



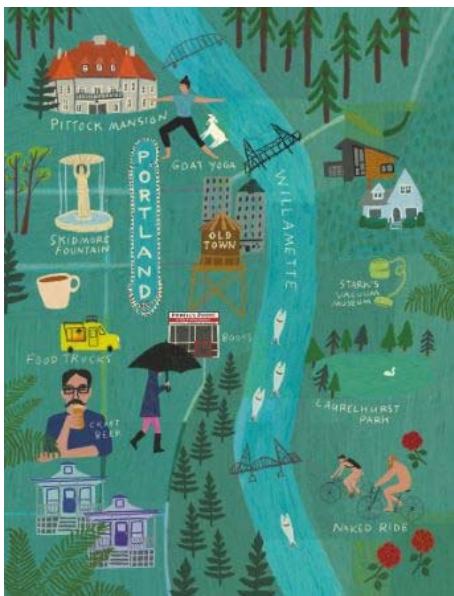
Raincoast Books

WINTER 2021

MANGO PUBLISHING

This edition of the catalogue was printed on July 31, 2020.

To view updates, please see the Winter 2021 Raincoast eCatalogue or visit
www.raincoast.com



Mango Publishing
On Sale: Dec 1/20
6 x 9 • 180 pages
40 4 color charts and graphs
9781642504439 • \$25.95 • journal/ diary/blank book
Art / Individual Artists / Artists' Books • Non
Returnable



Stumptown

Blank Journal
by Anne Bentley

Celebrate Portland, Oregon, and Exquisite Journaling

At least seven other U.S. municipalities have claimed the title "Stumptown", but the name seems to have stuck with Portland, Oregon. As the Pacific Northwestern forest was rapidly cleared to make way for the city's growth in the mid-19th century, tree stumps were pretty much left in place. In fact, there were so many, it is told that people took to jumping from one stump to another to avoid muddy unpaved roads. And, now Stumptown is also a beautiful journal notebook.

A Stumptown work of art. Whether you're a lover of Stumptown or just can't resist beautifully illustrated journals, you will enjoy having this vibrantly illustrated blank journal with Demask cover at your fingertips. Perfect for your purse, backpack, work bag, pocket, or desktop, this Anne Bentley designed work of art makes a great birthday gift, graduation gift, spontaneous gift-or gift to yourself.



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6 x 9 • 180 pages
40 graphs and illustrations
9781642503876 • \$25.95 • journal/ diary/blank book
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Windy City

Blank Journal
by Anne Bentley

Celebrate Chicago and Exquisite Journaling

Nobody seems to know exactly why people started calling Chicago "The Windy City". Maybe it was because of Chicago's windy weather coming off of Lake Michigan or maybe it was a metaphorical jab at its supposedly boastful politicians. Whatever the origin the moniker stuck and now it's a beautiful journal notebook.

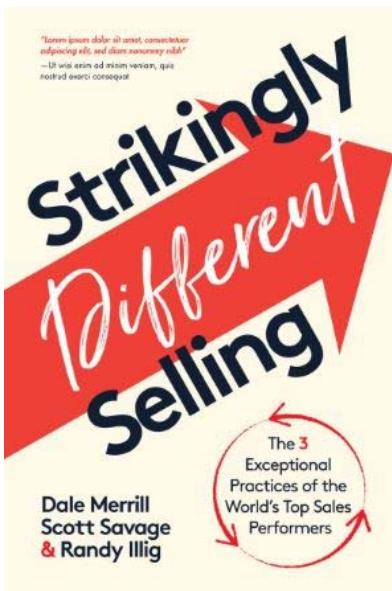
A Windy City work of art. Whether you're a lover of the "Windy City" or just can't resist beautifully illustrated journals, you will enjoy having this vibrantly illustrated blank journal with Demask cover at your fingertips. Perfect for your purse, backpack, work bag, pocket, or desktop, this Anne Bentley designed work of art makes a great birthday gift, graduation gift, spontaneous gift-or gift to yourself.

Journaling in style. Well-constructed with lay flat binding, and high-quality cream lined paper, this delightfully illustrated journal is ideal for jotting thoughts, to-do lists, notes, or



Raincoast Books

Sales Rep



Mango Publishing
On Sale: Dec 1/20
6 x 9 • 256 pages
9781642504866 • \$39.95 • cl
Bus & Econ / Skills



Strikingly Different Selling

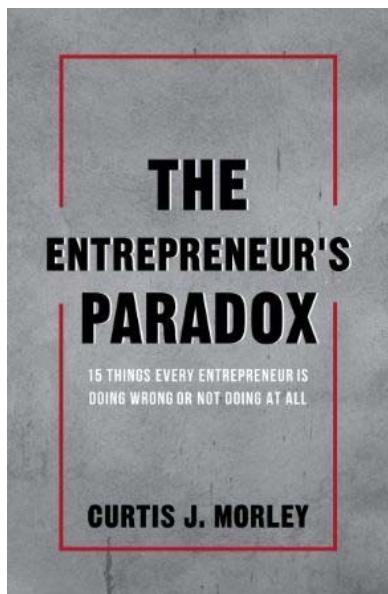
The 3 Exceptional Practices of the World's Top Sales Performers
by Dale Merrill, Scott Savage and Randy Illig

For Fans of The Big Book of Words That Sell, Visual Intelligence, or Obviously Awesome

Superior Sales Success

You are competing with the top salespeople in your industry for the same customers. For each sales opportunity there is only one winner. What separates a "winner" from the rest of the very best and makes them "strikingly different"? Six years of intensely focused research involving nearly 3,000 sales professionals from 135 countries reveals the 3 distinguishing habits that differentiate top sales performers from the herd. Now you can learn what it takes to be that one winner.

