



Civil Disobedience

Entrepreneurial Lessons from an Extraordinary Life

by Karen Civil

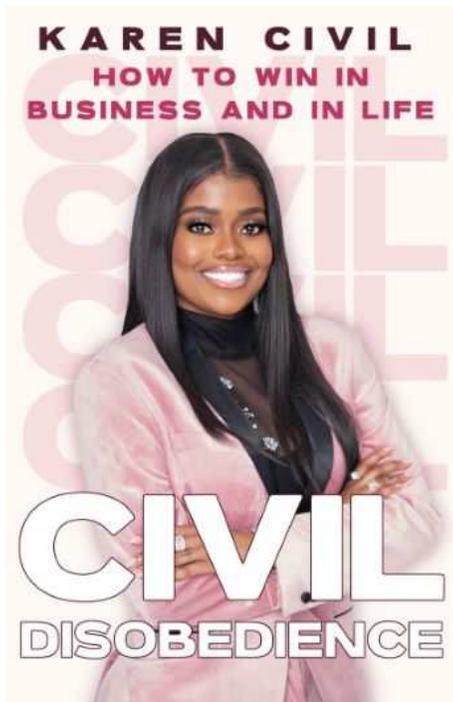
The miraculous journey of a boss lady: Karen Civil's rags to riches story is a powerfully inspirational one. In the beginning, Civil was a young black female entrepreneur with a dream; read about her entrepreneurial journey as she overcame adversity and achieved success in digital marketing: a field dominated by white men.

An entrepreneur book for black women: From a working class first generation immigrant to a star in marketing working with celebrity clients like the Backstreet Boys and Lil' Wayne, Civil's journey is bound to inspire any young entrepreneur: especially black female entrepreneurs just starting on their paths to success.

Lessons on perseverance, self-improvement, and success: As Civil narrates her incredible rise to the top, you'll get inspiration, motivation, and a tantalizing glimpse into her business and her relationships with celebrities. Throughout the book, episodes from Civil's extraordinary life illuminate lessons that anyone - but especially black women in America - can apply to themselves to transcend and overcome.

Author Bio

Karen Civil is an American social media and digital media marketing strategist. She gained attention for helping to create and run Weezythanxyou.com, a website where the rapper Lil Wayne published letters to his fans while he was incarcerated at Rikers Island. Civil won a 2009 Black Web Award from Essence magazine. In 2010, the staff of MTV News thanked her for contributions she made to their urban journalism. In 2012, Civil was named to the Ebony Power 100 list. On September 15, 2015, Civil was a guest speaker at the White House "Champions of Change" event honoring young women and their contributions to their communities. She has been compared to Oprah Winfrey for her influence in the rap industry. Black Enterprise named Civil "social influencer of the year." In 2014, Civil was honored at both the 2014 BET Awards and the Salute 2014 Dinner. LA Weekly writer Mara Shalhoup wrote an article discussing Civil's various accomplishments, particularly her work with campaigning for Hillary Clinton in the 2016 U.S. Presidential election and her social media work. Civil has been outspoken about women's rights in the workplace and in hip hop. Appearing on the Scoop B Radio podcast in 2017, Civil told Brandon Scoop B Robinson that she's glad that the me-too movement was created, because it shows that women are not going to take it. She has been featured on the radio show The Breakfast Club.



Mango Publishing

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6 x 9 • 256 pages

9781633539365 • \$39.95 • cl

Biography / Women

Notes

Promotion



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Finance Secrets of Billion-Dollar Entrepreneurs

Venture Finance Without Venture Capital

by Dileep Rao

Take Control of Your Startup - and Watch it Grow

An analysis of success: By learning from both the mistakes and achievements of those before us, we can better craft our own approach to success. Award-winning professor of entrepreneurship Dileep Rao presents readers with a detailed guide to success through his interviews and analysis of billion-dollar entrepreneurs (those who built a venture from startup to more than \$1 billion in sales and valuation) and 100 million-dollar entrepreneurs (startup to \$100 million).

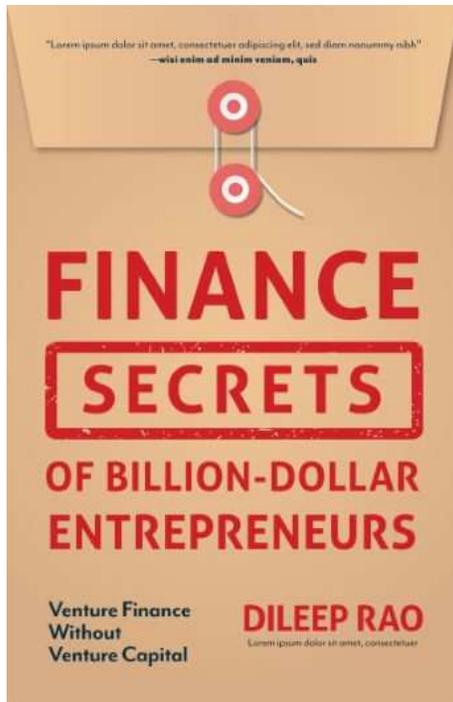
Build your business without venture capital (VC) funding: While starting a business without outside help seems difficult, Rao is here to show entrepreneurs that not only is it possible, but it could very well lead to a more successful business. Rao shares how more than 90 percent of America's billion-dollar entrepreneurs in the VC era (since 1946) avoided or delayed VC, and instead used finance-smart expertise - skills that combine business-smart, capital-smart, and leadership-smart strategies.

The right mix of internal and external financing: It takes more than one person to grow a business from the bottom up. But that doesn't mean we have to sacrifice control of the venture in the process. Armed with 23 years of experience as a financier, Rao shows readers how to optimize internal financing so as to attract external financing. By keeping control of the venture, entrepreneurs keep more of the wealth, as well.

Dileep Rao's *Finance Secrets* (...)

Author Bio

Dileep Rao, PhD, has been a financier for 23 years and has financed hundreds of businesses and real estate projects. In that time he has also founded four ventures and managed five turnarounds. He has consulted on new business development with Fortune 1000 corporations, including Medtronic and General Mills. An award-winning Professor of Entrepreneurship at Florida International University has also taught at Harvard University, Stanford University, INCAE (Costa Rica), and the University of Minnesota. Rao is the author of nationally acclaimed books that include: *Business Financing: 25 Keys to Raising Money* (NY Times Pocket MBA Series), *Finance Any Business Intelligently*, *Handbook of Business Finance & Capital Sources* (Co-Publisher: American Management Assn, NY), *Bootstrap to Billions*, *Nothing Ventured*, *Everything Gained: How Entrepreneurs Create*,



Mango Publishing
On Sale: Aug 11/20
5.5 x 8.5

9781642501995 • \$27.95 • pb
Bus & Econ / Entrepreneurship

Notes

Promotion





Marketing Mess to Brand Success

30 Challenges to Transform Your Organization's Brand (and Your Own)

by Scott J. Miller

This Book Can Make You a Better Marketing Manager

In this second book of Scott Miller's *Mess to Success* series, the FranklinCovey Executive VP reveals 30 career-challenging obstacles that you may encounter as a marketing manager and how he learned to transform them into team-enhancing opportunities.

One man's mistake is another man's lesson. Don't let Scott Miller's success story fool you. He has made and learned from many mistakes in his career. Featuring thirty chapters with challenges like "A Name is Not a Lead" and "Hire People Smarter Than You," *Marketing Mess to Brand Success* shares a career worth of horrifying mistakes, missteps, and lessons learned. Whether you're starting a new company, figuring out the best brand strategy for a niche market, or trying to land your first job as brand manager, this book is designed to prepare you for many of the inevitable challenges that you will encounter.

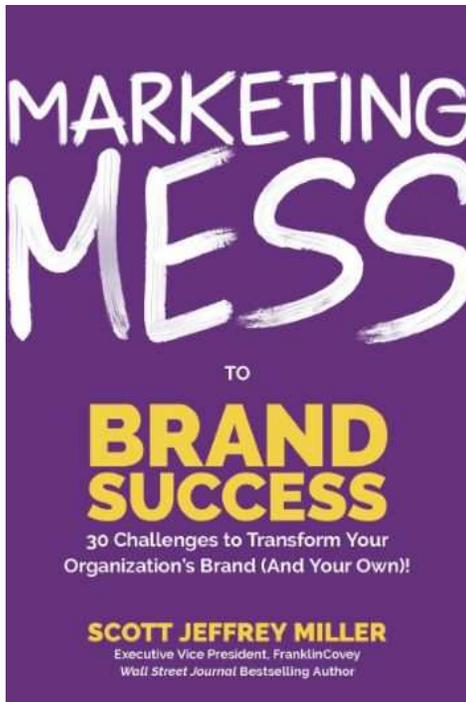
Avoid marketing messes and square up to successes. A marketing crash course will not make you a marketing star. But having a better understanding of the role of marketing in business development and making sure you're focused and aligned with the right areas of an organization may. Each chapter inside *Marketing Mess to Brand Success* features true stories and relevant questions that challenge you to become a better marketing manager. Learn how to:

- Navigate a nebulous marketing environment
- Ensure career relevance inside a marketing division
- Maximize time and investments with sales marketing strategies

If you enjoyed *Management Mess to Leadership Success*, or books like *This Is Marketing*, *Barking Up the Wrong Tree*, or *Made to (...)*

Author Bio

Scott Miller, entering his twenty-third year with FranklinCovey, serves as the executive vice president of thought leadership. He is the host of the FranklinCovey-sponsored *On Leadership With Scott Miller*, a weekly leadership webcast, podcast, and newsletter that features interviews with renowned business titans, authors, and thought leaders and is distributed to more than five million business leaders worldwide. He is also the host of the



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On Sale: Aug 11/20

6 x 9

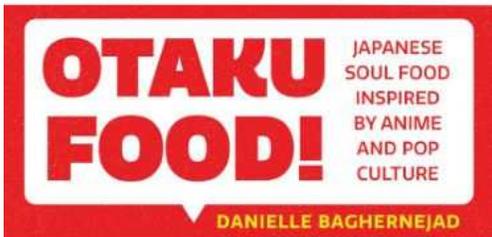
9781642503807 • \$39.95 • cl

Bus & Econ / Marketing / Direct

Notes

Promotion





Mango Publishing
On Sale: Oct 20/20
7 x 10
4-color Photos Throughout
9781642503333 • \$32.95 • pb
Cooking / Asian

Notes

Promotion



Otaku Food!

Japanese Soul Food Inspired by Anime and Pop Culture
by Danielle Baghernejad

Experience the World of Japanese Pop Culture Through a Whole New Medium -- Japanese Food!

With dishes inspired by otaku culture, this cookbook brings Japanese anime and manga to chefs of all levels.

Experience Japanese culture like never before. Japan fever has taken the West by storm. Praised for its attention to detail, it's no wonder that some of the most appealing images are colorfully culinary. From beautifully animated bowls of ramen and curry to cakes and confectionery, Japanese food culture never looked so good. If only you could reach out and take a bite. . . and now you can!

For the anime and manga reader. With our increasing hunger for Japanese pop culture, comes an appetite to match. And with dishes from pop culture icons like One Piece and Naruto, manga and anime can finally be enjoyed in the comfort of your very own kitchen. Whether you're enjoying Japanese ramen from Naruto or fried rice from Food Wars, readers and foodies can learn about Japanese cooking basics and some new series to enjoy, featuring recipes like:

- Mitarashi Dango from Samurai Champloo
- Onigiri from Fruits Basket
- Yakiniku from Rurouni Ken shin

If you enjoy Asian food, or books like The Manga Cookbook, Japanese Soul Cooking, or The Just Bento Cookbook, then Otaku Food is your next read!

Author Bio

Danielle Baghernejad is a foodie and Japanese aficionado at heart. Her dream to experience Japanese food firsthand came true after an appearance on a Japanese TV show, Nippon Ni Ikitai Hito . Ever since, she has worked to make the cuisine more accessible to Westerners through her blog, OtakuFood.com.



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Mother Nature is Not Trying to Kill You

A Bushcraft Survival Guide

by Rob Nelson

Living With Mother Nature--and Other Things Learned in the Wild

Prepare for all the worst case scenarios mother earth throws at you with *Mother Nature is Not Trying to Kill You* - the only survival kit you need to overcome wildlife, natural disasters, and everything else outdoors.

Survive the unexpected. Statistically, you're more likely to die from a vending machine than a shark. But, Rob Nelson knows many shark survivors. His college girlfriend was attacked by a crocodile and his roommate, a grizzly bear. His wife was sucked by a wave down a blowhole, he was left stranded at sea after a storm sank his sailboat, and the list goes on and on. To Rob, these "improbable" altercations are "random acts of nature," and he's learned how to survive them.

On knots, poisonous plants, and natural disasters. Featuring 52 challenges you can encounter in the wilderness, this survival guide is your year-long crash course for ultimate disaster management. Whether you're preparing for a moose attack or a nuclear fallout, *Mother Nature is Not Trying to Kill You* enables you to confront the natural world with skill and confidence. This wilderness survival guidebook also includes:

- Pop culture examples like *Jaws* and *The Revenant*
- Nature and science-packed stories and narratives
- Diagrams, survival tips, and more!

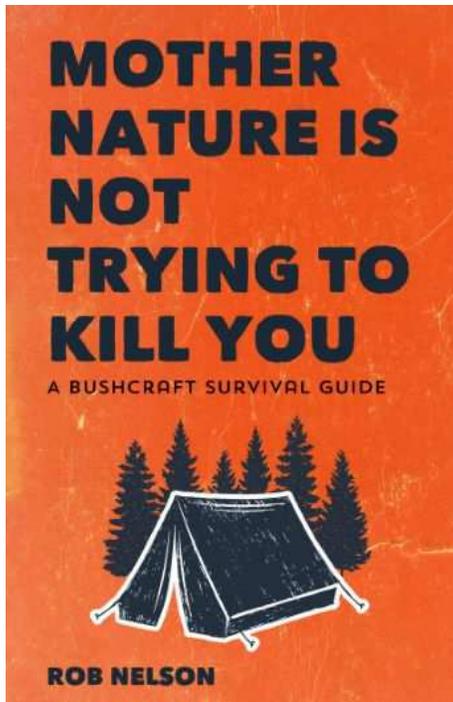
If you enjoyed books like *Bushcraft 101*, *The Worst Case Scenario*, or *SAS Survival Handbook*, then *Mother Nature is Not Trying to Kill You* is your next read!

Author Bio

Location: North Carolina

Rob Nelson is a biologist, host, and online content creator. He's hosted documentaries like *Secrets of the Underground*, *Life After Chernobyl*, and *Man Eating Python* and received an Emmy Award for his work on the documentary film *Mysteries of the Driftles*.

