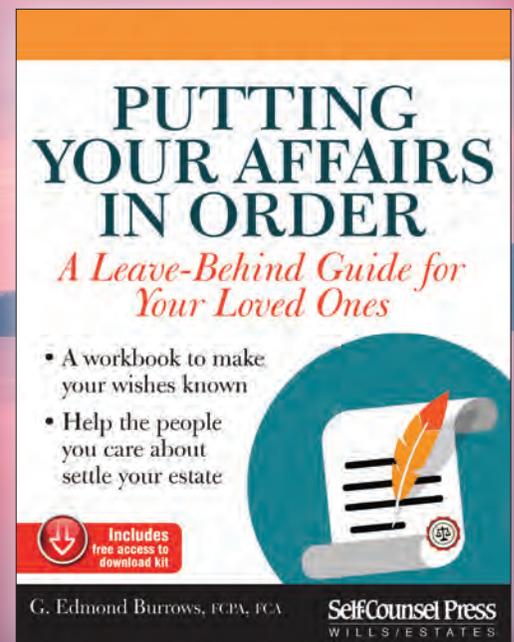
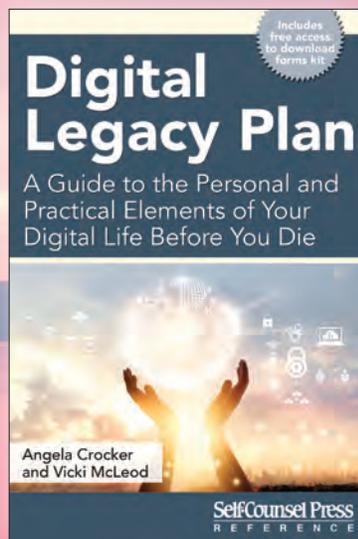


Frontlist Catalog

SPRING 2019



SelfCounsel Press

1.....Reference
 2.....Wills & Estates
 4.....Small Business
 6.....Healthcare
 8.....Best-Sellers
 9.....Wills & Eldercare
 Displays

Worth talking about ...



Our authors and books have garnered media coverage internationally in publications and broadcasts such as:

- | | |
|---------------------------|---------------------|
| BLOOMBERG BUSINESSWEEK | ABC NEWS |
| THE TYEE | CANADIAN BUSINESS |
| INVESTOR'S BUSINESS DAILY | ABC'S MONEY MATTERS |
| NEWSDAY | CBC RADIO ONE |
| US NEWS & WORLD REPORT | CITYTV |
| FINANCIAL POST | CKNW RADIO |
| GLOBE AND MAIL | DATLINE NBC |
| THE NATIONAL POST | FOX 5 NEWS |
| THE PROVINCE | GLOBAL TV |
| TIMES & TRANSCRIPT | CTV |
| THE HUFFINGTON POST | INC. MAGAZINE |
| PEOPLE | READER'S DIGEST |
| TORONTO STAR | VANCOUVER SUN |

Find us on:



DISTRIBUTION & SALES

University of Toronto Press
 10 St. Mary Street, Suite 700
 Toronto, Ontario M4Y 2W8
 Tel: (416)-978-2239 • Fax: (416)-978-4738
 Orders (toll-free): 1-800-565-9523
 Email: utpbooks@utpress.utoronto.ca

SALES REPRESENTATIVES

British Columbia/Alberta/Yukon
 Ali Hewitt 604-448-7166 alih@ampersandinc.ca
 Dani Farmer 604-448-7168 danif@ampersandinc.ca
 Jessica Price 604-448-7170 jessicap@ampersandinc.ca

Vancouver Office:

2440 Viking Way, Richmond, BC, V6V 1N2
 general phone 604-448-7111, toll-free 1-800-561-8583
 fax 604-448-7118, toll-free 888-323-7118

Vancouver Island

Lorna MacDonald
 phone 250-382-1058, fax 888-323-7118
 lornam@ampersandinc.ca

Alberta, Manitoba & Saskatchewan/NWT

Judy Parker
 phone 204-837-4374, fax 866-276-2599
 judyp@ampersandinc.ca

Ontario/Nunavut

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 jenny@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

Quebec and Atlantic Provinces

Jenny Enriquez
 phone 416-703-0666 Ext. 126, toll-free 866-736-5620
 fax 416-703-4745 jenny@ampersandinc.ca