In sales, what is it that really works and sustains high performance? In their book *Strikingly Different*, Dale Merrill and Scott Savage (senior sales performance



Mango Publishing
On Sale: Jan 19/21
5.5 x 8.5 • 224 pages
9781642504125 • \$27.95 • pb
Bus & Econ / Home-Based Businesses



The Entrepreneur's Paradox

15 Things Every Entrepreneur Is Doing Wrong or Not Doing At All
by Curtis Morley

The Secret to Finding Next-Level Success as an Entrepreneur

This book contains all you need to overcome the "entrepreneur's paradox". By addressing the 15 mistakes that every entrepreneur risks making, no matter the business they're in, author and educator Curtis Morley provides budding entrepreneurs with a defined pathway to success.

The natural paradox of entrepreneurship. The exact qualities that bring an individual to found a startup company (their brilliance and expertise) are what prevent them from achieving the success they are looking for - this is the paradox that is entrepreneurship. What starts out as freedom and financial independence turns into grueling hours and added stress and bills. But successful 5x entrepreneur Curtis Morley is here to help. He shares that every entrepreneur is typically doing the same 15 things wrong or just not doing them at all - regardless of industry or business type. This guidebook identifies each of these mistakes and reveals to readers how to break free of the pattern.



THE Myth OF Multitasking

HOW "DOING IT ALL" GETS NOTHING DONE



DAVE CRENSHAW

Mango Publishing
On Sale: Jan 19/21
5 x 7 • 224 pages
9781642505054 • \$28.95 • cl
Bus & Econ / Personal Success



The Myth of Multitasking, Second Edition

How "Doing It All" Gets Nothing Done

by Dave Crenshaw

Multitasking Doesn't Work - Learn What Does!

Through anecdotal and real-world examples, *The Myth of Multitasking* proves that multitasking hurts your focus and productivity. Instead, learn how to be more effective by doing one thing at a time.

Productivity and effective time management end with multitasking. The false idea that multitasking is productive has become even more prevalent and damaging to our productivity and well-being since the first edition of *The Myth of Multitasking* was published in 2008. In this revised and updated second edition, author and productivity expert Dave Crenshaw provides a solution for the chaos of distraction that multitasking creates - and a way to combat the temptation to constantly switch between tasks.

Learn how to actually get things done. Dave Crenshaw takes the idea of multitasking as a productivity tool and smashes it to smithereens. But rather than leaving you with the burden of wading through the wreckage all by yourself, he shows you how to focus, move forward, and free up more time for what you value the most.



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LEAD

Semi-Homemade Five Ingredient Meals

50 Easy & Tasty Recipes Using the Best Ingredients from the Grocery Store

by Bobby Parrish and Dessi Parrish

Cooking Has Never Been Easier with These Five Ingredient Meals

You don't have to be a chef to create delicious food. In fact, it only takes a handful of ingredients to make mouthwatering meals. This cookbook by Bobby and Dessi Parrish is packed full of simple, healthy recipes that even newbie cooks will find easy to make.

An introduction to easy cooking. Cooking doesn't have to be complicated. Food Network champion Bobby Parrish shares the ins and outs of semi-homemade meals and assures us that his quick and easy recipes are doable for anyone and everyone. By keeping the recipes to five ingredients, Bobby demonstrates just how easy cooking can be. From savory snacks to simple dinner ideas packed with flavor, this easy (and healthy!) recipe book is just what your kitchen needs. But Bobby and Dessi's tips don't stop there - they know that a key aspect of these simple healthy recipes is the prep



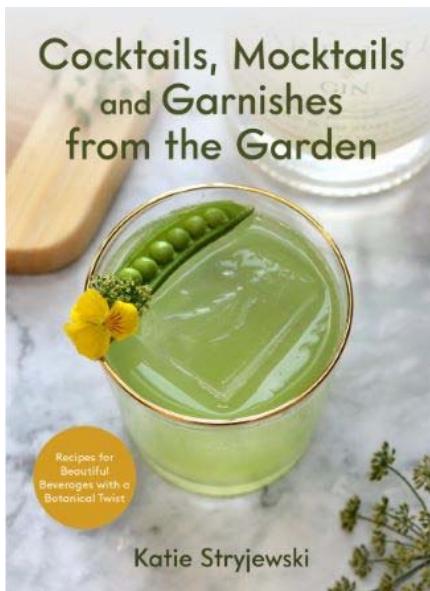
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On Sale: Dec 1/20
8 x 10 • 208 pages
50 color photos of each recipe and lifestyle images
9781642504842 • \$42.95 • pb
Cooking / Health & Healing / Weight Control



Raincoast Books

Sales Rep



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100 Full 4C Photographs
9781642504965 • \$32.95 • cl
Cooking / History