Rob runs the non-profit Untamed Science and currently lives in North Carolina.



Mango Publishing

On Sale: Oct 20/20

6 x 9

100 two-color illustrations, charts and graphs.

9781642503210 • \$27.95 • pb

Crafts & Hobbies / Nature Crafts

Notes

Promotion





Lettering From A to Z

12 Styles & Awesome Projects for a Creative Life

by Phawnda Moore

Spark Creativity with Calligraphy

Lettering guru Phawnda Moore has been teaching calligraphy design for twenty years. Now, in this follow-up to her first book, she's stepped into her students' shoes to select content, address anticipated questions, and offer solutions to the unexpected yet inevitable problems creatives encounter in hand lettering.

Meditative pleasure at your fingertips. Phawnda's take on lettered art encourages readers to take a break, reconnect to the senses, and be creative. Crafted for beginners and intermediate calligraphers, this lettering book nourishes creative thinking and meditation through drawing techniques, traditional design principles, and modern tools, ultimately inspiring readers to find their own style as a creator.

Creative lettering that takes you from alphabet history to z quilts. Written in conversational narrative, this full-color book includes almost two hundred images of professional work. Inside, find a bonus chapter on inspiration and motivation, different calligraphy fonts from monoline to uncial, and step-by-step tutorials for projects from A to Z, like:

- B for birthday cards
- H for holiday cards
- M for monograms
- W for wedding invitations
- Y for yard art

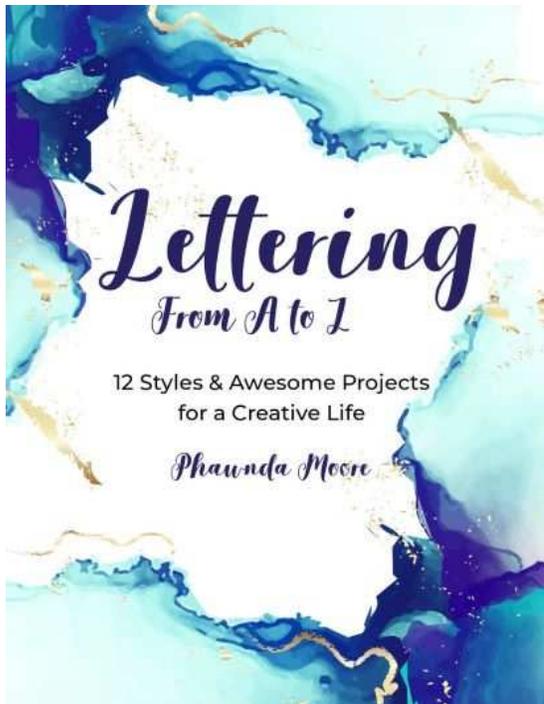
If you enjoyed learning about font style and handwriting with *Hand Lettering 101*, *The Lost Art of Handwriting*, or *Hand Lettering for Relaxation*, then it's time to grab a copy of *Lettering from A to Z*.

Author Bio

Phawnda Moore has been active in the worldwide calligraphy community for over forty years.

She has written, edited, and designed more than a hundred published articles, reports, and books, and taught calligraphy and design classes in California for nearly twenty years. She is also a member of the private, online calligraphy group "Scribbled Lives" and four guilds.

Phawnda has received national awards for her work in county and state offices of education, including a Clarion Award from The Association for Women in Communications and two from the National School Public Relations Association. Her original alphabet, "Letters by Phawnda," was licensed by



Mango Publishing

On Sale: Aug 11/20

8.5 x 11

9781642503821 • \$27.95 • spiral bound

Crafts & Hobbies / Mixed Media

Notes

Promotion





Calligraphy Explained

Learn the Therapeutic Art of Copperplate Calligraphy in a Fast-Paced World

by Charlotte Xu

Copperplate Calligraphy to Calm and Create

In a world that prizes typing speed and electronic signatures, lettered art seems a thing of the past. Learn to slow down with drawing techniques, lettering basics, and therapeutic mindfulness in this how to book for the calligraphy curious.

What the font? Copperplate calligraphy began as a historical script for formal documentation. It's survived many decades, evolved, and finally entered this world of abundant digital technology, print, and computerized font style. And yet, the irreplaceable elegance of handwritten copperplate calligraphy continues to prosper even today.

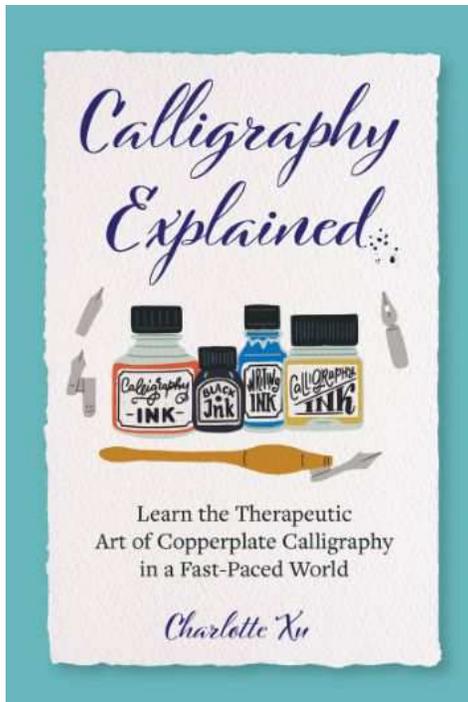
The crucial creative lettering guide. You don't have to be an artist to learn copperplate calligraphy. *Calligraphy Explained* is a step-by-step guide to calligraphy for beginners. Whether you're looking for a brief history of calligraphy or ways to bring peace and calm into your daily life, practicing this ancient form of writing is therapeutic, elegant, and personal. With exercises, practice pages, and personalized advice, learning calligraphy letters has never been easier.

If you enjoy arts and crafts for adults and books like *Lettering and Modern Calligraphy*, *Pretty Simple Lettering*, or *Hand Lettering 101*, then *Calligraphy Explained* is your next book!

Author Bio

Location: Melbourne

Charlotte Xu is the calligrapher and creator behind Charlat Script. Her current presence reaches over a hundred thousand followers on Instagram, over ten million views on social media, and many magazines including *Buzzfeed*, *Architecture & Design*, *WedLuxe Magazine* and more. As one of the main calligraphy figures in Australia, her work has been endorsed by public figures such as George Takei and Kelly Slater. In addition to client work Charlotte runs local calligraphy workshops. She is also a member of the International Association of Master Penman, Engrossers, and Teachers of Handwriting (IAMPETH) and Calligraphy Society of Victoria (CSV). Charlotte currently lives in Melbourne.



Mango Publishing

On Sale: Sep 15/20

6 x 9 • 200 pages

9781642503234 • \$27.95 • pb

Crafts & Hobbies / Mixed Media

Notes

Promotion





Modern Manners for Moms & Dads

Practical Parenting Solutions for Sticky Social Situations (For Kids 0-5)

by Evie Granville and Sarah Davis

Be a Confident Parent from Day One

This is not your grandma's etiquette guide. Dive into this humorous, often irreverent take on social problems all parents face, combined with concrete and practical solutions.

Real-world advice on the sticky social situations parents with young kids face every day. Most of us think we're walking into parenthood prepared. We bought the fancy diapers, we aced the hospital's baby-care class, and we've heard every labor and delivery horror story. But, becoming a parent means a whole new world of embarrassing, social dilemmas you could never have dreamed up, plus navigating new friendships with other moms and dads as you build your tribe.

Discover everything we learned the hard way. Authors Sarah Davis, Ed.D., and Evie Granville, M.Ed., are experienced educators with advanced degrees, moms to six young kids between their two families, manners mavens, and creators of a blog and podcast dedicated to parenting etiquette questions. In *Modern Manners for Moms & Dads*, Sarah and Evie uncover a social code for parents of kids age 0 to 5, as well as reveal readers' Public Parenting Perspective with a framework that helps parents balance their child's wishes and well-being, their own comfort and boundaries, and the others' expectations.

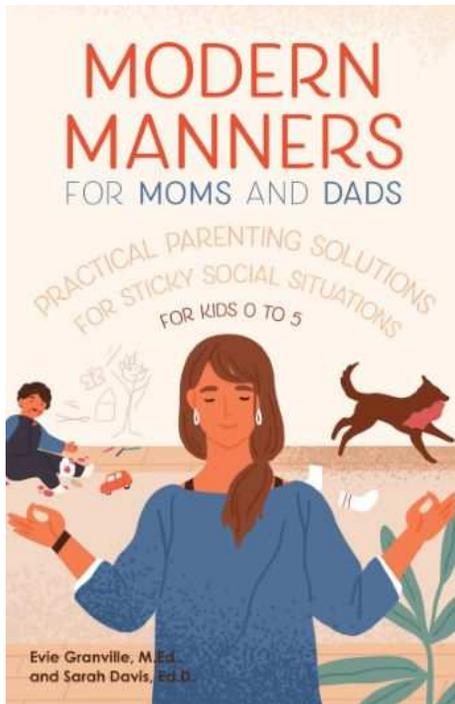
Written by and for busy parents, this guide includes lists, charts, pop quizzes, personal anecdotes, and practical advice. *Modern Manners for Moms & Dads* also offers guidance from real experts on:

- Leading your family with kindness and awareness and setting a good example for little ones
- Maintaining (...)

Author Bio

Evie Granville, M.Ed., and Sarah Davis, Ed.D. are writers and podcasters, best friends, experienced educators, and parenting etiquette mavens. They both grew up in Mediterranean families where hospitality and good manners are a way of life. Of course, everything gets more complicated with kids, but they don't think that is an excuse for behaving badly. They have been there, done it, dissected it, and agree on all the most important strategies for managing parenthood with grace and good manners.

The authors are both experienced educators with advanced degrees. Sarah holds a doctorate in education from Texas A&M University, a master's in education from the University of San Diego, and a bachelor's degree from



Mango Publishing

On Sale: Oct 20/20

5.5 x 8.5

9781642503319 • \$27.95 • pb

Family & Relationships / Conflict Resolution

Notes

Promotion





Mama's Milk and Me

A Journal for Nursing Mothers

by Alisha Gaddis

Strengthen the Mother-Baby Bond During and After Breastfeeding Perfect gift. An interactive guide, tool and special picture book keepsake that prepares your child and you for the end of nursing.

Weaning is a special and emotional transition - get the help you need. If you're a breastfeeding mom, you know on an emotional level that the bond between mother and child is strengthened when breastfeeding. Due to both breast milk itself and the tangible contact of nursing, the connection is also strengthened on a scientific and physical level. This, among other advantages of breastfeeding, is part of what makes weaning so difficult, both for children and mothers. Knowing when to stop breastfeeding, and how to do it in a way that honors and preserves your relationship with your child, can make the process easier and smoother. In *Mama's Milk and Me*, author and mother Alisha Gaddis provides a loving and interactive guide for taking this inevitable step. Celebrate this new chapter in your life. While weaning comes with its challenges, it also opens the door to experience new and exciting milestones with your child. Just as your child will continue to grow and develop, so too will your relationship. Part of what makes this book a wonderful gift for new moms and mamas with experience is that it doubles as a keepsake. With a fill-in-the-blank format, mothers are provided a space to reflect and work through the emotional process of weaning. In addition, the book includes prompts for ideas on how to celebrate this step with your child. Learn more about:

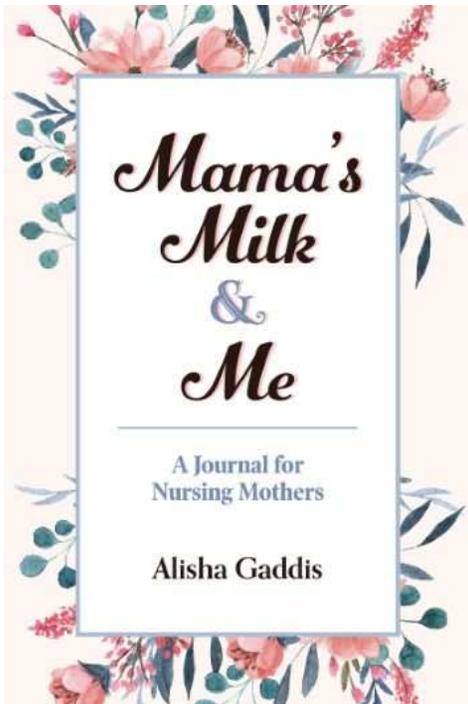
- The importance of breastfeeding and the bond between you and your child
- How (...)

Author Bio

Alisha Gaddis is an Emmy Award Winning actor, multiple Latin Grammy Award Winner, television writer, author, publisher (Little Maven Books and Mango), and international children's media star.

She is a graduate of New York University's Tisch School of the Arts and the University of Sydney, Australia. Alisha's first book *Comedic Monologues for Women that are Actually Funny*, released via Applause Books in 2014, became a bestseller. Alisha also stars in the PBS children's program that she co-created, *Lishy Lou and Lucky Too* (via *The Friday Zone*). Alongside her husband, Lucky Diaz, she is the co-founder and performer for the Latin GRAMMY award-winning band - Lucky Diaz and the Family Jam Band. Their music has topped the charts at Sirius XM and is *People Magazine's* #1 album of the year.

When she isn't touring the world with her and her husband's band, she splits her time between Los Angeles, CA and Columbus, IN. Although she has many jobs, the one she loves the most is that of being a mama.



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6 x 9

4C Illustrations throughout

9781642503845 • \$21.95 • pb

Family & Relationships / Infants & Toddlers • Non

Returnable

Notes

Promotion



Raincoast Books

Sales Rep



Raising the Resistance

A Mother's Guide to Practical Activism

by Farrah Alexander

The New Feminist Manifesto for Badass Moms

Acknowledging the dual role of mother and citizen, *Scary Mommy* writer and mom Farrah Alexander, provides empowerment and guidance for the modern progressive mother.

On the intersection of feminism and motherhood. Mothers are a force to be reckoned with. And after the Women's March and midterm elections, moms have surely secured their spot in today's feminist movement. But for those who aren't ready to make a bid for the presidency, the way forward can seem daunting and unclear. Whether it's correcting a misinformed family member about gender equality or running for political office, this bold and accessible primer presents active parents with different types of activism they can incorporate into their parenting, no matter how big or small.

When active parents support the feminist movement. With practical guidance, political commentary, and inspiration, this feminist manifesto for moms tackles problems from political representation to sexual misconduct. It doesn't just validate present-day feminist frustration, it also offers practical ways to channel it into solutions. Most importantly, it proves that by planting seeds of empathy and political awareness in their children, moms can raise their children to be change-makers. They can raise the resistance.

