



Raincoast Books

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**WINTER 2023**

**MANGO PUBLISHING**

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To view updates, please see the Winter 2023 Raincoast eCatalogue or visit [www.raincoast.com](http://www.raincoast.com)



## The 7 Habits of Highly Effective People: Habit Tracker by Stephen R. Covey

The Ultimate Habit Tracker for Living Your Personal Mission Statement

Reaching your life goals as established in your personal mission statement depends on the small steps you take every day. With worksheets for goal setting and regular progress checks, this habit tracker helps you get there, one day at a time.

**Achieving your life goals just got easier.** The 7 HABITS OF HIGHLY EFFECTIVE PEOPLE: HABIT TRACKER presents a brand-new way to track the daily progress on your goals. Inside, find worksheets for planning, daily habit tracking, and regular progress checks to keep you on track to reach everything - from your big life goals to your smaller personal goals.

**Learn the 7 Habits of effectiveness.** The 7 Habits provide a foundation for effectiveness in your life and relationships. Once you apply these habits, your purpose and the person you want to be become attainable. In this habit tracker, find an easy-to-understand breakdown of the 7 Habits and guidance on how you can implement them in your daily routine.

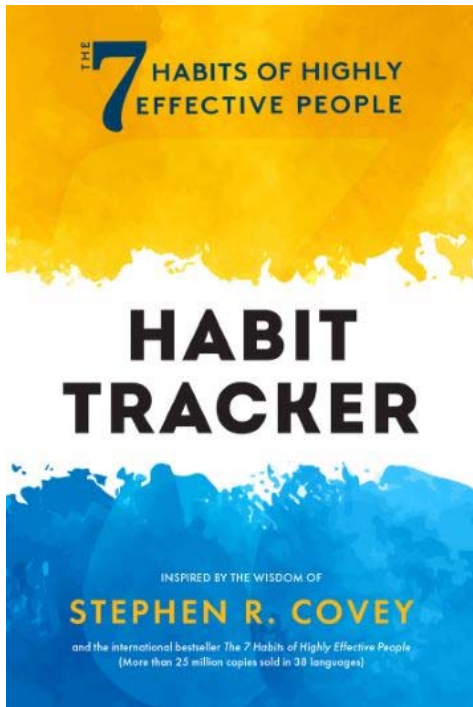
### Inside, you'll find:

- A simple breakdown of the 7 Habits and a tracking system to implement them in your daily life
- Worksheets for tracking goals and habits you want to build
- Weekly and monthly reflection questions to keep you inspired and on track
- Bonus free printable worksheets to continue your habit tracking journey

**If you liked WORKBOOK FOR JAMES CLEAR'S ATOMIC HABITS, THIS YEAR I WILL, or HABITS, you'll love THE 7 HABITS OF HIGHLY EFFECTIVE PEOPLE: HABIT TRACKER**

### Author Bio

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



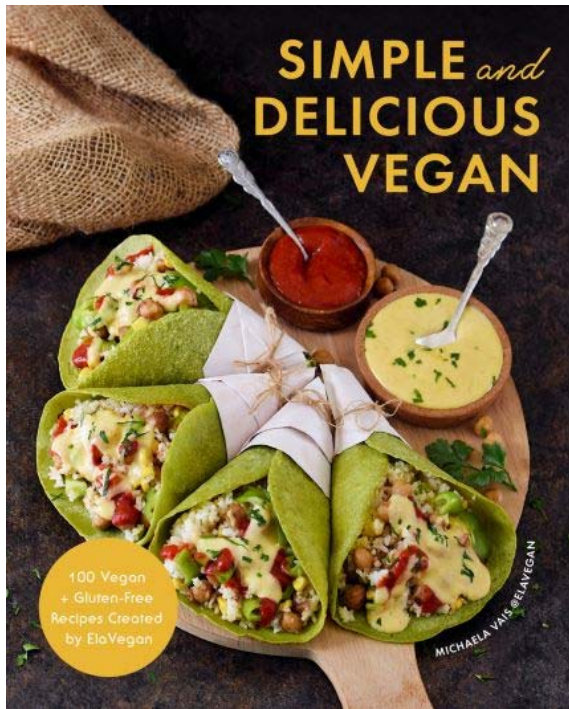
Mango Publishing  
On Sale: Dec 6/22  
6 x 9 • 184 pages  
50 b/w illustrations throughout  
9781684810857 • \$24.99 • pb  
Self-Help / Journaling

### Notes

### Promotion

Sean Covey is a New York Times bestselling author. His many books include The 7 Habits of Highly Effective Teens, which has been translated into 20 languages and sold over 4 million copies worldwide, The 7 Habits of Happy Kids, and The 6 Most Important Decisions You'll Ever Make. Sean Covey is a seasoned speaker to kids, teens, and adults and has appeared on numerous radio and TV shows. Sean Covey is the president of FranklinCovey Education and is passionate about inspiring people to live their best life. Sean Covey oversees all of Franklin Covey's International partnerships, which cover more than 140 countries. FranklinCovey Co. has an engaged following on all social media platforms and releases content regularly to promote their products. FranklinCovey Co. has a YouTube channel of over 45,000 followers where they release instructional videos and interviews on business, leadership,





## Simple and Delicious Vegan

100 Vegan and Gluten-Free Recipes Created by ElaVegan  
by Michaela Vais

### A Vegan, Plant Based Cookbook for Everyone

"Your recipes are unlike anything I've found in not only the vegan community but in general." - **ElaVegan Fan**

**ELAVEGAN is a vegan, plant based cookbook filled with delicious plant based breakfast ideas, vegan lunch ideas, dairy and gluten free snacks, and unbelievably vegan dinners. This is perfect for those looking to spice up their diet, to heal with food, or those ready to embrace sustainable living.**

**Eat Plants, be happy.** ELAVEGAN makes cooking healthy food that tastes good as easy as pie. Enjoy original, easy recipes that are healthy, allergy-friendly, delicious, and good for both your body and the planet. Only a few recipes contain nuts, soy, or corn, with substitutions always provided. Lovingly photographed, ELAVEGAN also offers ingredient shots, so you see what to buy - getting you cooking - and eating - faster!

**Learn how to cook plant-based food from an expert.** Popular blogger and author Michaela Vais, or Ela, was a vegetarian by age six. In 2011, she made her best decision yet and went vegan. She gained energy, cured her cystic acne, and connected with the earth in a new way. In this vegan, plant based cookbook, she shares what she's learned so you, too, can reap the benefits.

### Inside ELAVEGAN, find:

- Innovative plant based breakfast (...)

## Author Bio

**Ela** is a passionate food blogger, recipe writer, food photographer, and the creator of ElaVegan.com. She loves to cook healthy, vegan food that is also gluten-free.

In 2015, her creativity led her to Instagram, where she began spreading her passion for healthy plant-based dishes. She has helped many people transition to veganism with her recipes, which is something that is truly near and dear to her heart. At first, she started posting her recipes in Instagram captions, but once her Instagram family grew, people asked for a food blog, where all her recipes could be bundled in one easily searchable place. At the end of 2016, the ElaVegan blog went live, and it turned out to be more successful than she could ever have imagined.

In 2019/2020, Ela started getting more and more messages, comments, and

Mango Publishing  
On Sale: Dec 6/22  
5.5 x 8.5 • 224 pages  
200 color photographs throughout  
**9781684811403** • \$39.99 • cl  
Cooking / Methods / Raw Food

## Notes

### Promotion

ElaVegan has quickly become popular across the globe:

- Social Media
- Instagram: @ElaVegan, 1.2M followers
- Pinterest: @Elavegan, 147k followers
- Facebook: Elavegan, 58k followers
- YouTube: Ela Vegan, 28k subscribers

Instagram Audience:

- Top countries: US (28%), Germany (8.1%), the UK (6.8%), Australia (4.6%), and Canada (4.4%).
- Age: 25-34 (41.5%), 35-44 (28%), 45-55 (11.9%), 18-24 (11.2%), others (6%)
- Gender: 88.2% women, 11.7% men

A career food blogger since 2015, Ela was nominated for the Influencer Awards of Monaco and her work has been featured on popular sites such as Cosmopolitan, Shape, CountryLiving, BuzzFeed, delish, Brit + Co and many, many more.

Her blog gets two to three million page views every month with fans all over the world, but mainly the US and Germany.

- Top countries for





## Extreme Survival

Lessons from Those Who Have Triumphed Against All Odds  
by Michael Tougias

### Learn Resilience Through These Survival Stories

**EXTREME SURVIVAL** is the long awaited followup to **NEW YORK TIMES** best-selling author Michael Tougias's **THE FINEST HOURS**. This thriller will have you mentally on the edge-of-your-seat as you read these true survival stories and learn useful survival techniques! Explore the stories and the causes of manmade disasters. To answer the question of why disasters happen and how some survive, Tougias interviewed over 100 people who survived against all odds, first chronicling their harrowing survival stories, and then discussing in detail the lessons learned. Both an exciting and informative read, this book provides the entertainment and exceptional research fans expect.

**Learn resilience through the mindset of a survivor.** Tougias shares what a person is capable of when under pressure and facing different types of disasters. Surviving disasters requires extreme survival techniques to kick in at just the right time! All of Michael Tougias books have a level of deep survival laced within the pages. Learn how to rise against the odds in your personal and professional life.

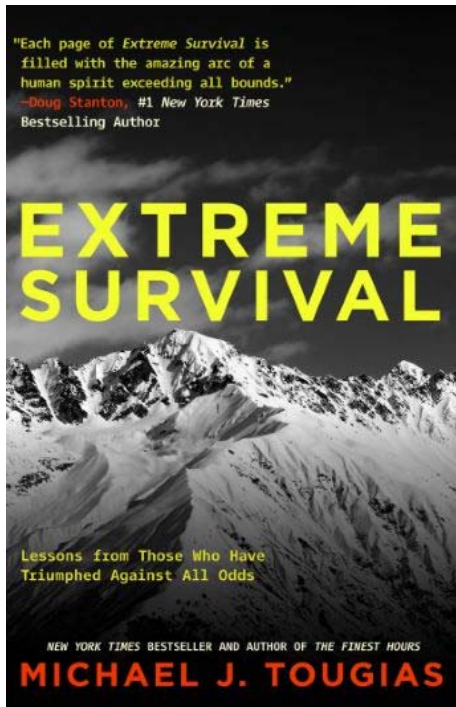
### Inside, you'll find:

- Captivating and narrative survival stories told in true Tougias' trademark style
- Analysis of major man-made disasters and the faulty decisions that led to them
- First-person accounts and detailed survival tactics that can be utilized in your day-to-day life

**If you like non-fiction survival books like THE GIFT OF FEAR, DEEP SURVIVAL, or IF I LIVE UNTIL MORNING, you'll love EXTREME SURVIVAL .**

### Praise for Books by Michael J. Tougias

***Extreme Survival: Lessons from Those Who Have Triumphed Against All Odds (...)***



Mango Publishing

On Sale: Dec 6/22

5.5 x 8.5 • 256 pages

9781684810611 • \$28.99 • pb

## Notes

### Promotion

Platform Marketing <ul> <li>Tougias's book <i>The Finest Hours</i> was made into a movie produced by Walt Disney Pictures and starring Chris Pine.