Cocktails, Mocktails, and Garnishes from the Garden

Recipes for Beautiful Beverages with a Botanical Twist

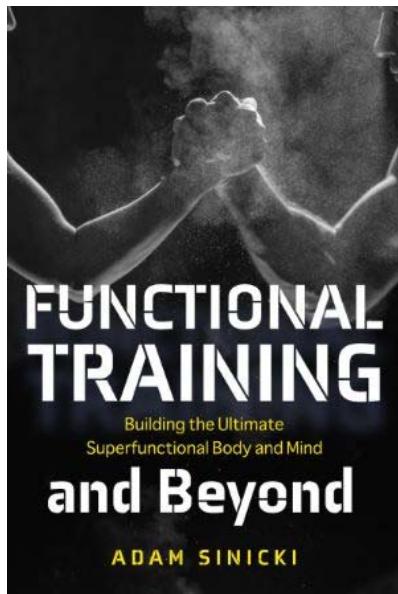
by Katie Stryjewski

Botany for Bartenders

Step inside a bartender's apothecary, forage for garnishes, and craft some of the most popular cocktails, mocktails, and beverages. This beautifully photographed compendium of craft cocktails includes examples of garnishes and interesting ingredients to give any drink a botanical twist.

The go-to reference for classic and modern cocktail recipes. Whether it's adding a basil sprig or infusing gin with peaches; *Cocktails, Mocktails and Garnishes from the Garden* gives readers the ability to make classic cocktails and the confidence to craft innovative concoctions. Alongside recipes of some of the most popular cocktails come new-fangled libations, non-alcoholic equivalents, and instructions to create gorgeous garnishes.

Creating your very own herb bar and garnish garden for craft cocktails. A cocktail recipe book from the wild; *Cocktails, Mocktails and Garnishes from the Garden* features examples of garnishes and general know-how. With a reference guide of



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6 x 9 • 224 pages
100 b/w illustrations
9781642505030 • \$27.95 • pb
Health & Fitness / Exercise



Functional Training and Beyond

Building the Ultimate Superfunctional Body and Mind

by Adam Sinicki

Train Like a Superhero

Body and Brain Training Designed to Unlock Your Amazing Hidden Potential

Inactive and stressful lifestyles. Many of us have forgotten how to move correctly. We live with muscular imbalances, constant pain, and low energy. Adam Sinicki is on a mission to change this. He is best known for his YouTube channel "The Bioneer", where he provides expertise on functional training, brain training, productivity, flow states, and more.

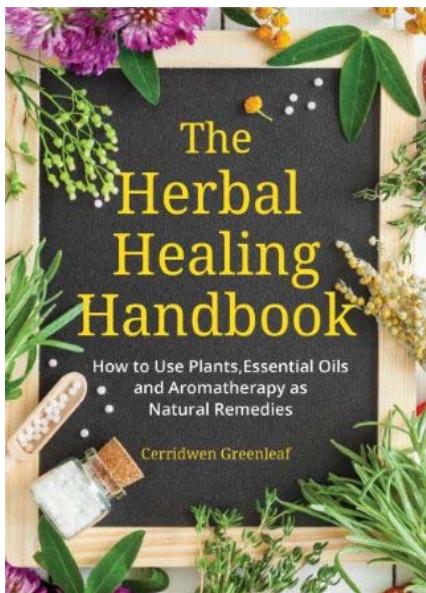
Become better than just functional. Currently popular functional training is exercise as rehabilitation. It aims to restore normal, healthy strength and mobility using compound and multi-faceted movements. In *Functional Training and Beyond*, Adam reveals how we can become "better than just functional." We can improve not only our physical performance but also our mental state. We can train so that we move better, think more clearly, feel energetic, and even live more efficiently.

An entirely new way to train. Up until now working out has been defined as having



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5 x 8 • 224 pages
30 black and white
9781633537149 • \$27.95 • pb
Health & Fitness / Healing



The Herbal Healing Handbook

How to Use Plants, Essential Oils and Aromatherapy as Natural Remedies

by Cerridwen Greenleaf

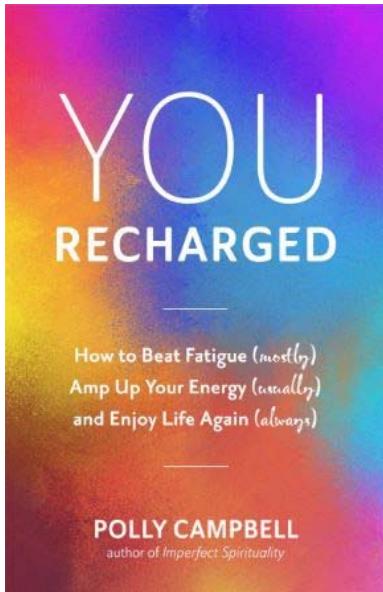
Herbs and essential oils for optimal health

A different kind of therapy: Do you sip chamomile tea regularly, enjoying the stomach settling and sleep-inducing effects? Do you keep a pot of aloe growing for burns and big bites? Are rosemary, mint and thyme your favorites sachets? Have you experienced the rejuvenating power of lavender oil on your skin? These are just a few of the ways we can use herbs and the possibilities are boundless as remedies for both health and happiness.