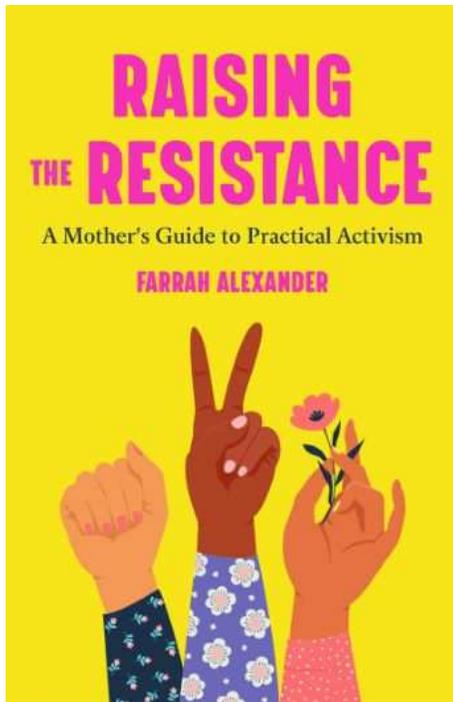
Inside, learn:

- Self-care techniques for badass moms
- Strategies for becoming a role model in today's feminist movement
- Different types of activism moms can use to take a stand
- And more!

If you enjoyed books like *Good and Mad*, *Unladylike*, and *Fight Like a Mother*, then you'll love *Raising the Resistance*.

Author Bio

Farrah Alexander is a writer and parenting columnist for *Extol*. Her work focuses on feminism, parenting, social justice, politics, and current events. She has been featured in the *Huffington Post*, *BUST*, and *Scary Mommy*. Currently, Farrah lives outside Louisville, Ky. with her husband, son, and daughter.



Mango Publishing

On Sale: Aug 11/20

5.5 x 8.5

9781642503746 • \$27.95 • pb

Family & Relationships / Prejudice

Notes

Promotion





Why Do They Hate You?

Dialogues for Understanding and Tolerance

by Ozlem Cekic

Overcome Prejudice with Coffee and Conversation

Ozlem Cekic, creator of #dialoguecoffee, turned hate mail and threats from racists and religious extremists into productive, bridge-building conversations - and you can, too.

Learn how to change the world - and change your life. We've all heard the expression "be the change you want to see in the world." But how do you actually do that?

When Ozlem Cekic became the first Muslim MP in the Danish Parliament, her email inbox was inundated with hate mail and threats, and her gut reaction was to delete and ignore each abusive message. But eventually, she decided to take a risk. She started replying to each message and inviting the senders to meet and engage in dialogue over coffee. And with time, understanding, and patience, she began to make a difference, both in the lives of those who hated her before even meeting her, and in her own life.

Discover the journey behind the Dialogue Coffee Ted Talk with over a million viewers. In *Why Does He Hate You?* learn the answers to questions like:

- Where do negative emotions like anger, frustration, and hatred come from?
- Can conversations break down prejudices and create change and understanding?
- What happens when we start looking for things we have in common instead of focusing only on our differences?

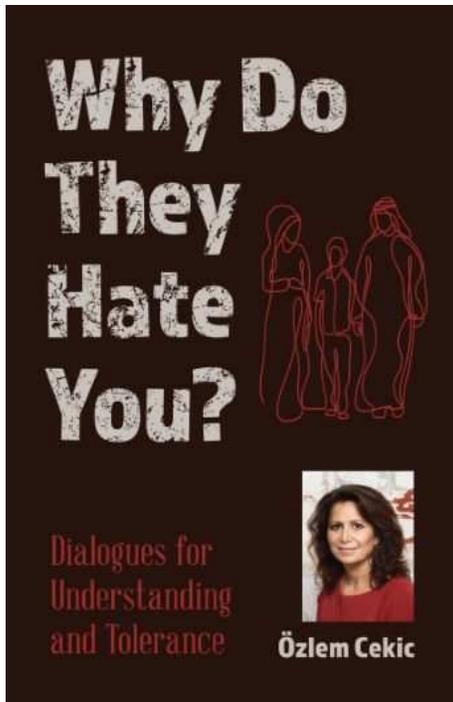
Readers of memoirs and books on activism and social change like *How to Be an Antiracist*, *Lead from the Outside*, and *Rising* (...)

Author Bio

Ozlem Cekic was born in Turkey in 1976. She lived in Finland for two years while her parents worked as caretakers/cleaners at the Turkish Embassy in Helsinki, and later moved to Denmark.

Ozlem served in the Danish parliament from 2007 to 2015 as one of the first female politicians with a Muslim immigrant background. Since 2015, Ozlem has been giving talks and providing advice in Denmark, and internationally, on how to build bridges between ethnic minorities, companies, organizations, and local government. She devised the dialogue coffee concept, based on the belief that what binds us together is far greater than what separates us.

In 2018, Ozlem became only the second Dane in history to give a TED-Talk, which was about her experiences with Dialogue Coffee. At present, the talk has been viewed over 1.3 million times. Learn more about her groundbreaking work at <http://dialoguecoffee.org/>



Mango Publishing

On Sale: Aug 11/20

6 x 9

9781642503760 • \$27.95 • pb

Family & Relationships / Prejudice

Notes

Promotion



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Paranoid Parent Guide

How to Get Your Teen Into the "Best" College

by Christie Barnes

The Truth About Career Planning and the College Search Process

Society's guiding "truths" about higher education are now incorrect.

In *Paranoid Parent Guide*, Christie Barnes helps parents and students alike cut through the noise and find the best school, which might not always be the most prestigious or expensive one.

College planning re-examined. All economic levels are getting vastly incorrect information for college and future planning, leading to anxiety-ridden youth and crippling student debt. Less affluent students are being led to more expensive options and high achievers feel compelled to apply for college at the most prestigious institutions. But, whether it's a state school, safety school, or public school - there are other options beside an overpriced private school.

A guidance counselor for parents. Learn that it's not just about the "right" college, it's about the "right fit" college. Using statistics, experts, and multi-factor analysis to clarify what should and should not be a worry in college planning, Barnes helps parents identify better, and often overlooked, options. In this guide, she dissects the top ten parental worries about how to get into college, including the admissions process, college requirements, and college acceptance.

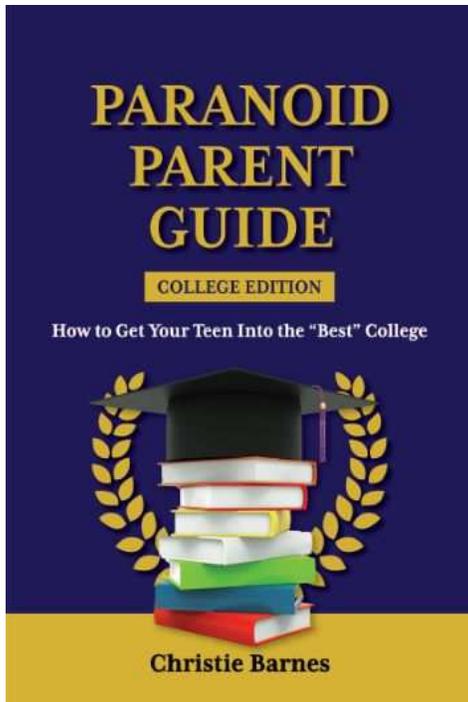
Book includes a bonus "Academic Planning Guide":

- The first comprehensive individualized career and academic planning guide available to parents and teens
- For the high school student, the college-bound, the workforce-bound, the returning vet, those wanting or needing a career change or hoping to advance in a field
- With details on new innovative programs endorsed by schools, colleges and even HR departments

If you enjoyed books like *Launch*, *Prepared*, or *Where You Go Is Not Who You'll Be*, then you'll love *The Paranoid Parent Guide*

Author Bio

Christie Barnes is a writer, animation director (Hallmark, ABC, NBC), and mother. She is a graduate of Mt Holyoke College, and has an MA with honors from City University London. She is the author of the *Paranoid Parents Guide* series.



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6 x 9

9781642503159 • \$27.95 • pb

Family & Relationships / Teenagers

Notes

Promotion





Beyond the Birds and Bees

The progressive parent's comprehensive guide to talking to children about sexuality

by Robin Pickering

This book aims to teach the reader how to raise a sexually healthy, safe, and informed child in a modern context, which recognizes the influential role of such factors as: social media, the internet, sexual orientation, gender identity, and issues surrounding consent. The reader will learn evidence-based background on key sexual health topics, what children should know about each topic, and age-appropriate discussion guidelines for talking about to children and young adults about topics related to sexuality.

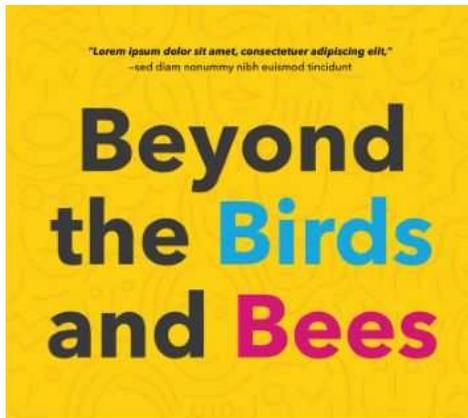
Unquestionably, parents want their children to be armed with scientifically accurate sexual education. However, many parents also lack the information, tools and skill to be able to engage in these complex conversations with their children in an effective manner. This book aims to educate parents about key issues surrounding sexual health so that they may be better equipped to engage in age-appropriate, evidence-based, informed discussions with their children in order to optimize sexual health and reduce risk behaviors across their childhood development into young adulthood. This book also aims to take a more inclusive approach to sexuality, capturing the unique concerns and questions related to modern sexuality, including: issues related to social media and the internet, topics related to consent and personal safety, unique concerns in the LGBTQ+ community, optimizing safety for those who chose to be sexually active, effectively promoting abstinence, and accessing appropriate healthcare resources and information. Each chapter will include information about a different sexuality-related topic. Chapters will begin with content aimed at parents including: scientific content basics, general issues related to the topic, key definitions/vocabulary and slang (...)

Author Bio

Robin Pickering is currently an Associate Professor of Health Sciences specializing in Community Health at Whitworth University in Spokane Washington. Her research interests include women's health, health risk behaviors, and issues surrounding sexuality. She currently serves as Program Director of the Women and Gender Studies Committee at Whitworth University, advisory board member for the Eastern Washington University Alumni magazine, as well as a contributor for several local media publications. She has served as the Vice Chair of the Board for the Spokane AIDS Network, Program Director of Community Health at Eastern Washington University (EWU), and steering committee member for the Masters in Public Health degree for EWU. Robin received her PhD in Education with an emphasis on Health and Psychology, a master's degree in Exercise Science



9 781642 503258



The progressive parent's
comprehensive guide to talking
to children about sexuality

Robin Pickering

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Mango Publishing

On Sale: Sep 15/20

6 x 9

9781642503258 • \$28.95 • cl

Family & Relationships / Dating

Notes

Promotion



Raincoast Books

Sales Rep



The Book of Extraordinary New Sherlock Holmes Stories

The Best New Original Stories of the Genre

by Maxim Jakubowski

The appeal and popularity of Sherlock Holmes has never abated and the demand for new adventures of the iconic sleuth continues to this day, helped on by the latest, elegant TV series in which he is played by Benedict Cumberbatch.

Some of the best contemporary writers of crime and mystery contribute each a brand new story featuring the mythical detective (and in many cases the obligatory John Watson and even, but whisper it quietly, their nemesis Doctor Moriarty) as further examples of his awesome powers of deduction and his unerring quest for the truth, however improbable it might at first appear.

This bumper volume includes stories by Jon Courtenay Grimwood, Lavie Tidhar, David Stuart Davies, John Grant, Rose Biggins, David N. Smith, O'Neil De Noux, Rhys Hughes, Catherine Lundoff, Mark Mower, Matthew Booth, Martin Daley, Jan Edwards, Ashley Lister, Keith Brooke, Naching T. Kassa, Phillip Vine, Bev Vincent, Keith Moray, Nick Sweet.

Author Bio

Location: London

Maxim Jakubowski is a novelist and editor. He was born in the United Kingdom and educated in France. Following a career in book publishing, he opened the world-famous Murder One bookshop in London in 1988. He compiles two acclaimed annual series for the Mammoth list, Best New Erotica and Best British Crime. He is a winner of the Anthony and Karel awards, a frequent TV and radio broadcaster, crime columnist for the Guardian newspaper, and Literary Director of London's Crime Scene Festival. He lives in London, United Kingdom.

Mango Publishing

On Sale: Nov 17/20

6 x 9

9781642504323 • \$27.95 • pb

Fiction / Mystery & Detective / Traditional British

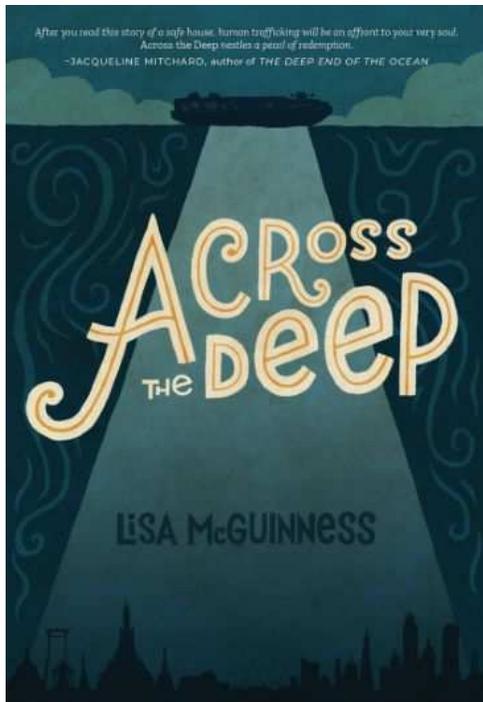
Notes

Promotion



9 781642 504323





Across the Deep

A Novel

by Lisa McGuinness

A Survivor Story Featuring Strong Female Characters, an Undercover Cop, and the Hills of San Francisco

With the perfect mix of tragedy and humor, love and loss, pain and redemption, this riveting novel explores the lives of two spectacularly brave and resilient trafficked women living in a San Francisco safe house.

A contemporary survivor story. Raised in Thailand and brought to the United States against her will, quiet and intelligent Suda is hiding from a sex trafficking ring and the man she believed was on her side. Claire, admired as bright and beautiful in high school, now hides her striking looks and wears her sharp wit as a protective shield. Determined to show Suda and Claire a path that allows for a life of their own, Simone, the safe house operator, offers them a haven and a healing path to the future.

Part suspense, romance, and social novel. Moving between the hills of Thailand and San Francisco, this incredible novel traces the journey of two trafficked women pursuing healing and hope. With strong female characters, an undercover cop, and a warmhearted Christian, *Across the Deep* is an unforgettable, alluring, suspenseful story about the resilience of the human spirit, of lives stolen and enduring hope for the future.

