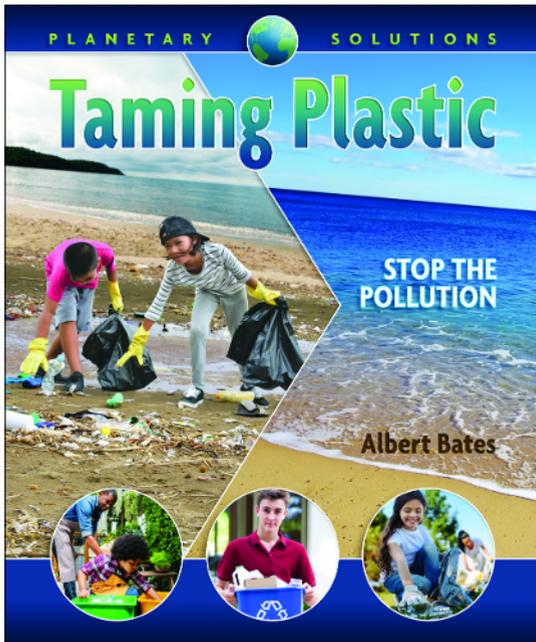


**BOOKS ALIVE ❖ GROUNDSWELL
HEALTHY LIVING ❖ NORWALK PRESS
NATIVE VOICES ❖ 7TH GENERATION**



2020 SPRING

BOOK PUBLISHING COMPANY



TAMING PLASTIC

Stop the Pollution

Albert Bates



\$18.95 / 978-1-939053-24-4
48 pages / 8 x 9½ paper / full color

Available April

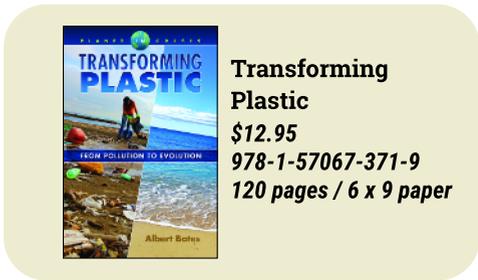
Plastics were created to last forever—and that’s the problem. It’s estimated that by 2050, there will be more pounds of plastic in our oceans than pounds of fish. Young people will be uniquely impacted by environmental pollution in the future.

This book describes how plastics are made, explains why they are such an enormous problem for the environment, and examines why this problem has reached a crisis point and what can be done to clean it up. Kids are also informed about the creative solutions that visionary people across the planet are using to curb plastic waste. Many of these ideas for taming plastic are being implemented by young adults, and kids can learn what they can do in their daily lives to help deal with this growing problem.



Albert Bates is the author of 18 books on climate, history, and ecology, including *Carbon Cascades: Redesigning Human Ecologies to Reverse Climate Change (2019)*, *The Paris Agreement (2015)*, and *The Biochar Solution (2010)*. His book *Climate in Crisis (1990)* was among the first to call attention to global warming. He is the founder and director of the *Global Village Institute for Appropriate Technology (GVix.org)*.

Also by Albert Bates . . .



Transforming Plastic
\$12.95
978-1-57067-371-9
120 pages / 6 x 9 paper

This book takes a critical look at the magnitude of plastic pollution, along with information on worldwide efforts for better regulations and new technologies that can curb our plastic legacy.

DAR & EARTH: ORACULI

Athena M. Kaiman



\$22.95 / 978-1-7339828-0-1

350 pages / 5½ x 8½ paper

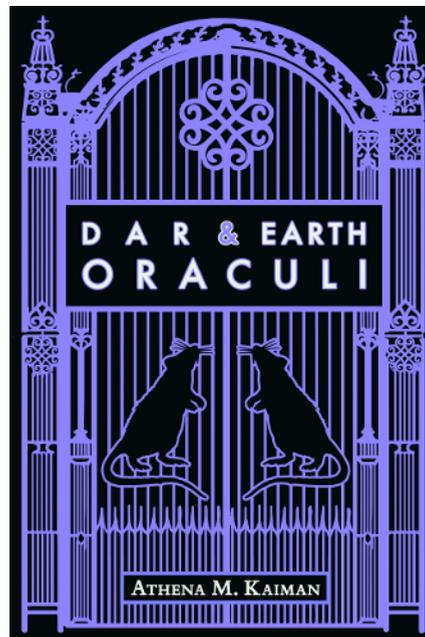
Available March

DAR & Earth is a female empowerment, YA fantasy series rooted in accurate historical and scientific facts. *ORACULI* begins the odyssey of these two worlds.

