



Frontlist Catalogue

FALL 2021

SelfCounsel Press

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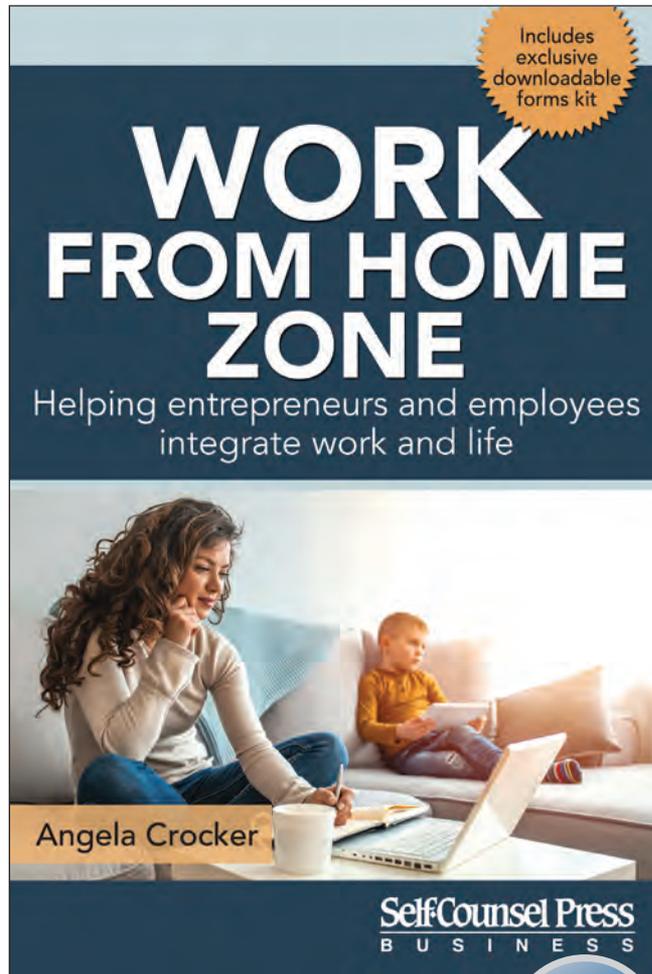
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Work From Home Zone

Helping Entrepreneurs and Employees Integrate Work and Life



Angela Crocker

ISBN: 978-1-77040-337-6

6 x 9 • paperback + download kit • 152 pp.

First Edition: October 2021

Retail: \$26.95 CAD / \$19.95 USD

Cat: BUSINESS & ECONOMICS / Time Management

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WORK FROM HOME ZONE

Helping entrepreneurs and employees
integrate work and life



Angela Crocker

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From author Angela Crocker, thought leader on online communities, digital decluttering, education technology, and content planning, comes the definitive guide to working from home for employees and entrepreneurs.

Most books about working from home are written for the businesses and employers managing others. This book is for the employees and the self-employed — the workers and the entrepreneurs — who are often overlooked when it comes to how to handle working from home.

Including how-to's and case studies, Crocker discusses how to carve out your work space and meeting space, how to deal with communication technologies, and of course, how to set and maintain boundaries for a healthy and happy work and home life — and so much more.

The Author

Angela Crocker, MEd, has been described as a pioneer of ethical social media, a business-savvy digital goddess, and an information organizing superhero. A thought leader on online communities, digital decluttering, education technology, and content planning, Angela works as an author, speaker, and instructor to help individuals and businesses navigate the issues, challenges, and joys of living a digital life. She is faculty at the British Columbia Institute of Technology and is also the author of *The Content Planner*, *Declutter Your Data*, *Digital Life Skills for Youth*, and coauthor of *Digital Legacy Plan*.

