



Raincoast Books

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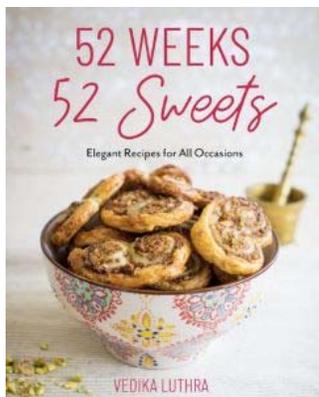
**FALL 2021**

**MANGO PUBLISHING**

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**This edition of the catalogue was printed on April 13, 2021.**

To view updates, please see the Fall 2021 Raincoast eCatalogue or visit [www.raincoast.com](http://www.raincoast.com)



**52 Weeks, 52 Sweets**

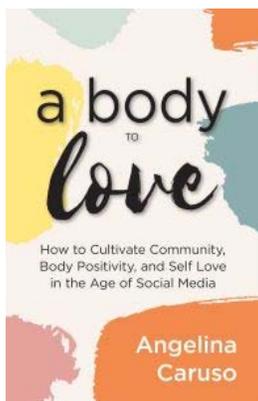
Elegant Recipes for All Occasions

by Vedika Luthra

Mango Publishing • On Sale: Nov 9/21 • 8 x 10 • 180 pages

9781642506686 • \$27.95 • pb • Cooking / Methods / Baking

An ode to seasonal baking, Vedika Luthra has crafted unique dessert recipes using seasonal ingredients and unique flavour combinations birthed throughout the year. Whether you're looking for a stunning pumpkin and brownie cheesecake to welcome fall to your household, or a festive pavlova that serves as the grand finale to your Christmas party, this book will provide you with a recipe repertoire fit for all occasions. Indulge in unique 52 recipes, one for each week of the year, each accompanied by breath-taking photographs that will kick-start your sugar (...)



**A Body to Love**

How to Cultivate Community, Body Positivity, and Self Love in the Age of Social Media

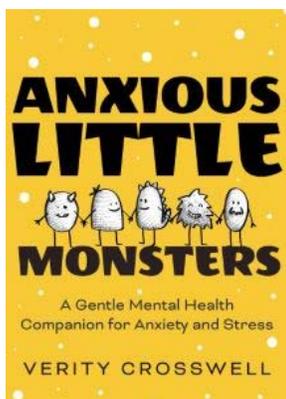
by Angelina Caruso

Mango Publishing • On Sale: Oct 12/21 • 5.5 x 8.5 • 224 pages

9781642506853 • \$27.95 • pb • Computers / Web / Social Networking

**How to Have A Healthy Relationship with Food and Body Image in the Digital Age**

**A new conversation about the media and radical self-love, *Seeking Stronger Wings* provides lessons on positively navigating body image in a social media saturated world.**



**Anxious Little Monsters**

A Gentle Mental Health Companion for Anxiety and Stress

by Verity Crosswell

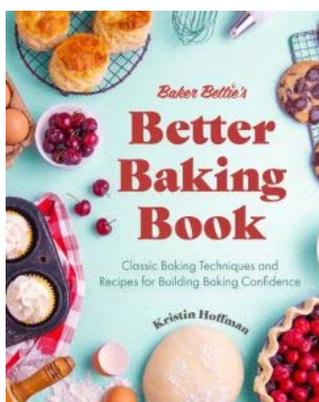
Mango Publishing • On Sale: Sep 14/21 • 5 x 7 • 180 pages

9781642503395 • \$27.95 • card deck • Self-Help / Mood Disorders

**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



**Baking Better**

Classic Baking Techniques for Gaining Baking Confidence

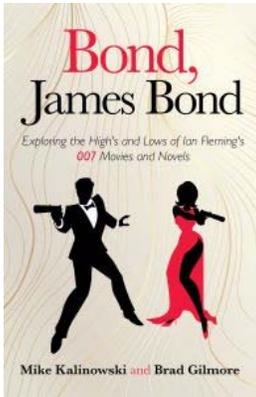
by Kristin Hoffman

Mango Publishing • On Sale: Oct 12/21 • 8 x 10 • 180 pages

9781642506587 • \$39.95 • pb • Cooking / Courses & Dishes / Cakes

A guide for building baking confidence for the home baker. The book walks through the five fundamental sections of baking. In each section the reader will learn essential mixing methods and techniques, as well as approachable baking science, to gain a full grasp of the topic. Each section ends with adaptable base recipes that can be utilized for a wide variety of uses. The methods and recipes are put together in the final section of the book where the reader can practice their skills with elevated classic recipes (...)