If you enjoyed novels like *Girl in Pieces*, *The Sea of Lost Girls*, *Please See Us*, and *Then She Was Gone*, then you'll love *Across the Deep*.

Author Bio

Lisa McGuinness is the founder of Yellow Pear Press. A veteran of the publishing industry, she has worked on books for Chronicle Books, Running Press, Barefoot Books, and Accord Publishing, as well as custom publications for Starbucks, Gap, the Exploratorium, Cooper's Hawk Winery, and Nordstrom. She is co-author of several children's books including the *New York Times* bestseller *Bee & Me* and *Baby Turtle's Tale*.

Mango Publishing

On Sale: Oct 20/20

5.5 x 8.5

9781642503913 • \$27.95 • pb

Fiction / Psychological

Notes

Promotion





Lose It Forever

The Habits of Successful Weight Losers from the National Weight Control Registry
by Jason Karp, PhD

Lose Weight and Keep It Lost

Don't rely on your neighbor's latest gym stories or diet fad. Learn exactly what has worked for thousands of others trying to lose and maintain a healthy weight, just like you.

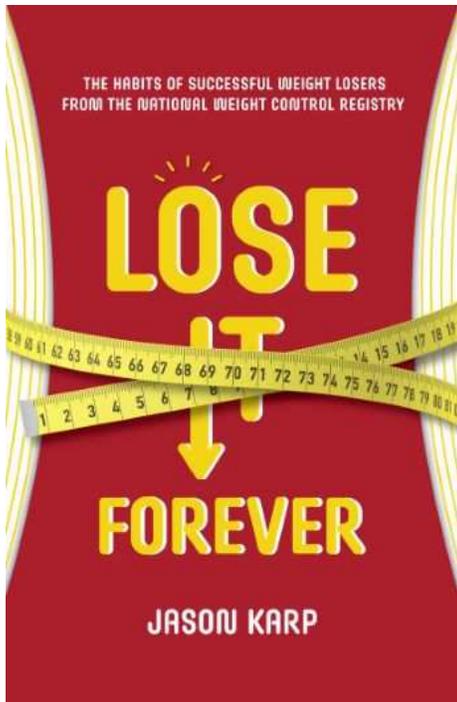
Take advantage of the proven weight-loss and maintenance strategies of thousands of people. Despite the overflowing bookshelves of weight loss tips and diet books, the U.S. remains the most overweight country in the world and continues to get more overweight every year. Most people who work towards successful fat loss just gain weight back a few weeks later. Frankly, many of us are just always hungry. So what is unique about those who succeed? The answer is buried deep in the archives at the Weight Control and Diabetes Research Center in Providence, Rhode Island: The National Weight Control Registry, the largest study of individuals successful at long-term maintenance of weight loss.

Learn how to make the life changes you need, one step at a time. The National Weight Control Registry can seem overwhelming. It includes data from more than 10,000 individuals about their weight, diet and exercise habits, and strategies for weight loss maintenance. This is where Jason Karp comes in. Dr. Karp is a USA Track & Field nationally certified coach, the founder of the REVO2LUTION RUNNING™ certification program for coaches and fitness professionals worldwide, and a doctor who has devoted his life to helping people get healthier and stay healthy. In *Lose It Forever*, he has boiled down all these data into (...)

Author Bio

The passion that Dr. Jason Karp found as a kid for the science of athletic performance (one of his earliest questions was how baseball pitchers throw curveballs) placed him on a yellow brick road that he still follows all these years later as a coach, exercise physiologist, author, speaker, and creator of the REVO2LUTION RUNNING™ certification program for coaches and fitness professionals around the world.

A prolific writer, Jason is the author of multiple books, including *The Inner Runner*, *Run Your Fat Off*, *14-Minute Metabolic Workouts*, *Running a Marathon For Dummies*, *Running for Women*, *101 Winning Racing Strategies for Runners*, *101 Developmental Concepts & Workouts for Cross Country Runners*, and *How to Survive Your PhD*. He also served as senior editor for Active Network and has been an instructor for USA Track & Field's level 3 coaching certification and for coaching camps at the U.S. Olympic Training



Mango Publishing

On Sale: Aug 11/20

5.5 x 8.5

9781642503463 • \$27.95 • pb

Health & Fitness / Nutrition

Notes

Promotion

1) Social Media

The author is active on social media every day, posting running and fitness tips, advertising books and engaging with his audience. He has the maximum allowable 5K friends on his Facebook personal page, 15K+ followers on his Facebook fan page, 50K+ followers on Instagram, 15K+ followers on Twitter, and 5K+ followers on LinkedIn. He is continually growing these numbers.

2) Speaking

He speaks at every major fitness industry conference in the U.S. and the world, including:

- IDEA World Fitness Convention (5,000 attendees)

- FILEX Fitness Convention (Australia) (2,500 attendees)

- Asia Fitness Convention (Thailand) Indonesia Health & Fitness Expo American College of Sports Medicine



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Raincoast Books

Sales Rep



Thunder Thighs & Trickster Vibes

Essays on Immigration, Gender and Equality

by Tate Walker

Essays from a Powerful New Native Voice **Surviving and thriving:**

Navigating relationships is difficult for anyone, but even more complicated for Indigenous folk overcoming centuries of trauma, ongoing systemic disenfranchisement, marginalization, and oppression. That they're still here is a testament to their innate resilience - but survival is an exhausting state to inhabit.

Native American traditions through a feminist lens: This book aims to rehome "traditional" Indigenous relationships into a modern framework, with a roadmap to radical love through pre-wave and intersectional feminist theories. Moving from survivance to thriving is possible when fortified with ancestral knowledge, modern community-building, and the will of the next generations. This book discusses how traditional views of relationships were lost, what must happen to revive them today, and how to ceremonially engage others for future generations.

Strengthening indigenous interconnectedness: There's an oft-quoted Lakota philosophy - "Mitakuye Oyasin" - which roughly translates to "all my relations." The uneducated user (read: New Ager) invokes the Lakota proverb, which recognizes one's place in life and time, without understanding exactly what that means. But "Mitakuye Oyasin" is more than just a cool-sounding refrain - if we can incorporate its traditional significance into our daily life, we can begin to heal and strengthen all interconnections.

Healing communities: Reclaiming the bond to our land, language, ourselves, and each other is at the heart of *Thunder Thighs & Trickster Vibes* - it discusses what it means to truly decolonize from toxic settler syndrome and the taking of all things Indigenous. Readers will understand the healing that is possible when a community faces the world with strength and unity.

Fans of *Heavy* by Kiese Laymon, *Bad Feminist* by Roxane Gay, and *#NotYourPrincess* (...)

Author Bio

Tate Walker is Lakota and a citizen of the Cheyenne River Sioux Tribe of South Dakota. They are a banner-waving Two Spirit feminist and Indigenous rights activist, and a published and award-winning storyteller for outlets like *Everyday Feminism*, *Feminist Humanist Alliance*, *Native Peoples* magazine, *Indian Country Today*, and many more. Armed with a master's degree in administrative science from the University of South Dakota, an English-communications degree from Fort Lewis College, and black coffee(!), Tate uses their 15 years of experience working for daily newspapers, social justice organizations, and tribal education systems to organize students and professionals around issues of critical cultural competency, anti-racism/anti-

Mango Publishing
On Sale: Nov 15/20
5 x 7 • 224 pages
9781642500431 • \$32.95 • cl
History / Native American

Notes

Promotion





Why We Love Pirates

The Hunt for Captain Kidd and How He Changed Piracy

Forever

by Rebecca Simon

For Fans of True-Life Pirate Stories

How the global manhunt for Captain Kidd turned pirates into the romantic antiheroes we love today.

Crime and punishment.

During his life and even after his death, Captain William Kidd's name was known around England and the American colonies. He was infamous for the very crime for which he was hanged, piracy. This book by Rebecca Simon dives into the details of the two-year manhunt for Captain Kidd and the events that ensued afterward. Captain Kidd was hanged in 1701, and from that sprung a massive hunt for all pirates led by the British during a period known as the Golden Age of Piracy. Ironically, public executions only led to pirates' growth in popularity and interest. In addition, because the American colonies relied on pirates for smuggled goods such as spices, wines, and silks, they sought to protect pirates from being captured.

The start of a story. The more pirates were hunted and executed, the more people became supportive of them. They felt for the "Robin Hoods of the Sea"—both because they saw the British's treatment of them as an injustice and because they treasured the goods that pirates brought to them. These historical events were pivotal in creating the portrayal of pirates as we know them today. They grew into romantic antiheroes—which ultimately led to characters like the mischievous but lovable Captain Jack Sparrow. Simon has presented her research on the history of pirates around the world and now she's bringing the (...)

Author Bio

Rebecca Simon earned a PhD in history at King's College London about the history of pirates and public executions. She has presented her research all around the world. She has appeared on the BBC and has been the guest on numerous popular podcasts, such as *Getting Curious* with Jonathan Van Ness, to discuss all things pirates. She has consulted for Netflix, the History Channel, BBC, and LEGO. Rebecca has previously published her work in *History Today* magazine and academic journals. She lives in Los Angeles where she writes, teaches, and consults about all things pirates.

Mango Publishing

On Sale: Nov 17/20

5.5 x 8.5 • 256 pages

9781642503371 • \$27.95 • pb

History / Caribbean & West Indies / General

Notes

Promotion



9 781642 503371





The Future of Science is Female

The Brilliant Minds Shaping the 21st Century

by Zara Stone

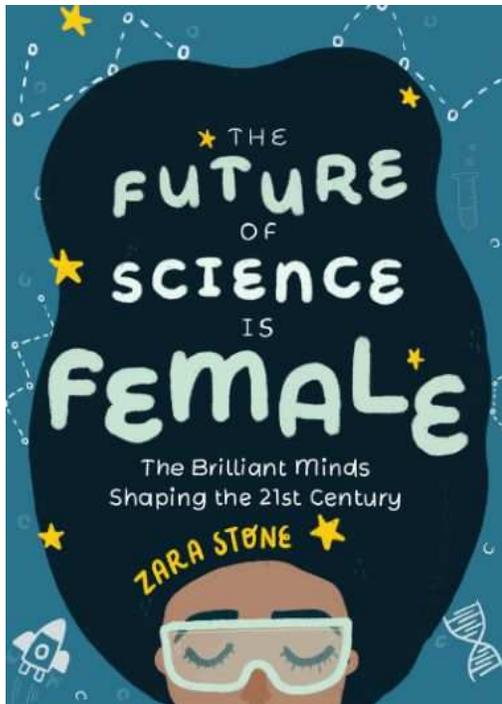
This is intended for millennial women, teenage girls, and people who are LGBTQI and non-binary, showcasing an exciting array of entrepreneurial go-getters who challenge the status quo. It will introduce readers to some brilliant minds and destroy the perception that science is best left to boys. The takeaway from this book Each chapter in this book examines a different world problem, from climate change to the future of work, and introduces the female scientist who are working on solutions. You'll learn how they got to where they are, and what challenges they faced and overcame along the way. It provides an overview of some of the coolest and most exciting science and technology projects happening today -- all pioneered by badass, diverse, and queer women who challenged the status quo. They saw problems that needed solving, and wouldn't take no for an answer. You'll learn the fascinating, complicated stories of how this diverse group of women got started -- from the perspective of those still working it out as they go along. Forget the ivory tower of accomplishment, learn about the everyday drama, tears, and adventures these badass ladies face as they race to fix everything the men f**d up. This book isn't going to turn you into a scientist. It won't make you the next Steve Jobs or Bill Gates or Sheryl Sandberg or Greta Thunberg But it will show you that way more women that you thought are working in these fields, and that they're involved in awesome and incredible projects -- some which seem like they're lifted straight from Hogwarts. #slay #blackgirlmagic. In the words of Beyoncé, "Who runs the world? Girls! Girls!"

The Future of Science is Female: From saving the oceans, to giving (...)

Author Bio

Zara Stone is an award-winning journalist who covers the intersection of culture, technology, and social justice. She's published with The Atlantic, The Washington Post, Vice, Forbes, Wired, The Wall Street Journal, The New York Post, ABC News, the BBC, OZY Media, BuzzFeed, and has worked as an on-air reporter for Fusion, a nationally syndicated ABC News affiliate. She's part of Medium.com's in-house network, and her stories are regularly distributed to their 60 million monthly users.

She has an MA in journalism from Columbia University, and her master's project, a story about the socioeconomic benefits of plastic surgery in South Korea, was published by The Atlantic. It was their best-read piece in May 2013, and they commissioned a follow-up story on the prevalence of plastic surgery in high schools. Stone appeared on nationally syndicated radio programs including numerous NPR affiliates to discuss this work, and its been



Mango Publishing

On Sale: Sep 15/20

5.5 x 8.5

9781642503197 • \$28.95 • cl

History / Women

Notes

Promotion



Raincoast Books

Sales Rep



Chicken Little, Come Out. The Sky Is NOT Falling!
Helping Children Express and Cope with Their Anxiety
by Michelle Winchester Vega

Calm Your Child's Fear and Anxiety with Chicken Little

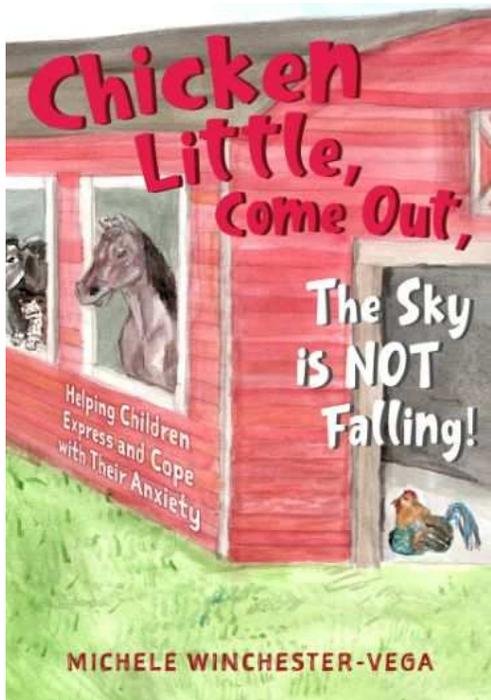
This new take on the children's classic *Chicken Little* is designed to help children identify and normalize their worries, fears, and anxieties and encourage mental health awareness and strategies for improved coping. There are a few new mental health advocates in the barn filled with fun farm animals. There's a barn full of Chicken Little characters, but they don't want to come out. It's scary out there and they fear that the sky is falling! However, with a lot of teamwork and a little help from Chicken Little, together they can calm their fears and phobias. All they need are the right behavioral stress reduction tools!