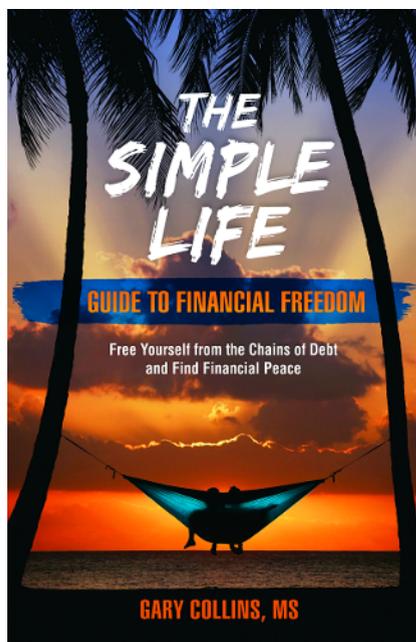
Through the protagonist, Aelish, a magical being born of human parents in 1546 Ireland, and her Oraculi, Lady Antonia, born in 1521 at King Henry VIII's court, learn the history of DAR & Earth. From medieval times and the devastation of the plague to the current threat of humanity's extinction from anthropogenic climate change, experience how politics, religion, science, and patriarchal ideology collide in both worlds.

After her parents die of the plague, Aelish journeys at age seventeen to DAR—a magical commonwealth governed by females. But the refuge of her new home soon takes a dark turn. She discovers something horrific and embarks on a quest to vanquish an enemy she has never met.

In the present day, Aelish returns to Earth as an Oraculi to Isabela, a twelve-year-old-girl of Mexican descent with exceptional scientific aptitude. But Isabela wants nothing to do with DAR. Will Aelish fail in her mission to save her birthplace from runaway climate change?



Athena M. Kaiman worked in politics, first as a grassroots organizer and ultimately as a press secretary and speech writer. Her firsthand experience in the male-dominated world of politics and government inspired this series. She resides in Nashville, Tennessee, and Miami, Florida, with her husband and two research assistants, rescue pups Carly and Nash.



THE SIMPLE LIFE GUIDE TO FINANCIAL FREEDOM

Free Yourself from the Chains of Debt and Find Financial Peace

Gary Collins, MS

\$18.95 / 978-1-57067-386-3



150 pages / 5½ x 8½ paper

Available April

Are you living paycheck to paycheck and barely getting by? Do you constantly worry about not having enough time or money for what you need or what is most important to you? Written in an approachable style with easy-to-implement advice, this guide will change your perception of money forever.

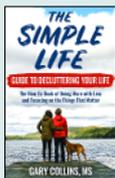
You'll learn how to view money as the gateway to freedom, how most people have the potential to be millionaires just by adopting a few simple spending habits, and how your dream house could end up being your worst nightmare. Gary Collins, author of the series The Simple Life, deconstructs the obstacles facing many people today that prevent them from living the life they want.



Author and digital nomad **Gary Collins** has thrived since walking away from a stable, unfulfilling job to build a joyful, debt-free, and off-the-grid lifestyle. His *Simple Life* series of guides provides time-tested steps to create your new definition of success. His website is thesimplelifefor.com.

Also by Gary Collins . . .

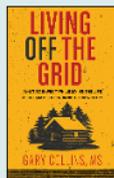
See page 9.



