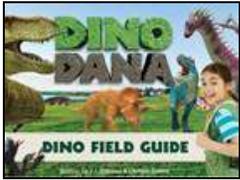


Mango Publishing

SPRING

2020





Dino Dana

A Field Guide into Science and Adventure

J.J. Johnson

Summary

#1 Amazon New Release! - A Dino Dana Field Guide for Kids

Fun facts about dinosaurs for kids. Did you know that the brachiosaurus was the tallest dinosaur that we know of today? That the kosmocerotops had fifteen horns and hooks on its head? That the spinosaurus is the only known dinosaur to spend most of its time swimming? Discover this and much more in *Dino Dana: A Field Guide into Adventure and Science*.

Dino Dana's field guide for your child. Fans of the Amazon Prime TV show *Dino Dana* will be so excited to have a *Dino Field Guide* of their own, put together by the incredible show's creator and executive producer, J. J. Johnson. Full of colorful illustrations and fascinating science facts, this dinosaur book is sure to amaze any young dino enthusiast.

A great science book for kids. This book for children is perfect for any kid who likes history and science. In the *Dino Dana* field guide, your kids will learn:

- Which time period each dinosaur lived in
- How big the dinosaurs were
- What kinds of things dinosaurs ate and did each day
- And so much more

Kids who like dinosaur books like *Dinosaurs*, *National Geographic Little Kids First Big Book of Dinosaurs*, *The Big Book of Dinosaurs*, and *The Dinosaur Book* will love *Dino Dana: A Field Guide into Adventure and Science*.

Mango
9781642502848
Pub Date: 5/19/20
\$18.95 USD

152 Pages
Juvenile Nonfiction /
Animals

Future Rising

A Journey from the Past to the Edge of Tomorrow

Andrew Maynard

Summary

A Compelling Vision of the Future

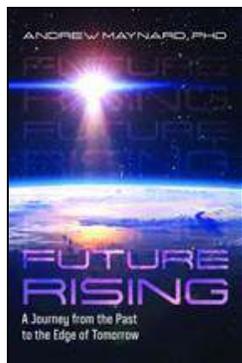
Human beings can—and do—change the future. Over the course of the past 14 billion years, humanity has gained the ability not only to imagine the future, but to design and engineer it. At times entertaining and at others profound, *Future Rising* by Dr. Andrew Maynard, professor in the School for the Future of Innovation in Society at ASU, provides a highly original perspective on our relationship with the future.

We have a responsibility to change the future for the better. As a species, we have become profoundly talented architects of our own future. And yet, we so often struggle to come to terms with what this means and the responsibility that comes with this ability. As our world is driven along by the breakneck speed of innovation and rapidly-shifting norms and expectations, we sometimes need to find a still, quiet place to pause and think. *Future Rising* sets out to create such a quiet place, where we can take advantage of our species' knowledge of the environment, world history, and the importance of science to piece together a positive picture of the future.

To create a good future, rediscover the past. Our relationship with the future is inextricably intertwined with where we've come from, who we are, and what we aspire to. Written to be easy to pick up and hard to put down, *Future Rising* starts at the beginning of all things with the Big Bang and traces a pathway along the emergence of intelligent life, through what makes humans uniquely capable of imagining and creating different futures, to the profound responsibilities that this comes with.

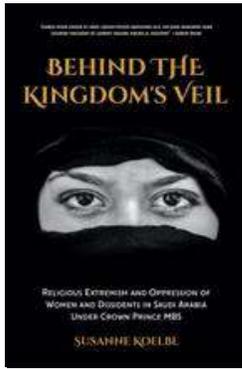
In a series of sixty short reflections, *Future Rising* will take you on an often-startling journey into:

- What "the future" actually is
- How it molds and guides our lives
- How we can use the history of the world to change our future



Mango
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\$18.95 USD

256 Pages
Social Science / Future
Studies



Behind the Kingdom's Veil

Religious Extremism, Oppression of Women, and Ruthless Treatment of Dissidents in Saudi Arabia Under Crown Prince MBS

Susanne Koelbl

Summary

Witness the Mysterious World of Saudi Arabia

Take a deep dive behind the veils and walls of one of the world's most secretive countries. Learn how religious extremism and oppression of women over the past forty years support a single goal—preserving the power of the House of Saud.

Saudi Arabia plays a key world role yet few have first-hand knowledge of who lives, suffers, and wields power there. Now, Susanne Koelbl, award-winning military and foreign correspondent for the German news magazine *Der Spiegel*, unveils many secrets of this mysterious kingdom. As a journalist, for years Koelbl has traveled throughout the Middle East, and specifically Saudi Arabia, and recently lived in Riyadh during the most dramatic changes since the country's founding. She has long cultivated relationships on every level of Saudi society and is equally at ease with ultra-conservative Wahhabi preachers, oppositionists, and women from all walks of life.

In Behind the Kingdom's Veil:

- Have breakfast with Royal Highnesses, meet Osama bin Laden's bomb-making trainer, enter palaces of secret service chiefs and diplomatic legends.
- Listen to intimate conversations with women who feel like prisoners in their homes, contrasted with their newly offered freedoms.
- Get to know journalist Jamal Khashoggi, murdered and brutally dismembered by order of the current regime.
- View an in-depth portrait of Crown Prince Mohammed bin Salman (MBS), contrasting liberalization of Saudi society with ruthless oppression of dissenters.

The Very Secret Sex Lives of Medieval Women

Rosalie Gilbert

Summary

What Was Sex Like for a Medieval Woman?

An inside look at sexual practices in medieval England. Were medieval women slaves to their husband's desires, jealously secured in a chastity belt in his absence? Was sex a duty or could it be a pleasure? Did a woman have a say about her own female sexuality, body, and who did or didn't get up close and personal with it? No. And yes. It's complicated.

Romance, courtship, and behind closed doors. The intimate lives of medieval women were as complex as for modern woman. They loved and lost, hoped and schemed, were lifted up and cast down. They were hopeful and lovelorn. Some had it forced upon them, others made aphrodisiacs and dressed for success. Some were chaste and some were lusty. Having sex was complicated. Not having sex, was even more so.

Inside *The Very Secret Sex Lives of Medieval Women*, a fascinating book about life during medieval times, you will discover tantalizing true stories about medieval women and a myriad of historical facts. Learn about:

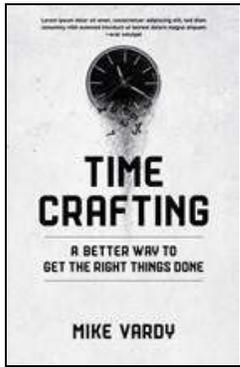
- The true experiences of women from all classes, including women who made history
- The dos and don'ts in the bedroom
- Sexy foods and how to have them
- All you need to know for your wedding night, and well as insider medical advice
- How to get pregnant (and how not to), and more

Fans of *The Time Traveller's Guide to Medieval England*, *Medieval Women* and Terry Jones's *Medieval Lives* will meet real women and hear their voices in *The Very Secret Sex Lives of Medieval Women*.

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Mango
9781642503074
Pub Date: 7/14/20
\$18.95 USD

256 Pages
Biography & Autobiography
/ Women



TimeCrafting

A Better Way to Get the Right Things Done

Mike Vardy

Summary

Don't Just Manage Your Time, Craft It

Time management guidebook. How often do you find yourself worried that time is ticking? Disappointed when time flies? From productivity specialist Mike Vardy comes *TimeCrafting: A Better Way to Get the Right Things Done*, a guidebook for time management and personal productivity.

How to be more productive. It's time to break the biases and learned behaviors that keep us from being truly productive in our day-to-day. Preoccupied with efficiency and effectiveness, we've overlooked key elements of productivity. Pure productivity, you'll learn, is essentially a partnership between intention and attention.

Productivity processes don't have to be complicated. In three sections—Mindset, Method, and Mastery—Vardy helps readers craft a flexible personal productivity framework. Learn to work better with practical, real-world examples. Take action with proven, simple and durable strategies. Apart from time management skills and productivity tools, you'll learn about:

- Intention and attention over efficiency and effectiveness
- Leveraging elements like awareness, clarity, focus, and attention
- Integrating a new framework in a measured, reasoned way

TimeCrafting is for the goal oriented. If you enjoyed time management books like *Deep Work*, *Eat That Frog*, and *No Excuses!*, this is your next read. Hurry, time is of the essence.

Mike Vardy's *TimeCrafting: A Better Way to Get the Right Things Done* is a guidebook for time management and personal productivity. Divided into three sections—Mindset, Method, and Mastery—the book presents (proven) simple and durable strategies that will aid the reader in creating a flexible personal productivity

Mango
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Self-Help /
Self-Management

Unbox Your Life

Cancelling chronic complainers, living life liberated, and other secrets to success

Tobias Beck

Summary

You will be known by the company you keep!

Successfully steer your own life instead of having it determined by others, advises Tobias Beck in this German bestseller narrated in his pithy, to-the-point style. Tobias provides the coaching needed to liberate ourselves from chronic complainers.

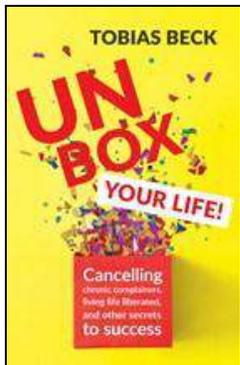
Killjoys, energy vampires, and chronic complainers. Everyone knows a Debbie Downer, moaning the whole day long because nothing ever goes right. The weather is miserable, it's Monday, and to top it all off, the doughnut has a hole! Tobias shows us a way out: simply not to bother with such acquaintances at all.