Related Titles

Managing Remote Staff: Capitalize on Work-from-Home Productivity

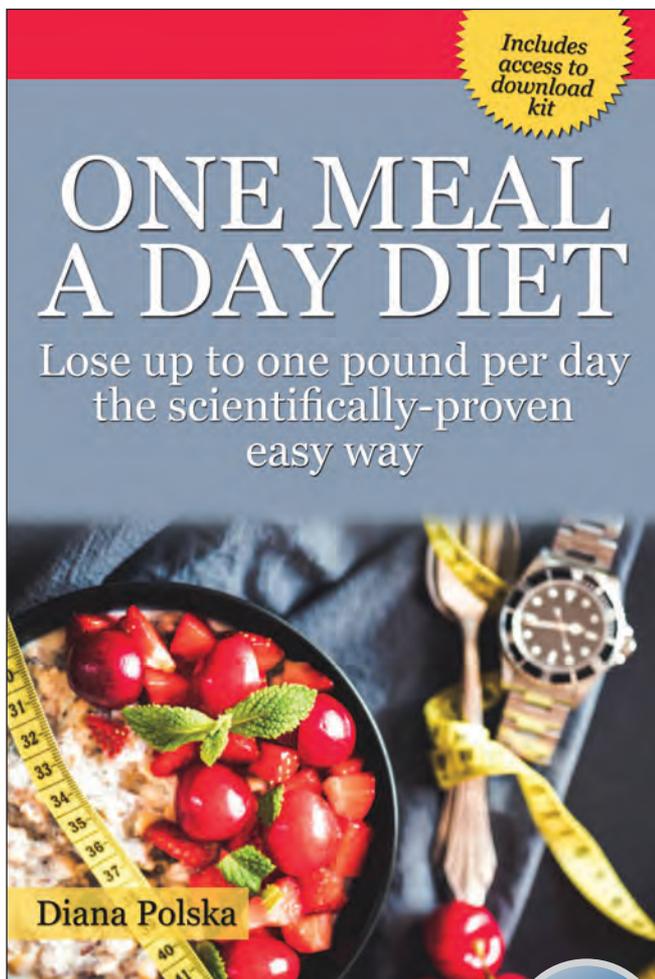
978-1-77040-331-4 | paperback | \$26.95 CAD

Declutter Your Data: Take Charge of Your Data and Organize Your Digital Life

978-1-77040-297-3 | paperback | \$18.95 CAD

One Meal a Day DIET

Lose Up To One Pound Per Day the Scientifically-Proven Easy Way



Diana Polska

ISBN: 978-1-77040-338-3

6 x 9 • paperback + download • 184 pp.

First Edition: September 2021

Retail: \$26.95 CAD / \$19.95 USD

Cat: HEALTH & FITNESS / Diet & Nutrition / Diets

Cat: HEALTH & FITNESS / Diet & Nutrition / Weight Loss

UPC: 069635403389



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Weight loss doesn't need to be overwhelming. The *One Meal A Day (OMAD) Diet* is a simple method devised to help people lose weight with minimal effort. Author Diana Polska has drawn from hundreds of scientific studies as well as personal testimonials to deliver to the reader an easy-to-follow plan to lose weight, and maintain that weight loss. This comprehensive guide explains:

- How to reset the body's internal clock to combat chronodisruption, a main cause of weight gain
- Why it's more about when you eat than what you eat
- When what you eat matters
- Where other diets get it wrong (and right)
- How to lose weight simply, with one meal a day

While no diet is fully one-size-fits-all — due to variables such as eating schedules, exercise, and genetic makeup — the *One Meal a Day Diet* is fully customizable. By understanding the main cause of weight gain, readers can intuitively design a healthy habit of eating based on intermittent fasting that works for any lifestyle.

This book comprehensively covers all the latest health research to empower you to make truly informed decisions so that you can lose weight and keep it off forever.

The Author

Diana Polska studied holistic health and nutrition at the Canadian School of Natural Nutrition, and psychology at the University of Toronto. She has written extensively on the topics of nutrition, health and wellness, weight loss, physical fitness, and beauty. With this book, she hopes to help readers learn how to lose weight, be healthy, and maximize their potential.