- USA -

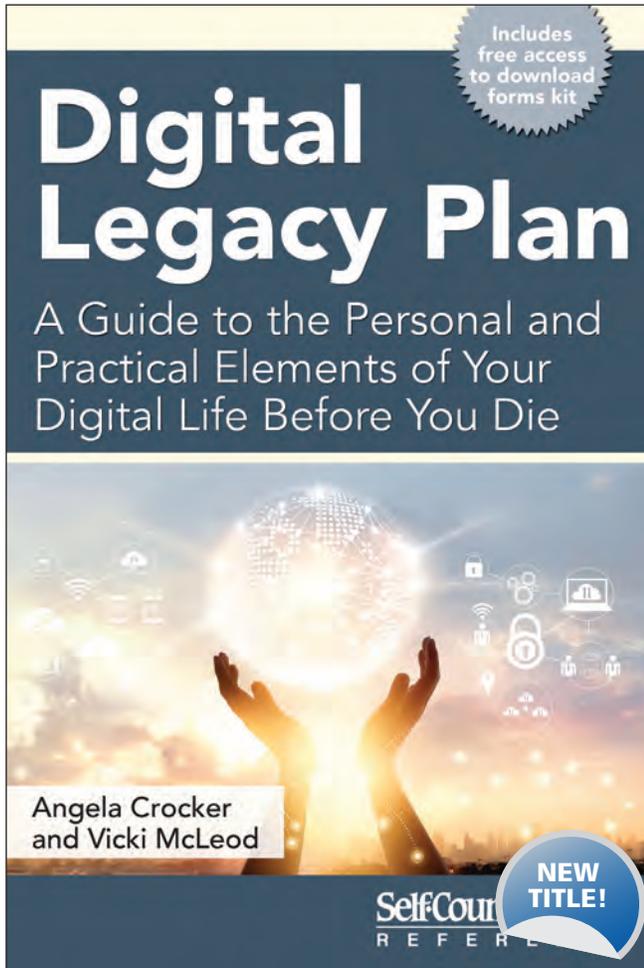
Independent Publishers Group (IPG)
 Tel: 1-800-888-4741 • Fax: 3123375985
 Email: orders@ipgbook.com
 www.ipgbook.com

Prices are subject to change without notice.



Digital Legacy Plan

A Guide to the Personal and Practical Elements of Your Digital Life Before You Die



Angela Crocker & Vicki McLeod

ISBN: 978-1-77040-310-9

6 x 9 • paperback + download • 144 pp.

First Edition: March 2018

Retail: \$19.95 CAD / \$16.95 USD

Cat: COMPUTERS / System Administration /
Storage & Retrieval

Cat: BIOGRAPHY & AUTOBIOGRAPHY /
Personal Memoirs

UPC: 069635403105



9

781770 403109

This book includes
free access to
download forms kit

One hundred years from now, there will be one billion dead people on Facebook. That's a sobering thought for each of us as we consider our own mortality. It's important that everyone with an online presence or electronic archive prepare the personal and practical elements of their digital life before death. From online banking to decades worth of digital family photos, copious creative or intellectual property, or personal history documented on social media, everyone has a widespread digital footprint that tells the story of our lives. Everyone has the opportunity to make choices about their digital legacy. If they don't, they risk their legacy being misinterpreted, lost, or simply becoming digital litter.

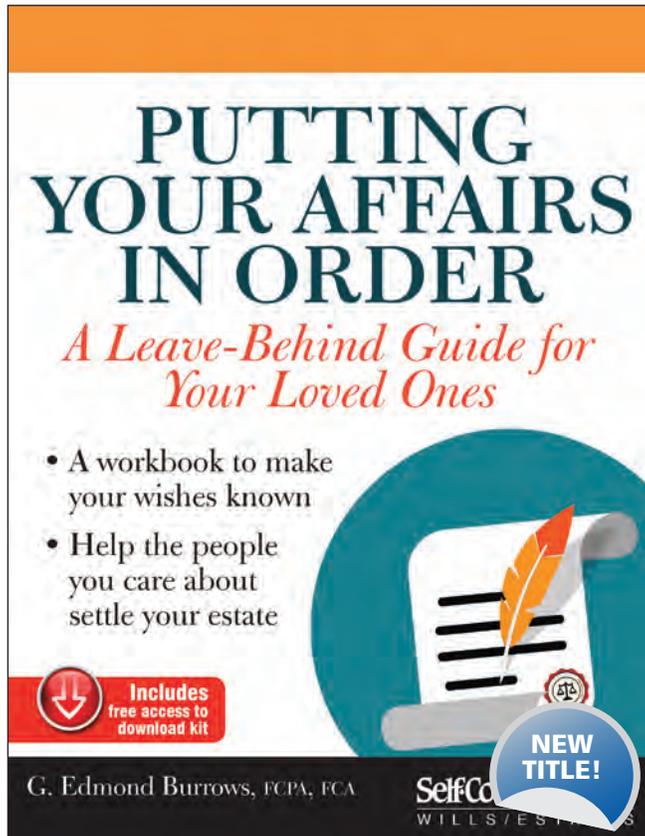
The Author

Angela Crocker (M.Ed.) 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, and content planning, Angela works as an author, speaker, and instructor to help businesses and individuals plan, communicate, and engage through digital media. An accomplished teacher, Angela has created and presented numerous college-level courses, custom workshops, and one-on-one tutorials. She is the author of SCP titles '*Declutter Your Data*' and '*The Content Planner*'. She has an imminent qualification in education technology.