Positive thinking for peak performance. Polarizing, provocative and exaggerated, the Liberated® philosophy urges readers to free themselves from negative people in order to live successfully and authentically. With success factors based on 15 years of personal experience in the field of personality development and behavioral psychology, you'll learn how to:

- Think in terms of chances and opportunities rather than problems and risks
- Motivate yourself, forge your own path, and let yourself be guided by your dreams and vision
- Seek out people who support you and who let you grow and move forward

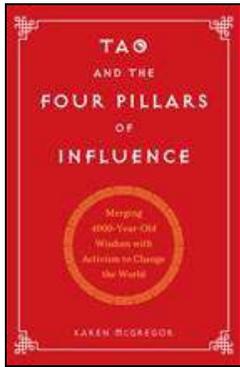
Amusing stories, funny illustrations, and proven techniques. With success stories that are as entertaining as they are instructive, this book is as easy to read as it is unconventional. Part workbook and part self-help and nonfiction, this narrative book includes funny comics to illustrate proven-to-work strategies.

If you enjoyed books like *The Four Agreements*, *The Subtle Art of Not Giving a F*ck*, *The Empath's Survival Guide*, and *The 5 Types of People Who Can Ruin Your Life*, then you'll love *Unbox Your Life*.



Mango
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\$18.95 USD

236 Pages
Self-Help / Personal Growth



Tao and the Four Pillars of Influence

Merging 4000-Year-Old Wisdom with Activism to Change the World

Karen McGregor

Summary

A Unique Leadership Book

Tao and the Four Pillars of Influence stands apart as a business book. It speaks ancient wisdom to the modern-day leader, while providing practical and tangible actions that lead to high levels of sustainable influence. The book is an easy-to-follow roadmap to creating lasting change in your workplace, community and family, while navigating chaotic and demanding environments.

Make an impact and positively influence others to create much needed change. As the “old world” influence of manipulation, hidden agendas, control and greed crumble, people are seeking a replacement. They want to be part of the solution. *Tao and the Four Pillars of Influence* is this replacement: it fills the gap between old and new world influence through the teachings and application of the Tao Te Ching, a 4000-year-old wisdom book written by Chinese philosopher Lao Tzu.

The greatest power is in understanding the use of power. Karen McGregor is an international keynote speaker, TEDx speaker, and a guide to thousands of entrepreneurs and professionals seeking to become more influential leaders. In the Tao Te Ching, the Tao represents masculine creation and Te represents feminine nurturing. *Tao and the Four Pillars of Influence* speaks to both the feminine and masculine within, using words and concepts that are in keeping with the wisdom of the Tao Te Ching, and that don't rely on having to force, beat or defeat anything.

Each chapter begins with a quote from the Tao Te Ching that connects with that chapter's theme. Then concludes with reflections and recommended action. Learn how to:

- Handle challenges, including difficult people
- End the dynamic that heightens power struggles and destroys influence
- Create stillness and space to generate more presence and authentic power

If you have read books such as *Weconomv. Leaders Eat Last.* or *Eckhart Tolle's A New Earth.* you will

Inspired CEO

Creating Authentic Solutions to Stubborn Systemic Problems

Hans Norden

Summary

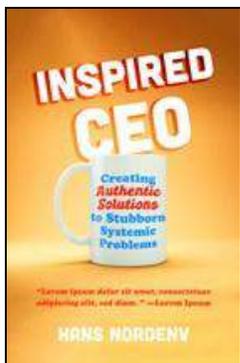
Inspired CEO: Creating Authentic Solutions to Stubborn Systemic Problems is the only book written specifically for CEOs for the express purpose of discussing, by far, the biggest threat to CEO Effectiveness. Chief executives are baffled by confrontations with conspicuous problems that appear to be without solution, such as the following frequently cited examples as to how to deal with complexity, increase profit margins, increase employee engagement, and more.

These problems, and their elusive ability to persist, fester and recur, threaten business performance, and thus, a CEO's career. Unfortunately, the all too common practice of prescribing more best-practice solutions will only result in more unintended and unwanted results. *Inspired CEO* is the only leadership book to describe the root cause analyses of systemic problems. These problems are 'systemic' because they are inherent to that business system's design, organization, implementation/operation, maintenance, and management. Their symptoms manifest themselves as disruptions within the work-flow of multiple processes, departments, and hierarchical levels throughout the entire business system. Addressing a business system's root dysfunction(s) is thus a significant departure from conventional leadership practices.

In short, *Inspired CEO* prioritizes thinking over doing, chooses the creation of Authentic Solutions over a quest for silver bullet, one-size-fits-all best practices, and advises leading with wisdom over following prescribed solutions.

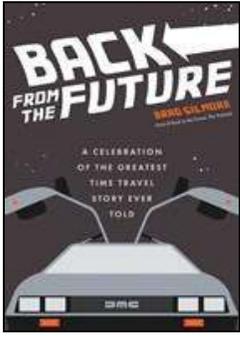
Mango
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224 Pages
Business & Economics /
Leadership



Mango
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224 Pages
Business & Economics /
Decision-Making & Problem
Solving



Back From the Future

A Celebration of the Greatest Time Travel Story Ever Told

Brad Gilmore

Summary

A Fan's Look at the Back to the Future Franchise

The history of the films, cartoons, toys, and more: The *Back to the Future* series is a timeless collection that is greatly revered by all audiences. The beauty of this book by Brad Gilmore is that it doesn't present the history of the film as textbook information. Gilmore discusses these films from a place of passion and so effectively reveals how the history behind the movies is just as engaging as the films themselves.

From a fan, for the fans: There's a host of information out there on the *Back to the Future* trilogy, but never before has there been a book like this. Gilmore, a radio and television host, also happens to be a die-hard fan of the movies. As a fan speaking to fellow fans, Gilmore dives into fan theories and provides the answers to all the questions readers could possibly have—because they are the very questions he himself has asked.

Unheard details and trivia: Not only is Gilmore a diehard fan, but he is also an expert on all things *Back to the Future*, a fact made evident by the podcast he hosts, *Back to the Future: The Podcast*. Pairing his knowledge with his passion for the films, Gilmore uses this book to discuss details and movie trivia that reveal just why these movies have stood the test of time.

Check out this must-have book for fans and learn things you never knew about *Back to the Future*. Open it up and you'll find...

- Completed timelines of all the main characters from the franchise
- In-depth studies of various Back to the Future fan theories that will surprise and intrigue you
- A detailed comparison of the films' predictions of the future to our world today

Fans of books like *Back to the Future: The Classic Illustrated Storybook*, *Back to the Future: The Ultimate Visual History*, *Back to the Future: Untold Tales and Alternate Timelines*, and *We Don't Need Roads: The*

The Burger King

A Whopper of a Story on Life and Leadership

Jim McLamore

Summary

The Life and Legacy of an American Original

Co-founder and first CEO of Burger King, Jim McLamore, recounts the entrepreneurial journey of an international fast food chain and offers a message to today's budding entrepreneur.

A rags-to-\$9-billion-riches story. A crash course in Burger King history and fast food in America, *The Burger King* is McLamore's candid and conversational memoir. Written before his death in 1996, he talks of his life, the birth of the whopper, and the rise of Burger King. Inside, find out:

- How Burger King managed to create the worst advertising campaign of 1985
- What Burger King shares with Pitbull, Scarface, and Marco Rubio
- Why Wendy's founder Dave Thomas called McLamore an "American original"

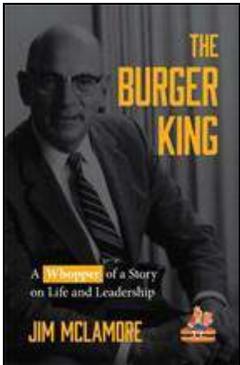
A message for today's young entrepreneur. McLamore's account of Burger King offers an instructive and inspiring tale to young entrepreneurs. Here's a story of entrepreneurship development from one of the top entrepreneurs of fast food chains. Want to learn how to start a food business? Burger King's journey from south Florida drive-ins to international corporation reveals the ups and downs of entrepreneurship, whether in the food service industry or elsewhere.

Now what? But the autobiography of McLamore doesn't end when he exits the company. So, what comes after success? To McLamore, it comes down to what's truly needed to live a full and good life—personal values, impacting the people around you, and juicy hamburgers.

If you want to have it your way, and enjoyed books like *Grinding It Out: The Making of McDonald's*, *Dave's Way: The Story of Wendy's*, and *Papa: The Story of Papa John's Pizza*, then you'll love *The Burger King: A Whopper of a Story on Life and Leadership*.

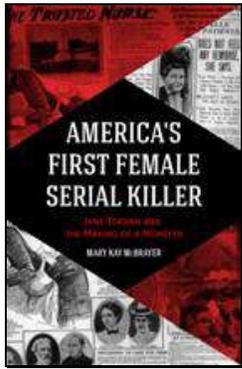
Mango
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224 Pages
Performing Arts / Film &
Video



Mango
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Pub Date: 4/14/20
\$18.95 USD

256 Pages
Biography & Autobiography
/ Personal Memoirs



America's First Female Serial Killer

Jane Toppan and the Making of a Monster

Mary Kay McBrayer

Summary

The First Lady—Serial Killer The nurse from hell. Always cheerful, helpful, and sweet, nurse Jane Toppan was the last person you would suspect to administer a dose of death. When countless patients sought treatment for minor ailments and ended up dead, it was often thought accidental, due to the shortcomings of medicine in the late 1800s. But behind the jolly mask, there was a monster that was years in the making. From kind to killer. When Jane was a young child, her father abandoned her and her sister to the Boston Female Asylum. From there, she was never saw her sister again, was indentured to a wealthy family who changed her name, never adopted her, wrote her out of the will, and essentially taught her how to hate herself. Jilted at the altar, Jane became a nurse for hire and took control of her life—and the lives of her victims. Fact is stranger than fiction. If you have ever wondered how killers are made, this intimate account of “Jolly Jane,” America’s first female serial killer, will take you behind the curtains and into shadowy depths. This book is an imagined retelling of Jane Toppan—one of the deadliest poisoners of all time—and readers will get a fly-on-the-wall perspective that will leave them up at night.