Homemade DIY natural remedies: While health care debates rage all around us, one way to take good care of yourself and your loved ones is with the "kitchen cabinet cures" in this book. When our great grandmothers and the elders who came before us needed to attend to the cuts, bruises, colds, flu's fevers and other illnesses their family suffered they didn't have a corner drugstore. Instead these wise women relied on



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5.5 x 8.5 • 224 pages
9781642504880 • \$27.95 • pb
Health & Fitness / Healthy Living



You, Recharged

How to Beat Fatigue (mostly), Amp Up Your Energy (usually), and Enjoy Life Again (always)

by Polly Campbell

You Can Get Unstuck

When author and podcaster Polly Campbell got tired of her hoodie smelling like pizza and her days being clouded by midlife over-exhaustion, emotional burnout, and boredom, she decided to get off the couch and reclaim her core energy. But could this burned-out, chronically ill, middle-aged mother of a teen rediscover her vitality? Yes. And so can you.

Small Steps, Big Energy. Self-help books for women often encourage you to throw out the life you're living and create a fresh start. *You, Recharged* isn't about that. You don't have to quit your mundane job, cut out cocktails, or sign-off of social media to recharge. Instead, Polly Campbell's inspirational book is about adding things in - good habits, practices, fun, people, activities, self-care strategies - that ignite your essential energy, the sustainable source that fires you up from within and keeps you going during



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5 x 7 • 208 pages
100 full 4C Illustrations
9781642504941 • \$32.95 • cl
Health & Fitness / Massage & Reflexotherapy



Skin Care for Your Soul

Using the Korean Skin Care Routine for Self Care and Inner Peace
by Jude Chao

Take Your Skincare to the Next Level with This Guide to K-Beauty

Have you always longed for that fresh, glowing, no-makeup look? With this step-by-step guide, anyone can attain healthy skin with confidence. But *Skin Care for Your Soul* takes it one step further - it guides you to a place where skincare is also self-care.

The skincare journey. As much as we'd like it to, glowing, clear skin doesn't happen overnight. But there is beauty in the process - not just the results. Author Jude Chao links skincare to self-care culture, giving readers a practical guide to developing their ideal skincare routine and using it to help manage stress, anxiety, and depression. The Korean skincare routine invites us to look at our skincare not only as a way to reduce lines and wrinkles or clear up breakouts, but as a tool for developing our self-care habits.

Steady improvement is the goal. Photoshopped perfection is neither realistic nor is it a healthy goal. What matters is caring for our mental health and building our self-



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5.5 x 8.5 • 208 pages
40 4C Photographs
9781642505092 • \$27.95 • pb
House & Home / Cleaning & Caretaking



Minimalist Moms

Practical Guidance on Thriving with Less for Mothers on the Go
by Diane Boden

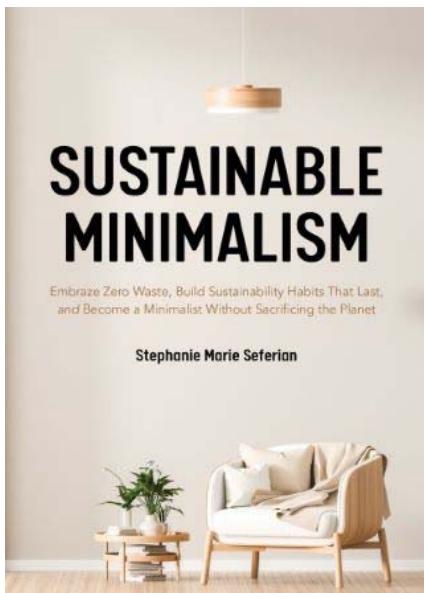
Simple Minimalism for Your Family and Your Life

A collection of daily wisdom, affirmations, and meditations that mothers can ruminiate on as they go about their day to help them stay focused and inspired toward a minimalist lifestyle.

Quick inspiration and wisdom to make minimalist living possible for your family. Parenting is hard enough already without trying to change the way you live in one fell swoop. Diane Boden, the host of the Minimalist Moms podcast, knows that what busy moms desire is quick, daily inspiration and a reminder of the positive impact of minimalism and how to implement it right now. And, with her new book, she's here to deliver. *Minimalist Moms* is a book of on-the-go minimalist wisdom, teaching busy parents how to embrace the core principles of a minimalist: simple living, focusing on what matters, and inner calm.

Thrive by living with less. Minimalism is more of a way of life than a goal to be reached. We need little reminders to help keep perspective and focus on what's





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5 x 7 • 224 pages
9781642505016 • \$27.95 • pb
House & Home / Sustainable Living



Sustainable Minimalism

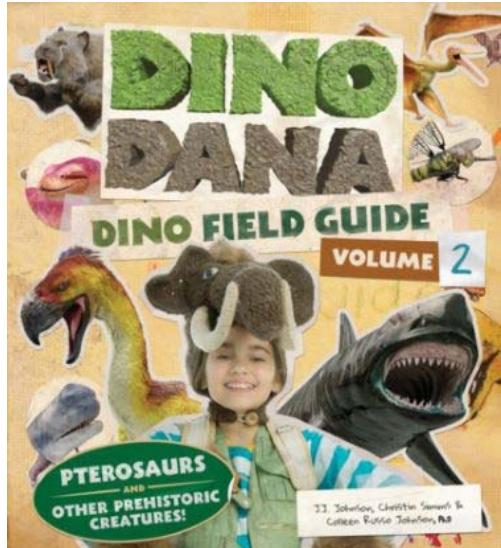
How Living with Less Can Save Money, Your Sanity, and the Planet
by Stephanie Marie Seferian

The Aspiring Minimalist's Guide to Living Consciously and Contributing to a "Greener" Tomorrow

Minimalism is a hot-button issue right now, and for good reason: living a life with less can be the key to saving our precious planet.