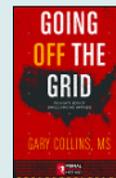
The Simple Life Guide to Decluttering Your Life
\$18.95
978-1-57067-384-9
152 pages
5½ x 8½ paper



The Simple Life Guide to RV Living
\$16.95
978-1-57067-363-4
112 pages
5½ x 8½ paper



Living Off the Grid
\$18.95
978-1-57067-373-3
152 pages
5½ x 8½ paper



Going Off the Grid
\$18.95
978-1-57067-354-2
165 pages
5½ x 8½ paper
photos, illustrations

LOW COST NATURAL CURES FOR YOUR DOG AND CAT YOUR VET DOESN'T WANT YOU TO KNOW



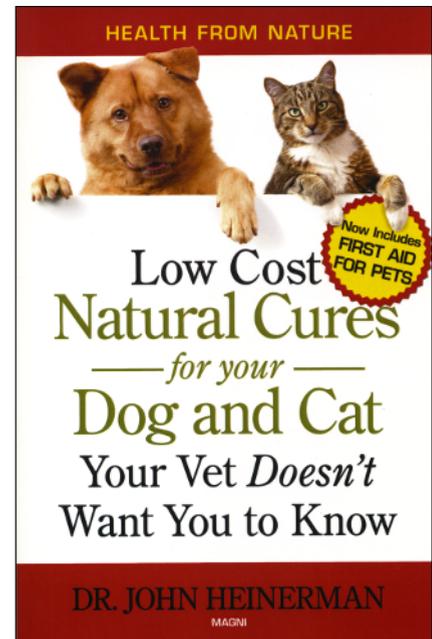
Second Edition

Dr. John Heinerman

\$20.95 / 978-1-882330-65-2

342 pages / 6 x 9 paper

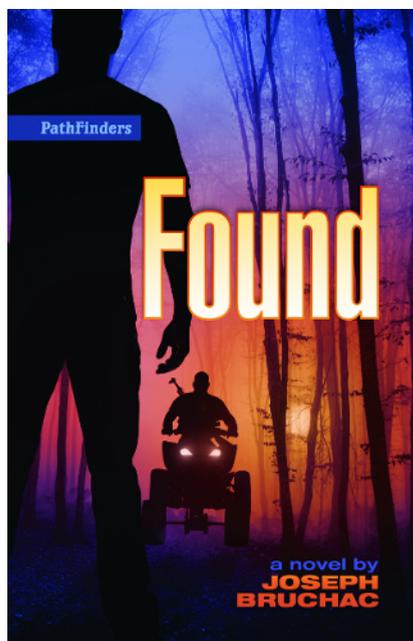
Available March



This invaluable everyday resource for dog and cat lovers is a full-spectrum primer on holistic veterinary therapies for your pet. Dr. Heinerman discusses safe, effective, all-natural remedies, including homeopathy, acupuncture, herbal medicine, and energetic nutrition, to treat 63 health problems that frequently affect dogs and cats.

From standard discomforts, such as allergies, constipation, obesity, and worms, to more serious conditions, such as arthritis, cancer, kidney failure, and wounds, this comprehensive manual enables pet owners to provide the first line of defense in caring for their four-legged companions. In addition, you'll find useful information on diet and nutrition, along with natural solutions to prevalent behavioral problems, such as barking, biting, and scratching. Also included is a section on first aid that could save your pet's life in an emergency.

*Medical anthropologist **John Heinerman, PhD**, has spent over 30 years researching the healing power of plants throughout the world. He has written 24 books on the subject and is considered one of the planet's leading authorities on natural healing. Many of his books, among them Natural Remedies from Around the World, Nature's Seven Wonder Medicines, and Heinerman's Encyclopedia of Anti-Aging Remedies, have been translated into multiple languages.*



FOUND

Joseph Bruchac

\$12.95 / 978-1-939053-23-7

96 pages / 4½ x 7 paper

Ages: 12 to 16



Available March

A teenage survival expert finds all of his skills tested as he's pursued through the Canadian wilderness by men determined to silence him. On his way to teach at Camp Seven Generations, a Native outdoor school, Nick witnesses a murder and then is thrown off a train. Remembering and using the teachings of his Abenaki elders will prove to be the difference between life and death for him.

Although his pursuers have modern technology to help them, Nick has something even more useful. In addition to the skills he's learned, he has an ally in the natural world around him. *Found*, like the famous story "The Most Dangerous Game," is a tale that focuses on being hunted until a way can be found to become the hunter.