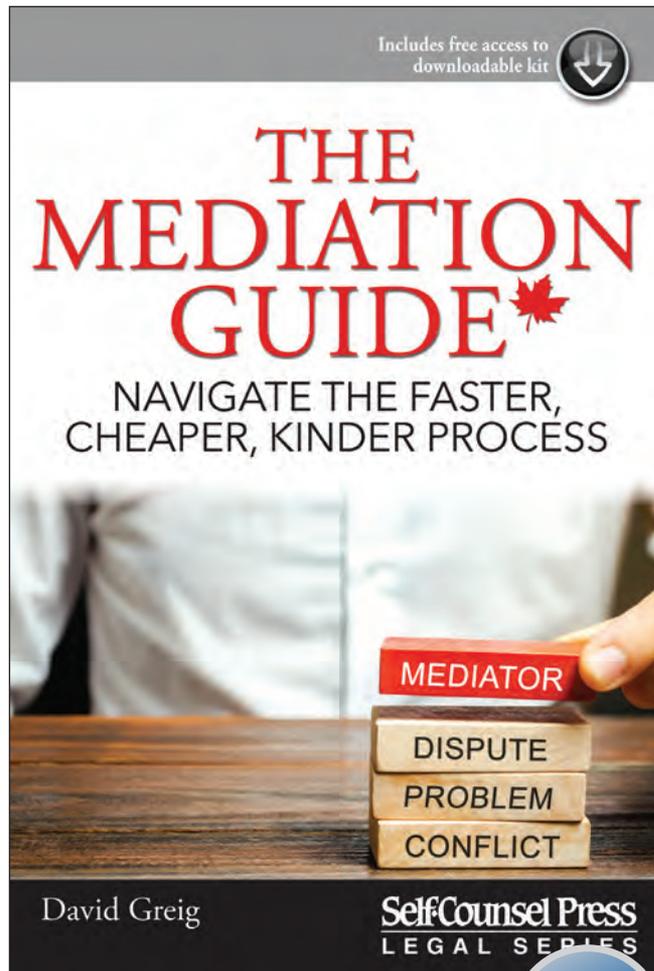
Related Title

Move or DIE: How the Sedentary Life Is Killing Us and How Movement, Not Exercise, Can Save Us

978-1-77040-281-2 | paperback | \$19.95 CAD

The Mediation Guide

Navigate the Faster, Cheaper, Kinder Process



David Greig, LAWYER

ISBN: 978-1-77040-333-8

6 x 9 • paperback + download kit • 104 pp.

First Edition: March 2021

Retail: \$19.95 CAD

Cat: LAW / Arbitration, Negotiation, Mediation

Cat: LAW / Communications

UPC: 069635403334



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Mediation is a private and voluntary process that can be undertaken by two or more parties in conflict. Mediation can be used by people or organizations to settle disputes in family law, estates cases, car accidents, EI claims, landlord/tenant affairs, small claims court, and more. When successful, it allows participants to avoid litigation, or other alternative dispute resolution means such as arbitration.

However, most books about the mediation process are for the mediators. This book is for participants, who — most of the time — don't know anything about mediation! *The Mediation Guide* will help readers understand the process in Canada, and teach them what they can do to help it run smoothly and efficiently.

The Mediation Guide was written by a lawyer and mediator with years of experience hosting mediation sessions. The process, skills, and techniques he explains enable participants to feel comfortable knowing what to expect when going into mediation, so they can find their own solutions to issues, and reach successful resolutions and settlements.

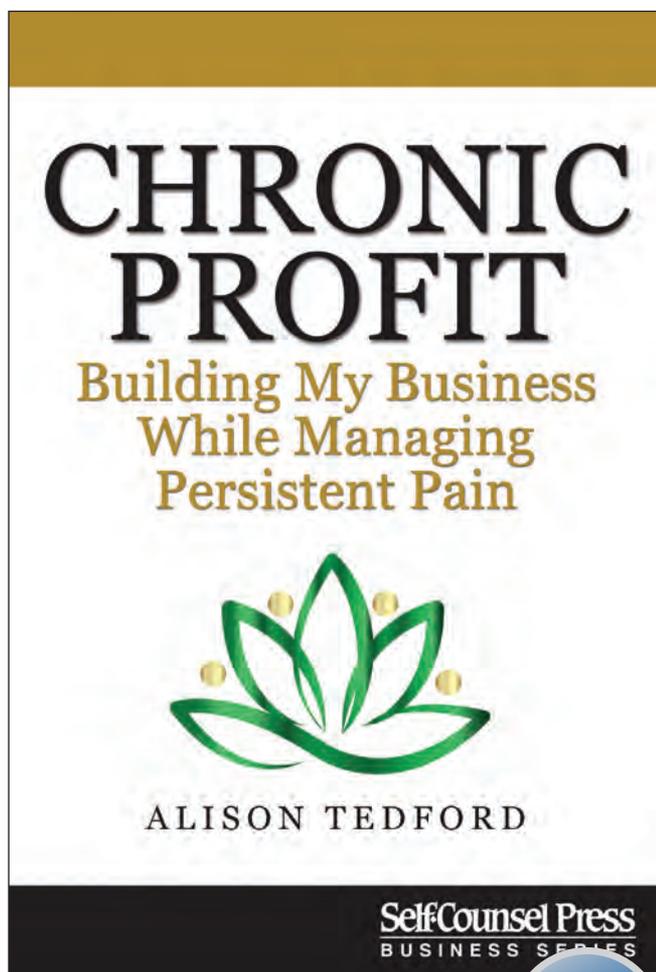
The Author

David R. Greig earned his Bachelor of Arts degree in 1983 and his Bachelor of Laws degree in 1986, both from the University of Victoria. He's a Lawyer, Mediator and Arbitrator, and has been practicing law for more than 30 years. David is currently practicing law in the Greater Vancouver Regional District and has a special interest in matrimonial and family law.