Americans are exhausted. There's so much to do and oftentimes, way too much to buy. Whether it's through late night TV ads, social media, or other sources of influence, we seem to be addicted to buying and then storing things. Sometimes we consume with no regret and other times we realize that we're doing more harm than good to our wallets and our homes. It's a constant cycle, one that many are longing to break. Who wants to work longer hours for something they bought and later regretted?

We have an overabundance of things. Manufacturing "stuff" exploits Earth's precious (and finite) resources. And then there's the not-so-pretty reality of where it all goes. Our discarded possessions ultimately head to landfills and contribute to environmental pollution, releasing greenhouse gases during breakdown and decomposition.



Dino Dana: Dino Field Guide

Pterosaurs and other prehistoric creatures!
by J.J. Johnson, Colleen Russo Johnson and Christin Simms
The perfect field guide for dinosaur lovers.

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.' Dino Dana is the first Amazon Prime TV show with a female lead who comes from a biracial family.

Following up on the #1 Bestseller in Children's Fossil Books comes Dino Dana: Dino Field Guide, Volume 2 - Pterosaurs and Other Prehistoric Creatures! Based on the Emmy-award winning series, Dino Dana, join our young palaeontologist-in-training as she explores some of the amazing creatures that once flew through the sky, swam in the oceans and stomped on prehistoric earth. With stunning full colour illustrations, fascinating facts and thought provoking Dino Experiments; Volume 2 offers fans and dino enthusiasts alike the chance to meet a whole new group of incredible creatures.

Mango Publishing
On Sale: Dec 1/20
9 x 8 • 230 pages
200 Each page will detail dinosaurs + activities for the reader to follow. Printed on 80# Coated Paper.
9781642505214 • \$26.95 • cl
Juvenile Nonfiction / Science & Nature / Discoveries



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My First Dinosaur Field Guide

An Interactive Coloring Book

by J.J. Johnson, Colleen Russo Johnson and Christin Simms

Coloring pages (80 pages)

- Each dinosaur (40 in total, from field guide) will have a 2 page spread.
- On the left will be fun facts/a different type of activity (search and find/word search/coloring based on a fact like as long as a school bus).
- On the right will be the dinosaur for them to color in.

Field guide experiment pages (~16 pages)

- Guided experiments for kids to do. The way we learn about dinosaurs is comparing them to animals today.

Examples:

- Finding an animal footprint (and drawing that in) and comparing with a dino footprint in the book.
- Pasting in outdoor samples (e.g. leaves)

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8.5 x 11.5 • 120 pages
100 100 b/w images to be colored + full 4-color stickers
9781642505238 • \$12.95 • pb
Juvenile Fiction / Animals / Dinosaurs & Prehistoric •



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I Like You

by Kate Allan

Kate Allan has brought comfort and calm to many grownups and is now offering encouraging words to bring a good night's sleep to children with her lovingly affirming I Like You. This delightful and sweet board book will garner smiles, giggles, and many a hug in this one-of-a-kind bedtime read. I Like You will strengthen the bonds between parent and child along with self-esteem boosting reminders that parents love their children through all the ups and downs of life. Kate Allan's trademark art adds whimsy and fun to every page.

What sets this book apart from all others is that it is also a glow-in-the-dark board book. Give the gift of love to your family with Kate Allan's magical I Like You.

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On Sale: Dec 1/20
24 pages
24 color illustrations
9781642504811 • \$26.95 • board book
Juvenile Fiction / Social / Emotions & Feelings



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The Best Story Ever Told

Improv Strategies to Get Creative, Sell That Story, and Keep Your Audience on Edge

by Corey Rosen

So, You've Got a Story to Sell

Learn how to tell a good story with *The Best Story Ever Told*. Jam-packed with some of the best storytelling strategies, this manual gives creatives the confidence bump they need to make the sale, land the client, propose a toast, or impress their date.

The following is (not) a work of fiction. We've all got stories to tell—but how do you make your story the best story? In *The Best Story Ever Told*, Moth veteran and master teacher, Corey Rosen, inspires you to get on stage and tell your story. Using the best storytelling techniques from improvisational theatre, Rosen designs an accessible guide for all ages and skill levels. Crafted to help ordinary people tell extraordinary stories, this laugh out loud handbook covers everything from how to tell a good story to going off script.

Spontaneous stories to tell. The best storytelling uses improvisation to enthrall,

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5.5 x 8.5 • 224 pages
9781642504651 • \$27.95 • pb
Language Arts & Disciplines / Communication



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Birth a New World

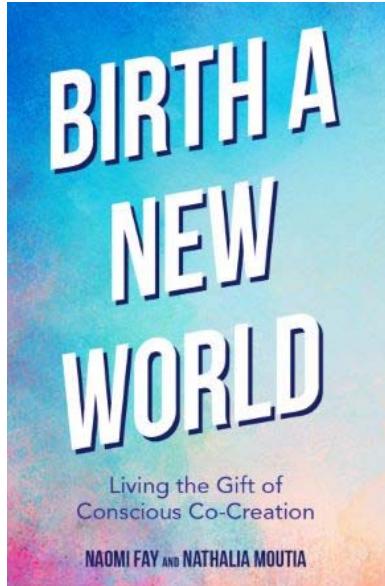
Living the Gift of Conscious Co-Creation

by Naomi Fay and Nathalie Moutia

Manifest a New World for Yourself and Others

Our day to day choices, made individually, affect our culture and societal structures as a whole. With this in mind, *Birth a New World* guides you through an extraordinary program of self-realization and empowerment to access your creative potential and manifest your dreams.