The Making of a Female Serial Killer

For readers who are fascinated by how serial killers are made. This book is for listeners of true crime podcasts and readers of both fiction and true crime nonfiction. It is for watchers of television shows like *Deadly Women* and *Mindhunter*, who are fascinated by how killers are made. It’s for self-conscious feminists, Americans trying to bootstrap themselves into success, and anyone who loves a vigilante beatdown, especially one gone off the rails.

America’s first female serial killer was not always a killer. *America’s First Female Serial Killer* novelizes the true story of first-generation Irish-American nurse Jane Toppan, born as Honora Kelley. Although all the facts are intact, books about her life and her crimes are all facts and no story. Jane Toppan was absolutely a monster, but she did not start out that way.

The Best New True Crime Stories

Small Towns

Mitzi Szereto

Summary

Small Town Charm With Deadly Consequences

A collection of non-fiction accounts by international writers and experts on small town true crime shows readers that the real monsters aren’t hiding in the woods, they’re inside our towns.

Small towns aren’t always what they seem. We’ve been told nothing bad happens in small towns. You can leave your doors unlocked, and your windows wide open. We picture peaceful hamlets with a strong sense of community, and everyone knows each other. But what if this wholesome idyllic image doesn’t always square with reality? Small towns might look and feel safe, but statistics show this isn’t really true.

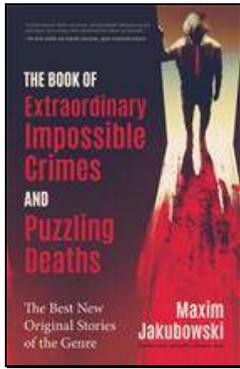
Tiny town, big crime. Whether in Truman Capote’s detailed murder of the Clutter family or Ted Bundy’s small-town charm, criminals have always roamed rural America and towns worldwide. Featuring murder stories, criminal case studies, and more, *The Best New True Crime Stories: Small Towns* contains all-new accounts from writers of true crime, crime journalism, and crime fiction. And these entries are not based on a true story—they are true stories. Edited by acclaimed author and anthologist Mitzi Szereto, the stories in this volume span the globe. Discover how unsolved murders, kidnapping, shooting sprees, violent robbery, and other bad things can and do happen in small towns all over the world.

If you enjoyed Mitzi’s last book in the series, *The Best New True Crime Stories: Serial Killers*, and true crime books like *In Cold Blood*, *Murder in the Bayou*, and *The Innocent Man*, then you’ll love *The Best New True Crime Stories: Small Towns*.

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Mango
9781642502800
Pub Date: 7/14/20
\$18.95 USD

232 Pages
True Crime / Murder



The Book of Extraordinary Impossible Crimes and Puzzling Deaths

The Best New Original Stories of the Genre

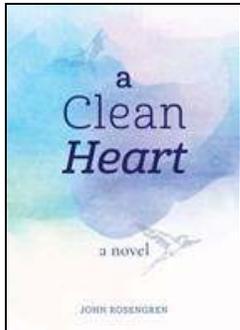
Maxim Jakubowski

Summary

A murder has been committed but how could it have happened? Was the room locked from the inside? Was the suspect or killer actually close to the scene or death or, impossibly, miles away? How come the body shows no sign of violence? Where is the weapon that inflicted the deadly blow? Was the right person actually killed? Crime and mystery fiction can be full of impenetrable conundrums and endless question marks when the story itself becomes a reality-defying puzzle for the sleuth or policeman in attendance to solve. Some of mystery fiction's most clever talents from the USA and the UK offer a series of brand-new ingenious stories which will have the reader scratching his brow until the very last minute and delight in the Macchiavellian solutions. This is the third volume in Mango's innovative collections of the best that crime fiction has to offer.

Mango
9781642502183
Pub Date: 6/16/20
\$19.95 USD

224 Pages
Fiction / Mystery &
Detective



A Clean Heart

A Novel

John Rosengren

Summary

A Novel of Redemption from Addiction and a Broken Family

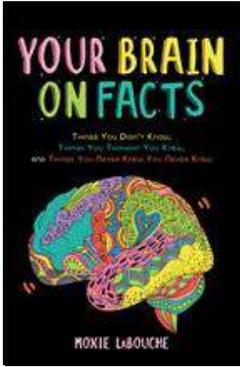
Carter Kirchner struggles to stay sane and sober as a counselor at Six West, an adolescent drug treatment center run by Sister Mary Xavier, a hard-drinking nun with an MBA. The young Kirchner is caught between Sister Mary's plan to rescue the center by reforming a hard-case kid and the dysfunctional staff's clumsy plan to intervene on their boss's drinking. Meanwhile, Carter's mother—who never forgave him for giving up a promising hockey career to treat his own addiction—lands in the hospital with an advanced case of cirrhosis. Before Carter can help the young addict commissioned to his care or safely navigate the staff's dysfunctional intervention effort, he must rescue himself from his family's broken past.

A Clean Heart is a novel by John Rosengren, a writer and recent nominee for a Pulitzer Prize who knows the territory of addiction. He went through treatment at age 17 and has been clean and sober for the past 37 years. He also worked in adolescent treatment centers when he was younger. John Rosengren's articles have appeared in more than 100 publications, including *The Atlantic*, *New Yorker*, *Reader's Digest*, *Sports Illustrated*, and *Utne Reader*.

If you are a fan of the 2018 films *Ben is Back* or David Sheff's *Beautiful Boy* or have read addiction memoirs such as *If You Love Me* or *We All Fall Down*, you will love reading John Rosengren's *A Clean Heart*.

Mango
9781642501926
Pub Date: 5/19/20
\$18.95 USD

224 Pages
Fiction / Coming Of Age



Your Brain on Facts

Things You Didn't Know, Things You Thought You Knew, and Things You Never Knew You Never Knew

Moxie LaBouche

Summary

When Trivia Isn't Trivial

The world is full of things you didn't know, things you thought you knew, and things you never knew you never knew. From the eponymous podcast comes *Your Brain On Facts*.

Train your brain. So what if you picked up some historical inaccuracies (and flat-out myths) in history class. *Your Brain On Facts* is here to teach and reteach readers relevant trivia. It explains surprising science in simple language, gives the unexpected origins of pop culture classics, and reveals important tidbits related to current issues.

A brain food boost. Get ready for trivia night done right. Inside, find true facts, strange facts, and just plain weird facts. *Your Brain on Facts* features general trivia questions and answers, offering science, art, technology, medicine, music, and history trivia to brainiacs everywhere.

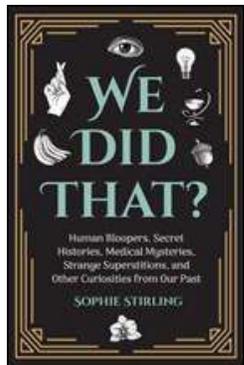
Learn:

- What's the language of the stateless nation in the Pyrenees mountains
- Where the world-changing birth control pill was tested
- Who wrote lyrics for the *Star Trek* theme song that were never used

If you enjoyed *The Book of General Ignorance*, *The Best Bar Trivia Book Ever*, *The World's Greatest Book of Useless Information*, and *The Book of Unusual Knowledge*, you'll have a blast with *Your Brain On Facts*.

Mango
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205 Pages
Games & Activities / Trivia



We Did That?

Sophie Stirling

Summary

Weird Trivia and Strange History

Everyone loves fun trivia! Buckle up for a very odd ride through history. If you enjoyed books like *Strange History* or *The Book of Unusual Knowledge*, *Quackery* or *The Sawbones Book*, then *We Did That?* should be next on your list.

How did we come up with that? Everyone knows about mousetraps, but did you know they were originally inspired by burglar alarms? What was so important to Samuel Hopkins that he became the first person to have a US patent? Many curious creations have been born over the centuries. In this section, author and historian Sophie Stirling dives into the curious minds of inventors and their unique (and sometimes wild) ideas throughout history.

Strange beauty and fashion fads The phrase "pain is beauty" has a very real history across the globe. Discover painful fashion trends, wooden bathing suits, breast enhancers in the shape of toilet plungers, and death-inducing cosmetics. People are willing to do anything to stay beautiful. But why would ingredients include arsenic, beetles, or "hog's pisse"?

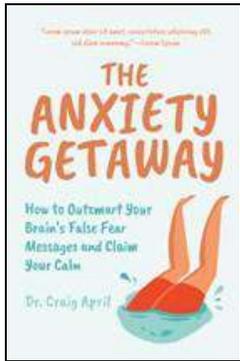
Odd superstitions and folklore: Do you know about the centuries-old Banana Curse? The origin of the Tooth Fairy? Our weird obsession with *shoes*? Some strange beliefs might seem be the stuff of old wives' tales, but many have become ingrained in our minds. You might be more superstitious than you think!

We Did That? is an entertaining collection of odd history! In this book, you will learn about:

- Odd jobs throughout the centuries that will leave you appreciating your day job
- Curious inventions that never made it big, or that were the first versions of mainstream products today
- Interesting and sometimes gross medical cures and deathly beauty trends
- Embarrassing human bloopers and weirdness that will leave you wonderina...*we did that?*

Mango
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\$18.95 USD

224 Pages
Humor



The Anxiety Getaway

How to Outsmart Your Brain's False Fear Messages and Claim Your Calm

Craig April, Ph.D

Summary

Overcome Anxiety By Facing Fear

Proven tips and tools. There are a lot of resources out there for managing anxiety. However, many of them are based on opinion rather than science. Dr. Craig April, founder of The April Center for Anxiety Attack Management, relies on the latter. By employing cognitive behavioral therapy, a research-proven method for anxiety treatment, readers can find the breakthrough they desire.