David Greig is also the author of Self-Counsel Press titles: *Separation Agreement*, *Separation Guide*, and *Prenuptial Guide*.

Chronic Profit

Building Your Small Business While Managing Persistent Pain



Alison Tedford

ISBN: 978-1-77040-332-1

6 x 9 • paperback + download kit • 128 pp.

First Edition: April 2021

Retail: \$26.95 CAD / \$19.95 USD

Cat: BUSINESS & ECONOMICS / Entrepreneurship

Cat: HEALTH & FITNESS / Pain Management

UPC: 069635403327



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Building a business is hard enough. Entrepreneurship while dealing with a chronic illness or condition is even harder. *Chronic Profit: Building Your Small Business While Managing Persistent Pain* shares the story of how one entrepreneur sought freedom from cubicle life along with the flexibility to be a parent and a business owner, and learned to extend herself enough grace and compassion to excel in business while still taking care of herself.

This book covers business-building strategies that will work for any entrepreneur, such as the importance of building foundations and systems; why standardizing and simplifying offerings is something we often don't do enough; and how to shift your perspective and reframe common business problems. Another important topic, especially for businesspeople dealing with chronic pain, is how to refuel and do self-care, and as author Alison Tedford shares, that can mean a lot more than taking bubble baths — it may involve developing a coping toolbox full of proven tools such as mindfulness, gratitude practices, and more.

The Author

Alison Tedford has been struggling with chronic pain for a number of years as a result of joint hypermobility syndrome (Hypermobile Ehlers-Danlos syndrome). An advocate for health and mental health, and also Indigenous health issues, she has written many articles for publications like CBC, Al Jazeera and Today's Parent. Tedford transitioned to the private sector after more than a decade of federal public service to better manage her health while raising her son. This is her first book.

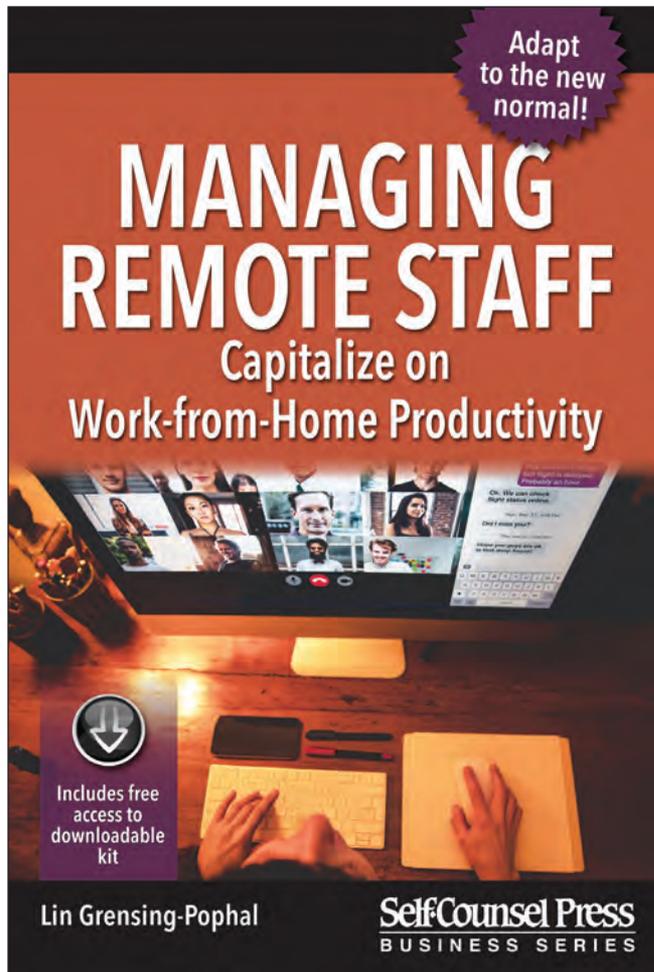
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MOVE or Die

978-1-77040-281-2 | paperback | \$19.95 CAD

Managing Remote Staff

Capitalize on Work-from-Home Productivity



Lin Gensing-Pophal, SPHR, SHRM-SCP

ISBN: 978-1-77040-331-4

6 x 9 • paperback + download kit • 162 pp.