Vicki McLeod is the founder of Main Street Communications Ltd., a strategic planning and communications firm based in Greater Vancouver. In 2013 Main Street was short listed by Small Business BC as one of the Top 5 Online Marketers in the province. Vicki was an RBC Women of Influence nominee and a Canadian Woman Entrepreneur of the Year for 2014 & 2015. She was honoured as 2014 Business Leader of the Year in Main Street's home community of Maple Ridge B.C. She's the author of #Untrending, a local newspaper columnist, and a TEDx speaker.

Putting Your Affairs in Order

A Leave-Behind Guide for Your Loved Ones



G. Edmond Burrows, FCPA, FCA

ISBN 978-1-77040-309-3

8 x 10 • paper + download kit • 116 pp.

First Edition: January 2019

Retail: \$29.95 CAD

Cat: LAW / Wills

Cat: LAW / Estates & Trusts

UPC: 069635403099



9 781770 403093

This book includes
free access to
download forms kit

How can you ensure that when you're gone your estate will be settled quickly and easily, your wishes will be followed, and it'll be simple for the loved ones you left behind? The answer is, you don't. But, you can make your wishes known and lay things out so that it's much more likely to be a quick, easy estate dealt with the way you wish, if you use this inexpensive and thorough kit. Keep everything in one place, speed up any settlement, and save costs. This kit combines the ideas in several of *Self-Counsel Press'* current kits and includes a sample will, power of attorney, checklists, and information for those dealing with estates before and after a death.

"This book provides a practical approach to thinking about, discussing and documenting for your death. It provided useful insight that made me second-guess some of my own decisions."

– Annik Blanchard, CPA, CA

"Preparing for the inevitable, such as making a Will and the many other tasks involved in getting your affairs in order is a big job, but one made much easier by this very complete and handy guide of what to do."

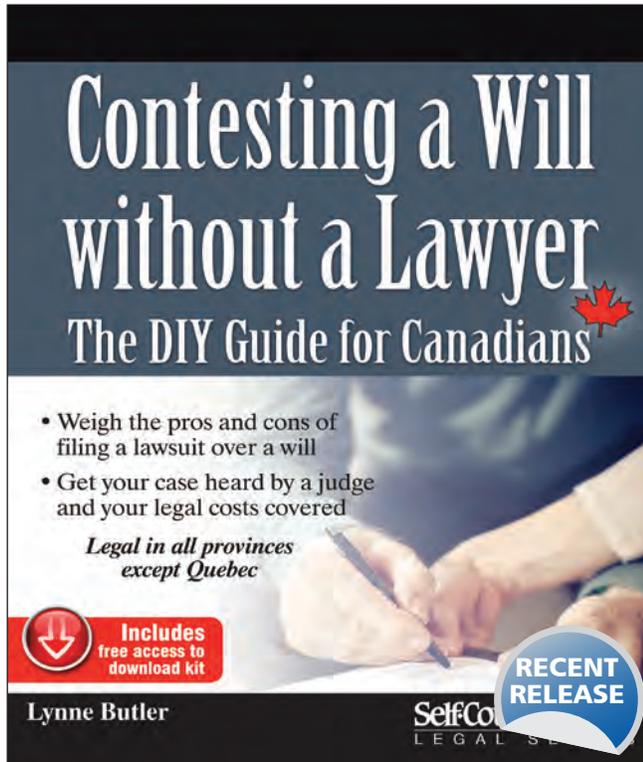
– John Lindsay, Financial Planner and Chair of the Sudbury Chapter of Canadian Association of Retired Persons

The Author

G. Edmond Burrows, FCPA, FCA retired from public accounting after thirty years of being a partner in a national accounting firm, where he specialized in estate planning and income tax. Edmond then established a company that valued pensions and other employment related property for people who were going through marriage breakdown. Since retiring from that business he has spent his time writing. He currently lives with his wife Claire in Peterborough, ON.

Contesting a Will without a Lawyer

The DIY Guide for Canadians



Lynne Butler, LL.B., B.A.

ISBN 978-1-77040-305-5

8 x 10 • paper + download kit • 152 pp.

First Edition: September 2018

Retail: \$24.95 CAD

Cat: LAW / Wills

Cat: LAW / Estates & Trusts

UPC: 069635403051



**This book includes free access
to download forms kit**

Many people want to know how to fight what's in a will, whether they don't think it's fair that a stepmother got everything, or myriad other possibilities. Author Lynne Butler knows that so many people who can't afford lawyers also want to contest a will and receives questions all the time on her blog and through her weekly radio show. This book takes a realistic look at what a DIY versus lawyer-assisted lawsuit would be like, with solid, useful materials (including checklists and forms) for those who are going to go ahead on their own, regardless of difficulty.