Mental health for kids. Chicken Little is confronting common fears and helping children with anxiety in a charming way. Using beautifully illustrated, relatable farm animals from the Chicken Little story, Psychiatric Social Worker, Dr. Winchester-Vega offers ways to manage and normalize children's mental health and foster conversation and understanding. Inside, find coping skills, strategies, and two bonus resources for parents, educators and caregivers working with children with scared feelings.

If you enjoyed books like *What to Do When You Worry Too Much, Wilma Jean*, and *Wemberly Worried*, then you and your child will love *Chicken Little, Come Out. The Sky is NOT Falling!*

Author Bio

Dr. Michele Winchester Vega, D.S.W, LCSW-R, ACSW, is a psychiatric social worker trained at Columbia University and Yeshiva University. She has worked in clinical practice for over 35 years and has taught at Yeshiva University, SUNY New Paltz, SUNY Orange County College and Marist College in the areas of psychology, sociology, and social work. Dr. Winchester Vega is the owner of a very successful practice in the Hudson Valley that employs over 30 mental health professionals. She has received accolades for her professional work and commitment to philanthropy. She is the author of many publications including a self published children's book she co-authored with her daughter titled, *Are You My Sister?*



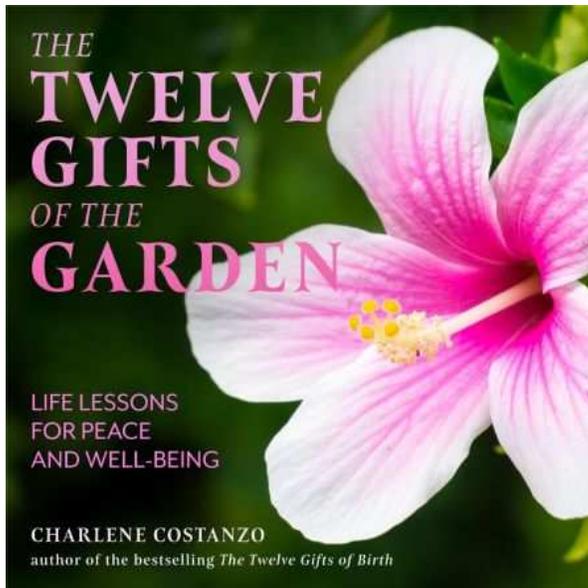
Mango Publishing
On Sale: Aug 11/20
7 x 10

9781642503487 • \$27.95 • cl
Juvenile Fiction / Animals / Farm Animals

Notes

Promotion





12 Gifts of the Garden

Life Lessons for Peace and Well-Being

by Charlene Costanzo

Life Lessons and Inspirational Art of the Garden

During a tropical storm. In the aftermath of chemotherapy. In the midst of marital discord. These are among the times author Charlene Costanzo found comfort, joy, hope, and healing on Sanibel Island. Now, comes a collection of insightful life-guiding reflections inspired by the tropical botanicals of one of Florida's most precious flower gardens.

A collection of healing, discoveries, and epiphanies inspired in the garden. In the tradition of Anne Morrow Lindbergh's *Gift from the Sea*, Charlene finds awe in the bounty of seashells along the Florida shoreline. And although intrigued by their fine details, it's the foliage in Sanibel's botanical garden that brings lesson-bearing messages. Such are the ones shared in this book. Translating the beauty of botany into words of wisdom. If you look closely, plants sprout with will power, bloom with determination, and reveal their inherent wisdom by turning toward light and adapting to change. Drawing from the beautiful nature of flowers, Charlene crafts garden-inspired messages from her experiences with healing and understanding. Some pieces provide comfort. Some support strength and courage. And with quotes, reflections, and layers of questions, each message can be appreciated on its own, like a single flower.

Inside this beautiful book find bonus material like:

- An epilogue with messages from two other locales, Sedona, Arizona and St. John in the U.S. Virgin Islands.
- Pen-and-ink line drawings with illustrations of flowers, leaves, and garden plants
- Charlene's *Twelve Gifts* resource and how they apply (...)

Author Bio

Charlene Costanzo is an award-winning author, experiential workshop facilitator, retreat leader, and speaker. She holds a B.A. in Philosophy from St. Bonaventure University and an M.A. in Spiritual Psychology from the University of Santa Monica.

In seven books, hundreds of presentations, and thousands of daily reflections, Charlene has elucidated *The Twelve Gifts* message.

Mango Publishing

On Sale: Sep 15/20

6 x 6

9781642503722 • \$28.95 • cl

Body, Mind & Spirit / General

Notes

Promotion





Journal Planning Magic

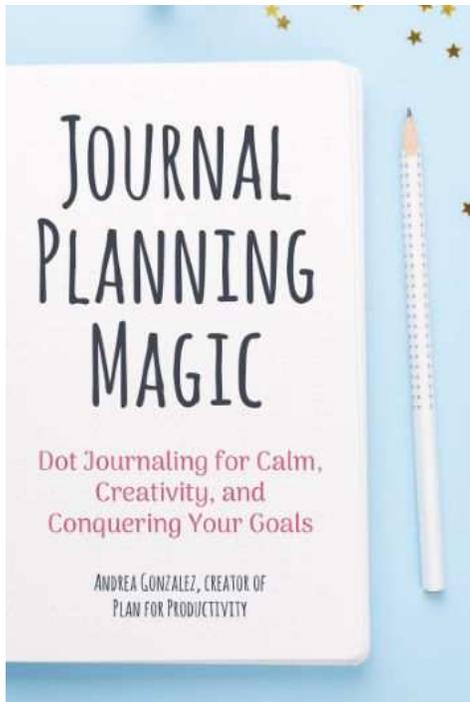
Dot Journaling for Calm, Creativity, and Conquering Your Goals
by Andrea Gonzalez

- * Explains the popular Bullet Journal method from Ryder Carroll, as well as several other popular journaling systems, and helps you discover which is right for you
- * Breaks down complicated organizing systems and helps you make them your own--whether you're a busy parent, college student, or simply want more order in your life!
- * Guides you mapping out your goals and offers quick and easy tips to help you bring more "calm productivity" in your life

This book is a dive into the world of planning. We all know the struggle of balancing a hectic workload while trying to maintain calm and reach your goals at the same time. Using journals as the foundation, author Andrea Gonzalez guides readers on how to plan for different areas of your life--from "big goals" to tomorrow's busy schedule--using a simple notebook to keep you on track. For readers who have trouble sticking to a new system, Andrea makes it simple and offers realistic advice on how to make "calm productivity" your new norm. She breaks down complicated journal organizing systems out there, and helps you decide what works best for you. Finally discover the best journal planning system for you and how to make it (and success) all your own.

Author Bio

Andrea Gonzalez is the creator of Plan for Productivity, a social media channel of planner and bullet journal templates and productivity tips. She is currently a fifth year medical student.



Mango Publishing

On Sale: Oct 20/20

6 x 9

minimalist art throughout (two color)

9781642503500 • \$27.95 • pb

Body, Mind & Spirit / Meditation

Notes

Promotion





A Mother's Courage to Awaken

Finding Hope and Inspiration from My Daughter in the Afterlife

by Paula Petry, PhD

What does it mean to mother? To nurture a life? What if that life is your own?

This is a story about death and resurrection, literal and figurative. A story about unimaginable loss and the will to not only survive but thrive. A story about broken dreams and a life transformed beyond whatever was imagined possible. It is one woman's journey but every woman's story – a love story about self-trust, perseverance, acceptance, and surrender. It is a story of power rooted in a deep faith that we are more than just our physical bodies, that life continues after death, and that love transcends the boundaries of time and space.

It is a story about the love and loss of a precious child and the healing quest that loss initiated. About families and secrets that extend, like tentacles, down into future generations. About a voice reclaimed and truths spoken. About relinquishing the illusion of control and finding the courage to step into personal power and create a joyful, bountiful life.

Author Bio

Location: Cooperstown, New York

Dr. Paula Petry's journey of self-discovery, healing, and personal empowerment began with the birth of her daughter, Alexandra, who was born with Spina Bifida. Complicating things, the birth and earliest care took place in the Dominican Republic, where in 1984, the lack of adequate healthcare and skilled providers forced Paula to pave a new path not only her daughter but for many others. She became a strong advocate for children with disabilities, forming what is now one of the leading parent advocacy organizations in the country. She brought that knowledge and her passion for family-centered care services to her faculty position at the University of Miami, School of Medicine, Department of Pediatrics— for over a decade preparing pediatricians to work with children with special health care needs. Alexandra's death at age twelve brought great loss, suffering, and new beginnings. On her journey to healing, Paula studied energy medicine, sound healing, and the expressive arts, which she now blends together in retreats, workshops, and individual shamanic healing sessions. Her passion is to help women awaken to their inner truth and power, a theme and focus of her book, *A Mother's Courage to Awaken*. Paula resides in Cooperstown and is a co-owner of the Light of Heart Sanctuary, the former St. Matthew's church, near Sharon Springs, New York.

Mango Publishing

On Sale: Oct 20/20

5.5 x 8.5 • 224 pages

9781642504170 • \$27.95 • pb

Body, Mind & Spirit / Healing / Prayer & Spiritual

Notes

Promotion





Cleanse Your Body, Reveal Your Soul

Sustainable Well-Being Through the Ancient Power of Ayurveda
Panchakarma Therapy
by Judith E. Pentz

Discover A Life-Changing Detoxification and Rejuvenation Therapy

Psychiatrist Judith E. Pentz, MD, travels to Nagpur, India, to study 5000-year-old Ayurvedic Panchakarma detoxification and rejuvenation therapy in a quest to provide enhanced holistic wellness treatment for her patients.

A change at the cellular level. Part travel memoir and part spiritual guide, *Cleanse Your Body and Reveal Your Soul* is one woman's transformative quest with Ayurvedic Panchakarma (a fivefold detoxification treatment involving massage, herbal therapy, and other procedures) and the profound shifts that led to some sustainable, substantial life changes. Dissatisfied with a mainstream psychiatric practice, Dr. Pentz heads to India, where she undergoes an ancient, rejuvenating cleanse.

The tools and practices of Panchakarma. Dr. Pentz's narrative offers a compassionate and compelling path for Western audiences and the Ayurveda-curious. Complete with healing oils, Ayurvedic daily rituals, and yoga poses, she supplements her journey with tips about preventive lifestyle changes that promote sustainable well-being.

Inside, find definitions, quizzes and wisdom, as well as chapters like:

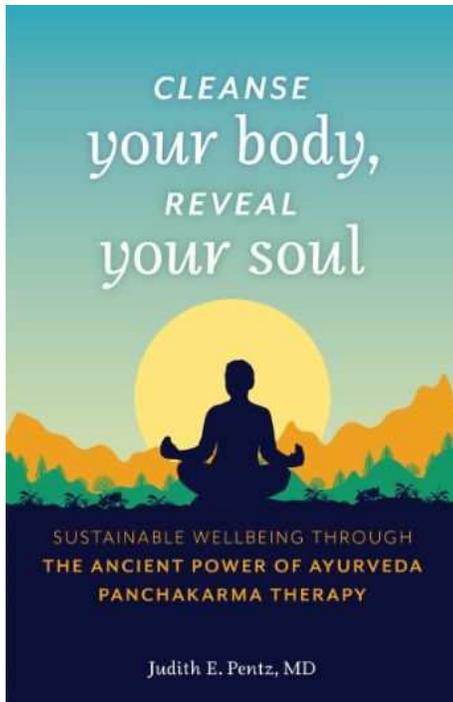
- Cellular Shift: the science behind Panchakarma and cellular change
- Food As Medicine: tips about one of the central tenets of Ayurveda, food is healing, and maintaining an Ayurvedic diet
- The Dish on Doshas: facts that illuminate concepts around the three doshas—vata, pitta, kapha—your constitutional and functional intelligence

If you have benefited from books like *Ayurveda Beginner's Guide*, *The Ayurvedic Self-Care Handbook*, *Body Thrive*, or *Ayurveda and Panchakarma*, then *Cleanse Your* (...)

Author Bio

Location: Albuquerque, New Mexico

Judith E. Pentz, MD, has practiced as an integrative psychiatrist for twenty-eight years in Albuquerque, New Mexico, where she is an assistant professor and attending child, adolescent, and adult psychiatrist at the University of New



Mango Publishing

On Sale: Aug 11/20

5.5 x 8.5

9781642503784 • \$27.95 • pb

Body, Mind & Spirit / Inspiration & Personal Growth

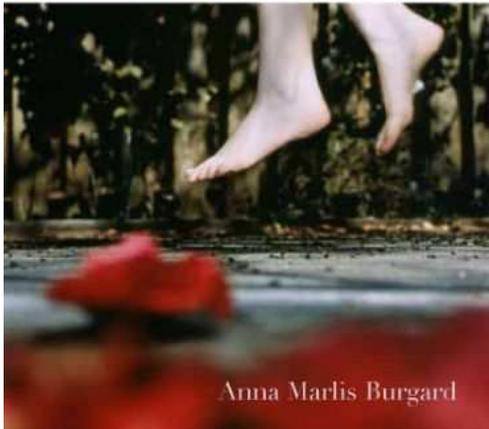
Notes

Promotion



feel free

*50 ways to let go and find peace
in as little as five minutes*



Feel Free

50 Ways to Let Go In As Little As Five Minutes

by Anna Marlis Burgard

Escape Daily Stress and Spend More Time with Yourself

"If I could just find five minutes for myself. . . !" How many times do we feel so rushed and have so many competing demands pulling at us that we crave only a few minutes of peace and quiet to think and take a breath? **Escape the rat race and feel free.** Most of us exist in multiple spheres, playing different roles within them, each with their own codes of behavior and duties. We're husbands and wives, mothers and fathers, friends and roommates, colleagues and bosses, teammates and classmates, commuters and patrons. It seems we always have to be somewhere, accomplishing something and making decisions until we finally crash at night. But there are a few times each day that we're finally alone and without responsibilities to others - even if those are just in the car or the shower. We may not be free of all we must do and think about, but there are ways to feel free.

Find quiet peace of mind. *Feel Free: 50 Ways to Let Go and Find Peace in as Little as Five Minutes* presents escape hatches and ways to feel free that will help you center, bring you pleasure, and let you reclaim your sense of self in small but sanity-saving increments.

Your Feel Free escape hatches can become your little secret getaways, enabling you to:

- * Enjoy your surroundings at key times during your day
- * Find a sense of mindfulness and calm
- * Delight in your own thoughts (...)