</li><li>Tougias sends a newsletter to 16,500 people who have opted in (via Constant Contact).</li>

<li>Tougias averages seventy presentations per year on the topics of his books and is often the keynote speaker at national association meetings and other business conferences. These groups often buy the books from the publisher in advance to give to attendees. He speaks to groups as large as 500 and to more intimate library settings of 75. He has spoken in almost all fifty states and just about every type of organization, from boat shows, historical societies, teacher associations, medical conventions, colleges, high schools, aviation conventions, active military, etc. He has "key influencers" friends that will help him promote the book.</li> <li>Tougias has connections at national newspapers, talk radio, NPR, and national television. He has appeared on NPR's <i>Here & Now</i>, over thirty local NPR stations, <i>Fox &



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## Insomnia Doc's Guide to Restful Sleep

Remedies for Insomnia and Good Sleep Health  
by Kristen Casey

### Kick Poor Sleep Hygiene Out of Bed!

**Dr. Kristen Casey, TikTok's "Insomnia Doc," brings her sleep solutions right to you, so you can get the restful sleep you deserve! We all have sleep issues and you're not alone.** Whether you suffer from acute insomnia, sleep maintenance insomnia, or even depression insomnia, we all have experienced sleeplessness brought on by poor sleep hygiene, emotional factors, or physical barriers that keep us just out of reach of a healthy sleep schedule. But don't fret, you can learn the tools to help you sleep well every night!

**Mental health plays a huge role in our sleep patterns.** Our mental wellness can greatly affect our quality of sleep. If we are feeling anxious, depressed, or tired, we may struggle with making those choices that promote healthy sleep hygiene, and we instead get stuck with the outcomes of poor sleep hygiene. Dr. Casey will teach you how to improve your mental health through better sleep for more restful nights.

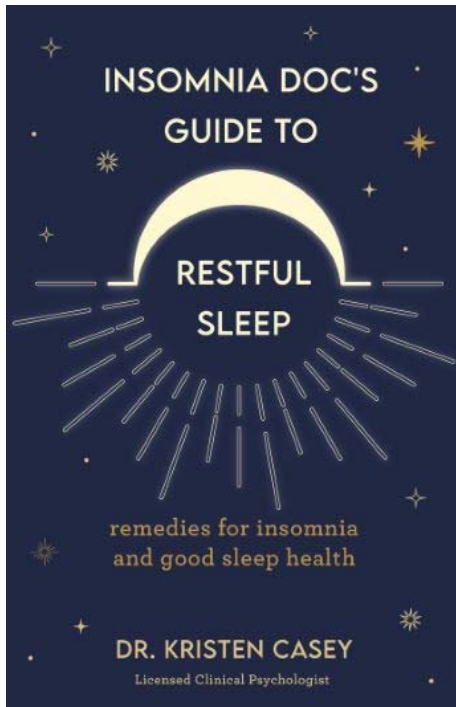
### Inside, you'll find:

- Practical and methods for trading in your poor sleep hygiene for good sleep hygiene and optimal sleep health
- Expert advice on the best ways to fall asleep, how to stay asleep, and how to sleep soundly without the white noise machine
- CBTI-based techniques to help you set up a successful night routine to help you sleep like a baby and finally get a good night's rest

### If you've enjoyed books like WHY (...)

### Author Bio

**Dr. Kristen Casey** is a clinical psychologist, author, and content creator. She is the founder and owner of a private practice and consultation company in Missouri. She is also a popular TikTok doctor on insomnia and other sleep issues. She was an EMT for 5 years before she became a psychologist, where she struggled with her own insomnia, and uses her experience to guide others to creating health sleep habits. Her approach toward treating others is inclusive, empathetic, and honest in acknowledging we all experience life from a different perspective, so require unique treatment.



Mango Publishing  
On Sale: Mar 14/23  
5.5 x 8.5 • 256 pages  
40 b/w illustrations throughout  
9781684810659 • \$27.99 • pb

### Notes

### Promotion

**Author's Social Media Platforms:** Dr. Casey has an engaged following on Instagram (26.7K) and TikTok (over 141K followers) who will order the book, share content, and leave reviews. She created an Instagram poll, and her community reported they want to be in tune with updates of the book and help promote it. She will go live on both Instagram, TikTok, and YouTube. She can also create merch and an online class that she can offer as bonus material for preorders.

**Author's Previous Publication:** Dr. Casey self-published a self-help book in early 2021 that has received thirty 5-star reviews only from promoting it intermittently.

**Endorsements:** Dr. Casey will draw upon her rolodex of fellow clinical psychologist friends and colleagues- including fellow insomnia influencers, to amplify the news of the book release.

**Upcoming Press:** *Monday Makeover*- a series that will be aired on Netflix or HBO about women's stories related in trauma (Alkamba





### No Self-Hate

You're Too Cute for That, An Anti Anxiety Coloring Book  
by Kate Allan

#### Find Clarity and Connection in this Calming Coloring Book

Imagine calling it a day and calming the emotional storm with this anti-anxiety coloring book. Filled with encouraging messages and cute animal friends, these cute coloring pages are a perfect addition to your relaxing self care routine. Reconnect with your inner self. When was the last time you felt creative, confident or connected? You're too cute for that! Develop these skills and find anxiety relief in this calming coloring book. This Kate Allan art book for artists and anti-anxiety coloring book combo can be used to create wall art for your space.

**An anti-anxiety coloring book from someone who gets it.** Artist and bestselling author of THERA-PETS Kate Allan, or thelatestkate, draws from her own experience with anxiety and depression. She understands how helpful a creative outlet and a supportive message can be. NO SELF-HATE combines these in the perfect art therapy book for calming the storm in your mind.

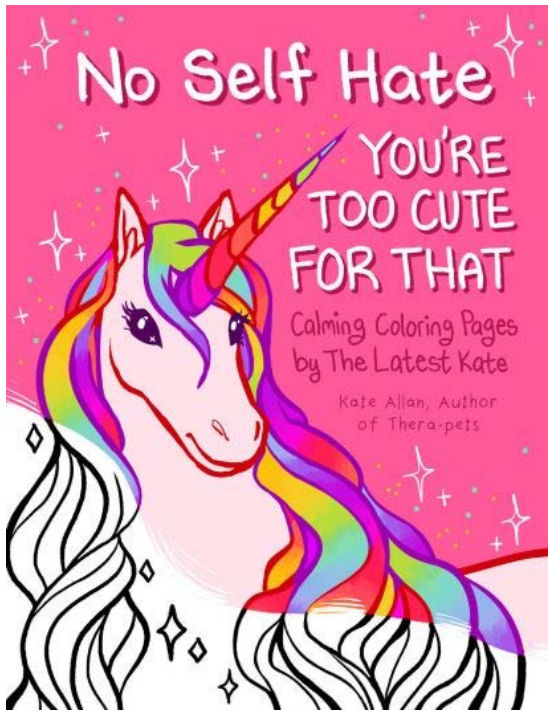
#### Inside, you'll find:

- An encouraging coloring book with words that gently argue against negativity
- Calming visual sensory themes and affirmations in an anti-anxiety coloring book
- 96 coloring pages featuring cute, simple illustrations of cute animals and cute coloring pages for all skills

**If you enjoyed calming coloring books like MINDFULNESS COLORING BOOK FOR ADULTS, 100 FLOWERS, or YOU DESERVE NICE THINGS, you'll love NO SELF-HATE**

#### Author Bio

**Kate Allan** is an author and illustrator from Washington State. She writes and draws about painful things but aims to make it okay with bright colors and sparkles. Under the handle The Latest Kate, she has amassed a social media following of more than 400,000 people. Her work has been featured in THE HUFFINGTON POST, THE MIGHTY, MY MODERN MET, WEAR YOUR VOICE MAG, THE PATREON BLOG, and SPARKLIFE



Mango Publishing  
On Sale: Feb 14/23  
8.5 x 11 • 150 pages  
96 b/w illustrations throughout  
**9781684811397** • \$21.99 • pb  
Games / Activity Books (Incl. Coloring Books)  
Series: Coloring with TheLatestKate

#### Notes

#### Promotion

The Latest Kate has 400K+ followers on social media, a significant percentage of which are likely to purchase a book. Over 50K+ The Latest Kate items have been sold on merchandising website, Redbubble. The artwork has a colorful style reminiscent of popular 1990s illustrator Lisa Frank; nostalgic buyers will be interested. Those who struggle with mental illness will be encouraged and validated by these captioned illustrations. Her work has been featured in The Huffington Post, The Mighty, My Modern Met, Wear Your Voice Mag, The Patreon Blog, Sparklife, and more. Her books have sold over 60,000 copies.



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## Flavor Lab Creations

A Physicist's Guide to Unique Drink Recipes

by Logan Richardson

Discover the Science of Unique Drinks with this Mixologist Guide

Are you a novice mixologist? Are you a soda lover, or a connoisseur of unique alcoholic drinks? Would you like to know the science behind your favorite cocktail, mocktail, or coffee drinks? Well, this is the cocktail recipe book for you!

**Find your next favorite drink.** In, FLAVOR LAB CREATIONS Logan Richardson, the creator of Flavor Lab, combines cooking with science in a fun and accessible way. Richardson takes a mixologist approach and shares detailed recipes with scientific facts. This book explains the origins of unique drinks and the yummy nontraditional ingredients.

**A mixologist guide to drinks from cocktails to strawberry milkshakes.** FLAVOR LAB CREATIONS goes beyond the simple spirit and mixed drinks options, Richardson takes us directly to unique options like a soda drink called Oleo Saccharum and a fermented cocoa bean chocolate tea.

