-34-3 / \$22.95 / 40 pages / hardcover / 11 x 8½ / full color / Ages 9–12

Jayla takes pride in being from African, Native American, Asian, and Latina heritage. Packed with inspiring tips for any girl who doubts herself or is the target of exclusion and body shaming, Jayla offers advice on how to become self-confident. The reader comes to realize that once she believes in herself, she will always have a best friend!

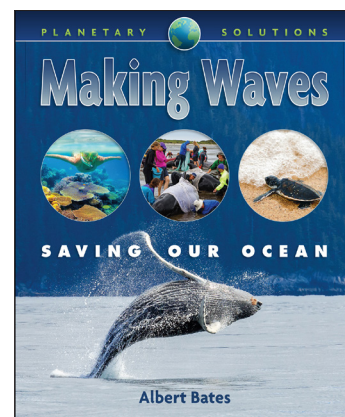


## MAKING WAVES: Saving Our Ocean

**Albert Bates**

978-1-939053-33-6 / \$18.95 / 48 pages / trade paper / 8 x 9½ / full color / Ages 9–12

Environmentalist Albert Bates teaches children about the ocean and her ecosystems and what the effects of modern technologies have had on the ocean's health. He highlights new measures such as global blue carbon initiatives and coral reef restoration that can regenerate and revitalize the ocean. **Making Waves** can foster a dialogue between kids and their families with regard to the environment.



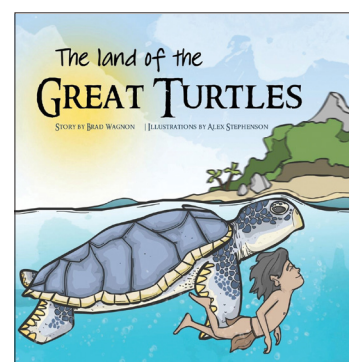
## THE LAND OF THE GREAT TURTLES

**Story by Brad Wagnon and Illustrated by Alex Stephenson**

978-1-939053-35-0 / \$18.95 / 40 pages / trade paper / 8½ x 8½ / full color / Ages 4–8

The Creator gave the Cherokee people a beautiful island with everything they could ever need. It came with only one rule: they must take care of the land and the animals living there. But what happens when the children decide to play with the turtles instead of taking care of their responsibilities?

**These books will familiarize readers with the Cherokee syllabary and language.**

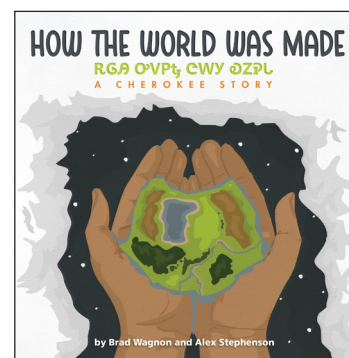


## HOW THE WORLD WAS MADE

**Story by Brad Wagnon and Illustrated by Alex Stephenson**

978-1-939053-37-4 / \$18.95 / 40 pages / trade paper / 8½ x 8½ / full color / Ages 4–8

When the earth was young, the animals lived on a rock above it, and the earth was covered with water. The animals needed more room, but where could they find it? This book retells the delightful Cherokee tale of how the earth was created and teaches the valuable lesson that even the smallest creature can make a difference.

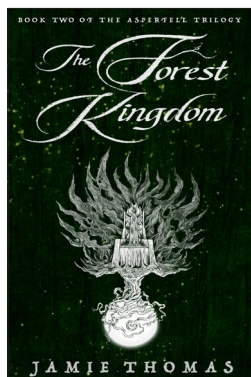
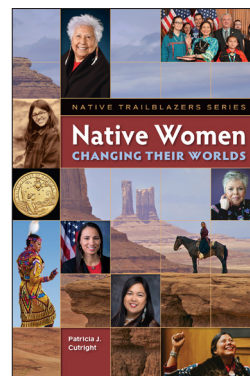


## NATIVE WOMEN CHANGING THEIR WORLDS

**Patricia Cutright**

978-1-939053-32-9 / \$12.95 / 128 pages / trade paper / 6 x 9 / Ages 12+

The 12 Indigenous women featured in this book overcame unimaginable hardships—racial and gender discrimination, abuse, and extreme poverty—only to rise to great heights in the fields of politics, science, education, and community activism. Their stories of courage, fortitude, and self-preservation are inspirational to female young adults.



## THE FOREST KINGDOM

**Jamie Thomas**

978-1-949671-28-5 / \$18.50 / 450 pages / trade paper / 5½ x 8½

### ◆ Book Two of the Asperfell fantasy series

Our heroine, Briony, and her companions are free from the walls of Asperfell but now face a new predicament. The ancient gods are awakening, and they have not forgotten nor forgiven Briony's people for their intrusion into their sacred place and what was stolen from them.



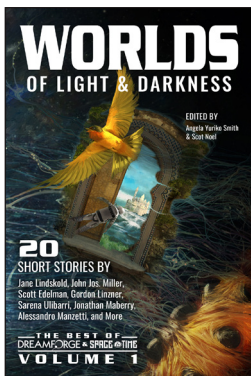
## FORETOLD

**Violet Lumani**

978-1-949671-21-6 / \$16.95 / 410 pages / trade paper / 5½ x 8½

### ◆ Book One of The Scryers YA fantasy trilogy

As if struggling with OCD and extreme anxiety wasn't enough, high schooler Cass Morai discovers she can also see the future. But only by joining a secret organization of soothsayers can she hope to rewrite fate and save the life of the boy she's falling in love with.



## WORLDS OF LIGHT & DARKNESS:

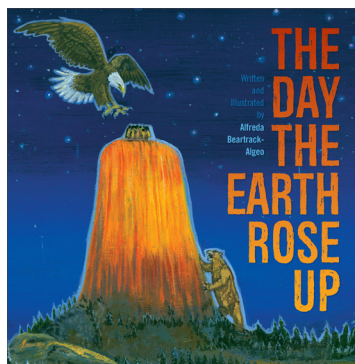
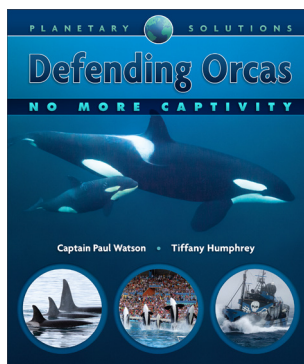
**The Best of DreamForge and Space & Time, Volume 1**

**Angela Yuriko Smith and Scot Noel, Editors**

978-1-949671-24-7 / \$16.95 / 296 pages / trade paper / 5½ x 8½

### ◆ Science Fiction Short Story Anthology

These 20 short stories stretch across multiple universes and beyond death—and yet they remain intimate, personal, emotional. They demonstrate the strength of the human spirit to find hope and seek a better tomorrow in even the darkest times.



Be Your Own Best Friend Forever!	9
Body on Fire	1
Body on Fire Anti-Inflammatory Cookbook	1
Day the Earth Rose Up, The	4
Defending Orcas	3
Forest Kingdom, The	10
Foretold	10
How the World Was Made	9
Land Grab, The	6
Land of the Great Turtles	9
Making Waves	9
Native Women Changing Their Worlds	10
Own Your Health	8
Simply Plant Based	8
Taming Plastic	3
Two Riders, The	7
Unprocessed 10th Anniversary Edition	2
Urgent!	8
Way Out, The	7
Whisper to the Sky	5
Worlds of Light & Darkness	10

# OFFICIAL CONTACT INFORMATION & TERRITORY BREAKDOWN



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