Author Bio

Anna Marlis Burgard is an editor and the author of *Hallelujah: The Poetry of Classic Hymns* ; *Shrimp Country: Recipes and Tales from the Southern Coasts* ; and *The Beachcomber's Companion* as well as many web and magazine articles. Her works have been featured on BBC Radio and NPR and in publications such as *Atlas Obscura*, *Garden & Gun*, *National Geographic Traveler*, *The New Yorker*, *Parade*, *Real Simple*, and *Spirituality & Practice* . Burgard has escaped to more than 100 of the US's 16,896 islands to explore their cultures, histories, people and natural environments, and in 2012 founded Islands of America: A River, Lake and Sea Odyssey (www.islandsofamerica.com). She lives on Tybee Island, Georgia, where waves, wind and wildlife make her feel free.

Mango Publishing

On Sale: Nov 17/20

5 x 7 • 224 pages

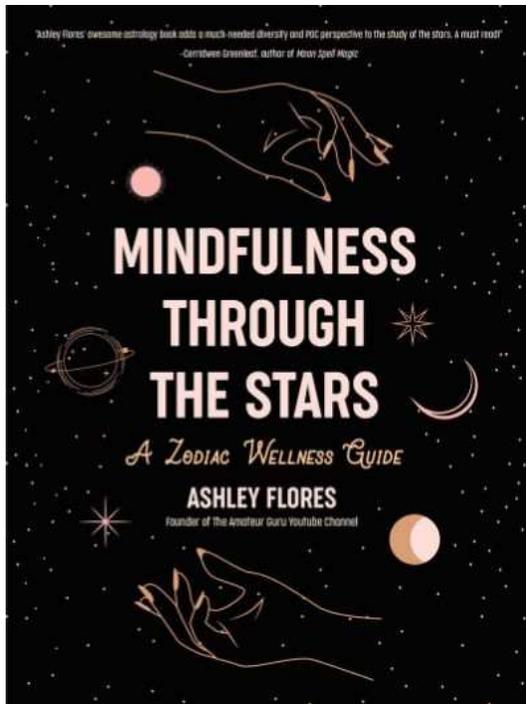
9781642502268 • \$24.95 • pb

Body, Mind & Spirit / Inspiration & Personal Growth

Notes

Promotion





Mindfulness through the Stars

A Zodiac Wellness Guide

by Ashley Flores

Personalized Self-Awareness for All Zodiac Signs

In this beginner's guide for amateur astrologists, learn how to use astrology houses to gain personal insight and cultivate relationships.

Overcome insecurities, love your flaws, and shine like a star. Embracing the astrological energy of each unique personality in your world can provide cosmic relief to everyday chaos and noise. As the planets cycle through the houses of the horoscope, so do individual ups and downs. Taking astrology aspects like your sun sign and rising sign into consideration, *Mindfulness Through the Stars* teaches readers to use their personal horoscope for self-knowledge and self-care.

Become an evolved version of your sign. All horoscope signs have a good, a bad, and an ugly. And each zodiac personality trait can provide cosmic guidance to target improvement and encouragement. On this journey of celestial self-development, learn how to take better care of the body, mind, and spirit with topics like astrology compatibility and mindfulness activities. Aries, enjoy a facial with your Leo bestie. Sagittarius, unwind with a little wine and a new book. No matter your sign, it's time to listen to the secret language of the stars.

If you enjoyed books like *The Only Astrology Book You'll Ever Need*, *The Astrology of You and Me*, or *Stars Within You*, then you'll love *Mindfulness Through the Stars*.

"Ashley Flores's awesome astrology book adds much-needed diversity and POC perspective to the study of the stars. A must read!"
- Cerridwen Greenleaf, author of *Moon Spell Magic*

Author Bio

Ashley Flores is a self-taught astrology guru. Her large online platform, The Amateur Guru, tackles everything from spirituality to beauty. She currently resides in Canada.

Mango Publishing

On Sale: Aug 11/20

5 x 7

two color charts and illustrations

9781642503111 • \$32.95 • cl

Body, Mind & Spirit / Astrology / Eastern

Notes

Promotion





Hope

Poems & Stories of Resilience for the Unstoppable Woman in You

by Michael E. Reid

All It Takes is Courage

Woman. Despite the many tribulations placed upon you in our society today, you want to rule the world. You want to be powerful beyond measure. You understand that your very womanhood, while a source of oppression, can also be the source of your liberation. All it takes is courage - the kind of courage that involves facing the bull head on, but also the kind of courage that requires hope. For you've come to the realization that facing the world without hope is child-like naivete. But how do you find hope?

Learn to rule the world. Learn to be powerful beyond measure. Learn to find HOPE.*

Mike the Poet - the son of a single mother; a big brother; a father figure - might have some answers. Hope combines poetry and prose to offer a map to resilience. This genre-biding book is the gripping story of Hope, a young girl who escapes her parents' home for a journey of self-actualization and empowerment; the interstitials each contain poems that will push you to question your own paradigms about family and duty, love and expectations, loss and estrangement, abandonment and forgiveness, grief and healing, and HOPE.

Author Bio

Michael E. Reid also known as "Just Mike The Poet" is an Author, Poet, and Speaker from Philadelphia, Pa. Michael uses Poetry/Spoken Word as a platform to inspire individuals through the daily trials and tribulations of life. Michael also uses his gift of having a way with words as a means for counseling those who feel life has left them alone. In his Books "Just Words" & "Just Words 2" Michael touches on everything from, Love, Relationships, Family, Friends, Death, Life, with the goal of igniting change by its readers.

Mango Publishing
On Sale: Oct 15/20
5 x 7 • 224 pages
9781633538481 • \$28.95 • cl
Poetry / Subjects & Themes / Love & Erotica

Notes

Promotion





I Believe in Me

Finding Joy in Darkness with Heartwarming Affirmations

by Chi Sing CHENG

*A cute cartoon strip of affirmations and tips to boost you up when mental health has you down. Beloved Soolooka characters will help you: * Recognize the spectrum of your emotions, because it's okay to not be okay * See a different perspective of the same situation, along with new solutions * Take that small, first step into a healthier frame of mind*

Self-Love and Self-Care the Soolooka Way

A collection of illustrations and comics to cheer you up when life has you down.

A little world of positive mental attitude. No one is all darkness or all light. But sometimes it can feel like we're walking with a dark cloud over our heads. So, how can we find a spark of joy? Follow author Soolooka through 150 hopeful illustrations to help you overcome bad days and negative thoughts.

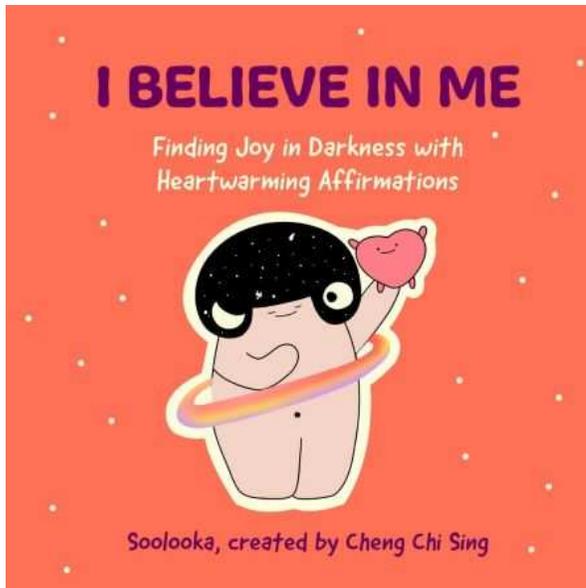
Cool cartoons that cheer you on. Featuring old and new comics from Reiki master and Instagram illustrator Cheng Chi Sing (a.k.a Soolooka), this short and sweet guidebook is here to help you find joy when you are feeling lonely or anxious. Self-help manuals are often overwhelming and intimidating for someone who just needs a boost during stress. This friendly companion will help you cheer up with quick tips and easy exercises that encourage positive thinking. Beloved Soolooka characters will help you:

- Recognize the spectrum of your emotions, because it's okay to not be okay
- See a different perspective of the same situation, along with new solutions
- Take that small, first step into a healthier frame of mind

If you enjoyed cute and funny cartoon characters in books like *How to Be Happy (Or at Least Less Sad)*, *You Can Do All Things*, or *Hyperbole and a Half*, then *I Believe In Me* is the next comic you need to read.

Author Bio

Chi Sing CHENG (Soolooka) is a Reiki Master, healer, and well-known Instagram illustrator. She is the author of two books, *I Believe in Me* and *Be Your Own Healer*



Mango Publishing

On Sale: Aug 11/20

6 x 6

4 color art. colored end sheets. high design. perfect for gift market.

9781642503098 • \$28.95 • cl

Psychology / Psychopathology / Anxieties & Phobias

Notes

author name: Cheng Chi Sing

Promotion





Friendship Isn't a Big Thing, It's a Million Little Things

The Art of Female Friendship

by Becca Anderson

A Tribute to Female Friendships

Celebrate the bonds you've built with the wonderful women in your life.

The bond shared among girlfriends is like no other. Whether the friendship is decades old or just beginning, we share a unique relationship with these women, a connection wholly different even from what we share with husbands or boyfriends.

Share in the wit and wisdom of fellow women. Strong female friendships are inspiring because they foster the practice of women supporting and enabling other women. Author and blogger Becca Anderson has long been moved by the inspirational quotes and stories of groundbreaking women (as seen in her bestselling title, *The Book of Awesome Women*), and she shares some of that female empowerment with us in this book.

Fill your heart with gratitude for your soul sisters. We know how much we love our girlfriends, but do they know? This book reminds us just how valuable our bonds with our gal pals are. These are the women who answer the phone at 4 a.m. and drop everything to help a sister out, the ones who are there for both the tearful wine nights and the champagne-worthy celebrations. As author Becca Anderson says, "Our friends are some of the great loves of our lives. Mine have seen me through tough times and we have so much shared joy. My life advice is (...)"

Author Bio

Becca Anderson comes from a long line of teachers and preachers from Ohio and Kentucky. The teacher side of her family led her to become a woman's studies scholar and the author of the bestselling *The Book of Awesome Women*. An avid collector of affirmations, meditations, prayers and blessings, she helps run a "Gratitude and Grace Circle" that meets monthly at homes, churches and bookstores in the San Francisco Bay Area where she currently resides. Becca Anderson credits her spiritual practice and daily prayer with helping her recover from cancer and wants to share this encouragement with anyone who is facing difficulty in life with *Prayers for Hard Times* and her latest, *The Woman's Book of Prayer*.

The author of *Think Happy to Stay Happy* and *Every Day Thankful*, Becca Anderson shares prayers and affirmations, inspirational writings and suggested acts of kindness at <https://thedailyinspoblog.wordpress.com>



Mango Publishing

On Sale: Sep 15/20

6 x 6 • 180 pages

9781642501940 • \$21.95 • pb

Reference / Quotations

Notes

Promotion



9 781642 501940





Nothing Bad Between Us

A Mennonite Missionary's Daughter Finds Healing in Her Brokenness

by Marlena Fiol

1 New Release in Mennonite - An Incredible True Story about Family, Love and Forgiveness

After being publicly humiliated in front of her entire close-knit Mennonite community, Marlena Fiol didn't know how she would recover. Follow her journey from an abusive upbringing in Paraguay to escape, love, and loss in the United States and finally on to forgiveness and reconciliation. Discover a story of healing and personal transformation.

Marlena's childhood was full of contradictions. Her father was both a heroic doctor for people with leprosy and an abusive parent. Her Mennonite missionary community was both a devoted tribe and a controlling society. And Marlena longed to both be accepted in Paraguay and escape to somewhere new. In *Nothing Bad Between Us*, follow Marlena's journey as she takes control of her life and learns to be her authentic self—scars and imperfections included.

Uncover inner peace—and inner strength. *Nothing Bad Between Us* is a story of brokenness and eventual redemption that taps into our collective yearning for healing and forgiveness. As you read Marlena's story, you will:

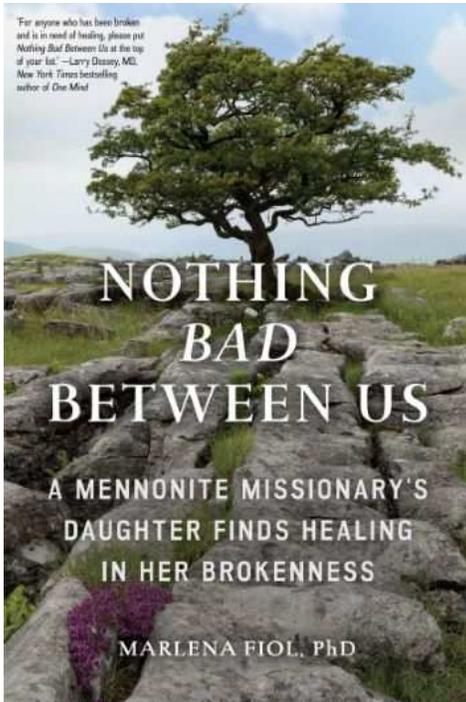
- Learn how to forgive yourself and others without giving up your personal growth and self-confidence
- Discover that transformation and redemption often exist even in the most broken parts of who you are
- Find out how to stand in your power, knowing that vulnerability won't lead to your downfall, but to increasing courage, connection, and authenticity

Readers of memoirs about family, self-healing (...)

Author Bio

Location: Oregon & Arizona

Marlena Fiol, PhD, is the author of the inspiring memoir *Nothing Bad Between Us*. Her book is a narrative exploration of her own identity journey from a tortured and rebellious childhood as a Mennonite missionary kid on a leprosy compound to eventual reconciliation with her people and within herself.



Mango Publishing

On Sale: Aug 11/20

6 x 9

9781642503586 • \$28.95 • pb

Religion / Christianity / Mennonite

Notes

Promotion



9 781642 503586



Raincoast Books

Sales Rep



Stop Fear From Stopping You

The Art and Science of Becoming Fear-Wise

by Helen Odessky, Dr.

Harness Your Fear

Two kinds of fear. Sometimes, emotions like fear can be helpful. A few years ago, Dr. Helen Odessky, clinical psychologist and author of the best-selling motivational book *Stop Anxiety from Stopping You*, found herself part of a minor fender-bender on a major interstate. Looking back at her daughter, she feared that if another car hit them, her daughter's life would be in danger. A few minutes after retreating to another car in a safer location, an 18-wheeler barreled into her car and demolished it. Her fear saved both her daughter's life and her own.

Fight the bad fear. *Stop Fear from Stopping You* is about a different type of fear - the fear that is so prevalent that it often lies dormant in the way of our dreams, career paths and relationships. This fear creates stories that cushion us from potential pain and failure - at the cost of our self-esteem, success, growth, and personal happiness.