- Weigh the pros and cons of filing a lawsuit over a disputed will
- Get your case heard by a judge and your legal costs covered
- Legal in all provinces except Quebec

The Author

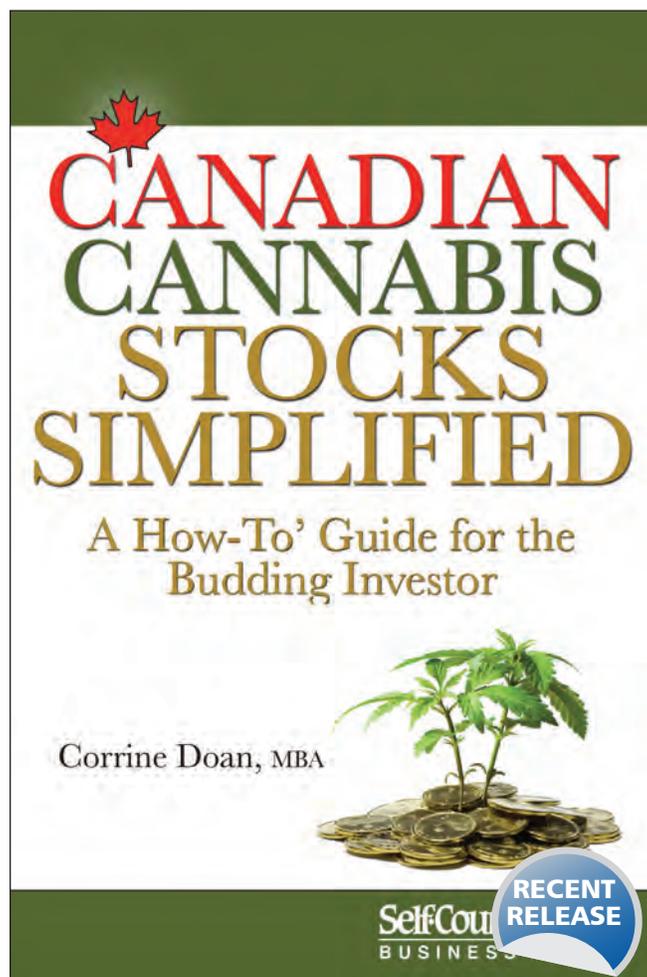
Lynne Butler has worked in estate planning and law for more than 20 years. She is a frequent speaker on will and estate matters, and has been a Learning Group facilitator for the Wills and Estates module of the bar admission course in Alberta. Lynne is also a member of the Society of Trust & Estate Practitioners, Mensa Canada, the Canadian Bar Association, and the Canadian Association of Gift Planners. She currently lives in St. John's, Newfoundland. Check out Lynne's blog at: estatelawcanada.blogspot.com

Lynne is the author of Self-Counsel titles:

- *Protect Your Elderly Parents: Become Your Parents' Guardian or Trustee*
- *Alberta Probate Kit*
- *Estate Planning through Family Meetings*
- *Succession Planning Kit for Canadian Business*
- *How Executors Avoid Personal Liability*

Canadian Cannabis Stocks Simplified

A How-To Guide for the Budding Investor



Corrine Doan, MBA

ISBN 978-1-77040-306-2

6 x 9 • paper • 112 pp.

First Edition: July 2018

Retail: \$15.95 CAD

Cat: BUSINESS & ECONOMICS /
Personal Finance / Investing

Cat: BUSINESS & ECONOMICS /
Investments & Securities / Stocks

UPC: 069635403068



Learn how to invest in Canada's growing cannabis market!

Have you thought about how you could make money in the emerging legal cannabis market? *Canadian Cannabis Stocks Simplified* is a concise and straightforward guide on investing in Canada's new and growing cannabis industry.

This book is a primer for Canadians investing in the stock market, but also a guide on the cannabis industry in this country and how to capitalize on it through the stock market. It is for those new to investing, those curious about the opportunities to invest in cannabis stocks, or both.

Author Corinne Doan, MBA, has not only worked as an investment advisor and stockbroker, but she has also been a lifelong advocate for cannabis and the industry surrounding it. Her relatable teaching style and simple advice is easy to understand and makes this book a quick, educational read, sure to open readers' eyes to the opportunities that abound.

Take a risk on this book; the reward might just be all the "green" you can make investing in Canadian cannabis stocks.

The Author

Corinne Doan, MBA, was a licensed investment advisor with a focus on venture capital markets in Calgary, Alberta, and has held numerous other positions within the finance industry including discount stock broker, investor relations, and compliance manager. She has also held investment industry (IIROC) relevant licenses with the Canadian Securities Course (CSC), options, and branch managers. A lifelong advocate for the legitimization of the cannabis industry, Doan is passionate about changing the credibility of the industry and everyone in it.