Joseph Bruchac is a writer, storyteller, proud Nulhegan Abenaki citizen, and respected elder among his people. He works extensively on projects involving the preservation of Abenaki culture, language, and traditional Native skills. The author of more than 140 books for children and adults, he discusses Native culture and his books and presents storytelling programs at dozens of elementary and secondary schools each year. For more information, visit josephbruchac.com.

Also by Joseph Bruchac . . .

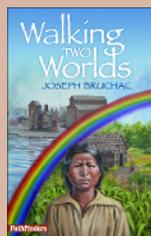


The Long Run

\$12.95

978-1-939053-09-1

120 pages / 4½ x 7 paper



Walking Two Worlds

\$12.95

978-1-939053-10-7

160 pages / 4½ x 7 paper

AUTUMN'S DAWN

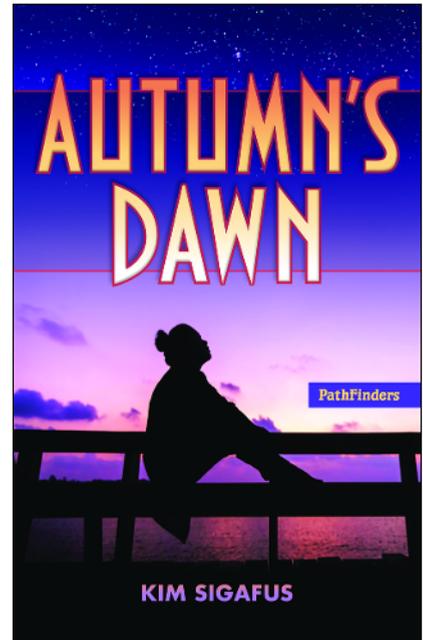
Kim Sigafus

\$12.95 / 978-1-939053-25-1

120 pages / 4½ x 7 paper

Ages: 12 to 16

Available April



After a school year of dealing with personal issues, Autumn Dawn is happy that summer is finally here. Autumn plans on visiting her aunt Jessie in Minneapolis before heading back home for the class she needs to attend in order to pass to the next grade.

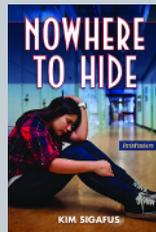
On the first day of class, Autumn finds herself face-to-face with Sydney, the bully who thinks it is fun to pick on her. What could be worse than that? They are paired together and will be tutoring each other!

Between dealing with Sydney and trying not to notice the new guy in school, who has definitely noticed her, Autumn struggles to accept and embrace the fresh challenges she faces as she learns to believe in herself.



Kim Sigafus (Ojibwa) is an award-winning Ojibwa writer and Illinois Humanities Road Scholar speaker. She has coauthored two 7th Generation books in the Native Trailblazers series of biographies, including the award-winning *Native Writers*. She also wrote the first book in the *Autumn Dawn Series*, *Nowhere to Hide*. Kim's family is from the White Earth Indian Reservation in northern Minnesota. She resides with her husband in Freeport, Illinois. For more information, visit kimberlysigafus.com.

Also by Kim Sigafus...



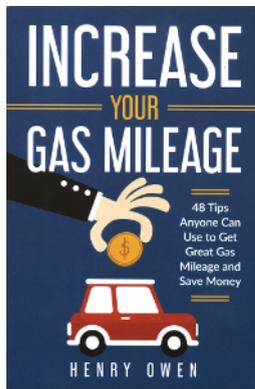
Nowhere to Hide

\$12.95

978-1-939053-21-3

120 pages / 4½ x 7 paper

Ages: 12 to 16



INCREASE YOUR GAS MILEAGE

48 Tips Anyone Can Use to Get Great Gas Mileage and Save Money

Henry Owen

\$12.95 / 978-1-79188-295-2

80 pages / 5½ x 8½ paper

Available March



The price of gas is perpetually fluctuating. Discover how to get great gas mileage, save money, and minimize your car's environmental impact through the art of hypermiling, which is a driving technique that enables a car to get the very best gas mileage possible. Henry Owen shares his ideas and strategies for fuel-efficient driving and provides dozens of insider tips that will help you change your driving habits.