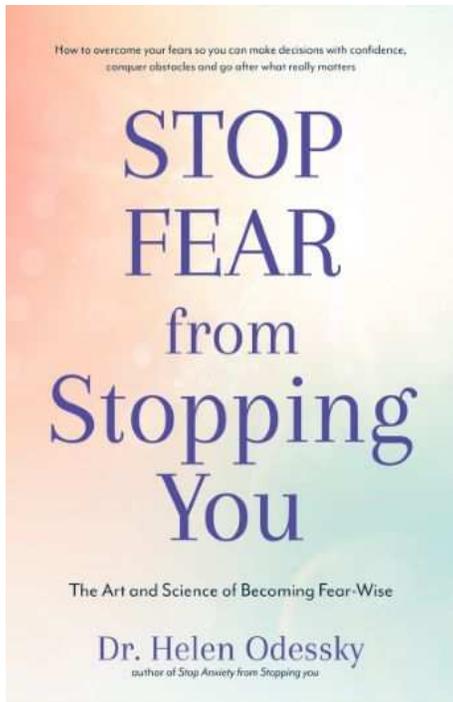
Become *fear-wise*. Because fear is complex, we cannot afford to merely be *fearless*. Just "letting go" is not the answer. The real solution lies in learning to become *fear-wise*. In this inspirational book, Dr. Helen will show you how to harness the wisdom behind your fears and break through the barriers that block your success.

Stop Fear from Stopping You is the perfect gift for women and men struggling with fear. It is designed to help you:

- * Identify the fears that stand between you and your goals
- * Develop tools (...)

Author Bio

Dr. Odessky is a highly sought-after clinical psychologist, best-selling author of *Stop Anxiety From Stopping You*, and anxiety expert. She has been working in her clinical practice with individuals, couples, teens, and families for over fifteen years. Dr. Helen Odessky's refreshing and unique approach has provided the critical intervention and support so that individuals and families overcome their anxiety and fears.



Mango Publishing

On Sale: Nov 17/20

5.5 x 8.5 • 224 pages

9781642502428 • \$27.95 • pb

Self-Help / General

Notes

pls fix Author name: Dr. Helen Odessky

Promotion





Giving Grief Meaning

Acronyms and Affirmations to Process Loss and Bereavement
by Lily Dulan

The basic premise of *The Name Work* is that that we can take the letters in our names or the names of those we love and create a Sacred Acronym which will assist us in our own healing and help us to move through grief and obstacles of all kinds. The author has found a universal example and prototype by working with her daughter's name, which is described in detail. Her own process and life experiences serve as a guide for the reader and can be used as a template.

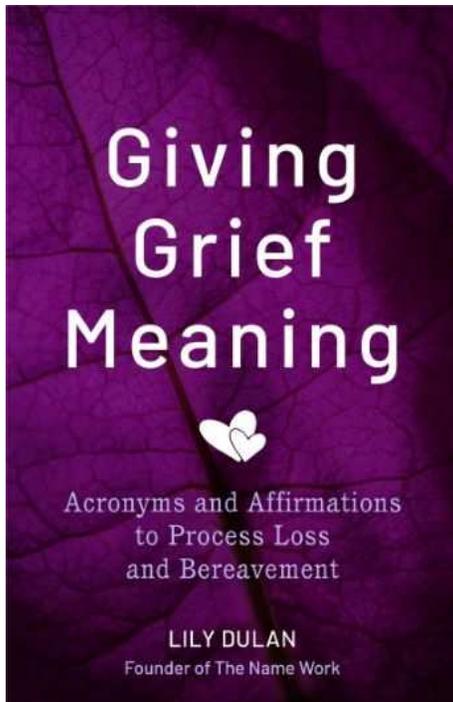
The Name Work offers the reader a unique and transformational new tool for healing and self-discovery. Something opens up when we become open to exploring the qualities we uncover in our chosen name.

"Death and loss are potent experiences that can overwhelm a person for life. This could have been the fate of Lily Dulan after her beloved newborn daughter Kara unexpectedly died. Her moving account of how her daughter's memory eventually led her to a life's vocation of helping others is a testament to the resilience of the human spirit."

- Sharon Salzberg author of *Real Happiness* and *Real Love*

Author Bio

Lily Dulan is an MFT Psychotherapist with a Master's in Psychology and a Master of fine arts in Creative Writing from Antioch University, Los Angeles. She also played an instrumental role in starting the GLBT Affirmative Psychology specialization at Antioch. Additionally, she holds a Master of Arts in Teaching from Simmons College in Boston, Massachusetts, is a certified Heart of Yoga Teacher, and has completed coursework at Agape International Spiritual Center under the tutelage of Michael Bernard Beckwith. Her Name Work draws from both eastern and western disciplines, as she has training in both modalities. She started a foundation in loving memory of her daughter Kara Meyer Dulan, and has partnered with both local and international organizations such as Unatti Foundation, in Nepal and Venice Arts, Los Angeles. She teaches workshops in The Name Work at her home in Los Angeles, has several retreats a year, speaks throughout the community, and hosts a variety of educational and charitable events. She lives with her husband David and their two daughters, Sally, age four and Marcelle, age seven.



Mango Publishing

On Sale: Aug 11/20

5.5 x 8.5

9781642503135 • \$27.95 • pb

Self-Help / Affirmations

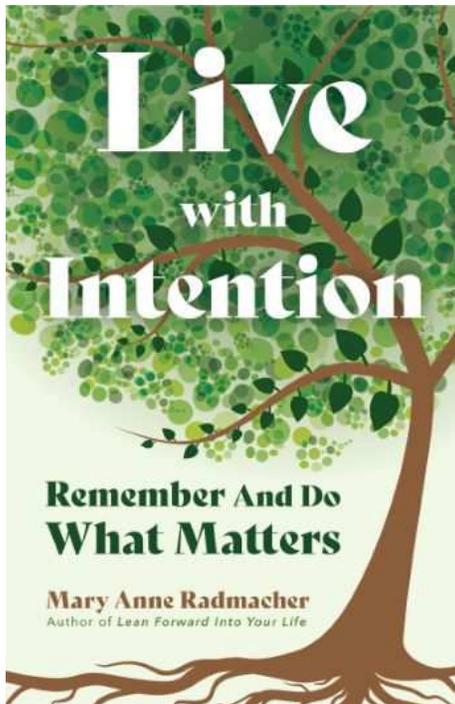
Notes

Promotion

Lily is aggressively committed to marketing The Name Work. She is currently offering The Name Work workshops in the Los Angeles area. In addition, she has influential supporters across numerous genres (Marianne Williamson, Reverend Michael Beckwith, Judith Orloff) who are ready to promote her work via social media, email lists, podcasts and other channels with a combined audience totaling more than 7.5 million.

In 2017, in memory of her beloved daughter Kara, Lily created The Kara Love Project, a nonprofit organization that promotes conscious giving and positive action for underserved and marginalized individuals and communities locally and around the globe. The Kara Love Project is the umbrella organization for The Name Work and actively promotes its teachings. On October 6, 2018, it held its Second Annual Fundraiser. This year, the event benefited The Dillon Henry Foundation's Congo Peace





Live with Intention

Remember and Do What Matters

by Mary Anne Radmacher

The 10 Essentials to Living Your Life

“Live with intention, walk to the edge, listen hard, practice wellness. Play with abandon. Laugh. Choose with no regret. Continue to learn. Appreciate your friends. Do what you love. Live as if this is all there is.” - Mary Ann Radmacher

Discover what is important to you.

More than three decades ago, noted author, artist and teacher Mary Anne Radmacher, was beginning her chosen path-to live with purpose, to make a difference. She lost a dear friend and she wrote these words “live with intention...”, which have appeared wrapped around mugs, on carry bags and journals, day planners, refrigerator magnets, and posters. In her book *Live With Intention* Radmacher shares the ten qualities she considers essential to intentional living and offers you exercises, inspirations, and promises to help you find what's important in your life.

Live a glorious, richer life. *Live With Intention* explores with you what it means to live each day with intention:

- Understand what counts for you
- Discover what will make your life richer
- Determine how to make a difference
- Realize what brings verve to every wonderful day

Long after you've read this book cover-to-cover you'll be picking it up again and again.

If you've enjoyed books such as *Untethered Soul* by Michael A. Singer, *Let Your Life Speak* by Parker J. Palmer, or *The Book of Awakening* by Mark Nepo; Mary Ann Radmacher's *Live With Intention* should be your next must-read.

Author Bio

Mary Anne Radmacher is a writer and an artist. She conducts workshops on living a full, creative, balanced life, teaches internet seminars, and works with individual clients. She has been writing and using her writing to explore symbols and find meaning since she was very young.

Mango Publishing

On Sale: Oct 20/20

5.5 x 8.5 • 140 pages

9781642502961 • \$27.95 • pb

Self-Help / Affirmations

Notes

Promotion





Emotionfull

A Guide to Self-Care for Your Mental Health and Emotions
by Lauren Woods

Experience the Therapeutic Benefits of Emotional Self-Care

Emotionfull is a collection of tips, reminders, and advice from a mental illness and low self-esteem survivor who has learned beneficial techniques that focus on valuing her own feelings and listening to her inner needs.

Value your feelings. We can get overwhelmed by our own emotions. Though there's nothing wrong with what we're feeling, we all struggle with how best to face stress, anxiety, sadness, and even excitement sometimes. *Emotionfull* helps us process difficult emotions, one by one, and allows us the space to focus on them in a way that's healthy. Author Lauren Woods, creator of The Positive Page platform, has struggled with mental health and low self-esteem herself, so she comes to readers with experience and kindness in overcoming some of the daily challenges these struggles bring.

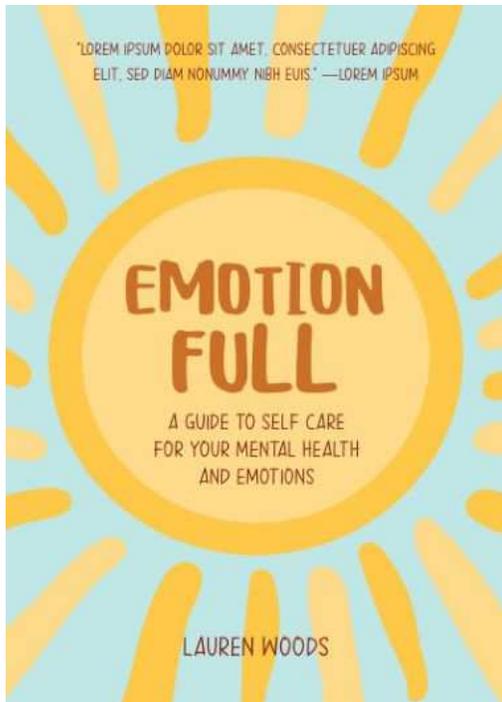
Listen to your needs. Once we accept and process our emotions, we are better able to understand what our inner needs are. All aspects of our health deserve time and attention, but more often than not, we put more emphasis on physical health. This book is a reminder to look inside and make sure we're addressing how we feel, not just how we look. It's a tangible reminder and guide for taking care of your mental health. Full of tips, advice, and self-care ideas, it shows us how to improve self-esteem and prioritize our emotional health.

Open up *Emotionfull* (...)

Author Bio

Location: West Sussex, UK

Lauren Woods is the creator of The Positive Page platform that provides encouragement and resources for those struggling with mental illness, loneliness, eating disorders, and low self-esteem. She advocates for mental health by speaking about her own struggles with OCD and health anxiety on Instagram. Lauren studied film, photography and media studies at College in West Sussex, UK, where she is still based.



Mango Publishing

On Sale: Nov 17/20

5 x 7 • 224 pages

9781642503562 • \$24.95 • pb

Self-Help / Mood Disorders

Notes

Promotion





The 7 Habits on the Go
by Stephen Covey

Principle-Centered Guidance for Times That Seem Out of Control

The world is changing dramatically and it's easy to be alarmed and lose focus of what really matters most. Don't fall into that trap! Carry your own weather, be proactive, and learn and apply the time-tested principles of *The 7 Habits of Highly Effective People*.

A lot can happen when you have a burst of inspiration. This compact adaptation of *The 7 Habits of Highly Effective People* can prove to be inspirational, even in chaotic times. Want to discover lifechanging habits that will propel you toward a more productive and effective life? This book, inspired by Stephen R. Covey's all-time international bestseller, *The 7 Habits of Highly Effective People*, offers an efficient—yet in-depth—guide.

Find new or renewed wisdom and direction. Readers who have never learned *The 7 Habits* before—as well as longtime fans who want a refresher—will find wisdom, direction, self-reflection, and life-affirming challenges that easily can be applied right now. Our rapidly changing world can be stressful, but with this condensed guide, you can develop the principles needed to stay proactive and positive. If you'll devote just minutes each day, you can learn the timeless principles of *7 Habits*, find motivation, and take simple steps toward the successful, fulfilling life you deserve.

Create a truly inspired life. The positive paradigm shifts that *The 7 Habits* can produce help you break free of old beliefs and motivate you toward meaningful change. Develop positive behaviors to bring clear communication and harmony to your relationships—not just with others, but also the one you have with yourself. Discover these breakthroughs (...)

Author Bio

Dr. Stephen R. Covey passed away in 2012 leaving behind an unmatched legacy of teachings about leadership, time management, effectiveness, success, and love and family. A multimillion-copy bestselling author of self-help and business classics, Dr. Covey strove to help readers recognize the principles that would lead them to personal and professional effectiveness. His seminal work, *The 7 Habits of Highly Effective People*, transformed the way people think and act upon their problems with a compelling, logical, and well-defined process.

As an internationally respected leadership authority, family expert, teacher, organizational consultant, and author, his advice gives insight to millions. He sold more than 30 million books (in 50 languages), and *The 7 Habits of Highly Effective People* was named the #1 Most Influential Business Book of the Twentieth Century. He was the author of *The 3rd Alternative*, *The 8th Habit*,

Mango Publishing
On Sale: Aug 11/20
7 x 5
9781642504354 • \$21.95 • pb
Self-Help / Time Mgmt

Notes

Promotion





LEAD

The 7 Habits of Highly Effective People

30th Anniversary Guided Journal

by Stephen M.R. Covey

A Guided Journal Companion for Habit Building and Effective Living

Whether struggling with time management or looking for new high-performance habits, *The 7 Habits of Highly Effective People 30th Anniversary Guided Journal* offers prompts, worksheets, and exercises to help you accomplish all your short and long term goals.

Journal your way to your best self. When *The 7 Habits of Highly Effective People* was released as a card deck, audiences approached Stephen R. Covey's time-tested principles in a whole new way. Now, this companion journal gives readers a chance to explore effectiveness, plan strategically, and craft inspiration into action. Its concise format is accessible to readers everywhere—not only is it easy to understand, but it offers practical and relatable applications. With each habit broken down in an easy-to-implement weekly format, it can inspire both beginners and seasoned *7 Habits* readers to get motivated, build confidence, and promote personal growth.