First Edition: November 2020

Retail: \$26.95 CAD / \$19.95 USD

Cat: BUSINESS & ECONOMICS / Human Resources & Personnel Management

Cat: BUSINESS & ECONOMICS / Office Management

UPC: 069635403310



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Managing Remote Staff: Capitalize on Work-from-Home Productivity offers small businesses — and managers in businesses of any size — practical advice, strategies and case studies for managing employees who are out of sight, but NOT out of mind. Managing remote workers is nothing new, but its prevalence has been impacted significantly by COVID-19. Many small businesses and managers are struggling to adapt to the new challenges they face while maintaining productivity, staff engagement, customer satisfaction and a healthy bottom line. This book addresses the myths, misconceptions, pros and cons of remote work for both employers and employees and offers guidance on the attributes of successful remote workers, establishing policies and procedures for remote work, training (employees and managers) and effective management practices with an emphasis on communication.

The Author

Lin Gensing-Pophal, SPHR, SHRM-SCP, is a business journalist with a background in corporate communications and human resource management. She has many years of experience working remotely for a wide range of clients located around the globe and has managed remote workers herself. Pophal founded Strategic Communications, LLC, in 2008, a virtual marketing and communication consulting firm. She writes and speaks frequently on HR-related topics and is especially passionate about employee communication, effective management practices and developing employees as brand ambassadors. Pophal's initial interest in telecommuting, or remote work, was spurred by her experiences working as corporate communications director for an investor-owned utility going through a merger. That was in 1996. Since then, the idea of managing remote workers has grown, fueled by the widespread availability of technology and, most recently, the COVID-19 pandemic.

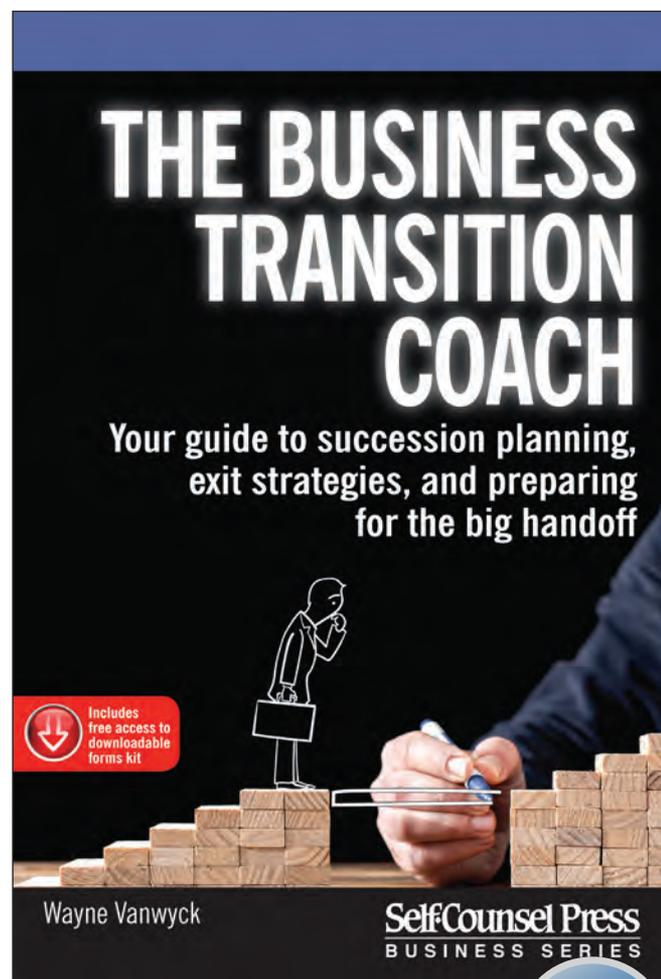
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Managing Off-Site Staff

978-1-55180-865-9 | paperback | \$21.95 CAD

The Business Transition Coach

Your Guide to Succession Planning, Exit Strategies, and Preparing for the Big Handoff



Wayne Vanwyck

ISBN: 978-1-77040-329-1

6 x 9 • paperback + download • 180 pp.

First Edition: September 2020

Retail: \$26.95 CAD / \$19.95 USD

Cat: BUSINESS & ECONOMICS / Management

Cat: BUSINESS & ECONOMICS / Entrepreneurship

UPC: 069635403297

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Millions of business owners intend to move on from their businesses in the next several years yet only a small percentage of them have a written succession plan. Those who don't plan their business transition ahead of time may have to kiss all their creativity, passion, and hard work goodbye as they face a market soon to be glutted with businesses for sale.

The Business Transition Coach: Your guide to succession planning, exit strategies, and preparing for the big handoff is your guide to transitioning out of any business. Author Wayne Vanwyck shows you through experience and case studies how planning this transition can increase the value of your business, increase its profitability, and keep your options open. His practical advice explains how you can:

- Sort out your personal and professional transition options.
- Prepare your business, your employees, and yourself for transition.
- Create a business plan that makes sense now and multiplies the valuation later.
- Leave a legacy that you can be proud of.