Learn the art of true, conscious creation. We spend our lives searching for things that we think will make our lives better, more abundant, loving and fulfilling. Yet, as we take part in our day-to-day busy lives, we often get sidetracked from our truest dreams and desires. Instead of creating the life that we have always dreamed of, we get lost in an endless series of events where we are often unprepared, reactionary, and less tolerant. In order to create with consciousness, to manifest our soul's wishes into reality, we need to believe there is a greater part of ourselves that is able to guide us, so that we can live our dreams by loving ourselves unconditionally.



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9781642504491 • \$27.95 • pb
Body, Mind & Spirit / Meditation



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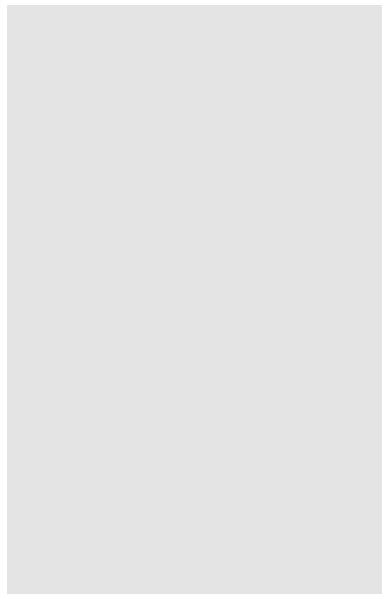
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Uncomfortable Minds

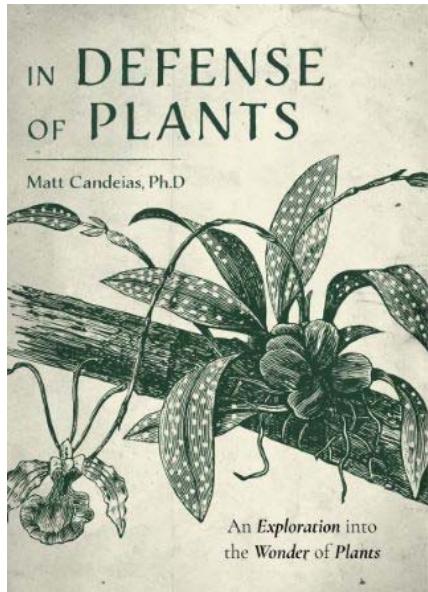
Poems
by Larry Sorkin
(...)



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5 x 7 • 224 pages
9781642505252 • \$27.95 • pb
Poetry / General



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5.5 x 8.5 • 224 pages
100 b/w illustrations
9781642504538 • \$28.95 • cl
Science / Life Sciences / Ecology



LEAD

In Defense of Plants

An Exploration into the Wonder of Plants
by Matt Candeias, PhD
The Study of Plants in a Whole New Light

In his debut book, internationally-recognized blogger and podcaster Matt Candeias celebrates the nature of plants and the extraordinary world of plant organisms.

A botanist's defense. Since his early days of plant restoration, this amateur plant scientist has been enchanted with flora and the greater environmental ecology of the planet. Now, he looks at the study of plants through the lens of his ever-growing houseplant collection. Using gardening, houseplants, and examples of plants around you, *In Defense of Plants* changes your relationship with the world from the comfort of your windowsill.

The ruthless, horny, and wonderful nature of plants. Understand how plants evolve and live on Earth with a never-before-seen look into their daily drama. Inside, Candeias explores the incredible ways plants live, fight, have sex, and conquer new territory.

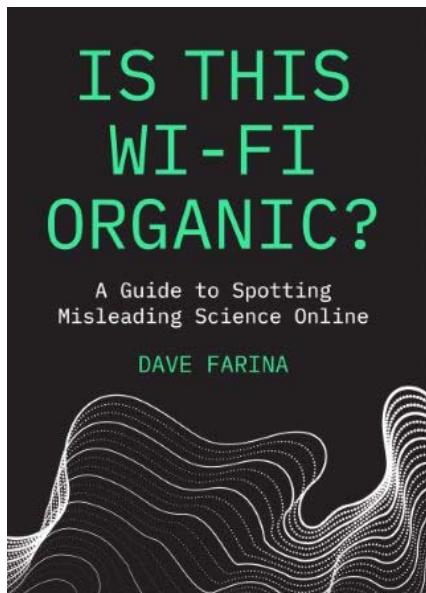


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5 x 7 • 256 pages
30 charts and graphs in b/w
9781642504156 • \$28.95 • cl



Is This Wi-Fi Organic?

A Guide to Spotting Misleading Science Online

by Dave Farina

How to Separate Real Scientific Truths from Fake News

This book separates fact from fiction and teaches science basics in an easy-to-understand and -apply way. With the knowledge base gained from Dave Farina's teaching, you can spot misinformation and lies on the internet before they spot you.