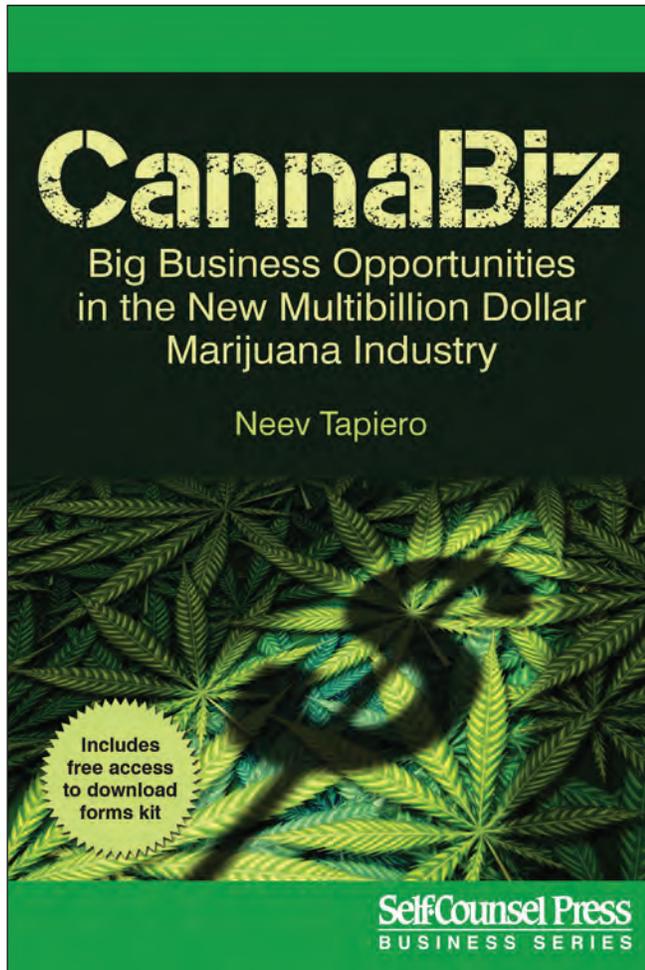
Related Title

CannaBiz: Big Business Opportunities in the New Multibillion Dollar Marijuana Industry

978-1-77040-298-0 | paperback | \$22.95

CannaBiz

Big Business Opportunities in the New Multibillion-Dollar Marijuana Industry



Neev Tapiero

ISBN 978-1-77040-298-0

6 x 9 • paperback + download kit • 184 pp.

First Edition: June 2018

Retail: \$22.95 CAD / \$18.95 USD

Cat: BUSINESS & ECONOMICS /
New Business Enterprises

Cat: BUSINESS & ECONOMICS / Entrepreneurship

UPC: 0696635402986



Legal cannabis represents a \$50 billion dollar a year industry and there are no “big business” cannabis companies yet.

There are books out there for marijuana entrepreneurs opening retail locations; there are also books about how to grow cannabis. *CannaBiz* is the only book at the moment that is for the retailer and also for growers/producers/suppliers of marijuana, and everything in between.

As there are dozens of (new) opportunities in this emerging industry such as providing security and courier services; making concentrates and edibles; growing and distribution and sales; and many more, this book sheds light on all of the business opportunities that will emerge as it becomes more legal and/or regulated everywhere in North America. *CannaBiz* will help anyone hoping to get in on the business side of the action while it's still an open playing field!

The Author

Neev Tapiero has operated Toronto's oldest medical marijuana facility (C.A.L.M. Cannabis As Living Medicine) since 1996. His mission is to provide high-quality, medicinal grade cannabis to severe/chronically ill patients in a safe, calm, and supportive environment. Since founding C.A.L.M. Neev has also owned a hydroponics store, started a medical clinic, a café and vapor lounge, a special events company, done consulting, worked in a patient-grower collective, and conducted some lobbying. He is the owner of the annual Global Marijuana March (est. 1997).

Related Title

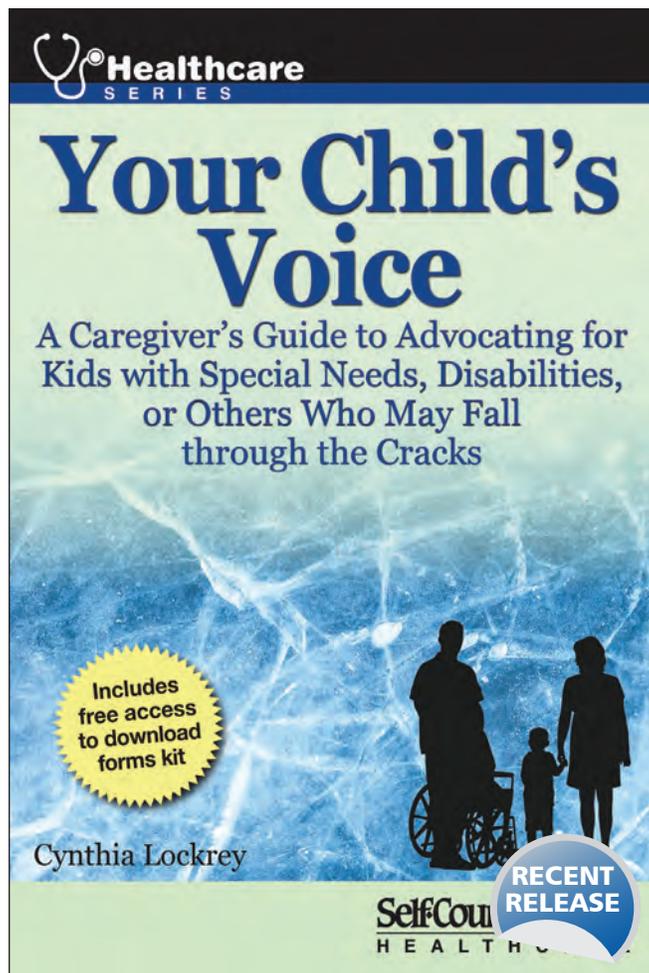
Start & Run a Marijuana Dispensary or Pot Shop: Wherever It Is Legal
978-1-77040-262-1 | paperback + download kit | \$22.95



This book includes free access to download forms kit

Your Child's Voice

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



Cynthia Lockrey

ISBN: 978-1-77040-304-8

6 x 9 • paperback + download kit • 120 pp.