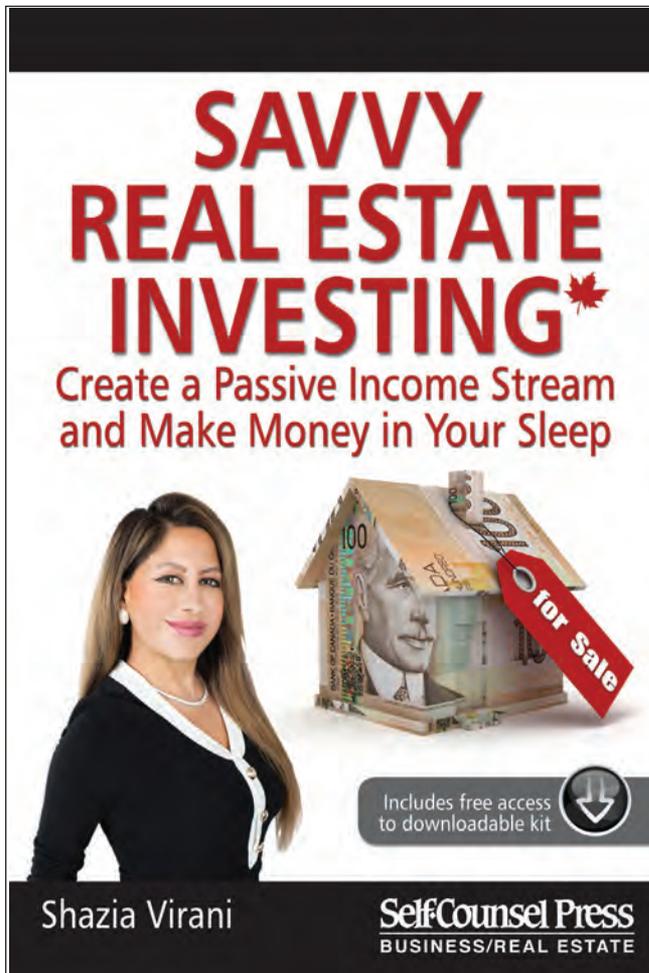
Let this book be your helpful companion on the road to transitioning out of your business and into the next phase of your life.

The Author

Wayne Vanwyck is an entrepreneur, trainer, business coach, speaker and writer. Recently he's transitioned away from ownership and now focuses on coaching others who are preparing their business for transition or sale. He is the author of the bestselling book *Pure Selling™*, has written columns for a number of business magazines, and has published over 400 articles on sales, leadership, entrepreneurship, and succession planning. He is also the creator of the *Pure Selling Sales Course*, an internationally distributed program and *French and The Business Transition Coach Forum™* a process for helping business owners prepare themselves and their business for transition.

Savvy Real Estate Investing

Create a Passive Income Stream and Make Money in Your Sleep



Shazia Virani

ISBN: 978-1-77040-330-7

6 x 9 • paperback + download kit • 108 pp.

First Edition: December 2020

Retail: \$19.95 CAD

Cat: BUSINESS & ECONOMICS / Investments & Securities / Real Estate

Cat: BUSINESS & ECONOMICS / Real Estate / Buying & Selling Homes

UPC: 0069635403303



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Do you want to grow rich in your sleep? The biggest obstacle to any individual achieving their dreams is their mind-set. You don't make money by just buying and selling real estate, you make money by investing purposefully and knowing where the trends lie in any market.

Shazia Virani, a realtor with a "wealth" of personal experience investing in real estate, explains how Canadians can do just that, in achieving their real estate dreams. Virani, a full-time, savvy, real estate entrepreneur who has successfully been helping her clients buy, sell and invest in real estate for over a decade is a highly accomplished real estate investor herself both in Canada and the US.

This book will show and inspire you how to:

- Grow an empire of assets
- Make money while you sleep
- Leverage your assets
- Diversify your real estate investments
- Retire early
- Make money grow from an average salary
- Have a passive income stream so you can enjoy life

The Author

Shazia Virani's accomplishments and award winning real estate endeavors have made her a trusted advisor and valued Real Estate resource. Shazia has received multiple awards and designations to recognize her expertise including the coveted RE/MAX Hall of Fame Award, and the Platinum Award over year after year. She is a Luxury Listing Specialist, International Real Estate Specialist, Certified International Trade Professional and has graduated from the University of Western Ontario, and has a post-graduate degree in International Business.