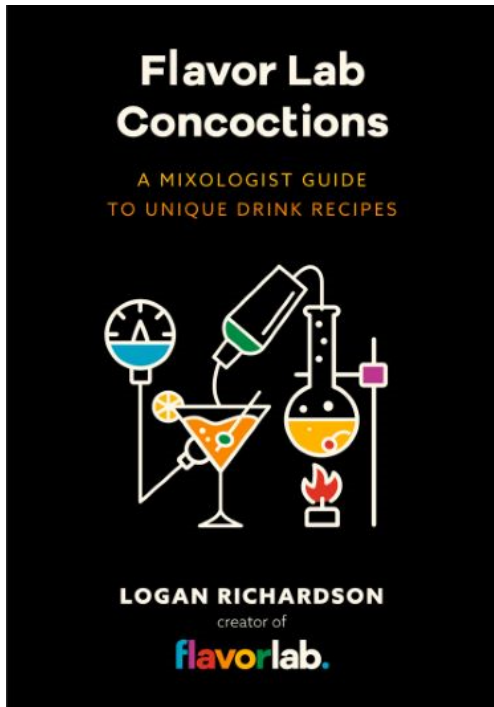
**Inside FLAVOR LAB CREATIONS, you'll find:**

- Curious drinks such as the Viking Bland
- Mixologist recipes in this coffee and cocktail cookbook
- Scientifically fun approaches to unique drinks and alcoholic drinks

**If you enjoyed books like COCKTAILS MADE SIMPLE, MOCKTAIL PARTY or THE COFFEE RECIPE BOOK you'll love FLAVOR LAB CREATIONS**

## Author Bio

**Logan Richardson** is a physicist, currently working in a research lab, specializing in the areas of gravitation and atom optics. He also really loves food, cooking, and experimenting. He is the creator and host of Flavor Lab. It started as a hobby when he was getting a PhD in Hannover, Germany, during which time he got to experience quite a different world of living and eating. He now lives in the United States.



Mango Publishing

On Sale: Feb 14/23

8 x 10 • 256 pages

75 color photographs throughout

9781642509694 • \$49.99 • cl

Cooking / Beverages / Juices & Smoothies

## Notes

### Promotion

Marketing plan

Due to the evergreen nature of the author's videos, views continue to accrue on videos even several years after publishing. By placing a link to the book within the description boxes below videos and pinning the link in comments on key high-performance videos, the author can drive traffic and generate interest in the proposed book.

His most popular drink video is a recipe for Coca-Cola from scratch (8 million views). He could remake this video, with better ingredients and techniques as an integrated advertisement for the book.

Some recipes, such as Kvass, do not have videos, so the author could create accompanying videos for new recipes that will feature in the book.

He will promote pre-orders of the book with my brand merchandise including my personal Flavor Lab stickers.

The author will reach out to fellow food YouTubers such as Adam Ragusea, Sauce Stache, and Still It, who may be interested in featuring



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## Macrame

The Power of Knots for Macrame Beginners

by Nghi Ho

Fun Macrame Crafts to do at Home!

**Macrame for beginners just got even easier! Learn how to do macrame! Books to creatively express yourself with Macrame knots and other basic knots are just what you need!**

**Macrame Projects and craft ideas for the whole family.** Want to start something new? Want to get away from binging Netflix? Sick of embroidery? Well, jump into some knotty macrame knots that the whole family can enjoy.

**Take a moment to yourself with Macrame diy crafts.** Having a stressful day? Unsure of yourself? Enjoy a macrame project that sparks emotional regulation for adults. When you get those hands moving, the anxiety ceases. Craft ideas are so much more than just a project, they bring healing to the mind and beautiful art to the home.

### Inside, you'll find:

- Tutorials on starting your own macrame projects, macrame kits, and basic knots
- How emotionally beneficial it is to make your own knotty crafts and home decor
- Crafts to do at home and fun activities for the whole family to participate in

**If you like books to calm anxiety or like MACRAME FOR BEGINNERS, STATEMENT MACRAME, or MODERN EMBROIDERY, you'll love MACRAME: THE POWER OF KNOTS FOR MACRAME BEGINNERS**

## Author Bio

**Nghi Ho** is a successful self-taught Macrame artist and content creator. As a kid, she was amazed by how using your hands and a bit of creativity one could create something beautiful. One of her fondest memories as a child is making lanterns for the Mid-Autumn festival.

Nghi followed her passion and received her bachelor's degree in Fashion Design. After graduating, she got a job as a graphic designer. She then decided to become a freelancer, in order to have more artistic freedom, and to be able to choose projects she was really passionate about. After a while Nghi began to show interest in other types of digital businesses. She's self-taught in basic coding/programming, recording/editing content, image compositions

Mango Publishing

On Sale: Jan 10/23

7.5 x 9.25 • 212 pages

100 color photographs throughout

9781684811083 • \$28.99 • pb

Crafts & Hobbies / Mixed Media

## Notes

### Promotion

<ul> <li>Owner of e-commerce store with more than 5k visits a month; 40k+ online store sessions</li> <li>Customers and fan base include people with basic macrame knowledge, older women who dabbled in macrame in the 70s, and craft/DIY enthusiasts</li></ul> <b>Social Media</b> <ul><li>Followers</li><li>YT: 33.8k</li> <li>IG: 290k</li> <li>Pinterest: 10.1k monthly views</li></ul> <li>Age</li> <ul><li>25 - 34: 38.8%</li> <li>35 - 44: 24.8%</li> <li>18 - 24: 14.9%</li></ul> <li>Gender</li><ul> <li>Women: 79.8%</li> <li>Men: 20.2%</li></ul> <li>Top Locations: United States, Brazil, Germany, India, United Kingdom, Argentina, Turkey, Iran</li></ul> <b>Mini Marketing Plan</b> <ul><li>Create promotional videos for the book on YouTube and several YouTube Shorts</li> <li>Promotional segment referencing the book in all new YouTube + Instagram tutorials</li> <li>Link to directly buy the book in YouTube + Instagram description</li> <li>Pin a







## Space Explorers

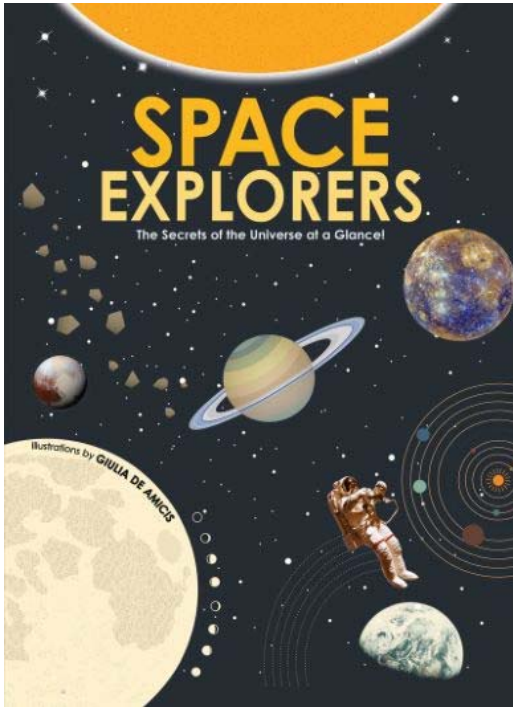
The Secrets of the Universe at a Glance!

illustrated by Giulia De Amicis

Blast off with *Space Explorers*! This is not a typical guide to space for kids, with complex concepts that are difficult to understand. This book educates kids about space and space exploration with colorful charts and diagrams which simplify the most challenging concepts and make them readily understandable and accessible. *Space Explorers* offers captivating information about our moon, the planets in our solar system, space exploration past and future, and much much more!

## Author Bio

**Giulia De Amicis** is surrounded by pets and illustrated books and has a strong inclination for freehand drawing and collage since early childhood. After studying Communication Design at Milan Polytechnic, she specialized in data and information visualization with Density Design Lab. Since her graduation, she has worked as an information designer and illustrator for several design studios, Ngos and marine organizations. She currently works and lives in Brighton, UK.



Mango Publishing

On Sale: Mar 14/23

8 x 10 • 72 pages

70 full color illustrations throughout

9781684811489 • \$28.99 • cl

Juvenile Nonfiction / Science & Tech / Aeronautics,

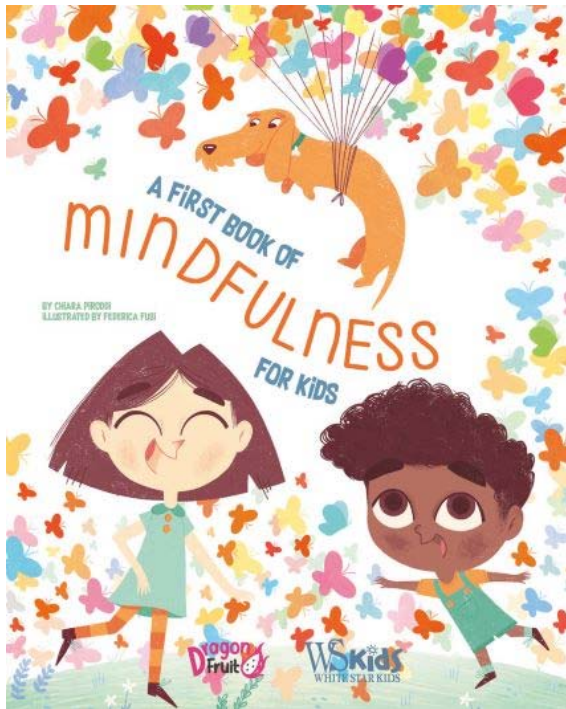
Astronautics & Space Science • Ages 8-10 years

Series: Infographics for Kids!

## Notes

## Promotion





## A First Book of Mindfulness

Kids Mindfulness Activities, Deep Breaths, and Guided Meditation

by Chiara Piroddi, illustrated by Federica Fusi

### Fun Kids Mindfulness Activities for Ages 5-8

Help your little ones manage their emotions with fun mindfulness exercises, games, and guided meditations for kids. Help your child stay calm and breathe deeply. With the help of kid-friendly activities and relatable characters, explore mindfulness for kindergarteners and elementary schoolers. Practicing mindful meditations with your little one will empower them as they interact with other children.

Implement mindful moments taught by a child psychologist in this emotions book for kids. With A FIRST BOOK OF MINDFULNESS, kids learn how to cope by growing in awareness of the world around them - and the world within themselves. In addition to being present and breathing exercises, this book teaches self-esteem building, self-soothing skills, anxiety relief for kids, and anger management. Encourage your child to live in the moment and expand their emotional intelligence with the tools in this book.

Inside A FIRST BOOK OF MINDFULNESS, explore mindfulness for kindergarteners and older kids through:

- Relaxing kids mindfulness activities and tools for morning, afternoon, and bedtime
- Meditation for children that will teach kids mindfulness in a fun and easy way
- Identification and management of a wide range of emotions
- Cute and colorful illustrations that will bring joy and calm to your little one

If you like children's mindfulness books like **BREATHE LIKE A BEAR**, **FIND YOUR CALM**, or **ROCKET SHIP YOGA**, you'll love **MY FIRST BOOK OF MINDFULNESS**

## Author Bio

**Chiara Piroddi** is a psychologist and expert in Neuropsychology with a specialization in Cognitive-Evolutionary Psychotherapy. She graduated in Psychology at the University of Pavia in 2007 and continued as a teaching assistant for the Chair of Physiological Psychology, and as a lecturer in Practical Neuropsychology Training. In the last few years, Chiara has released several books for White Star Kids.