No-nonsense approach. Assuming the role of victim when it comes to anxiety can make us feel trapped and convince us that we have no control in getting better. However, Dr. April shares that, in most of its forms, anxiety is not a mental illness. For this reason, he takes a stripped-down approach to tackling anxiety that looks at the root: false fear messages.

Fear is part of the human condition. Fear is a factor in all lives, whether we feel it plays a significant role in controlling us or not. However, it is also something that can be faced. By recognizing anxiety as a result of false fear messages, we become better equipped to manage it. An expert on cognitive behavioral therapy focused on anxiety relief, Dr. April is equipped with over twenty years of experience and seeks to help readers face their fears and overcome anxiety.

Read The Anxiety Getaway and discover:

- Methods that have been demonstrated to be effective at The April Center for Anxiety Attack Management
- Tips and practical tools for facing fear
- A non-victim approach to help you take back control and reclaim your life

Readers of self-help books such as *When Panic Attacks*, *Freedom from Obsessive-Compulsive*

The Fear Paradox

Frank Faranda

Summary

The Consequences of the Comfort Zone

Over the last five hundred years, life for the average human being has changed dramatically — plagues no longer wipe out entire families, and no longer do we empty our chamber pots into the street. Nope, not today. But, western progress has shown that no matter how many dangers we neutralize, new ones emerge. Why? Because our level of fear remains constant.

Safety not guaranteed. For years, Dr. Frank Faranda studied a state of fearfulness in his patients—an evolutionary state that relentlessly drove them toward avoidance, alienation, hypercriticism, hyper-control, and eventually, depression and anxiety. He began to wonder how embedded these fears might be in contemporary society. This book aims to break us free from what he found.

A culture of fear. Society is reaching increasingly extreme levels of comfort and safety, all while living in fear. As a result, fear is embedded into culture, creating new dangers, and isolating ourselves from one another. That's Faranda's Fear Paradox: even though fear has a prime directive to keep us safe and comfortable, it has grown into the single greatest threat to humanity and collective survival.

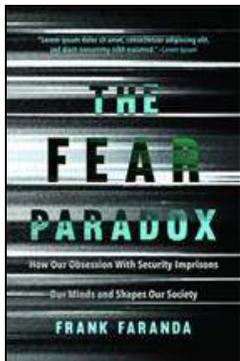
Fear not. Faranda believes it is time for each of us to shine a light on our deepest fears, and to examine with fresh eyes the society that our fear is creating. Put an end to fearmongering and start to fear less, in The Fear Paradox learn about:

- The fear of pain and the fear of the unknown
- How fear has driven progress in the West
- The price paid to eradicate fear

If you enjoyed reading books like *Fear*, *The Culture of Fear*, and *The Science of Fear*; then *The Fear Paradox* is your next read. Come on, what are you afraid of?

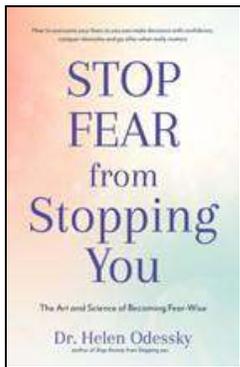
Mango
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256 Pages
Self-Help / Anxieties &
Phobias



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224 Pages
History / Study & Teaching



Stop Fear From Stopping You

The Art and Science of Becoming Fear-Wise

Dr. Helen Odessky

Summary

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 to overcome your fears
- Develop a value-based plan to pursue your goals
- Change your relationship with fear and learn to become *fear-wise*

Mango
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224 Pages
Self-Help /
Self-Management

Trust the Grind

How World-Class Athletes Got To The Top

Jeremy Bhandari

Summary

A Champion State of Grind

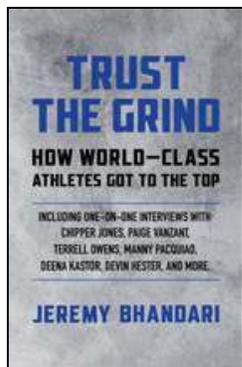
Exclusive interviews with the top athletes in sports today. *Trust the Grind: How World-Class Athletes Got To The Top* reveals how these men and women reached the heights of their profession so that you can too.

Sixteen athletes from eleven sports arenas. Each chapter tells a different story, as each superstar shares the habit that helped them accomplish their goals and reach the pinnacle of their profession. These champion mindsets are backed with scientific studies and relatable poems.

Sports fanatic or not. Guaranteed to tap into your athletic edge, *Trust the Grind*, from ESPN's Sports Researcher Jeremy Bhandari, is made for sports fans and nonfans alike. Fans of professional athletes get an in-depth look at their heroes' climb to the top; those less passionate about sports have the chance to read the secrets of success from some of the most talented people in the world. Both learn pivotal life lessons, and can immediately instill these particular traits and habits into their own lifestyle.

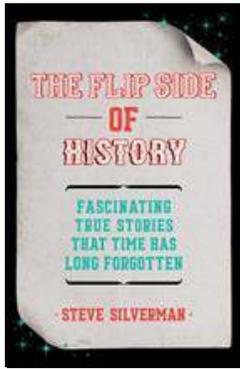
A 'success habit' point of view. Learn the secrets behind success, and what it takes to remain on top. With *Trust The Grind*, you will learn about the value that comes with becoming disciplined, staying driven, setting goals, identifying your "why", staying active and eating right, making sacrifices, obsessing over your passion, and more. Rather than harping on the remarkable accolades and astonishing statistics, this story is formulated to teach individuals what it takes to be great in any desired field. It includes interviews with the following athletes:

- Jason Kidd
- Chipper Jones
- Terrell Owens
- Paige VanZant



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256 Pages
Sports & Recreation /
Sports Psychology



The Flip Side of History

Steve Silverman

Summary

Hidden History, Strange Stories, and Hard-to-Believe Headlines

What if there was a flip side to the history channel? What would you do with all the historical facts and tales left out of history textbooks? From the host of the popular Useless Information podcast, Steve Silverman, comes a collection of fun history facts, strange news, and lost stories.

True Stories and random trivia that will entertain or liven up any conversation. In *The Flip Side of History: Fascinating True Stories that Time Has Long Forgotten*, read about common folk and not-so-common knowledge. In this collection of thirty plus historical events, Steve Silverman provides fascinating stories and easy to read facts. Covering a wide variety of topics, these stories highlight the quirks, complexities, and curiousness of man.

Stranger than Stranger Things. *The Flip Side of History* gives you tales full of strange news, trivia, and facts. Some made newspaper headlines, others were lost in history:

- A prominent lawyer leaves his entire estate to a town for the establishment of a library that forbids women—setting off riots, arrests, and the near hanging of a judge.
- The amazing story of the only person rescued from slavery by the Underground Railroad four times.
- That time a man in the 1950s stole hundreds of women's shoes in Coronado and San Diego, California. The shoes, most of them the left shoe, were found dispersed randomly all over town.

If you're a fan of the Florida Man Challenge and books like *The Book of Unusual Knowledge*, *Answers to Questions You've Never Asked*, *Bad Days in History*, *Uncle John's Bathroom Reader*, and *The Greatest Stories Never Told*; then *The Flip Side of History* is your next read!

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Humor / Form

Time Travel with the History Chicks

A Guide to the Women of America's Gilded Age

Beckett Graham, Susan Vollenweider

Summary

Discover the hidden figures of history

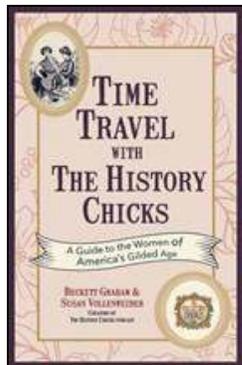
For fans of *Downton Abbey*, *The Woman Who Smashed Codes*, and *An American Princess* will love *Time Travel with the History Chicks: The Women of America's Glittering Age*

A series about women in history: Women and girls are hungry for role models, but history is often taught as a one-dimensional recitation of dates, kings, leaders, and their battles. In truth, history is really nothing more than the story of living humans within their times. This bold and insightful new series, brought to you by the women behind *The History Chicks* podcast, annotates those particular times by focusing on the forces, objects, events, and issues that make up the individual histories of the **women** who lived them.

Learn about the women who shaped America's Gilded Age: *Time Travel with the History Chicks* is a behind-the-formal-portrait look into America's "glittering" Gilded Age, 1870–1912, told through a new female lens and bursting with things you didn't know, fun facts and trivia, and insightful commentary. The History Chicks explore everything in the day-to-day lives of American Gilded Age women, from alcohol to zoetropes, and make the stories of these women relatable by tying them to modern women.

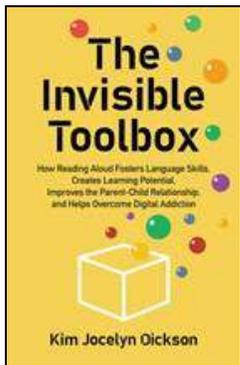
Suffragettes, pioneer women, American princesses, women in science, and more: Learn about women like Jennie Jerome Churchill (mother of Winston and one of the first "Buccaneers"), Ida B. Wells-Barnett (civil rights/journalism), Caroline Weldon (Native American rights), Madam CJ Walker (hair care and franchising), Josephine Cochrane (dishwasher inventor) and Lillian Gilbreth (mother of a dozen children and the step trash can). The profiles in this book cross economic, occupational, and societal levels—bringing the most dynamic look into the Gilded Age and the women who lived it. The portal to history is open—get ready to time travel into the past with *The History Chicks* in this fun and informative new read.