First Edition: September 2018

Retail: \$17.95 CAD / \$14.95 USD

Cat: HEALTH & FITNESS / Children's Health

Cat: MEDICAL / Caregiving

UPC: 069635403044



9 781770 403048

This book includes
free access to
download forms kit

Learn to advocate (successfully) for your kid! Every parent wants their kids to be ahead of the game and have the advantages perhaps they didn't have. But it's all-too-common story for parents and caregivers — especially those caring for kids with special needs or disabilities who don't carry the more common labels (autism, ADHD) that they are often left navigating the system and fighting to get the support needed.

Navigating a complex system of diagnosis and treatment for children with special needs, especially children with less obvious needs, can be a lonely and frustrating endeavor. *Your Child's Voice* will empower parents and caregivers of children with mild to moderate disabilities to be the voice for their children, and advocate for them the best they can.

Drawing on the author's experience as a patient advocate and her ongoing journey getting support for her own son, this book includes personal stories about fighting to ensure files didn't get lost in the system; the challenges of getting support in school; getting tests in a timely manner; and includes exercises and checklists to help caregivers prepare for appointments and ask for help.

The Author

Cynthia Lockrey has worked as a newspaper editor, magazine writer, corporate trainer, conference speaker, patient advocate, university and college instructor, community engagement advisor, and a public relations expert. She has won a Canadian Community Newspaper Award, three IABC awards, and accolades for her conference speaking and corporate training. She is the author of *Bed Rest Mom*, also published by Self-Counsel Press.

Related Title

Bed Rest Mom: Surviving Pregnancy-Related Bed Rest With Your Sanity and Dignity in Tact

978-1-77040-301-7 | paperback | \$18.95

Bed Rest Mom

Surviving Pregnancy-Related Bed Rest With Your Sanity and Dignity Intact



Cynthia Lockrey

ISBN: 978-1-77040-301-7

6 x 9 • paperback • 160 pp.

First Edition: April 2018

Retail: \$18.95 CAD / \$15.95 USD

Cat: HEALTH & FITNESS / Pregnancy & Childbirth

UPC: 0696635403013



9

781770 403017

Bed Rest Mom is a support book to help pregnant women navigate the emotions, isolation, and uncertainty that comes with home, or hospital-based bed rest, written by a mom who survived both types of bed rest through two pregnancies. In this book, Cynthia Lockrey shares her personal experience of those high-risk pregnancies and offers practical advice to help women cope with being placed on home, and hospital-based bed rest.

Best Rest Mom identifies the emotional realities women experience, offers practical advice on topics such as 'asking for help' and 'preparing for the hospital', and includes exercises to help women get through it all. More than just focusing on the medical aspects of a prescribed bed rest pregnancy, this book delves into the emotional and stressful aspects of such an isolating journey.

The Author

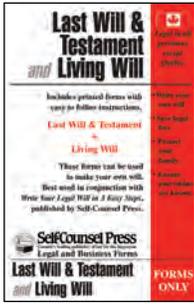
Cynthia Lockrey has worked as a newspaper editor, magazine writer, corporate trainer, conference speaker, patient advocate, university and college instructor, community engagement advisor, and a public relations expert. She has won a Canadian Community Newspaper Award, three IABC awards, and accolades for her conference speaking and corporate training. She is the author of *Your Child's Voice*, also published by Self-Counsel Press.