Federica Fusi attended Art High School in her hometown, on Trezzano hills.





## Badass Advice

Love, Life and Being True to Yourself

by Becca Anderson

### Sass, Sarcasm, and Sizzle from Badass Women

"Throughout this collected work she shares lessons from so many diverse women that no matter what is going on in your life right now you will find the perfect message to relate to" -*The Nerdy Girl Express*

### # 1 Best Seller in Addiction & Recovery, Obsessive Compulsive Disorder (OCD)

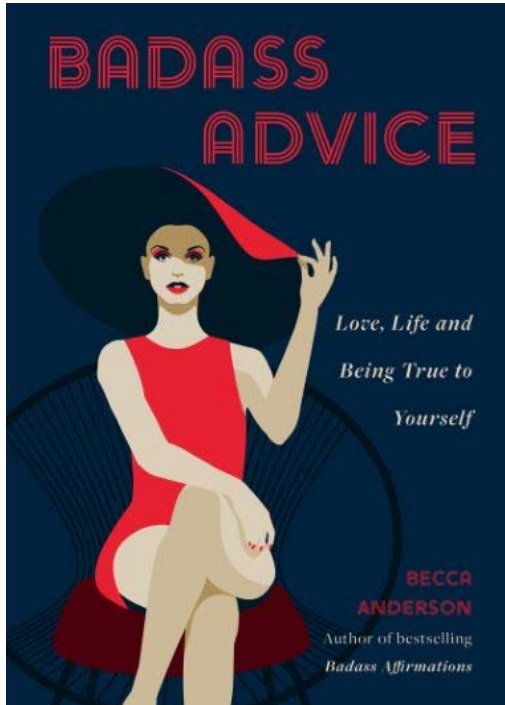
**Everything you need to know about love, life, relationships, sex, men, and being a badass. Be enlightened with these no nonsense takes on dating, love life, sex, self-love, and more!**

**Advice from girl bosses of all kinds.** Women are, far and away, the Oral Sex. Women's Studies scholar Becca Anderson has gathered the wisdom from a chorus of fabulous femmes for this one-of-a-kind advice book. From housewives to Hollywood starlets, from standup comedians to startup entrepreneurs, these badass women offer unvarnished and unabashed opinions and share their frank and forthright thinking on the wild world of relationships.

**A sassy collection of woman wisdom.** This delightfully dishy gathering of gal pals is like having a heart-to-heart with 200 of your closest friends. Garrulous girls and loquacious ladies from every walk of life unleash (...)

### Author Bio

**Becca Anderson** is an author, teacher and writing instructor living in the San Francisco Bay Area. Originally from Ohio, Becca's background in women's studies has given her a lifelong passion for empowering women through their own herstory. The author of *The Book of Awesome Women*, Becca Anderson credits her first grade teacher as a great inspiration and runs several popular classes and workshops including "How to Put Your Passion on Paper."



Mango Publishing

On Sale: Jan 10/23

5 x 7 • 256 pages

9781684811021 • \$24.99 • pb

Reference / Quotations

### Notes

### Promotion

Knight, writing as Becca Anderson, posts regularly on her blogs, *The Daily Inspo* and *The Blog of Awesome Women*. She also posts often on social media including platforms Instagram, Twitter, and Facebook. Knight has been featured on top radio shows, has hosted monthly "Gratitude and Grace Circle" meetings, and can also do in-person signings and events. Her previous titles *Badass Affirmations* and *The Book of Awesome Women* have sold 138,000 and 32,000 copies respectively.



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## I'm Not Yelling

A Black Woman's Guide to Navigating the Workplace

by Elizabeth Leiba

The Perfect Guide for Successful Business Women

**I'M NOT YELLING** is part strategy for savvy black business women navigating a predominantly white corporate America and part vessel empowering black women to find their voices in toxic work environments and be successful business women.

**Statistical and anecdotal evidence guide the way.** Explore the data and hear the accounts of Black women in business who face, work through, and rise above workplace discrimination.

**Finding your voice as women entrepreneurs.** Successful business women use their voice to become strong Black leaders who instill positive change in the workplace culture.

**Inside I'M NOT YELLING, you'll find:**

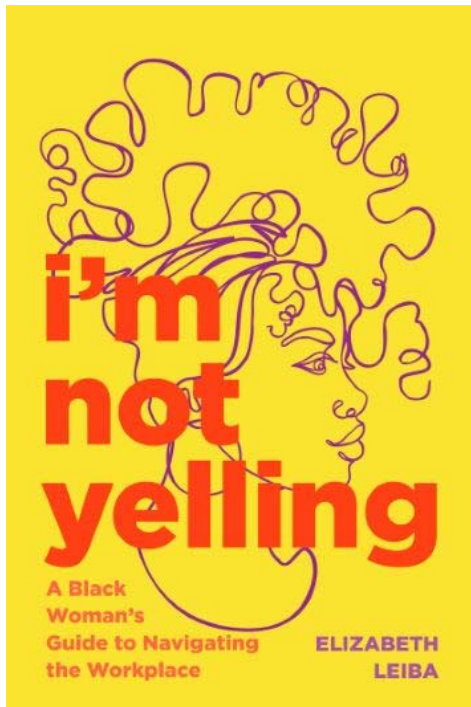
- Evidence to support the experiences of racial inequity and discrimination at work for Black business women.
- A narrative study of possible pitfalls, such as microaggressions, lack of mentoring, and pay inequity, their impact which will be explored to provide context to the misogynoir Black female entrepreneurs experience.
- Strategies and recommendations to give successful business women a framework for racial trauma healing, emotional support, and business success.

**If you enjoy business coaching books for successful business women like WE SHOULD ALL BE MILLIONAIRES, THE MEMO, RIGHT WITHIN, or YOUR NEXT LEVEL LIFE, then you'll love I'M NOT YELLING, a work guide for women.**

## Author Bio

**Elizabeth Leiba** is a writer, college professor, and advocate for Black business women. She has over 100,000 followers on LinkedIn who range in age, race, background, and location, and are primarily located in the US, Canada, and the UK.

Her passion for Black history changed her life and catapulted her into a fulfilling line of work as a powerful advocate of social justice and equity for Black women. especially Black business women. Elizabeth strives to create



Mango Publishing

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6 x 9 • 224 pages

9781684810734 • \$28.99 • pb

Bus & Econ / Women In Business

## Notes

### Promotion

She has an engaged following of 130,000 on LinkedIn who will order the book, share content about the book and leave reviews

Over 250-500 + likes per post with 200+ comments on LinkedIn

Named by LinkedIn as #3 in Top Voices in Education for 2020

She will create a high-quality book trailer

She has 50 Black History and DEI online classes that she can offer as bonus material for pre orders, using Black History & Culture Academy

Fellow influencers who will provide endorsements and help support the book: Future Cain, Aisha Joseph, etc.

Media / podcast / Social Media Influencer connections who will feature/review the book and/or do an interview with her: Can be featured on my podcast and have a network of 18 podcasts where the book and/or do an interview with her: Can be featured on my podcast and have a network of 18 podcasts where the book can be featured and promoted

An active and engaged mailing list: Have an email list of approximately 1,000



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## Adaptive Training

Building a Body That's Fit for Function

by Adam Sinicki

### Evolutionary Lifestyle Fitness Strategies for All

**BUILT FOR PURPOSE** explores an alternate perspective on health and fitness focusing on how we are a product of the environment. So change your surroundings to maximize your health and fitness beyond the gym. Explore your amazingly adaptable body. Tight hip flexors, rounded shoulders and a hunched back are all products of our daily lifestyles. We are adaptoids; our bodies are designed to adapt to our surroundings, and understanding this is the key to unlocking perfect performance. BUILT FOR PURPOSE takes you through the fundamentals of understanding adaptive training while providing a detailed physical fitness program to help you build an environment that facilitates a healthy and empowering new lifestyle fitness journey with new lifestyle fitness equipment.

**Unlock your true potential.** The best way to learn a language is through immersion, and the same is true for developing and maintaining a new lifestyle fitness. A few hours a week training at the gym or elsewhere is great, but what if your environment outside of the gym is also challenging your body? You will see results that are only possible through the innovative fitness method called "Adam" which stands for Adaptive Immersion Training. Change your environment with intent, and your body will adapt with amazing results.

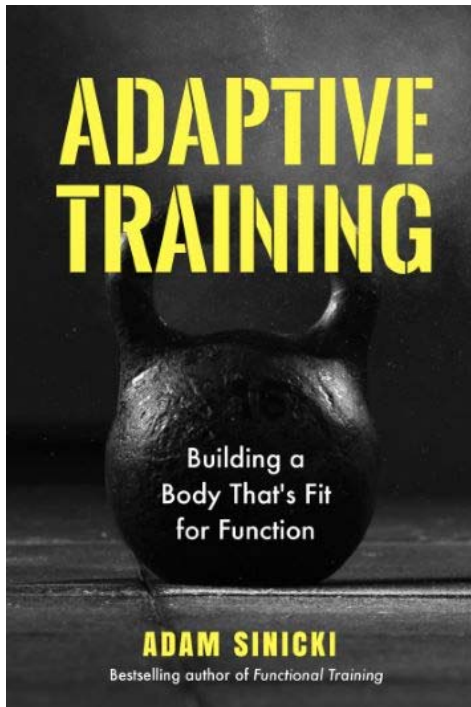
### Inside, you'll learn:

- How the environment shapes your body to be adaptive
- How and why you should divide training throughout the day
- The missing fundamentals of human movement and lifestyle fitness equipment

**If you liked BUILT FROM BROKEN, THE COMFORT CRISIS, or WHAT DOESN'T KILL YOU, you'll love BUILT FOR PURPOSE**

### Author Bio

**Adam Sinicki** AKA The Bioneer, is a fitness/self-improvement YouTuber. He has a personal training diploma and BSc in Psychology. His YouTube channel has 474K subscribers and his Instagram has 25.5K followers. His previous book FUNCTIONAL TRAINING AND BEYOND has a 4.7 star rating with over 681 reviews.