A captivating herstory of a fascinating era



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208 Pages
History / Women



The Invisible Toolbox

The Power of Reading to Your Child from Birth to Adolescence

Kim Jocelyn Dickson

Summary

An Essential Tool for Preparing Your Child for Kindergarten and Beyond

Reading aloud to your children is essential. Longtime elementary school teacher Kim Jocelyn Dickson believes every child begins kindergarten with a lunchbox in one hand and an “invisible toolbox” in the other. In *The Invisible Toolbox*, Kim shares with parents the single most important thing they can do to foster their child’s future learning potential and nurture the parent-child bond that is the foundation for a child’s motivation to learn. She is convinced that the simple act of reading aloud has a far-reaching impact that few of us fully understand and that our recent, nearly universal saturation in technology has further clouded its importance.

In *The Invisible Toolbox*, parents, educators, and early literacy advocates will discover:

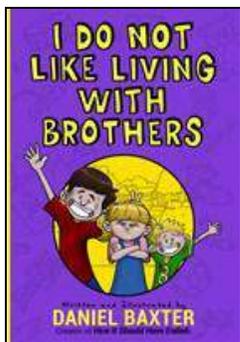
- Ten priceless tools that will fill their child’s toolbox when they read aloud to their child
- Tools parents can give themselves to foster these gifts in their children
- Practical tips for how and what to read aloud to children through their developmental stages
- Do’s and don’ts and recommended resources that round out all the practical tools a parent will need to prepare their child for kindergarten and beyond

Essential book for parents. In *The Invisible Toolbox*, Kim weaves her practical anecdotal experience as an educator and parent into the hard research of recent findings in neuroscience. She reminds us that the first years of life are critical in the formation and receptivity of the primary predictor of success in school—language skills—and that infants begin learning immediately at birth. She also teaches and inspires us to build our own toolboxes so that we can help our children build theirs.

If you enjoyed books like *Honey for a Child’s Heart*, *The Read-Aloud Handbook*, *Screenwise*, or *The Enchanted Hour*, you will love *The Invisible Toolbox*—from a 21st century Charlotte Mason

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224 Pages
Family & Relationships /
Parenting



I Do Not Like Living with Brothers

The Ups and Downs of Growing Up with Siblings

Daniel Baxter

Summary

Living with Siblings Can Be Great—Even When They’re Brothers

Learn about the importance of family. *I Do Not Like Living With Brothers* aims to teach young siblings to see the value and goodness in each other. We never like everything about our brothers or sisters, but if we focus on the positive and recognize that our family cares about us, then we can live in community with greater joy.

Turn sibling rivalry into love and kindness. Exploring the family dynamic of a sister living with two brothers, in this children’s book, our young narrator discovers that while her brothers are dirty, smelly, and sometimes selfish, they are also kind, funny, and helpful. Author and father Daniel Baxter, cohost of the popular YouTube channel *How It Should Have Ended*, shows kids that perhaps living with your siblings is not all bad.

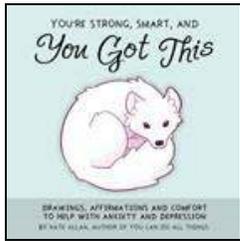
***I Do Not Like Living With Brothers* is a great empathy book for kids.** With creative examples and fun illustrations, it will teach young girls and boys:

- How to be more generous
- Why we should appreciate the people we live with
- That even though living with siblings can be hard work, it’s worth it!

If you and your child enjoy seeing examples of tolerance and reading kindness books for children like *Be Kind, You’re the Biggest*, and *Kindness Starts with You*, you will love *I Do Not Like Living With Brothers*.

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48 Pages
Juvenile Fiction / Family



You're Smart, Strong and You Got This

Drawings, Affirmations, and Comfort to Help with Anxiety and Depression
Kate Allan

Summary

Whimsical Illustrations with a Powerful Message

Broaching the subject of mental health. It's not easy to discuss mental health, even though it affects everyone. We want to believe we can handle anything that comes at us, but the reality is we all have good days and bad days. Because of this, it is important to check in with our mental health. Through guided illustrations, author Kate Allan opens the door to discussion about mental health in an approachable and unassuming manner.

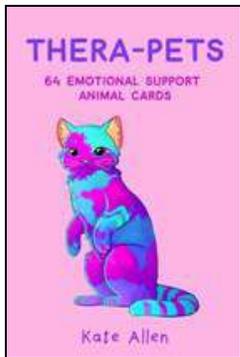
Pep talks for any occasion. Whether you deal with social anxiety, depression, or are simply going through a rough patch, Allan is here with her friendly animals to help. Negative thoughts can keep us from reaching our full potential, not to mention hold us back from attaining happiness. This book is a source of validation and encouragement for those moments when we need a reminder of our worth.

A journey to wellness. The focus of this book is personal growth, both the reader's and the author's. With her beautiful illustrations, Allan guides us through how she went from rock bottom to managing her mental health quite well. By zooming in on mindfulness and prioritizing self-care, Allan expresses how we can get through the hardships we face and come out stronger.

Read Kate Allan's new book, *You're Strong, Smart, and You Got This*, and find...

- Tips for when you're feeling inadequate, overwhelmed, or down on yourself
- An emotional first-aid kit in the form of whimsical colors and friendly, smiling animals that heal invisible wounds and make heavy subjects easier to face
- Messages of hope for all ages, coming from a place of understanding and empathy

If you've enjoyed reading titles such as *You Can Do All Things*, *Loading Penquin Huas*, *Kind of Copina*, and



Thera-pets

64 Emotional Support Animal Cards
Kate Allan

Summary

Make Every Day a Little Easier

Affirmations of self-love to brighten your day: Fans of Kate Allan and her colorful, inspirational illustrations will treasure this collection of daily affirmations of self-love. She draws from her own experiences with anxiety and depression to create therapeutic and soothing works of art for all. Think of this card deck as a menagerie of emotional support animals to take with you anywhere—an airplane, a trip to the dentist, your first day at a new job, or anytime you need a little boost of cheer and encouragement.

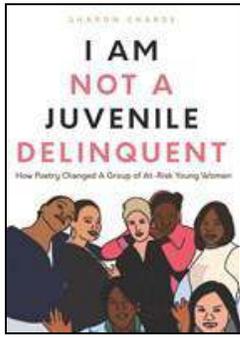
Give the gift of uplifting affirmations: *Thera-pets* is a deck of 64 cute doodles that comes from the bestselling author of *You Can Do All Things*. Each card of positive affirmations offers you a daily moment of joy to escape from the problems so many of us face in this hectic, modern world. Inside, you'll find:

- Cute animal drawings to calm your mind
- Uplifting quotes to help you through bad days
- Words of wisdom and ways to find mindfulness

Thera-pets: 64 Emotional Support Animal Cards is a great gift for anyone who loves *How to Love Yourself Cards: A Deck of 64 Affirmations*, and *Affirmators! 50 Affirmation Cards to Help You Help Yourself—without the Self-Helpy-Ness*.

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Self-Help / Affirmations

Mango
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\$18.95 USD
64 Pages
Self-Help / Affirmations



The I Am Not a Juvenile Delinquent

How Poetry Changed a Group of At-Risk Young Women

Sharon Charde

Summary

A Mourning Mother, a Group of Girls, and the Power of Rehabilitative Poetry

After the death of her child, a grief-stricken psychotherapist volunteers as a poetry teacher at a residential treatment facility for “delinquent” girls. Here, their mutual support is nourishing and enriching to them all, though not without large quantities of drama and recalcitrance. For fans of the acclaimed movies *Stand and Deliver* and *Freedom Writers* comes, *I Am Not a Juvenile Delinquent: How Poetry Changed a Group of At-Risk Young Women*.

Grief and loss. The death of a child and the subsequent quest for coping strategies are hardly a new stories. For psychotherapist, teacher, and writer Sharon Charde, a decade of writing therapy with young women taught her how to carry her grief differently. This is her account of that journey.

Writing therapy. Compelling, appealing, poignant, and often hilarious, *I Am Not a Juvenile Delinquent* chronicles the passion that grew in her for pushing their voices out into the world. As Sharon and the girls share their losses in weekly writing sessions, the girls come to realize their potential and profound poetic talents.

Healing from trauma. Healing can come in surprising ways, across age and social class, as it did for both the girls and Sharon. But what happens when Sharon finally grasps that the most challenging experiences are the best teachers? Narrated in five parts, the book also contains poems written by the girls, as well as excerpts from their writing, Sharon’s late son’s writing, and her own.

If you have read *Between the World and Me*, *So You Want to Talk About Race*, or *Reviving Ophelia*; you will love *I Am Not a Juvenile Delinquent : How Poetry Changed a Group of At-Risk Young Women*.

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256 Pages

Your Leadership Moment

Democratizing Leadership in the Age of Authoritarianism

Eric R. Martin

Summary

Influence Your Community and Lead Change

Anyone can be a leader. You don't have to be a CEO or work in a management position to have influence. *Your Leadership Moment* provides practical tools, techniques and inspiration for those of us who have yet to discover our own leadership potential. It combines personal and real-world anecdotes with a conceptual analysis of leadership that can help anyone learn leadership principles.