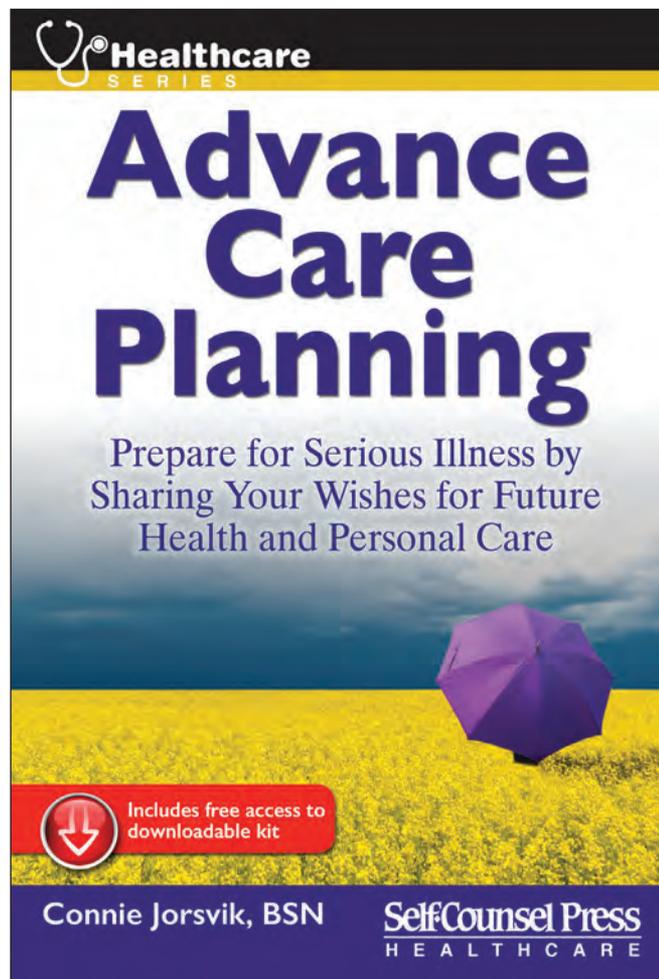
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Your First Home: For Condos and Houses

978-1-77040-095-5 | paperback | \$19.95 CAD

Advance Care Planning

Prepare for Serious Illness by Sharing Your Wishes for Future Health and Personal Care



Connie Jorsvik, BSN

ISBN: 978-1-77040-325-3

6 x 9 • paperback + download kit • 168 pp.

First Edition: June 2020 (Delayed due to COVID)

Retail: \$26.95 CAD

Cat: HEALTH & FITNESS / Health Care Issues

Cat: MEDICAL / Caregiving

UPC: 9781770403259



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Whether you or someone you love is facing or nearing the natural end of life due to disease or old age, or you're involved in any kind of eldercare role, *Advance Care Planning* will serve you as you journey through serious and complex illness in our fragmented and complex healthcare system.

Advance Care Planning is about those discussions regarding future health care that all adults should be having, no matter their age or health – and is at the core of being an empowered patient and caregiver. This book breaks down each step of the process in plain language and provides questions and suggestions for readers to work through as they discover their own values, beliefs, and preferences for care.

Author Connie Jorsvik has accumulated many real stories of why we need to know about advance care planning, and the difference it can make in quality of life and having what could be termed a “good death.” She teaches you how to talk to physicians and future decision makers, and get vital documents completed. Every single Canadian needs this information: Jorsvik has been a pioneer in getting the how-tos out the public and continues her quest with this book.

The Author

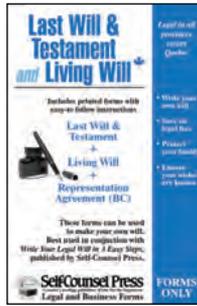
Connie Jorsvik, BSN was a registered nurse for 25 years. She spent 3 years as a specialty recruiter at the largest health authority in BC, and 5 years as a health insurance broker specializing in critical care and long-term care insurance. Since 2013 Connie has been the sole proprietor of Patient Pathways, the largest independent healthcare navigation and advocacy business of its kind in western Canada. The cornerstone of her business is Advance Care Planning: planning ahead through conversations and documents for serious illness and end-of-life.