Mango Publishing

On Sale: Jan 10/23

6 x 9 • 256 pages

9781684811120 • \$27.99 • pb

Education / Physical Education

### Notes

#### Promotion

Author will create a video trailer for his channel promoting the book – a strategy that has been successful on numerous previous occasions, including his debut book (Functional Training, lifetime sales 21k). He will share to his YouTube and Instagram accounts. And will also plug the book at the end of most regularly uploaded videos. The Bioneer YouTube Channel 528K subscribers



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## Functional Training for the Mind

How Physical Fitness Can Improve Your Focus, Mental Clarity, and Concentration

by Jeremy Bhandari

Strengthen Your Mind Body Connection

**Whether you're a professional athlete, dedicated to your personal goals for fitness, or a newcomer looking for fitness inspiration, you shouldn't overlook the mind body connection when it comes to exercise and mental health. Moving your body and having a diet of balanced nutrition not only changes your physical body, but can improve your mood and give you that much needed memory boost.**

**Start focusing on yourself by nurturing your body and mind.** When it comes to our physical and mental health, there is always room for improvement. Be your own personal coach and give yourself the self motivation you need to reach your goals.

**Working out isn't just for your body, it's also for your brain.** Our physical and mental health go hand in hand. Our creative problem solving and cognitive functioning enhances when we fuel our bodies with foods that help with memory and exercise for mental health benefits.

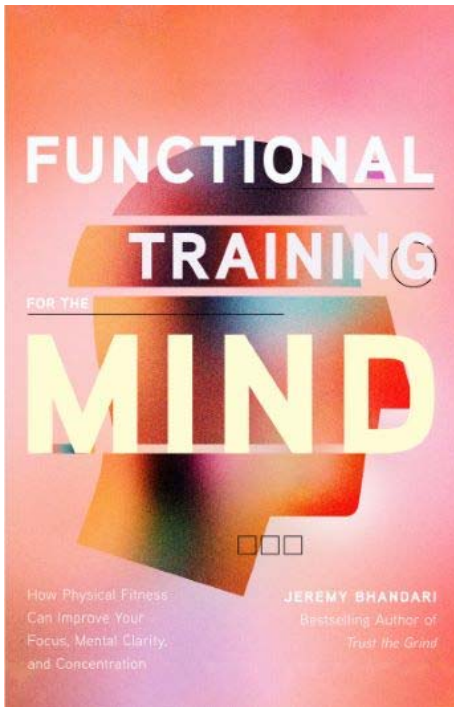
**Inside this book on how to trust yourself, you'll find:**

- How to increase concentration power, how to change your life through the mind body connection
- Focus exercises and exercises for mental health
- Tips on how to not only reach your daily goals and monthly goals for fitness, but also your mental health goals

**If you liked THIS IS YOUR BRAIN ON FOOD, THE MIND-GUT CONNECTION, or A BETTER BRAIN FOR BETTER AGING, you'll love WORKING OUT FOR YOUR MIND BODY CONNECTION**

## Author Bio

**Jeremy Bhandari** is the author of TRUST THE GRIND: HOW WORLD-CLASS ATHLETES GOT TO THE TOP, a self-help sports book which was most notably recognized by the National Alliance for Youth Sports. In addition, TRUST THE GRIND was marketed through BodyBuilding.com, where he was both an author and fitness model for the publication. Aside from writing, Jeremy focuses on spreading love and positivity. He puts a heavy emphasis



Mango Publishing  
On Sale: Feb 14/23  
5.5 x 8.5 • 224 pages  
9781684811335 • \$28.99 • pb  
Self-Help / Personal Growth / Memory Improvement

## Notes

## Promotion



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## Collecting The Simpsons

The Merchandise and Legacy of our Favorite Nuclear Family  
by Warren Evans, James Hicks and Lydia Poulteney

### The Simpsons Merchandise Guide for all Simpsons Lovers

This quirky book unleashes the entire story of all Simpsons merchandise, spanning over decades. Warren Evans, the Bart of Darkness, details a massive collection of rare Simpsons memorabilia.

**Jump right into 90s nostalgia!** Simpsons Lovers everywhere can explore the explosion of Simpsons merchandise and products, right in the comfort of their own home. From action figures, video games, comics, lunch boxes, and yes, even cookie jars, this book is a collectors paradise full of insightful information.

**The perfect collector's item to have!** This full-color guide features high quality photos of Simpsons-inspired products, and never-before-seen interviews from the toys' creators, writers, actors, and producers. This is the perfect gift for fans of FRIENDS, FAMILY GUY, and the like!

### Inside, you'll find:

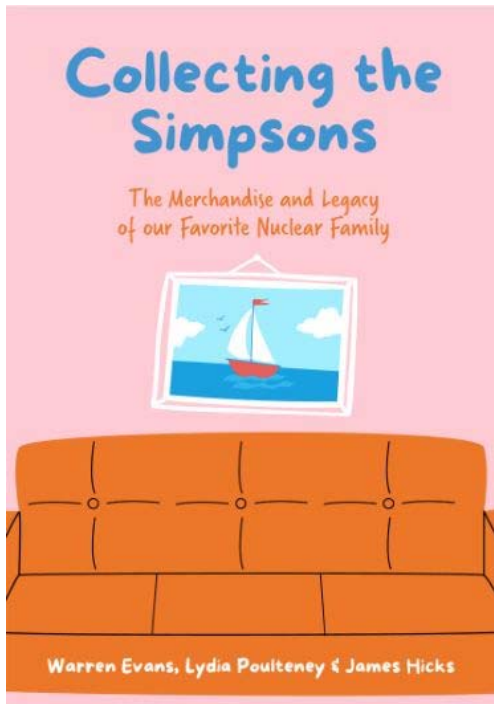
- Never-before-seen in-depth interviews and collector items from real-life Simpsons lovers
- Read for fun: all of the words of Warren Evans, a note-worthy expert on The Simpsons family
- Full-colored photographs of Simpsons merchandise and collector items from the beginning of the Simpsons dynasty

**If you're looking for one of the best books for tv nerds who like THE BIG BANG THEORY, WELCOME TO DUNDER MIFFLIN, or THE SIMPSONS SECRET, then COLLECTING THE SIMPSONS belongs right on your bookshelf!**

## Author Bio

**Warren Evans** (the Bart of Darkness) is the creator and owner of one of the most prolific Simpsons fan & collector pages around. He fosters an extensive online community, details about his massive collection of rare memorabilia, and highlights some of the best moments and episodes THE SIMPSONS have to offer. He also has a podcast called "Simpsons is Greater Than," where he expands on the cultural impact of THE SIMPSONS .

James Hicks holds a Bachelor of Arts in Media Production from the University



Mango Publishing

On Sale: Apr 11/23

7 x 10 • 208 pages

70 full color photographs

9781684810536 • \$41.99 • cl

Performing Arts / Television / History & Criticism

## Notes

### Promotion

**The Simpsons Theory**

- YouTube The Simpsons Theory: 123k
- YouTube Screen Portal: 25k
- Instagram: 4.7k
- Twitter: 4k

**BartOfDarkness Warren**

- Instagram: 70.6k
- Twitter: 5k+
- Podcast Downloads: 43k+ last 12 months.

**Marketing plan**

- **The Simpsons Theory**
- Lydia and James have an engaged following on Patreon who will order the book, share content about the book, and leave reviews
- They will create a high quality book trailer, with book flick through
- They have an engaged following across YouTube, Instagram and Twitter where they can promote the book
- They have contacts in industry that could promote the book via their following

- Saberspark 1.48m subscribers
- PhantomStrider 549k subscribers
- LS Mark 307k subscribers
- Johnny2Cellos 188k subscribers



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## Boards and Bites

Food Styling and Homemade Recipes for Elegant Party Planning

by Melissa Francis

**Food Styling Charcuterie Boards Just Became More Elegant!**

Learn the art of food styling with olives, grapes, cheese, jam, crackers, nuts and other treats with Melissa Francis' charcuterie board recipe book **BOARDS AND BITES**. Be the hostess with the mostest! Learn the secrets of great food styling to elevate your charcuterie board creations. **BOARDS AND BITES** is the perfect book for novice and experienced board creators alike. With accessible recipes and instructions, Melissa Francis shows readers how to create memorable spreads for every holiday party or festive occasion.

**Beautiful charcuterie spreads all in one place!** Display your wine, fruits, nuts, jam, cheese, and bread in the most pleasing way. **BOARDS AND BITES** is full of accessible recipes, board building basics, and food styling techniques. Get the behind-the-scenes story of how and why Francis creates her lovely charcuterie boards while you create your own divine bites with this charcuterie board recipe book.

**Inside, you'll find:**

- Food styling techniques that will highlight you as the hostess of the year
- Step by step instructions on how to create beautiful charcuterie spreads
- Beautifully curated images of charcuterie boards with olives, grapes, cheese, and many other delicious treats

**If you enjoyed books like CHARCUTERIE BOARD COOKBOOK, EVERYDAY ENTERTAINING, or BEAUTIFUL BOARDS, your next read should be BOARDS AND BITES**

## Author Bio

**Melissa Francis** is the face behind the boards featured on her ever-growing IG platform @boardsbymelfran and is the author of **BOARDS AND BITES**. In January 2020, charcuterie boards became her creative outlet and a way to bring her family and friends together in a meaningful way. Melissa received her Masters of Science from Chapman University in Communication Sciences and Disorders in 2021. She is currently a practicing Speech and Language



Mango Publishing  
On Sale: Dec 6/22  
8 x 10 • 200 pages  
100 full color photographs  
9781684810635 • \$41.99 • cl

## Notes

### Promotion

**Promotional Text:** Why this book will sell  
How Melissa will leverage her platform to promote the book:  

- Her engaged TikTok and Instagram following will order the book, share content about the book and leave reviews
- Author is the entrepreneur of a women-owned charcuterie business in LA where her existing clientele will be made aware of the book, will be offered discounts when purchasing her services if they buy the book
- Author will be frequently posting on Instagram to promote the book itself as well as the content
- Creating daily Instagram story posts to increase the interpersonal relationship with her audience
- Reaching out to local influencers to collaborate or review a boardsbymelfran
- She has merchandise and partnerships with food and board brands that can be offered as bonus material for pre-orders
- Instagram giveaway: to enter the giveaway, participants will repost the designated photo of the book on to their social media





# Winter 2023 Mango/Conari



## How to Cook That Crazy Sweet Creations by Ann Reardon

**HOW TO COOK THAT Dessert Cookbook: Pastries, Cakes and Sweet Creations**

" HOW TO COOK THAT is the most popular Australian cooking channel in all the world, and it's not hard to see why." -**PopSugar**

**Editors' pick: Best Cookbooks, Food & Wine**  
**#1 Best Seller in Chocolate Baking, Confectionary Desserts, Pastry Baking, Garnishing Meals, Holiday Cooking, Main Courses & Side Dishes, Cookies, Cooking by Ingredient, and Pie Baking**

**Offering a fun-filled step-by-step dessert cookbook, Ann Reardon teaches you how to create delicious and impressive pastries, cakes and sweet creations.**

**Join food scientist Ann Reardon**, host of the award-winning YouTube series *HOW TO COOK THAT*, as she explores *CRAZY SWEET CREATIONS*. An accomplished pastry chef, Reardon draws millions of baking fans together each week, eager to learn the secrets of her extravagant cakes, chocolates, and eye-popping desserts. Her warmth and sense of fun in the kitchen shines through on every page as she reveals the science behind recreating your own culinary masterpieces.