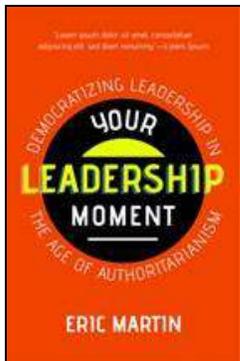
Anyone can be an influencer. Author and leadership expert Eric Martin has brought leadership development to the lives of over 200,000 people in 146 countries. Eric’s work draws on Adaptive Leadership, an unconventional and somewhat provocative leadership practice developed at Harvard by Dr. Ron Heifetz, Dr. Marty Linsky, and Alexander Grashow, with whom he has mentored and worked for over 15 years. *Your Leadership Moment* teaches Martin’s expansion on Adaptive Leadership in a way everyone can understand.

Anyone can change the world. *Your Leadership Moment* is for real people who seek to create consequential, meaningful change despite having little to no authority or power. In this book, you will discover:

- What a Leadership Moment is and the key concepts of Adaptive Leadership
- How to stop solving the wrong problem perfectly and start solving the right problems creatively
- How to think politically and mobilize others to help you make real, positive change

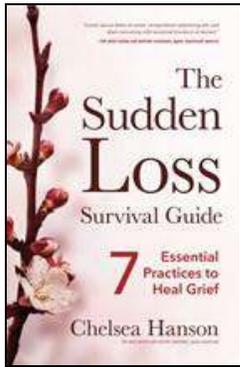
Readers of leadership books like *The Practice of Adaptive Leadership*, *Leadership on the Line*, and *Immunity to Change* won't want to miss the incredible leadership training in *Your Leadership Moment*.

The Leadership Moment provides practical tools, techniques and inspiration for those of us who have yet to discover our own leadership potential. It brings the framework of adaptive leadership from Harvard to a



Mango
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256 Pages
Business & Economics /
Leadership



The Sudden Loss Survival Guide

Seven Essential Practices for Healing Grief

Chelsea Hanson, Marty Tousley

Summary

Restore Your Spirit after Sudden Loss

Healing after loss. When a loved one passes unexpectedly, the person left behind can lose their bearings. After the sudden loss of her mother, Chelsea Hanson, a nationally-recognized grief educator and founder of With Sympathy Gifts and Keepsakes, didn't know where to turn for help, what to do next, or how to put the pieces of her life back together. Hanson's *The Sudden Loss Survival Guide* gathers everything that she learned during her own recovery process and provides an indispensable road map to aid those who've experienced a life-changing loss.

A proactive, intentional approach. While you cannot control losing a loved one, you can consciously guide your own recovery. Through the application of simple, proactive practices, *The Sudden Loss Survival Guide* will empower you to overcome the darkness and anxiety of grief.

Action-based tools. *The Sudden Loss Survival Guide* includes heart-lifting prompts and action steps that guide you towards reengaging in life and discovering deeper meaning. Through Hanson's grief healing practices, this book delivers the essential answers and tools needed to survive, cope, and heal from the devastating impact of sudden loss.

The Sudden Loss Survival Guide is a distinctive grief recovery handbook. In this book, discover:

- Seven practices for healing, including creative memorialization and maintaining an ongoing spiritual connection
- Skimmable, stand-alone passages with immediate, usable information for the trauma you're facing
- A transformative method for living a meaningful, fulfilling life in remembrance of your loved one

Readers of grief books like *It's OK That You're Not OK*, *I Wasn't Ready to Say Goodbye*, and *Grief Dav*

Real Estate Rescue

How America Leaves Billions Behind in Residential Real Estate and How to Maximize Your Home's Value

Tracy McLaughlin

Summary

Bridging the gap between information and expertise. Because of the way technology has impacted real estate sales, buyers and sellers have greater access to information and even the ability to direct the sales process. While knowing market information is helpful in real estate sales, most people still lack a key aspect: expertise. By presenting an inside view on sales, McLaughlin provides a guide for maximizing the value of the sale and purchase of homes.

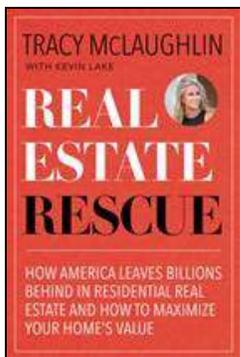
In this book by real estate expert Tracy McLaughlin, readers will find...

- Detailed guidelines for how to save money and make money
- Advice for finding the right real estate agent
- The real estate for dummies book every home buyer or seller needs

If you've looked for guidance in books such as *Dream Home*, *Nolo's Essential Guide to Buying Your First Home*, and *Home Buying Kit For Dummies*, then you'll find more of what you're looking for in *Real Estate Rescue*.

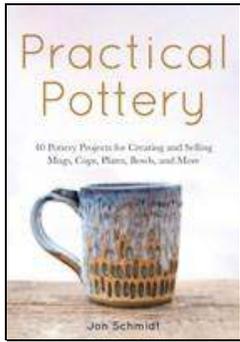
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236 Pages
Family & Relationships /
Death, Grief, Bereavement



Mango
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256 Pages
Business & Economics /
Real Estate



Practical Pottery

40 Pottery Projects for Creating and Selling Mugs, Cups, Plates, Bowls, and More

Jon Schmidt

Summary

Crafting Pottery for Daily Use

An introduction to pottery. It's never too late to pick up a new hobby, especially when you have a guide this simple to get you started. Potter and entrepreneur Jon Schmidt coaxes us into the world of pottery with a promise that we do not have to know everything about the complicated chemistry behind making pottery to enjoy it! By taking us back to the basics, Schmidt offers an introduction to pottery and a guide to creating functional pieces, along with insights into the business side of creating and selling your art.

Focus on functionality. While pottery pieces can be detailed and intricate, Schmidt finds the beauty in more practical pieces. From mugs to bowls, Schmidt shows us a host of functional pieces that we can create using our very own hands. As a coffee shop owner, Schmidt uses handmade items for everything. And, he uses this pottery book to demonstrate how we too can create beautiful pieces for daily use, and potentially profit from them.

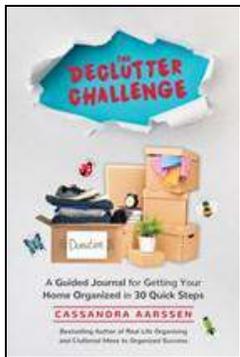
Endless ideas for beginners to experienced throwers. This is the book for those who have never wielded pottery tools before and those who consider themselves experts with the pottery wheel. Whichever category you fall into, you'll find endless possibilities for making beautiful works of functioning art with your own hands. By offering an array of ideas and techniques, Schmidt's book captures the interest of a wide audience of creatives like you, no matter your experience level.

Dive into Practical Pottery and find...

- A guide for getting started in pottery and ceramics that doesn't require expensive equipment, clay, and glazes
- Numerous tips and tricks for creating functional pottery, such as mugs, bowls, plates, teapots, beer steins, and more!

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224 Pages
Crafts & Hobbies / Pottery
& Ceramics



The Declutter Challenge

A Guided Journal for Getting your Home Organized in 30 Quick Steps

Cassandra Aarssen

Summary

Declutter Your Way to Happiness

A guided decluttering journal. Life happens to the best of us, whether we were born with messy tendencies or not. Messes find their way into our homes and lives and we can't seem to find the strength or time to tackle them. That's where this motivational guided journal by Cassandra Aarssen, best-selling author of *Real Life Organizing* and *Cluttered Mess to Organized Success*, comes in.

Tested methods that work. Cas Aarssen wasn't always an organization expert. She climbed out of years of cluttered living and transformed her home and her life through organization. In this self-help journal, Cas guides you through favorite tips and tricks that she used to declutter her home and find her way to a more organized and peaceful life.

Pages and pages of decluttering and organizational tools. This interactive journal is designed to help you declutter your home and life through mindfulness and self-motivation. You will learn how to navigate the chaos of clutter by taking the time to understand yourself and the underlying meaning behind your clutter. Filled with inspiration and open-ended questions, *The Declutter Challenge* journal will guide you onto the path to a clean and clutter-free home.

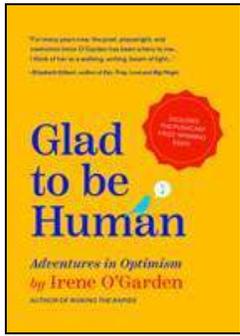
Make downsizing a reality. *The Declutter Challenge* enables you to work through both the emotion and the physical clutter in your life; to explore your thoughts and feelings about your belongings and discover the knowledge and strength to let go of excess.

Take a look inside this life-changing guided journal and find...

- Insights into goal setting
- Supportive prompts and writing exercises that encourage self-reflection and understanding

Mango
9781642502312
Pub Date: 4/14/20
\$15.95 USD

House & Home /
Remodeling & Renovation



Glad to Be Human

Adventures in Optimism

Irene O'Garden

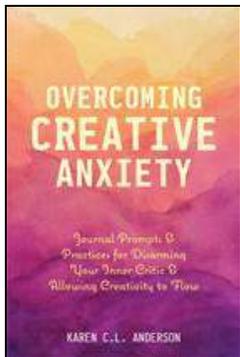
Summary

This warm and thoughtful book is arranged in six sections: Domesticities, Idiosyncracies, Botanies, Vitalities, Technologies, and Sympathies, ending with **The Pushcart Prize**-winning essay "Glad to Be Human." It varies in tempo, from short succinct pieces to longer essays, and is punctuated throughout with pithy one-liners. ("We're not made of matter, but of mattering.")

Join O'Garden in her kitchen or her garden to hear her concise, often funny, observations. Travel with her to Paris, Budapest, New York, Jerusalem to experience the beauty and pain of witness. Sit beside her in the Alzheimer's unit as she finds a new way of sharing with her sister. Explore the natural world with her, trekking the deep caverns of Carlsbad, investigating the wide reaches of the Everglades and gazing out through our starry galaxy itself. Celebrate our common pleasures, our common sorrows, our shared humanity.