Related Titles

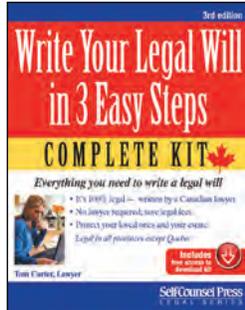
Talk to Your Doc: a Patient's Guide

978-1-77040-227-0 | paperback + download kit | \$19.95

TOP 20 BEST-SELLERS



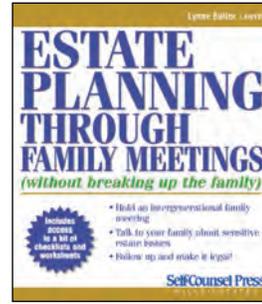
978-1-55180-400-2
\$9.95



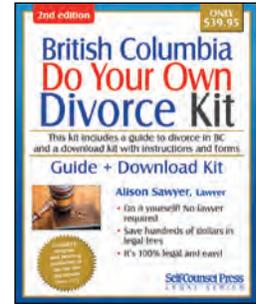
978-1-55180-801-7
\$24.95



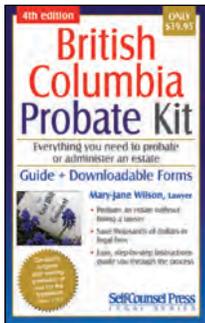
978-1-55180-828-4
\$19.95



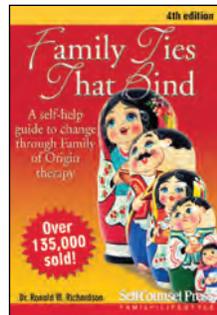
978-1-77040-036-8
\$24.95



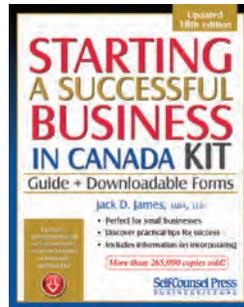
978-1-77040-240-9
\$39.95



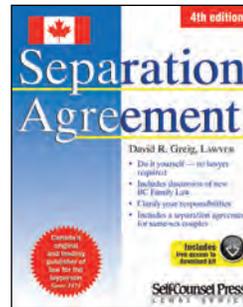
978-1-77040-270-6
\$39.95



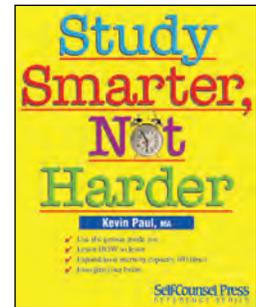
978-1-77040-086-3
\$16.95



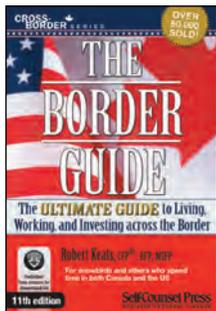
978-1-55180-861-1
\$24.95



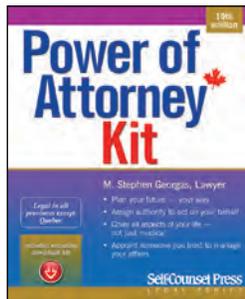
978-1-77040-228-7
\$24.95



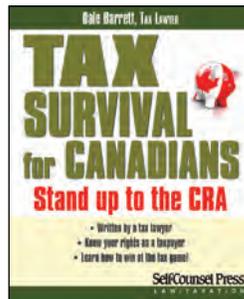
978-1-77040-218-8
\$21.95



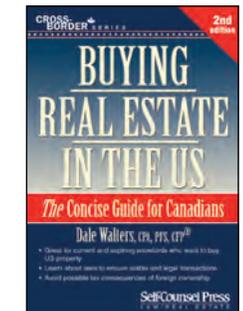
978-1-77040-248-5
\$27.95



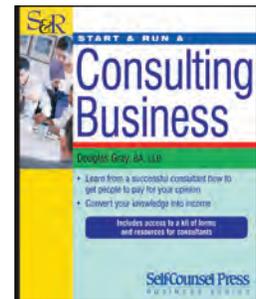
978-1-77040-230-0
\$21.95



978-1-77040-039-9
\$22.95



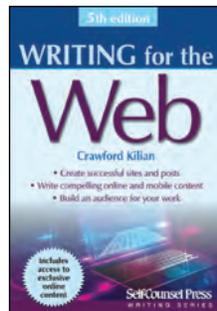
978-1-77040-258-4
\$19.95



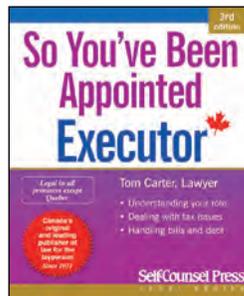
978-1-77040-045-0
\$19.95



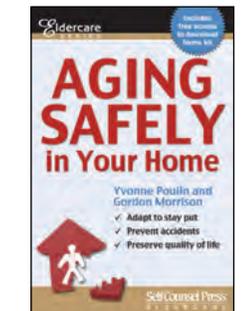
978-1-55180-768-3
\$19.95



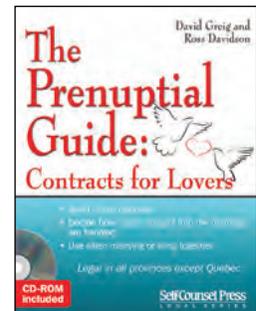
978-1-77040-249-2
\$19.95



978-1-77040-264-5
\$19.95



978-1-77040-219-5
\$15.95



978-1-77040-160-0
\$21.95

60% of Canadian adults don't have a valid will, which includes 88% of Canadians between the ages of 27-34.

As of 2018, there are more Canadian seniors (aged 65+) than Canadian children (aged 14 and under) due to aging baby boomers.

Pick display options that work for you: clip-strips, counter top, and freestanding floor displays are available.