**For home cooks and fans who love their desserts, cakes, and ice creams to look amazing and (...)**

## Author Bio

**Ann Reardon** is the creator and host of *How to Cook That*, the #1 baking series in Australia and #3 in the US. Reardon is a certified scientist and dietician. After many years in food service, she started the *How to Cook That* channel out of Sydney, Australia in 2009. Reardon came up with the idea as she was night nursing her third-born son. She began with a post a week, and an occasional video. As her platform grew, she moved to YouTube and her followers grew. *How to Cook* focuses on desserts and pop-culture.

Mango Publishing  
On Sale: Dec 6/22  
8 x 10 • 200 pages  
75 full color photos of the desserts and cooking processes  
**9781684811557** • \$32.99 • pb  
Cooking / Methods / Baking

## Notes

## Promotion

Ann has 4.7 million subscribers on YouTube. She has 191k followers on Instagram, which means she unblocked the "swipe up" function. Essentially, she can post about her book on her Instagram story and link a shopping page to it. She has 116k followers on Facebook. She also has 17.9k followers on Twitter. She has 560k monthly views on Pinterest and 20k subscribers. She also has a successful website/blog where she posts weekly. Ann's main audience is American women, ages 18-24. Her secondary audience is women 35-55. Her YouTube channel had over 63 million views worldwide in 2019.

Podcasts:





## Growing Flowers Gardening Logbook

A Planting, Tending, Fertilizing, and Harvesting Garden Tracker  
by Niki Irving

Gardener's Planner and Logbook for Every Garden

"Anyone wanting to get started with a flower garden will find plenty of expert guidance here." - **Publishers Weekly**, praise for GROWING FLOWERS by author Niki Irving

**Companion Logbook for GROWING FLOWERS, a #1 Best Seller in Annual Flowers Gardening, Bulb Flower Gardening, and Perennial Gardening**

**Perfectly suited to gardeners of all levels, this gorgeous gardener's planner gathers the flower gardening essentials in Niki Irving's GROWING FLOWERS into one functional place to plan, organize and log all things gardening.**

**A gardening logbook and tracker is just what every avid planter needs.**

This flower gardening planner includes places to chart the amount of sun each part of your garden receives to help you choose the ideal plants; to note the date plants are planted, the type of soil used, and the amount of water they need to flourish; and everything else you need to remember along the way.

**Cultivate your creativity with this helpful gardener's planner.** With a variety of tracking and planning pages, you no longer have to worry about keeping all of those small, easy-to-forget flower gardening essentials and details in your head.

## Author Bio

**Niki Irving** is a co-owner of Flourish Flower Farm and the author of GROWING FLOWERS . After years of working in education and outdoor education, she finally turned the dream of becoming a Farmer-Florist into reality. As the daughter of a landscaper and tree farmer, you could say that her love of plants was inevitable. Niki loves growing, nurturing and creating beauty. She currently resides in Asheville, North Carolina.



Mango Publishing

On Sale: Jan 10/23

6.69 x 9.61 • 128 pages

**9781684811540** • \$22.50 • journal/ diary/blank book

Gardening / Flowers / Bulbs • Non Returnable

## Notes

### Promotion

**Instagram:**  
Business page for her company, Flourish Flower Farm  
Currently at 69.9K subscriber as of June 2021  
Account has gained 25K+ subscriber between 2020 and 2021  
Popular subscriber locations are Asheville, NC (3.2%), New York City, NY (1.8%), Charlotte, NC (1.3%), Atlanta, GA (1.1%), and Raleigh, NC (1.1%)  
Largest age group is 25-34 year olds (38.6%), followed by 35-44 year olds (26.8%) and 45-54 year olds (15.1%)  
93.3% of subscribers identify as Female and 6.7% identify as Male  
Most popular posts with subscribers are photos of flowers  
Like average: 6K -60K  
Comments from audiences are inquiries into how author takes care of her farm and complimenting the flowers in her photos  
**Website:**  
Features workshop, online flower shop, blog, wedding venue information, and press information  
Been awarded Top 100 Flower



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## Female, Gifted, and Black

Awesome Art and Literary Pioneers Who Changed the World  
by Becca Anderson and M.J. Fievre

### Celebrate Black Historical Figures Who Changed History

Embrace Black girl magic and learn about the Black historical figures who made their impact on society as we know it. **FEMALE, GIFTED AND BLACK**, the follow-up to **THE BOOK OF AWESOME BLACK WOMEN**, celebrates the power of the women in black history who shaped and revolutionized the past.

**Learn about amazing women in Black history.** Whether you learned about these women in school or not, these Black historical figures changed society and inspired future generations. Read all about these powerful women in black history such as Amanda Gorman, Alice Walker, Warsan Shire, Eartha Kitt, Gloria Hendry, Issa Rae, Pearl Bailey, Shonda Rhimes and so many more. From artists to writers, models to dancers, **FEMALE, GIFTED AND BLACK** inspires you to be a trailblazer with these stories of strength, perseverance, and talent.

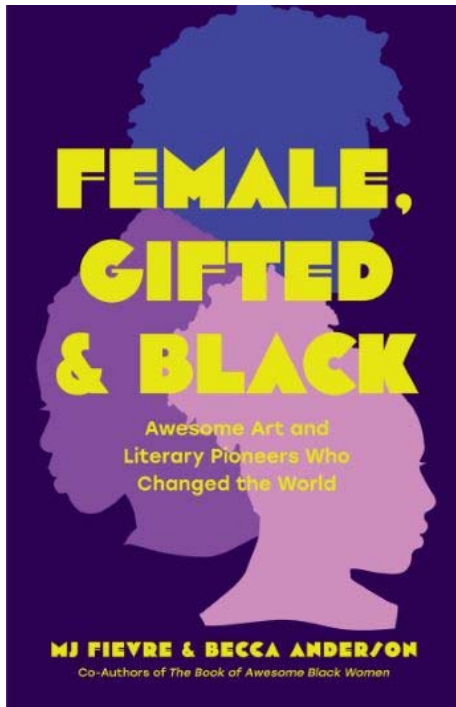
**Dive into this Black history book.** Driven by female empowerment, this collection of biographies tells the unique stories of these powerful women in Black history who made a difference. From artists to activists, **FEMALE, GIFTED AND BLACK** showcases a plethora of passions and skills to prove that Black is beautiful. These mighty women in Black history prove that your passions and drive are the most powerful things you have.

### Inside **FEMALE, GIFTED AND BLACK**, you'll learn to:

- Recognize the importance of honoring Black intelligence, willpower, and passion
- Celebrate the strength of these revolutionary women in Black history
- Channel your inner (...)

### Author Bio

**Becca Anderson** comes from a long line of preachers and teachers from Ohio and Kentucky. The teacher's side of her family led her to become a women's studies scholar and the author of **THE BOOK OF AWESOME WOMEN**. An avid collector of meditations, prayers and blessings, she helps run a "Gratitude and Grace Circle" which meets at homes, churches and bookstores monthly in the San Francisco-Bay Area where she currently resides. Becca Anderson credits her spiritual practice with helping her recover from cancer and wants to share this with anyone who is facing difficulty in their



Mango Publishing

On Sale: Jan 10/23

5.5 x 8.5 • 224 pages

30 b/w illustrations and photos throughout

9781684811144 • \$27.99 • pb

YA NonFic / History / Modern • Ages 13-18 years

### Notes

### Promotion

Anderson <ul> <li>Becca's books have sold upwards of 60,000 copies and counting, including <i>Badass Affirmations</i> that has been selling over 2,000 copies weekly!</li> <li>Becca Anderson contributed to several bestselling personal growth books including the million-selling <i>Attitudes of Gratitude</i>, and is co-author of <i>The Gratitude Power Workbook</i>.</li>

</li> <li>She runs a Silicon Valley book club that meets regularly at East West Bookstore in Mountain View.</li>

</li> <li>In addition to her popular <i>Blogging Your Blessings</i> blog, Anderson runs the Every Day Thankful Facebook, Instagram and Twitter. Across all her platforms, she has over 100k followers and counting.</li>

</li> <li>She also blogs daily on <i>The Blog of Awesome Women</i> and <i>The Daily Inspo</i>.</li>

</li> <li>She has been featured on national tv as well as Bay Area's NBC and ABC affiliates. Anderson has been featured on NPR including KQED's FORUM, KPFA, KALX and also spirituality radio such as Coast-



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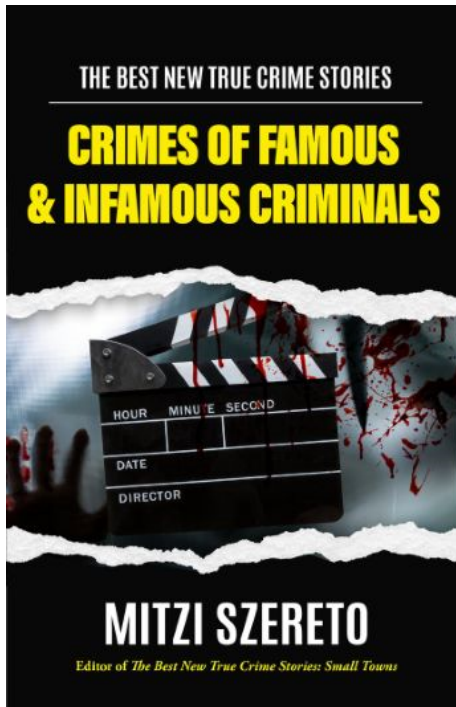
## The Best New True Crime Stories: Crimes of Famous & Infamous Criminals

by Mitzi Szereto

People from all walks of life commit crimes. But when these people happen to be in the public eye, it provides a new level of fascination. These individuals are not your typical next-door neighbor or someone you ride the subway to work with each day - these are more widely known faces, even household names and celebrities. We always hear about "famous" criminals like O.J. Simpson, Phil Spector, and Sid Vicious. But there are plenty of other public figures, both contemporary and historical, who have traveled down that very murky pathway toward criminality. Power, status, and money aren't barriers to criminal behavior. In fact, it's often just the opposite.