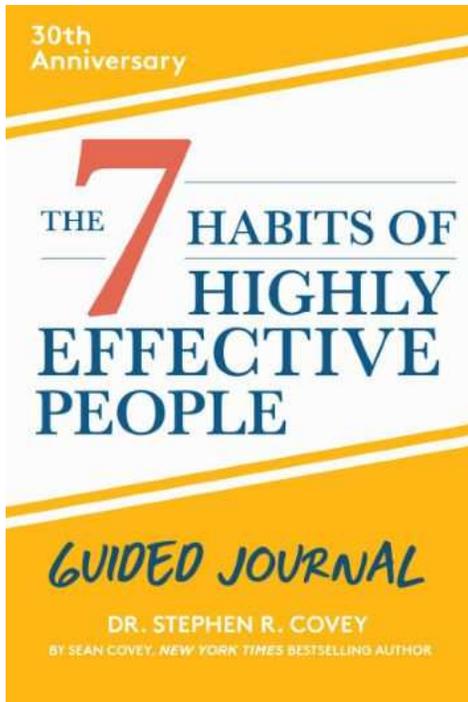
Cultivate success, skill, and self-development. Featuring thought-provoking prompts, worksheets, and inspirations that teach you how to prioritize and achieve your goals, *The 7 Habits of Highly Effective People* guided journal is your next step to success. Inside, find:

- Journaling prompts for self-discovery, confidence-building, and deeper learning of the *7 Habits*
- Worksheets for strategic management and optimal goal achievement
- Exercises and challenges to stay motivated

If you enjoyed books like *The 7 Habits of Highly Effective People Personal Workbook*, *The 52 Lists Project: A Year of Weekly Journaling Inspiration*, or *The High Performance Planner*, then you'll love owning *The 7 Habits of Highly Effective People 30th Anniversary Guided* (...)

Author Bio

Recognized as one of *Time* magazine's twenty-five most influential Americans, Stephen R. Covey (1932–2012) was an internationally respected leadership authority, family expert, teacher, organizational consultant, and author. His books have sold more than twenty-five million copies in thirty-eight languages. After receiving an MBA from Harvard and a doctorate degree from Brigham Young University, he became the co-founder and vice chairman of FranklinCovey, a global training firm.



Mango Publishing

On Sale: Sep 15/20

6 x 9

9781642503173 • \$27.95 • pb

Self-Help / Time Mgmt • Non Returnable

Notes

Promotion



9 781642 503173



Raincoast Books

Sales Rep



The 7 Habits of Highly Effective Teens

52 Cards for Motivation and Growth Every Week of the Year
by Sean Covey

Author Bio

Sean Covey is Sr. Vice President of Innovations and Products at FranklinCovey, a world renowned organization devoted to helping individuals and organizations achieve greatness. Sean graduated from BYU with a degree in English and later earned his M.B.A. from Harvard Business School. As the starting quarterback for BYU, he led his team to two bowl games and received numerous honors. He is the author of *Fourth Down and Life to Go*, and the international bestseller, *The 7 Habits of Highly Effective Teens* which has sold over three million copies and is translated in over 15 languages. He is a popular speaker to youth and adult groups. Sean and his wife Rebecca live with their kids in the Rocky Mountains.

Mango Publishing

On Sale: Aug 11/20

4 x 6

9781642503869 • \$24.95 • card deck

YA NonFic / Social Topics / Self-Esteem & Self-Reliance

Notes

Promotion





Affirm Your Life

Your Affirmations Journal for Goals and Gratitude

by Stephen M. R. Covey

Renew Your Life

Align with what really matters. Do you find yourself detached from your greater purpose in life? Do you need a motivation boost? Should you realign yourself with what truly matters? Take a breath. Sometimes we are so caught up with getting things done, we forget that what truly matters is getting the *right* things done. It's time to reset. Time to remind yourself about the things that bring you inspiration, purpose, and fulfillment.

A guided journal to help you find answers. For those needing to refresh themselves, rediscover what they most want, and get inspired, *Affirm Your Life* is your go-to source. Learning gratitude is an invitation for this type of wisdom. This guided journal contains thought-provoking writing prompts to help you dig deep and find the answers—and corresponding actions—you are searching for.

Each chapter features a true story and lesson inspired by the author of the timeless book *The 7 Habits of Highly Effective People*, and guidance on how you can apply this wisdom to your own life. The lessons in this book are accompanied by confidence-boosting affirmations and inspirational quotes that will assist you on your journey to peace and purpose.

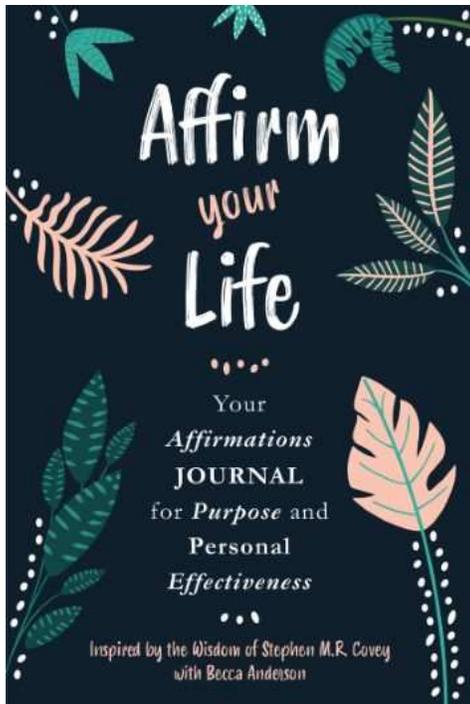
With the timeless teachings in this book, the *Affirm Your Life* journal will guide you to:

- Rediscover your “why”
- Learn to think abundantly and live in gratitude
- Build seven powerful practices to help you accomplish your dreams

If you have been inspired by journals such as *Getting to Good*, *The Gratitude* (...)

Author Bio

Stephen M. R. Covey is a New York Times and #1 Wall Street Journal bestselling author of *The Speed of Trust—The One Thing That Changes Everything*. He is the former CEO of Covey Leadership Center, which, under his stewardship, became the largest leadership development company in the world. Stephen personally led the strategy that propelled his father's book, Dr. Stephen R. Covey's *The 7 Habits of Highly Effective People*, to become one of the two most influential business books of the 20th Century, according to CEO Magazine. Stephen co-founded CoveyLink, a consulting practice, which focuses on enabling leaders and organizations to increase and leverage trust to achieve superior performance. He recently merged CoveyLink with



Mango Publishing

On Sale: Oct 20/20

6 x 9 • 156 pages

9781642502657 • \$18.95 • pb

Self-Help / Journaling • Non Returnable

Notes

Promotion



9 781642 502657



Raincoast Books

Sales Rep



Movies and Masculinity

How Movies Shape our Understanding of Gender Norm

by Jonathan Hetterly

Towards a Better Understanding of Film, Mental Health, and Modern Masculinity

From the counselor and YouTube star behind Psych Cinema comes a collection of essays examining the representation of masculinity in our society and the movies we know and love.

Gender identity meets film theory. The film industry has been a historically male-dominated platform heavily focused on male-centric storytelling. And in an age of #MeToo, #TimesUp, mass shooters, and radical nationalism, the conversation around masculine identity is more recognized than ever. With psychological profiles, cinematic tropes, and in-depth analysis, *Toxic Masculinity* shares how film influences and shapes the male psyche as much as it represents and mirrors their behavior.

Toxic movies or toxic traits? Is your favorite movie protagonist a narcissist? Does he suffer from PTSD? Have the men in film normalized behaviors not generally condoned in society? And what is toxic masculinity exactly? Using examples from classics like *Taxi Driver* and *Fight Club*, to modern blockbusters like *Black Panther* and *Midsommar*, *Toxic Masculinity* guides readers through questions like:

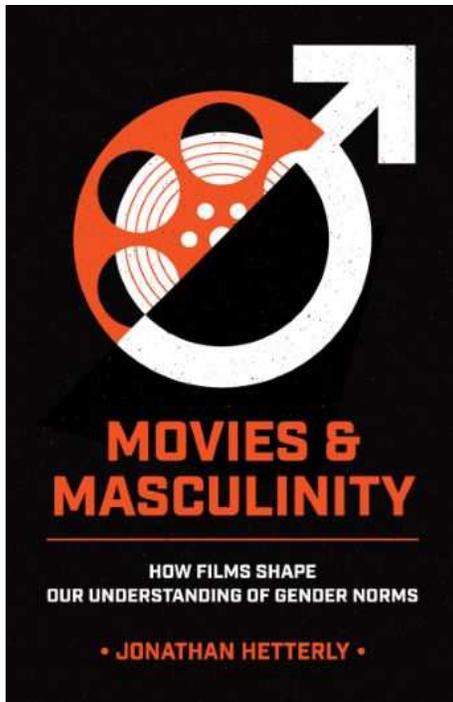
- Can men's mental health be dangerous to our society?
- Do films promote or cause real-life violence?
- How do male gender norms affect women?

If you enjoyed books like *The Psychology of Superheroes*, *Batman and Psychology*, or *Cinematic Sociology*, then it's time to finally explore the male gaze with *Toxic Masculinity*

Author Bio

Jonathan Hetterly is a mental health counselor, speaker, writer, and podcaster. In addition to his private practice, he is the co-founder of Quarter Life, a program that helps young men successfully launch and transition into adulthood.

As host and creator of Psych Cinema, a weekly YouTube series that analyzes psychological themes in film and television, he actively explores the intersection of pop culture and psychology. Jonathan is also the co-creator and co-host of the Shrink Tank podcast and has contributed to several books like, *The Walking Dead Psychology*, *Star Wars Psychology*, and *Game of Thrones Psychology*. He currently lives in Charlotte, North Carolina.



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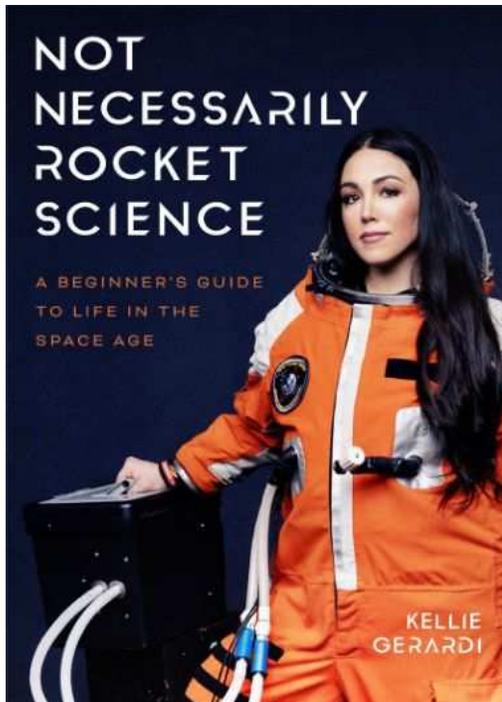
by Kellie Gerardi

Not Necessarily Rocket Science provides inspiration and insider perspective for anyone who has ever dreamed of the stars and wondered what it might be like to work in space. Written by space professional and popular science communicator, Kellie Gerardi, the book follows the author's non-traditional path in the space industry and offers guidance and encouragement to all aspiring astronauts -- whether they be artists or engineers.

Not Necessarily Rocket Science provides inspiration and insider perspective for anyone who has ever dreamed of the stars and wondered what it might be like to work in space. Written by space professional and popular science communicator, Kellie Gerardi, the book follows the author's non-traditional path in the space industry and offers guidance and encouragement to all aspiring astronauts -- whether they be artists or engineers. Kellie's captivating voice, candid humor, and personal mission to democratize access to space and advance humanity's footprint in the solar system will introduce readers to the world's most exciting industry and provide front-row seats to the final frontier. Her adventures training for Mars, testing spacesuits in microgravity, interviewing space luminaries, and becoming a space industry icon in her own right provide a unique handbook for space enthusiasts eager to contribute to humanity's next giant leap. Not Necessarily Rocket Science provides readers with more than just career inspiration; by surfacing the underlying passions that drive space exploration, it creates a sense of community among fellow space fans and confirms there's room for anyone who is passionate about space exploration to contribute their talents. This community will be further enhanced through Kellie's popular (...)

Author Bio

Kellie Gerardi is an aerospace professional and popular science communicator dedicated to advancing humanity's footprint in the solar system. Kellie has a decade of experience in aerospace and defense and has partnered with a number of commercial spaceflight companies, government agencies, and other organizations to accelerate and communicate the progress of the commercial space industry. As a Scientist-Astronaut Candidate with Project PoSSUM – the world's first crewed suborbital research program, Kellie has flown multiple microgravity research campaigns as a payload specialist and human test subject. She has also contributed to space settlement research, including a multi-week crew rotation at the Mars Desert Research Station, where her team gained notoriety as the first to academically prove the ability to brew beer on Mars. Her ability to make space science exciting and accessible to everyday people has attracted more than a hundred



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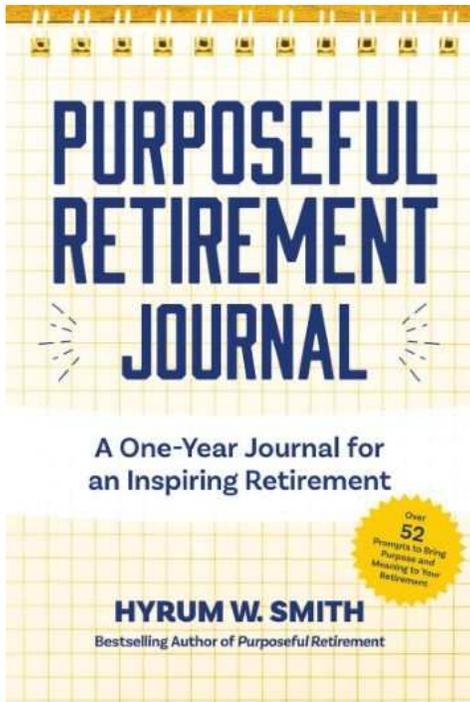
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Author Bio

Hyrum W. Smith is one of the original creators of the popular Franklin Day Planner, the former Chairman and CEO of the Franklin Covey Company, and the recognized "Father of Time Management". For four decades, Hyrum has been empowering people to effectively govern their personal and professional lives. This distinguished author, speaker, and businessman combines wit and enthusiasm with a gift for communicating compelling principles that incite lasting personal change. He is the author of nationally-acclaimed books and presentations, including *Purposeful Retirement*, *The 10 Natural Laws of Successful Time and Life Management*, *What Matters Most*, *The Modern*



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