12-Unit Clipstrip

Complete Canadian Wills Kit

- Retail value \$239.40
- 34" high x 6" wide
- ISBN: 978-1-77040-079-5

12-Unit Clipstrip

Living Wills Kit

- Retail value \$239.40
- 34" high x 6" wide
- ISBN: 978-1-77040-302-4

12-Unit Clipstrip

Last Will & Testament and Living Will (Paper forms)

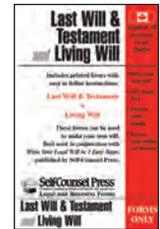
- Retail value \$119.40
- 34" high x 6" wide
- ISBN: 978-1-77040-082-5



Complete Canadian Wills Kit
ISBN: 978-1-55180-828-4
Retail price: \$19.95



Living Wills Kit
ISBN: 978-1-55180-843-7
Retail price: \$19.95



Last Will & Testament and Living Will (Paper forms)
ISBN: 978-1-55180-400-2
Retail price: \$9.95



10-Unit Counter Display

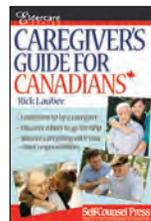
Complete Canadian Wills Kit

- Retail value \$199.50
- 14³/₈" high x 7³/₁₆" wide x 8³/₄" deep
- ISBN: 978-1-55180-981-6



4-Pocket Floor Display: 32 Unit

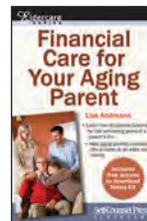
- 54" high x 18⁷/₈" wide x 16³/₈" deep (32 units - 8 copies of each)
- Retail value \$566.40
- ISBN: 978-1-77040-233-1



Caregiver's Guide for Canadians
ISBN: 978-1-77040-188-4
Retail price: \$17.95



Supporting Parents with Alzheimer's
ISBN: 978-1-77040-149-5
Retail price: \$19.95



Financial Care for Your Aging Parent
ISBN: 978-1-77040-192-1
Retail price: \$17.95



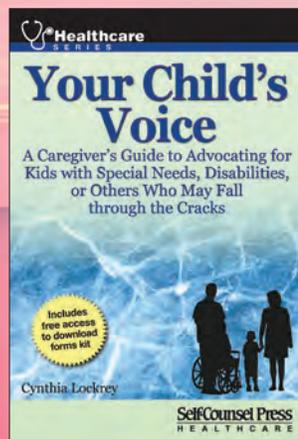
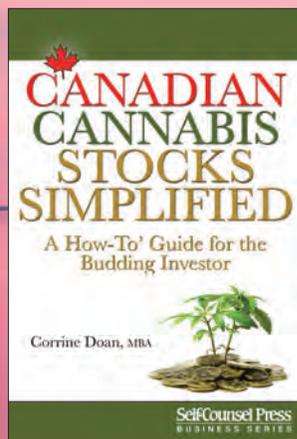
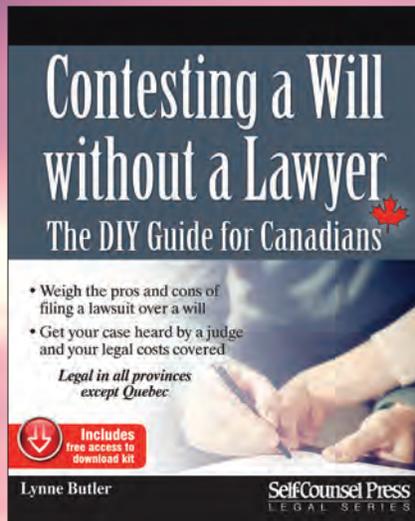
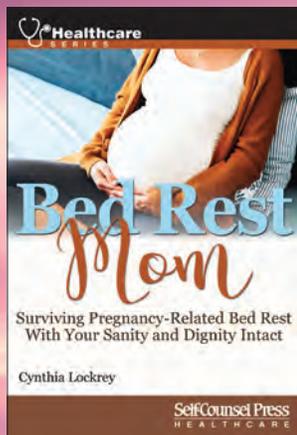
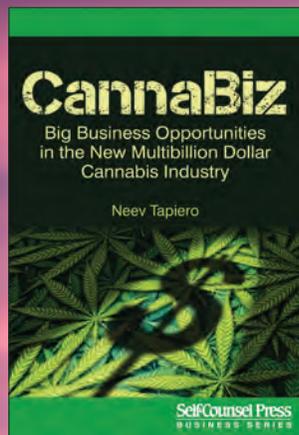
Estate Downsizing for Caregivers
ISBN: 978-1-77040-191-4
Retail price: \$14.95



10-Unit Large Counter Display

Write Your Legal Will in 3 Easy Steps

- Retail value \$249.50
- 15" high x 9³/₄" wide x 6³/₈" deep
- ISBN: 978-1-77040-088-7



1481 Charlotte Road, North Vancouver, BC, Canada V7J 1H1
Phone: (604) 986-3366 • Toll free NA: 1-800-663-3007
Email: sales@self-counsel.com

www.self-counsel.com



Canadian
Heritage

Patrimoine
canadien

Canada

For all Canadian-authored titles, Self-Counsel Press acknowledges the financial support of the Government of Canada through the Canada Book Fund (CBF) for our publishing activities.