### Author Bio

**Mitzi Szereto** is an internationally acclaimed author and anthology editor of fiction and nonfiction books spanning multiple genres. She has written numerous novels within her THE BEST TRUE CRIME STORIES series. She's also written crime fiction, gothic fiction, horror, cozy mystery, satire, sci-fi/fantasy, and general fiction and nonfiction. Her anthology, EROTIC TRAVEL TALES 2, is the first anthology of erotic fiction to feature a Fellow of the Royal Society of Literature. Mitzi's Web TV channel "Mitzi TV" has attracted an international audience. The Web series segments have ranged from chats with Tiff Needell, Jimmy Choo, and her ursine sidekick, Teddy Tedaloo. Other on-screen credits include Mitzi portraying herself in the pseudo-documentary British film, "Lint: The Movie." She maintains a blog of personal essays at "Errant Ramblings: Mitzi Szereto's Weblog." To learn more about Mitzi follow her on Twitter and Instagram @mitziszzereto or visit her website at mitziszzereto.com.



Mango Publishing

On Sale: Feb 14/23

5.5 x 8.5 • 252 pages

9781684811243 • \$27.99 • pb

Series: The Best New True Crime Stories

### Notes

#### Promotion

Her titles, which have sold in the region of 300,000 copies, have been published in print, digital, audio and CD formats as well as book club editions.

Her books and short fiction have been translated into multiple languages.

Mitzi has appeared at literature festivals worldwide including Miami Book Fair International, Wordplay Book Festival (Scotland), Cambridge Literary Festival (England) and The Cheltenham Festival of Literature (England).

She has an aggregate social media following of 55,000, encompassing multiple presences on sites such as Twitter, Facebook, YouTube, Goodreads, LinkedIn, Crimespace etc. plus newsletter subscribers.

She maintains a blog of personal essays at *Errant Ramblings: Mitzi Szereto's Weblog* and created/presented the London-based Web TV channel Mitzi TV.

She's lectured in creative writing at several British universities and teaches writing from Europe to the Pacific Northwest.

Her



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## The Witch's Book of Love Spells

Charms, Invocations, Passion Potions, and Rituals for Romance

by Cerridwen Greenleaf

### A Moon Spells Book with Love Spells for True Romance

"The perfect resource for spell casting, rituals as well as deities and flowers" - Pagan Pages Magazine

**THE WITCH'S BOOK OF LOVE SPELLS** is a moon spells book to help you say "I've finally found the love of my life!" Love can come in many ways, and love spells help to cultivate your greatest love, deepest romance, and truest desires.

**A spell book for witches full of love and magic.** Witchcraft is based on the knowledge that our destinies lie in our own hands, even in matters of the heart. Why suffer love gone wrong when you can do something about it? Don't doubt your power - with the help of this simple moon spells book, some gemstones and crystals, herbs for love, and a little of your natural chemistry, you are irresistible.

**Love spells that harness the moon.** Magic influences desired outcomes, empowers, and fosters growth. Begin this process with love spells - spells that draw the attention and devotion of a lover, strengthen the union between an existing couple, invoke sexual magic, heal a broken heart, and fill your own heart with love and compassion for yourself.

- Inside this moon spells book, you'll find:
- Secret recipes for aphrodisiacs
- Ritual celebrations for the high holidays of love
- Insight (...)

### Author Bio

**Cerridwen Greenleaf** has worked with many of the leading lights of the spirituality world including Starhawk, Z Budapest, John Michael Greer, Christopher Penczak, Raymond Buckland, Luisah Teish, and many more. She gives herbal workshops throughout North America. Greenleaf's graduate work in medieval studies has given her deep knowledge she utilizes in her work, making her work unique in the field. A popular blogger for NEW WITCH MAGAZINE, her books have sold over 100,000 copies. She lives in San Francisco, CA.



Mango Publishing

On Sale: Jan 10/23

5 x 7 • 240 pages

40 color illustrations throughout

9781684811168 • \$32.99 • cl

Family & Relationships / Love & Romance

### Notes

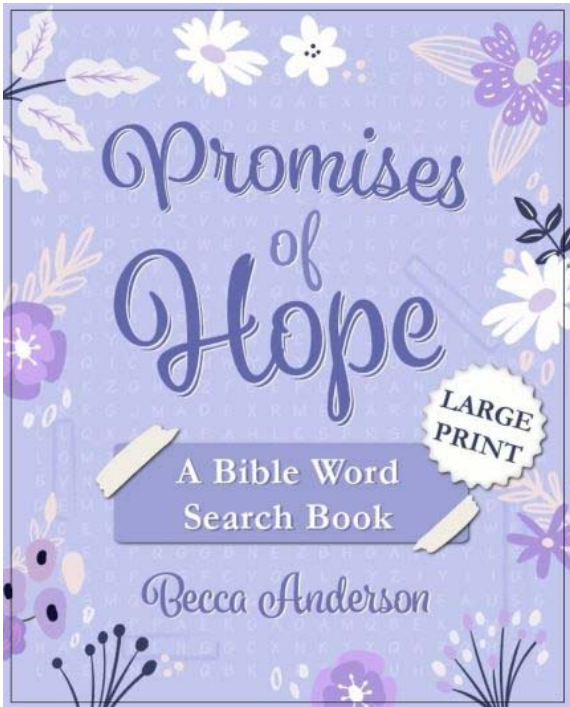
#### Promotion

Cerridwen has sold over 250,000 books and is also a top blogger and contributor to *New Witch Magazine*. She is also the author of Running Press's bestselling gift books, *The Witch's Spellbook* and *Spells for Love and Romance*. She is often invited to witchy conferences across the country and actively engaged with fanbase and giving advice. Forewordist Arin Murphy-Hiscock is the #1 selling author in Wicca category and will provide a lift to this ritual-packed book.



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## Promises of Hope

A Word Search Book inspired by Bible Verses on Hope  
by Becca Anderson

Enjoy Fun Word Searches with Promises of Hope

**Enjoy this inspirational word search for women booklet packed with healing scriptures and words from the Bible. From favorite prayers and Bible verses on hope, PROMISES OF HOPE will delight and encourage all word search enthusiasts.**

**Connect with the Word of God.** Jump into this fun bible activity book for adults to start your day, halt your day, or end your day. PROMISES OF HOPE offers a peaceful and inspirational connection to the Word of God that brings internal clarity and spiritual self care for women.

**Find hope in the Bible and cool it.** Enjoy the fun word searches that have bible verses on hope. Every day is a new day to start and hope again! Looking for a specific gift for readers of the Bible? This book is worth the purchase!

### Inside, you'll find:

- Tools for spiritual self care for women going through a hopeless time
- Peaceful and inspirational bible verses on hope to center your mind
- Bible verses on hope and fun word searches to center your soul

**If you're looking for gifts for Christian women, or if you liked PEACE OF MIND BIBLE WORD SEARCH, BIBLE VERSE WORD SEARCH, or BRAIN GAMES - BIBLE WORD SEARCH, you'll love PROMISES OF HOPE**

## Author Bio

**Becca Anderson** is an author, teacher and writing instructor living in the San Francisco Bay Area. Originally from Ohio, Becca's background in women's studies has given her a lifelong passion for empowering women through their own herstory. The author of *The Book of Awesome Women*, Becca Anderson credits her first grade teacher as a great inspiration and runs several popular classes and workshops including "How to Put Your Passion on Paper."

Conari Press

On Sale: Dec 6/22

8 x 10 • 375 pages

9781684810987 • \$21.99 • pb

Religion / Bible / Quotations

## Notes

### Promotion

Becca's books have sold upwards of 60,000 copies and counting, including *Badass Affirmations* that has been selling over 2,000 copies weekly! Becca Anderson contributed to several bestselling personal growth books including the million-selling *Attitudes of Gratitude*, and is co-author of *The Gratitude Power Workbook*. She runs a Silicon Valley book club that meets regularly at East West Bookstore in Mountain View. In addition to her popular  *Blogging Your Blessings* blog, Anderson runs the *Every Day Thankful* Facebook, Instagram and Twitter. Across all her platforms, she has over 100k followers and counting. She also blogs daily on *The Blog of Awesome Women* and *The Daily Inspo*. She has been featured on national tv as well as Bay Area's NBC and ABC affiliates. Anderson has been featured on NPR including KQED's FORUM, KPFA, KALX and also spirituality radio such as Coast-to-Coast. Anderson will be doing events in the





LEAD

## Rolling Pretty

How to Stop Overthinking Disability from a Disabled Person  
by Lauren Spencer

Tools for Disabled People from a Disabled Person

**Lauren "Lolo" Jones provides a candid and real inside look into the life of being a disabled person. This disability advocate embarks on the importance of visibility for the disabled community because representation matters!**

**Words from someone doing the work.** Lolo Jones gained popularity as a YouTube personality. On her platform, *Sitting Pretty*, she encourages viewers to achieve their dreams through making strong choices. Lolo shares how she navigates daily life with Amyotrophic Lateral Sclerosis (ALS).

**You are more than your limits.** Choosing to see herself as more than a wheelchair handicapped disabled person, Lolo chooses to live a bold and courageous life now because representation matters. She created this intersectional guide to provide tools for disabled people to thrive in personal growth, independence, and community building. Add this guide to your list of inclusion books!

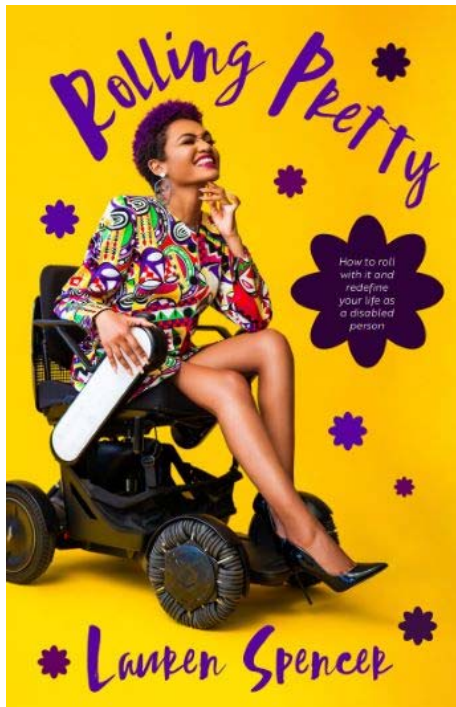
### Inside, you'll find:

- An intersectional guide on how to grow personally and professionally
- Tools for disabled people to live a full life despite limitations and expectations
- Words from the inspiring Lauren "Lolo" Jones, your favorite disability advocate

**If you're looking for gifts for disabled people to get encouraged like DISABILITY VISIBILITY, DEMYSTIFYING DISABILITY, or ROLLING WARRIOR, you'll love ROLLING PRETTY**

### Author Bio

**Lauren "Lolo" Spencer** is a Film Independent Spirit Award nominated actress, model, public speaker, and social media content creator. She currently stars as Jocelyn in HBO Max's *SEX LIVES OF COLLEGE GIRLS* executive-produced by Mindy Kaling. She has a YouTube channel titled *SITTING PRETTY* and hosts an Instagram TV talk show titled *THE NEW NARRATIVE* where she interviews guests with varying disabilities who are creating a new narrative for the disability community through their work and