Related Title

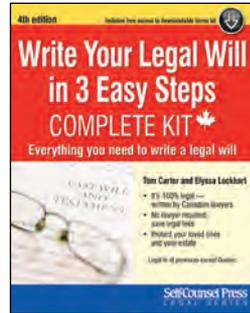
Your Child's Voice: A Caregiver's Guide to Advocating for Kids with Special Needs, Disabilities, or Others Who May Fall through the Cracks

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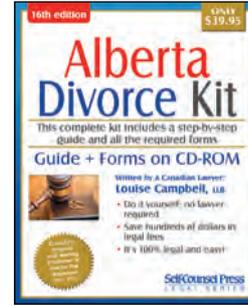
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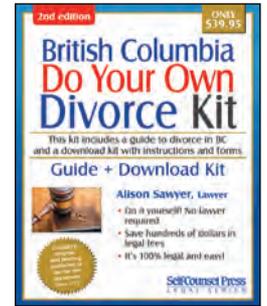
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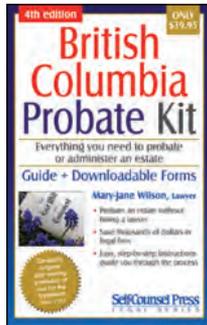
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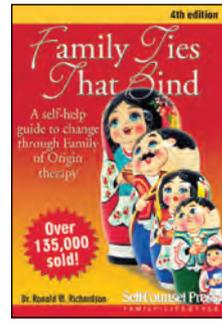
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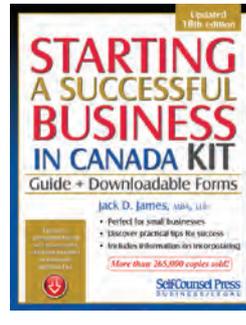
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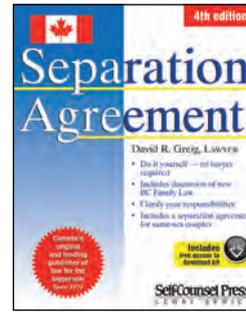
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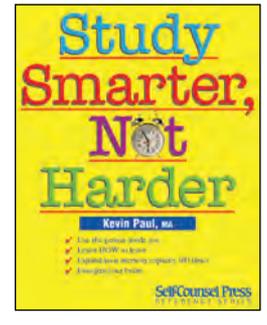
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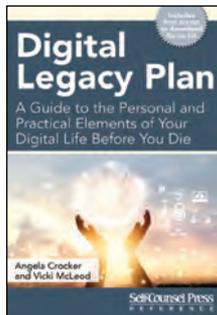
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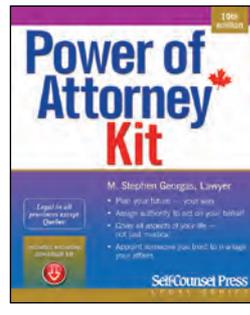
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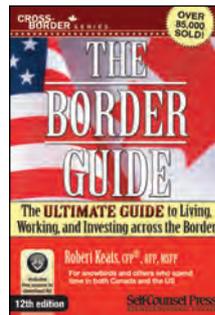
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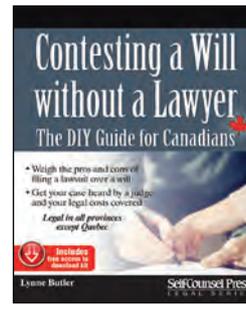
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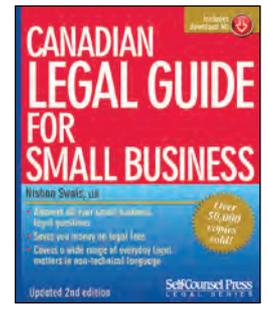
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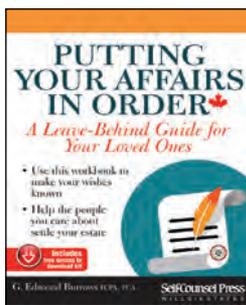
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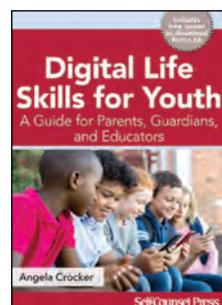
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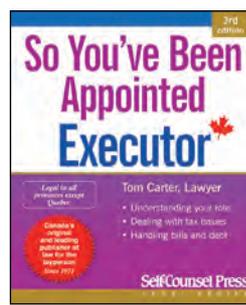
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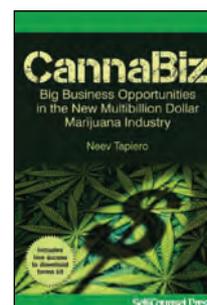
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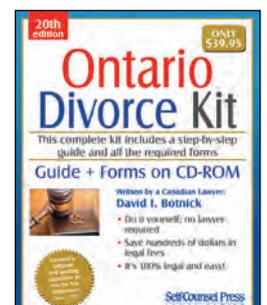
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