The Tiny Press
9781642502466
Pub Date: 5/19/20
\$16.95 USD

164 Pages
Self-Help / Motivational &
Inspirational



Overcoming Creative Anxiety

Journal Prompts & Practices for Disarming Your Inner Critic & Allowing Creativity to Flow

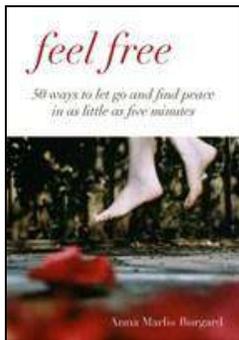
Karen C.L. Anderson

Summary

Do you want to live a more creative life? And are you tired of the voice(s) inside your head that say it's too late, you're not good enough, you're not creative enough, blah blah blah? It's easier to be a critic than a creator, so what happens when both the critic and the creator reside in your brain? In this guided journal, author Karen C.L. Anderson shares prompts and practices that will help you get to know both your inner critic and your inner creator and get them to work together instead of in resistance to each other. The prompts and practices are designed to stimulate and inspire your inner creator, while calming and managing your inner critic.

Mango
9781642502510
Pub Date: 6/16/20
\$15.95 USD

156 Pages
Self-Help / Creativity



Feel Free

50 Ways to Let Go in As Little As Five Minutes

Anna Marlis Burgard

Summary

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

If you have benefited from books such as *How to do Nothing, Keep Going, The Mindfulness Workbook for Anxiety, Practicing Mindfulness, The Art of Noticing, or Anxiety Happens*; you will want to own

Story Power

Secrets to Creating, Crafting, and Telling Memorable Stories

Kate Farrell, MLS

Summary

Reconnect Through Stories

Stories are everywhere. The art of storytelling has been around as long as humans have. And in today’s noisy, techy, automated world, storytelling is not only prevalent—it’s vital. Whether you’re interested in enlivening conversation, building your business brand, sharing family wisdom, or performing on stage, *Story Power* will show you how to make use of a good story.

Become an engaging storyteller. Storytelling is the most effective way to communicate and to affect change—if you know how to use it. *Story Power* provides techniques for creating and framing personal stories alongside effective tips for telling them in any setting. Plus, this book models stories with unique storytelling examples, exercises, and prompts, as well as storytelling techniques for delivery in a spontaneous, authentic style.

Learn from the experts. *Story Power* is an engaging, lively guide to the art of storytelling from author and librarian Kate Farrell, a seasoned storyteller and founder of the Word Weaving Storytelling Project. In Kate’s book, more than twenty skillful contributors with a range of diverse voices share their secrets to creating, crafting, and telling memorable tales.

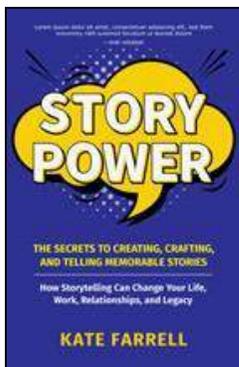
If you want to experience the power of storytelling in your life, *Story Power* is for you. In this book, you will discover:

- How to share your own coming-of-age stories and family folklore
- The importance of a personal branding story and storytelling marketing
- Seven Steps to Storytelling, along with helpful tools, organizers, and media options

For readers of *Storvorthy, The Storyteller’s Secret, and Long Story Short, Story Power* is a

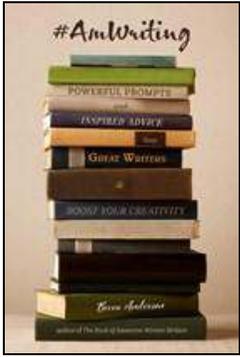
Mango
9781642502268
Pub Date: 5/19/20
\$16.95 USD

224 Pages
Self-Help /
Self-Management



Mango
9781642501971
Pub Date: 6/16/20
\$18.95 USD

Language Arts & Disciplines
/ Composition & Creative
Writing



#AmWriting

Powerful Prompts and Inspired Advice from Great Writers to Boost Your Creativity

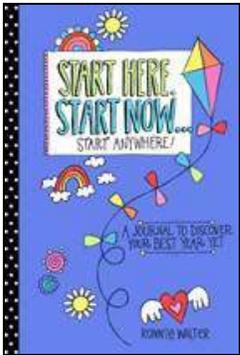
Becca Anderson

Summary

#amwriting provides writers with a catalog of instructions from a wide variety of accomplished authors. From famous, all-time-great poets to younger, modern novelists, the selected quotes in this journal aim to instruct or inspire its readers to help them achieve their goal of becoming better writers. The excerpts included in #amwriting include general advice for being successful as a writer, helpful instructions on improving one's writing style, and genre-specific tips for particular areas of writing, such as poetry or storytelling. The advice included in #amwriting is selected from a diverse group of authors that represent a balance of prominent influential writers from throughout history and popular modern authors. Authors from either group present a great set of advice that can be beneficial to anyone.

Mango
9781642502558
Pub Date: 6/16/20
\$15.95 USD

Self-Help / Creativity



Start Here, Start Now...Start Anywhere

A Fill-in Journal to Discover Your Best Year Yet!

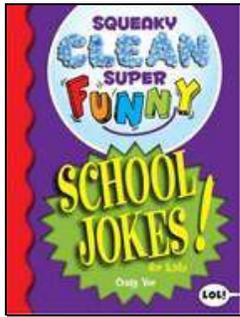
Ronnie Walter

Summary

Start Here, Start Now...Start Anywhere! is a guided fill-in journal that will help users clarify what they want—and it's undated, so readers can start on any day and can be sold year-round! This eye-catching journal by Ronnie Walter is easy to use and filled with fun lists, thoughtful prompts and questions that help the reader discover dreams and ambitions. Whether they want to start a business, lose weight, learn to play guitar or even be a better person, readers will love it. It also includes lined pages to help them capture thoughts and turn them into actionable plans, or just reflect on their day.

Mango
9781642502619
Pub Date: 4/14/20
\$15.95 USD

112 Pages
Self-Help / Journaling



Squeaky Clean Super Funny School Jokes for Kids

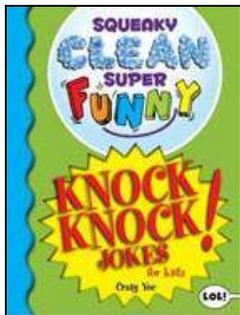
Craig Yoe

Summary

Former creative director for Disney, Nickelodeon, and Jim Henson's Muppets, Craig Yoe presents *Squeaky Clean Super Funny School Jokes for Kids*, a book packed with laugh-out-loud funny jokes for kids and teachers alike!

Mango
9781642502367
Pub Date: 6/16/20
\$6.95 USD

112 Pages
Juvenile Nonfiction / Humor



Squeaky Clean Super Funny Knock Knock Jokes for Kids

Craig Yoe

Summary

Squeaky Clean Knock Knock Jokes to Tickle Your Funny Bone

Wholesome joke book for Kids. From Craig Yoe, the former Creative Director, Vice President, and General Manager of Jim Henson's Muppets-and former Creative Director at Nickelodeon and Disney-comes a series of wholesome joke books for kids of all ages. *Squeaky Clean Super Funny Knock Knock Jokes for Kids* is the second of the series and you'll want to own them all!

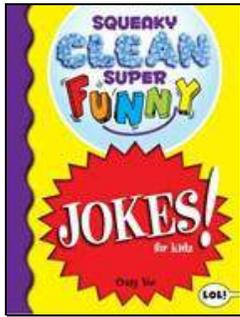
Laugh-out-loud (LOL) funny jokes. Craig, a retired pastor, believes that there is nothing better in life than making kids laugh and feel happy. He has been collecting jokes for years, and now he is releasing his hand-picked jokes for kids in the "Squeaky Clean" series. It's packed with wholesome, edifying, LOL funny jokes to encourage reading and entertain children for hours.

A career devoted to making kids happy. Yoe is the winner of an Eisner Award (the comics industry's equivalent of the Academy Awards) and a Gold Medal from the Society of Illustrators. He is an author, editor, art director, graphic designer, cartoonist and comics historian. Craig is currently operating Yoe! Studio creations and Yoe! Books. Publisher Weekly says he's the "archivist of the ridiculous and the sublime" and calls his work "brilliant." Library Journal "calls him a comics guru". Jim Henson once said that "Craig brings with him his valuable creativity and enthusiasm. He has a nice mix of business and creative talent!" Mark Hamill of Star Wars fame quipped, "I keep buying books from Yoe Books as gifts, then keeping them for myself!"

Perfect gift for kids (and parents and grandparents). If you and your kids enjoyed Craig Yoe's first book in this series, *Squeaky Clean Super Funny Jokes for Kids*, or other books such as *Silly Jokes for Silly Kids* or *Belly Laugh Jokes for Kids*; you'll love Craig Yoe's second Squeaky Clean joke book. No boogers, ghosts, witches, scary monsters, insults or put-downs-all giggle-filled good clean fun for young and old alike.

Mango
9781642502343
Pub Date: 5/19/20
\$6.95 USD

112 Pages
Juvenile Nonfiction / Humor



Squeaky Clean Super Funny Jokes for Kids

Craig Yoe

Summary

Squeaky Clean Jokes to Tickle Your Funny Bone

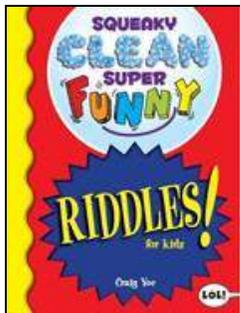
Squeaky Clean Super Funny School Jokes for Kids. From Craig Yoe, the former Creative Director, Vice President, and General Manager of Jim Henson's Muppets-and former Creative Director at Nickelodeon and Disney-comes a series of wholesome joke books for kids of all ages. *Squeaky Clean Super Funny School Jokes for Kids* is the third of the series and you'll want to own them all!