Is This WiFi Organic? is about science that affects us all. Food, medicine, and technology. Earth, sea, and sky. Light, heat, and fire. Science is the study of everything around us. It has ultimately yielded to all of the modernity that is inextricable from our everyday experience, from cures for diseases to the electricity we use constantly. But one impressive scientific breakthrough, the internet, has pervaded and encapsulated popular culture, and it is also making it harder and harder to know what is true - and what is not.



9 781642 504156



Living a Purposeful Retirement

How to Bring Happiness and Meaning to Your Retirement

by Hyrum W. Smith

Your Personal Roadmap to An Enjoyable Retirement

So you've reached your retirement age and are at risk of becoming a "couch potato". It doesn't have to be that way. Uncover the joy of retirement and learn how to make the most of it with this life-enhancing gift book.

Did you just set up a permanent out of office reply? Are you officially signed up for the Ferris Bueller phase of your life? Learn how to enter what can be the most satisfying life stage - a new world of purposeful retirement and good living.

Wisdom and advice from real retirees. From the award-winning author of *Purposeful Retirement* and celebrated "Father of Time Management," Hyrum Smith, this gift book for the newly retired will provide inspiration and a newfound purpose. Filled with wisdom, advice from real retirees, and enthusiasm, you are encouraged to discover your true passion, re-imagine your life, and try new possibilities.

Realize the hidden magic of retirement:



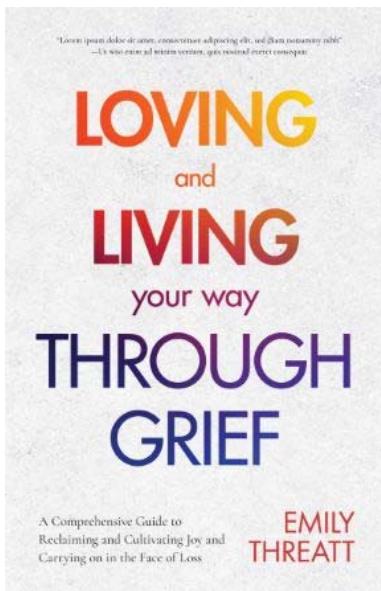
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5 x 7 • 180 pages
9781642505078 • \$27.95 • cl
Self-Help / Aging



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On Sale: Oct 12/21
5.5 x 8.5 • 224 pages
9781642504828 • \$27.95 • pb
Self-Help / Personal Growth / Happiness



Loving and Living Your Way Though Grief

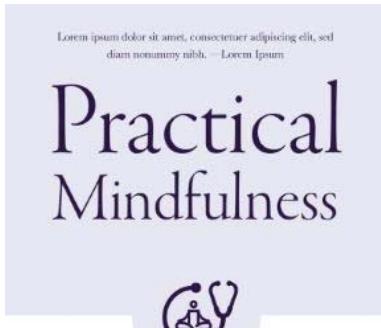
A Comprehensive Guide to Reclaiming and Cultivating Joy and Carrying on in the Face of Loss

by Emily Thiroux Threatt

How to Heal from Grief and Loss

Loving and Living Your Way Though Grief is a handbook on how to deal with grief, organized so that you can pick and choose a topic from the table of contents pertaining to the issue that's affecting you the most in that moment. The book includes 52 practices and stories from people who have been through the grieving process and have come out on the other side feeling renewed.

Rediscover sustained moments of joy as you seek a new way of being in the world. *Loving and Living Your Way Through Grief* guides and lightens the journey to positivity for those who feel the pain of loss, whether it is the loss of a loved one, a job, a marriage, a house, a pregnancy, a nest egg - anyone or anything that we loved and that is no longer in our lives. In this book, author and fellow griever Emily Thiroux Threatt provides you with strategies to embrace the process of learning how to start



A Physician's
No-Nonsense Guide to
Meditation for Beginners

Greg Sazima, MD

Mango Publishing
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50 b/w illos
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Self-Help / Meditations



Practical Mindfulness

A Physician's No-Nonsense Guide to Meditation for Beginners
by Greg Sazima, MD

Learn Calmness, Contentment, and Coping Skills

Master the nuts and bolts of meditation, without the crystals and granola. *Practical Mindfulness* is a no-nonsense, no-incense training guide to the life-changing benefits of mindfulness.

Training exercises that work. *Practical Mindfulness* approaches mindfulness and meditation from a hands-on, how-to, irreverent perspective—appealing directly to smart readers curious about meditation. By applying Dr. Sazima's training routines, learn to spend more time in real engagement with the world. Cultivate a deeper appreciation of experiences, from the everyday to the extraordinary, and live your life more fully, wisely, and joyfully.

A practical approach to finding "home." We all search for that safe, comfortable feeling of peace of mind—our inner "home." When we face challenges—economic crisis





Anxious Little Monsters

by Verity Crosswell

Control Your Anxiety and Loneliness with Cute Little Monsters Struggling with the Same Things You Are

Anxious Little Monsters is a friendly little book containing cute monster illustrations, affirmations, and encouragement for those facing mental health challenges.