Henry Owen is an environmentalist who seeks out aspects of daily living—from converting food scraps to driving a car—in which he can reduce his eco footprint. Henry is also the author of How to Start a Worm Bin.

Also by Henry Owen . . .



How to Start a Worm Bin
 \$12.95
 978-1-57067-349-8
 106 pages / 6 x 9 paper
 illustrations



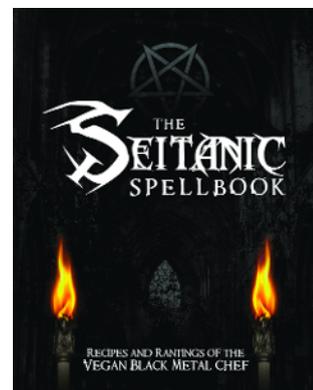
THE SEITANIC SPELLBOOK

Recipes and Rantings of the Vegan Black Metal Chef

Brian Manowitz



\$39.95 / 978-1-57067-385-6
 220 pages / 8 x 10 paper / full color



Both a serious cookbook and a hilarious read, this heavy metal-themed tome is rich in metaphors and tempting photos to ignite your culinary inspiration. All recipes are accompanied by a QR code linked to a video of the recipe. Each page offers full-color photos of the finished dish and steps to create the recipe.



Brian Manowitz, aka the Vegan Black Metal Chef, combines his passion for vegan cooking and making metal music to create YouTube videos that are informative, hilarious, and enlightening. He has appeared in Time Magazine, the Washington Post, and the Guardian, as well as on Anthony Bourdain: No Reservations and ABC's Nightline, among others. For more information, visit veganblackmetalcchef.com.

KICK DIABETES ESSENTIALS

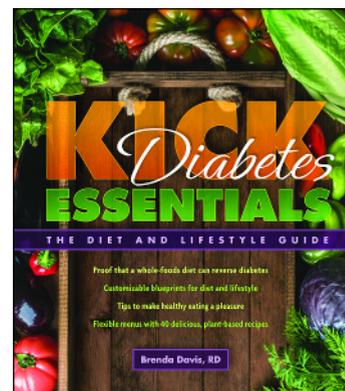
The Diet and Lifestyle Guide

Brenda Davis, RD

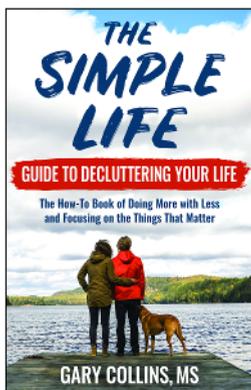


\$31.95 / 978-1-57067-376-4

300 pages / 8 x 9 paper



Learn why plant foods are so successful at reducing the risk of diabetes and how they can reverse the condition in many cases. Includes over 40 recipes.



THE SIMPLE LIFE GUIDE TO DECLUTTERING YOUR LIFE

The How-To Book of Doing More with Less and Focusing on the Things That Matter

Gary Collins, MS



\$18.95 / 978-1-57067-384-9

152 pages / 5½ x 8½ paper

Simple-life guru Gary Collins shares his successful step-by-step process for breaking free of clutter. Packed with realistic solutions and straightforward, no-nonsense advice.

VERTICAL GARDENING

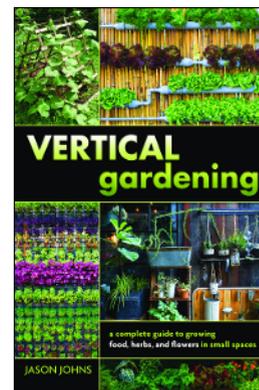
A Complete Guide to Growing Food, Herbs, and Flowers in Small Spaces

Jason Johns



\$12.95 / 978-1-57067-375-7

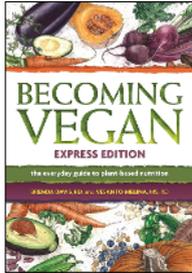
128 pages / 6 x 9 paper / photos



Gardening expert Jason Johns discusses the best plants to grow vertically, even in limited space or sunlight, and shares tips to ensure a bountiful harvest.