Mango Publishing  
On Sale: Feb 7/23  
5.5 x 8.5 • 216 pages  
9781684810116 • \$28.99 • pb  
Biography & Autobiography / People With Disabilities

### Notes

### Promotion

<ul> <li>A Film Independent Spirit Award nominated actress for her role as Tracy Holmes in the John Cassavetes Award Winning film <i>Give Me Liberty</i>, which premiered both at Sundance and Cannes Film Festivals. Her performance was listed as one of the top performances of Sundance Film Festival 2019 by RogerEbert.com.</li> <li>Modeled in campaigns for Tommy Hilfiger Adaptive and Zappos Adaptive</li> <li>Profiled in popular media outlets like CNN, <i>The New Yorker</i>, AOL, <i>Voyage LA</i>, <i>Bustle</i>, <i>Hollywood Reporter</i>, HuffPost, BuzzFeed and more</li> <li>Panelist at the YouTube Accessibility Summit, Los Angeles Abilities Expo, VidCon, and Cannes Lions, the world's largest advertising conference and awards.</li> <li>Recently hosted the paralympic and Olympic</li> </ul> <b>Social Media</b> <ul> <li>Followers</li></ul> <li>YT: 14.7k</li> <li>IG: 51.1k</li> <li>FB: 40k</li></ul> <li>Age</li><ul> <li>25 - 34: 38.8%</li> <li>35 - 44: 24.8%</li> <li>18 - 24: 14.9%</li></ul>



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## The Power of and Frustration with Our Supreme Court

100 Supreme Court Cases You Should Know About with Mr.

Beat

by Matt Beat

**Mr. Beat Connects the Supreme Court History Right to You!**

**Mr. Beat's THE POWER AND FRUSTRATION OF OUR SUPREME COURT is the Supreme Court book of decisions that affect the everyday lives of Americans everywhere. The real democracy of America unveiled.** What does the supreme court do? Sure, people care when the court makes a big ruling, but most don't pay attention to the court's day-to-day decisions. In this law book, Mr. Beat takes you on a journey through our Supreme Court system, what it is, who is in it and how they got to be there while foreshadowing how it shapes our very future.

**A tour of the most influential cases in history.** Inspired by Mr. Beat's court series, THE POWER AND FRUSTRATION OF OUR SUPREME COURT walks through many Supreme Court history cases from landmark cases to the more obscure. Matt Beat explains how each case affects us to this day in a way that is engaging, applicable, and easy to understand, even for beginners.

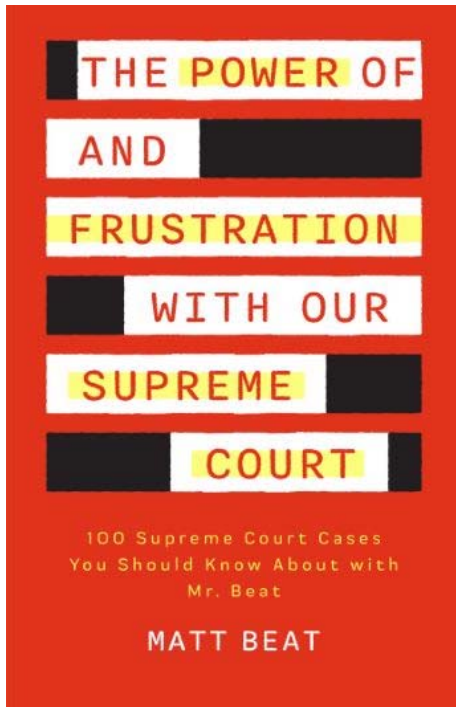
**Inside, you'll find:**

- Detailed explanations of the Supreme Court, how it works, and how it affects you
- A Supreme Court cases book perfect for anyone interested in social science, political science, activism, or law
- Interesting visuals, charts, and graphs to help contextualize and breakdown the historical significance of big and small cases

**If you like courtroom books, legal books for lawyers, or books on politics for beginners like HOW CIVIL WARS START (...)**

### Author Bio

**Matt Beat** is a teacher, video producer, podcaster, and musician based in Kansas. His YouTube channels MR. BEAT and THE BEAT GOES ON, have accumulated more than 500,000 subscribers and 100 million views, helping expand his "classroom" to around the world. Mr. Beat's speciality is American history, but he also has a big passion for geography and economics. He has a band called Electric Needle Room, known for original indie pop songs about all of the American Presidents. Matt co-hosts an iHeartMedia podcast called



Mango Publishing

On Sale: Dec 6/22

5.5 x 8.5 • 224 pages

9781684810680 • \$28.99 • pb

Political Science / Government / Judicial Branch

### Notes

### Promotion

How the author will leverage their platform (specific ideas): 

- He has an engaged following on Patreon who will order the book, share content about the book and leave reviews
- Main platform: YouTube 465k subscribers
- He will create a high quality book trailer and publish it on his channels, including TikTok and Facebook
- He has merch, an online class, or other potential assets that he can offer as bonus material for pre-orders



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## Deep Breaths for New Moms

Advice for the New Mom in Your Life and Their Baby's First Year  
by Michelle Pearson

### Essential Advice for the New Mom

"Michelle is going to help ease the worries so many new moms have and inspire them to be the best version of themselves." - **Jennika Anderson**, YouTube Vlogger

**If you are a new mom, motherhood can be a daunting role if you have little to no experience caring for kids. Popular YouTube mom of five, Michelle Pearson, is here to encourage you to take a deep breath and step into your power!**

**Choose to inhale, exhale every day.** The changes that come with becoming a mother can be overwhelming and exciting, but learn how to be patient and forgive yourself. Michelle knows that the journey has highs, lows and the occasional surprises, so her advice for those joining the new moms club is to balance the waves of emotion by holding space for moments of mindfulness and deep breaths.

**Advice for the new mom.** From what to expect during a first time pregnancy to the milestones within the first 12 months of a baby's life, this influential parenting blogger has empowering and motivating parenting stories for the modern mom.

### Inside DEEP BREATHS FOR NEW MOMS, you'll find:

- How to embrace motherhood with all of its ups and downs
- The importance of finding a tight-knit community of support
- Advice to properly (...)

## Author Bio

**Michelle Pearson** is the popular mom lifestyle influencer who has your back through your journey into new motherhood. A YouTube mom vlogger since 2011, her channel, Michelle Pearson, has garnered worldwide attention. Michelle has grown up around the world and enjoys speaking fluent Russian and Thai. Her many experiences traveling and meeting different people fueled her fire to interact and help mothers from all over the globe. With over 60,000 subscribers, her videos on parenting tips, tricks, and survival are an informative and lighthearted approach to modern parenting. With 5 children (including twins), Michelle has learned a lot and is excited to share her struggles and triumphs along the way.



Mango Publishing

On Sale: Dec 6/22

5.5 x 8.5 • 208 pages

50 b/w illustrations and photos throughout

9781684810758 • \$28.99 • pb

Family & Relationships / Motherhood

## Notes

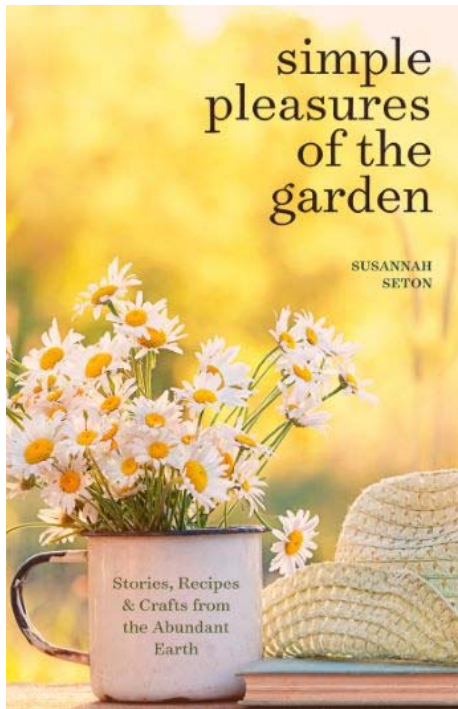
### Promotion

Pearson's channel has over 55,000 subscribers  
Daily interaction is over 5,000 impressions with a growth of 12% over the last 30 days



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## Simple Pleasures of the Garden

Seasonal Self Care Book for Living Well Year Round

by Susannah Seton

Simple Pleasures Throughout the Year

" SIMPLE PLEASURES has become my go-to book for remembering to slow down and enjoy the little things in life." - **Becca Anderson**, Best-selling author of *BADASS AFFIRMATIONS*, *THE BOOK OF AWESOME WOMEN*, and more

An abundant sourcebook of ideas, encouraging quotes, recipes, and soothing activities, *SIMPLE PLEASURES OF THE GARDEN* shows you how to appreciate the simple things within your daily activities. The secret to living well year round can be found in the abundance of your home garden, so get to planting those seeds of simple joys and herbal healing!

**Nurture your mind, body, and soul.** Sometimes finding the positive can be hard, but it doesn't have to be. From the recipe for a homemade herbal bath for a spa day to quick and easy recommendations for an instant room makeover, the suggestions and home recipes collected in this book offer a new appreciation for the everyday activities that nurture and comfort you.

**Simplify your emotional self care.** Taking care of yourself doesn't have to be expensive, unrealistic, or inaccessible. It can be as easy as tending to a green garden, making healing herbal tonics, sipping calming teas, or spending time with other natural energy boosters. Pleasures are made, not bought, so unlock new secrets to happiness with these (...)

## Author Bio

**Susannah Seton** is the author of the *SIMPLE PLEASURES* series, which has sold over 200,000 copies. Seton is also an early adopter of "cottage care" and self care.

When Seton was young, she would listen to her grandparents tell stories of when they were young, and the fun they would have even though all the stories were based around the simplest actions: new recipes they would make in a new house, road trips, early mornings by the water, and so much more. This made Seton realize that it wasn't what we had, but our mindsets that made life enjoyable. Seton began writing the *SIMPLE PLEASURES* series with one goal in mind: to remind her readers that even the smallest things in life can bring us enormous joy.

She currently lives in Berkeley, California, with her husband and daughter.

Conari Press

On Sale: Mar 14/23

5 x 7 • 256 pages

9781684811311 • \$28.99 • pb

Self-Help / Stress Mgmt

## Notes

## Promotion

Susannah Seton was a cottagecore trailblazer way before it was cool! The series' sales are over 300,000 copies and counting. We are releasing this book at a time where people need more comfort and coziness in their homes as well as reminders that happiness can be found in your own backyard.