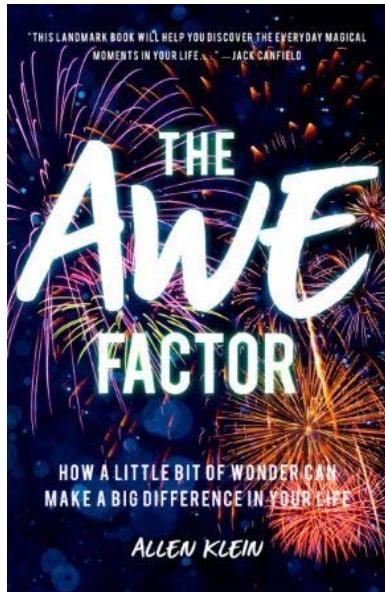
An antidote for a society riddled with loneliness. Even though advancing technology has allowed people to connect in ways once unimaginable, we are lonelier than ever. It can be difficult to find a place in our fast-paced world, and it's easy to think that we're the only ones going through a hard time. As a result, anxiety is on the rise. Enter: *Anxious Little Monsters*. The positive affirmations in this book, in the form of hand-drawn, adorable anxious monsters, meet your anxiety where it's at and offer a helping hand for getting through it and attaining mental wellness and peace of mind.

The gentle reminders you need and deserve. If anxiety is a formidable presence in your life, you know that sometimes it can feel like a losing battle. But these monsters

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The Awe Factor

Embracing Life's Magical Moments

by Allen Klein

How to Find Awe, Meaning, and Wonder in Everyday Life

Bestselling author and TEDx presenter Allen Klein returns to find and define awe. In his latest book, he shows readers how to escape the everyday ruts of life by opening their eyes to the awe and wonder around them.

Exploring the human ability to be in awe. What does it mean to be awestruck? Or more simply, what is awe? Backed by the latest scientific research, Klein sets out to define awe and its effects on health and happiness. For example, over the past dozen years, or so, scientists have found, among other things, that awe:

- Connects us to others
- Lowers our stress levels
- Enhances positive emotions
- Increases our compassion

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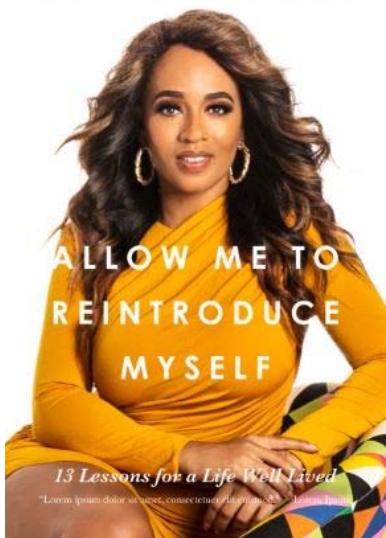
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Allow Me to Reintroduce Myself

13 Lessons for a Life Well Lived

by Melyssa Ford

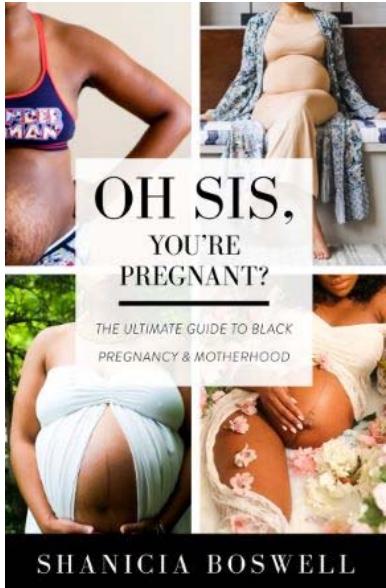
How Do You Discover Your Authentic Core Values - Before it's Too Late? Life is unpredictable. Melyssa Ford knows firsthand. In this book, the host of the I'm Here for the Food podcast gives us raw and honest life bettering advice.

How do you know who you are when you lose everything you thought defined you? For Melyssa Ford, life was perfect in every way. The perfect career. The perfect boyfriend. The perfect social circle. Or so she thought. In an unfortunate turn of events, a terrible car accident caused her to walk away alive, but different. She sustained a brain injury causing her to be fully dependent on others. The financial and physical setbacks she endured, along with the loss of the connections she thought she had, forced her to step back and reevaluate her life. How does she find herself again?

How do you define yourself outside of your relationships and everything you own? *Allow Me to Reintroduce Myself* is like reading a book from a best friend who will tell you the unapologetic truth about how to add more positivity to your life, control your



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Oh Sis, You're Pregnant?

The Ultimate Guide to Black Pregnancy & Motherhood
by Shanicia Boswell

What to Expect When You're Black, Pregnant, and Expecting Written with lighthearted humor and cultural context, *Oh Sis, You're Pregnant?* discusses the stages of pregnancy, labor, delivery, and motherhood as they pertain to pregnant Black women today.

Tailored to today's pregnant Black woman. In the age of social media, how do pregnant women communicate their big announcement? What are the best protective hairstyles for labor? Most importantly, how many pregnancy guides focus on issues like Black maternal birth rates and what it really looks like to be Black, pregnant, and single today? Written for the modern pregnant Black woman, *Oh Sis, You're Pregnant?* is the essential companion to understanding pregnancy from a millennial Black mom's point of view.

Interviews, stories, and advice for pregnant women. Written by Black Moms Blog founder, Shanicia Boswell, *Oh Sis, You're Pregnant?* manages to tackle some hard topics in a way that truly resonate with modern Black moms. With stories from her experiences through pregnancy, labor, delivery, and motherhood, and lessons learned



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