Canadian Authors & Registered Dietitians
Brenda Davis, RD & Vesanto Melina, MS, RD



BECOMING VEGAN EXPRESS EDITION

The Everyday Guide to Plant-Based Nutrition



The go-to book for designing a plant-based diet, with in-depth coverage of essential nutrients and an updated food guide.

\$29.95 / 978-1-57067-295-8 / 228 pages / 7 x 10 paper / illustrations, charts

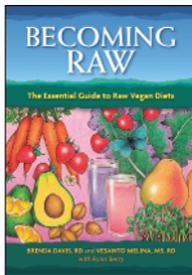
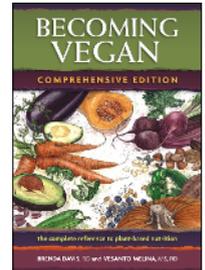


BECOMING VEGAN COMPREHENSIVE EDITION

The Complete Reference to Plant-Based Nutrition

This comprehensive edition is packed with additional topics, in-depth analyses, scientific references, and scrupulously researched information.

\$38.95 / 978-1-57067-297-2 / 624 pages / 7 x 10 paper / illustrations, charts



BECOMING RAW

The Essential Guide to Raw Vegan Diets



Learn how to design a raw or mainly raw plant-based diet that is nutritionally safe and meets recommended nutrient intakes simply and easily.

\$31.95 / 978-1-57067-238-5 / 352 pages / 7 x 10 paper / illustrations, charts

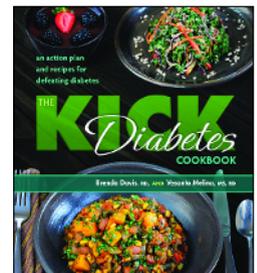
THE KICK DIABETES COOKBOOK

An Action Plan and Recipes for Defeating Diabetes

This dietary action plan includes more foods that help regulate blood glucose levels and avoids foods that send those levels skyrocketing.



\$25.95 / 978-1-57067-359-7 / 192 pages / 8 x 9 paper / full color



Contact Information and Territories

British Columbia • Alberta • Yukon • Nunavut

Ali Hewitt 604-448-7166 ▪ alih@ampersandinc.ca

Dani Farmer 604-448-7168 ▪ danif@ampersandinc.ca

Jessica Price 604-448-7170 ▪ jessicap@ampersandinc.ca

Pavan Ranu 604-448-7165 ▪ pavanr@ampersandinc.ca

2440 Viking Way, Richmond, BC V6V 1N2

general phone 604-448-7111 ▪ toll-free 800-561-8583

fax 604-448-7118 ▪ toll-free 888-323-7118 ▪ ampersandinc.ca

Vancouver Island

Dani Farmer 604-448-7168 ▪ danif@ampersandinc.ca

Alberta • Manitoba • Saskatchewan • NWT

Jessica Price 604-448-7170 ▪ jessicap@ampersandinc.ca

Ontario

Saffron Beckwith Ext. 124 ▪ saffronb@ampersandinc.ca

Morgen Young Ext. 128 ▪ morgeny@ampersandinc.ca

Laureen Cusack Ext. 120 ▪ laureenc@ampersandinc.ca

Vanessa Di Gregorio Ext. 122 ▪ vanessad@ampersandinc.ca

Laura MacDonald Ext. 122 ▪ lauram@ampersandinc.ca

Evette Sintichakis Ext. 121 ▪ evettes@ampersandinc.ca

Jenny Enriquez Ext. 126 ▪ jennye@ampersandinc.ca

Head Office: Suite 213, 321 Carlaw Avenue, Toronto, ON M4M 2S1

phone 416-703-0666 ▪ toll-free 866-736-5620

fax 416-703-4745 ▪ toll-free 866-849-3819 ▪ ampersandinc.ca

Quebec and Atlantic Provinces

Jenny Enriquez

phone 416-703-0666 Ext. 126 ▪ toll-free 866-736-5620

fax 416-703-4745 jennye@ampersandinc.ca

Second Story Press

c/o UTP

5201 Dufferin Street

Toronto, Ontario

Canada M3H 5T8

Toll-Free: 800-565-9523 ▪ Fax: 800-221-9985

General Info: 416-537-7850

secondstorypress.ca