Laugh-out-loud (LOL) funny jokes. Craig, a retired pastor, believes that there is nothing better in life than making kids laugh and feel happy. He has been collecting jokes for years, and now he is releasing his hand-picked jokes for kids in the "Squeaky Clean" series. It's packed with wholesome, edifying, LOL funny jokes to encourage reading and entertain children for hours.

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Perfect gift for kids (and parents and grandparents). If you and your kids have enjoyed books such as *Silly Jokes for Silly Kids*, *Belly Laugh Jokes for Kids*, or *Laugh-Out-Loud A+ Jokes for Kids*; you and your child will love Craig Yoe's *Squeaky Clean Super Funny School Jokes for Kids*. No boogers, ghosts, witches, scary monsters, insults or put-downs-all giggle-filled good clean fun for young and old alike.

Mango
9781642502329
Pub Date: 4/14/20
\$6.95 USD
112 Pages
Juvenile Nonfiction / Humor



Squeaky Clean Super Funny Riddles for Kids

Craig Yoe

Summary

Squeaky Clean Riddles to Tickle Your Funny Bone

Squeaky Clean Super Funny Riddles for Kids. From Craig Yoe, the former Creative Director, Vice President, and General Manager of Jim Henson's Muppets-and former Creative Director at Nickelodeon and Disney-comes a series of wholesome joke books for kids of all ages. *Squeaky Clean Super Funny Riddles for Kids* is the fourth of the series and you'll want to own them all!

Laugh-out-loud (LOL) funny jokes. Craig, a retired pastor, believes that there is nothing better in life than making kids laugh and feel happy. He has been collecting jokes for years, and now he is releasing his hand-picked jokes for kids in the "Squeaky Clean" series. It's packed with wholesome, edifying, LOL funny jokes and riddles to encourage reading and entertain children for hours.

A career devoted to making kids happy. Yoe is the winner of an Eisner Award (the comics industry's equivalent of the Academy Awards) and a Gold Medal from the Society of Illustrators. He is an author, editor, art director, graphic designer, cartoonist and comics historian. Craig is currently operating Yoe! Studio creations and Yoe! Books. *Publisher Weekly* says he's the "archivist of the ridiculous and the sublime" and calls his work "brilliant." *Library Journal* "calls him a comics guru". Jim Henson once said that "Craig brings with him his valuable creativity and enthusiasm. He has a nice mix of business and creative talent!" Mark Hamill of Star Wars fame quipped, "I keep buying books from Yoe Books as gifts, then keeping them for myself!"

Perfect gift for kids (and parents and grandparents). If you and your kids have enjoyed books such as *Silly Jokes for Silly Kids*, *Belly Laugh Jokes for Kids*, or *Laugh-Out-Loud A+ Jokes for Kids*; you and your child will love Craig Yoe's *Squeaky Clean Super Funny Riddles for Kids*. No boogers, ghosts, witches, scary monsters, insults or put-downs-all giggle-filled good clean fun for young and old alike.

Mango
9781642502381
Pub Date: 7/14/20
\$6.95 USD
112 Pages
Juvenile Nonfiction / Humor



More Treats, Please

Homemade Dog Food for Your Best Friend

Rosalyn Acero

Summary

Homemade Treats for Happy, Healthy Dogs

One of the best ways to keep your dog healthy and show them your love is to ditch the packaged pet food and make your own homemade dog food. *More Treats, Please!* offers dozens of delicious recipes for homemade dog treats and meals, along with the essential information you need to know to get started.

Real and safe food for real dogs: Homemade meals and treats are great for pets with allergies or special dietary needs. By using simple, fresh ingredients that you probably already have in your kitchen, you can maintain control over what goes in and what stays out. Avoid unsafe additives with the customized, homemade dog treats recipes in this book.

Pets rock! Dog parents know that their furry friends deserve the best. Rocelyn Acero and her dog, Sugar, of the *Golden Woofs* blog, will be your guides to pet-friendly cooking.

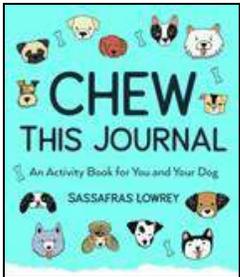
The homemade dog food recipes in *More Treats, Please!* include:

- Creative ways to make mealtime more fun
- Raw dog food that's quick and easy to make
- Safe superfood ingredients to fuel your pet's life

***More Treats Please!* is the definitive cookbook for any pet parent.** If you enjoyed dog books and guides to dog care like *The Ultimate Pet Health Guide*, *Dr. Becker's Real Food for Healthy Dogs and Cats*, and *Yin & Yang Nutrition for Dogs*, you'll love this new pet food cookbook.

Mango
9781642501902
Pub Date: 4/14/20
\$19.95 USD

Pets / Food & Nutrition



Chew This Journal

An Activity Book for You and Your Dog

Sassafras Lowrey

Summary

A Doggie Bucket List to Stimulate You and Your Best Friend

Part activity book and part bullet journal, *Chew This Journal* provides inspiration and guidance for dog lovers looking to enrich the lives of their pets.

Is your dog bored? Doesn't have to be! From bucket lists and outings to arts and crafts *Chew This Journal* will inspire you to spend more time with your pup. *Chew This Journal* leads you through fun activities, while creatively recording your adventures in the pages of the book. This unique journal doubles as your dog's memory keeper and activity tracker, making it a one-of-a-kind keepsake that you and your dog complete together.

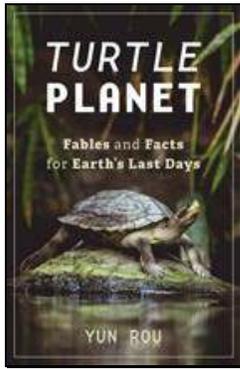
Loads of activities and training plans. *Chew This Journal* provides dog owners and their dogs with step-by-step instructions for over 100 activities and training plans such as:

- Crafts like paw painting flowers
- DIY treat puzzles
- No-sew beds
- Tug toys you and your dog can make together to keep, to gift to friends and family at the holidays, or even to donate to a local shelter to support dogs in need.

Don't just spend your walks on your phone. *Chew This Journal* will inspire you to be more engaged in the time you and your dog have together. *Chew This Journal* will help you map training goals from practical manners (not pulling on the leash or jumping on strangers) to impressive skills like mastering urban agility and parkour skills. With easy to follow training instructions *Chew This Journal* helps you create exciting weekly and monthly challenges and record your progress.

Mango
9781642502732
Pub Date: 7/14/20
\$19.95 USD

200 Pages
Pets / Dogs



Turtle Planet

Endangered Species, the Future of Humanity, and What We Can Do to Save the Earth

Monk Yun Rou

Summary

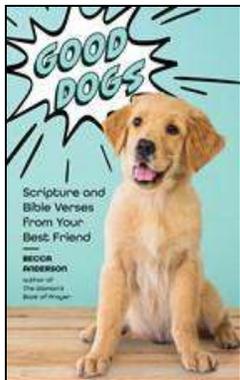
Beautifully written, *Turtle Planet - Fables and Facts for Earth's Last Days* is a work of Philosophical fact and fiction. Like the recent best-selling and award-winning *H is Hawk*, and *The Soul of the Octopus*, and the 1992 classic *Ishmael*, *Turtle Planet - Fables and Facts for Earth's Last Days* by Monk Yun Rou deeply explores the bond between humans and animals - the wisdom they teach us, the wounds they can heal, and the role we play in their destruction.

Drawing on 50 years of loving and husbanding turtles, from the car-sized giant Leatherback turtle to the Central Asian tortoise, Monk Yun Rou renders the wonders and suffering of the natural world through the eyes of 18 exotic turtles, whom he visits in flights of Daoist meditation. Finding them in deserts, jungles, rivers, streams, savannahs, and even an airport restroom, he listens as they share the triumphs and tragedies of their lives, sounding the alarm of what climate change, global extinction, human intervention, and environmental devastation really mean to their worlds and to ours.

Including an informational glossary and description of each turtle at the end of the book, *Turtle Planet - Fables and Facts for Earth's Last Days* mixes science, fantasy, magical realism, fables, and truth in a joyful, irrepressibly creative, and utterly unique literary experience. It is a must for any reader who loves nature, cherishes animals, and celebrates ideas.

Mango
9781642502718
Pub Date: 5/19/20
\$16.95 USD

224 Pages
Philosophy / Taoist



Good Dogs

Scripture and Bible Verses from Your Best Friend

Becca Anderson

Summary

Bible Quotes and Canine Companions

Godly Words of Wisdom. Join some pups for a dose of truth straight from the Good Book. These iconic Bible verses provide meaningful guidance in times of need.

Verses for Daily Meditation. This selection of inspiring, holy words will help you gain a greater understanding of life, compassion, and faith. Becca Anderson, author of *The Women's Book of Prayer* and *Prayers for Hard Times*, knows you'll find the truth and hope you need guided by the Lord—and everyone's best friend.

Good Dogs is the perfect Christian inspirational gift. In this book, you'll find:

- Thought-provoking verses for encouragement and meditation
- Clarifying explanations on every page
- Beautiful, heartwarming images of all of your favorite dog breeds

If you like interactive self-care works and dog books like *What's True about You*, *Zen Dogs*, *Color the Words of Jesus*, or *The Psalms in Color*, you'll love *Good Dogs: Scripture and Bible Verses from Your Best Friend*.

Mango
9781642502480
Pub Date: 5/19/20
\$18.95 USD

156 Pages
Religion / Christian Life