**Bond, James Bond**

Exploring the Highs and Low's of Ian Fleming's 007 Movies and Novels

by Brad Gilmore and Mike Kalinowski

Mango Publishing • On Sale: Sep 15/21 • 5 x 7 • 224 pages  
 9781642505450 • \$27.95 • pb • Performing Arts / Film / Genres / Action & Adventu

Breaking Down Six Decades of James Bond Movies

Hosts Mike Kalinowski and Brad Gilmore team up in this comprehensive breakdown of the longest running film series in the history of cinema. In *Bond, James Bond*, they explore the cinematic history of the James Bond collection to celebrate everything it got right and reflect on everything it got wrong.



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

The Art of Female Friendship

by Becca Anderson

Mango Publishing • On Sale: Sep 15/21 • 6 x 6 • 180 pages  
 9781642501940 • \$21.95 • pb • Reference / Quotations

**A Tribute to Female Friendships**

"...she shares the elements of female empowerment with her readers so that they can see the power of connection between women." ? *Nerdy Girl Express*

Whether the friendship is decades old or just beginning, we share a unique relationship with these women, a connection wholly different even from what we share with husbands or boyfriends.



**Get Better Teams**

by George Karseras

Mango Publishing • On Sale: Nov 9/21 • 5.5 x 8.5 • 256 pages  
 9781642506921 • \$39.95 • pb • Bus & Econ / Communication / Mtngs-Presentations

How Today's Highly Effective Leaders Develop High Performance Teams *Get Better Teams* is a simple, memorable, and easy to apply team development guide for the new leaders of the modern age.

A new business culture code. Teams today are more complex than ever before. With new team leader responsibilities like diversity training, virtual working, mental health awareness, individualism, and more, modern team leadership is in dire need of a new code. Developed by executive team (...)



**Keto Meal Prep by FlavCity**

125+ Low Carb Recipes That Actually Taste Good

by Bobby Parrish and Dessi Parrish

Mango Publishing • On Sale: Oct 12/21 • 8 x 10 • 224 pages  
 9781642506891 • \$32.95 • cl • Health & Fitness / Diets

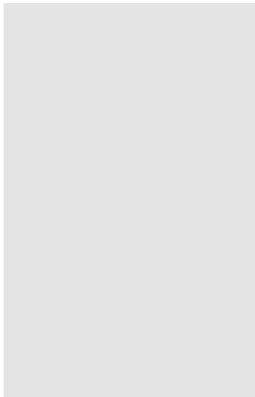
**A Week of Delicious Keto Meals in One Hour of Meal Prep**

**#1 Best Seller in Heart Healthy; Health, Fitness, & Dieting; Macrobiotic Nutrition; and Food Allergies**

Low-carb, keto recipes that actually taste good. With over 1,000,000 fans, FlavCity is known as the go-to spot for healthy meal prep and keto recipes to help you lose weight. Bobby Parrish has been featured on *The Bachelor*, *Bay Show* and the (...)

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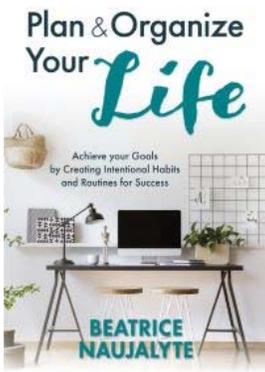


**Memories from the Mike**  
 A Century of Baseball Broadcasting  
 by Curt Smith

Mango Publishing • On Sale: Aug 3/21 • 5.5 x 8.5 • 224 pages  
**9781642506754** • \$32.95 • pb • Sports & Recreation / Baseball / Essays & Writings

Timed for the centennial of the first game to be broadcast on radio, *Memories from the Mike: A Century of Baseball Broadcasting* will celebrate the larger-than-life role that radio and TV announcers have had on our enjoyment of the national pastime.

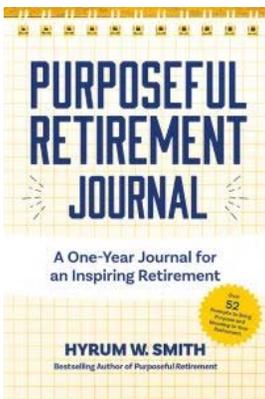
Organized chronologically, the narrative will chart the history of baseball broadcasting, accenting the stories and personalities - from Mel Allen to Harry Caray, Vin Scully to Joe Morgan - that have shaped the pleasure we take in the game (...)



**Plan and Organize Your Life**  
 Achieve your Goals by Creating Intentional Habits and Routines for Success  
 by Beatrice Naujalyte

Mango Publishing • On Sale: Sep 14/21 • 6 x 9 • 180 pages  
**9781642506778** • \$28.95 • pb • Self-Help / Stress Mgmt

This book is a comprehensive and interactive "planning bible." Covering the four pillars of an organized life: planning, note taking, tracking, and routine, readers can work through the entire book to develop a system that helps them to feel on top of their lives and in control of their time. With a beautiful and simple design, it is then something they can keep around as a reference guide whenever they are struggling in a specific area (...)

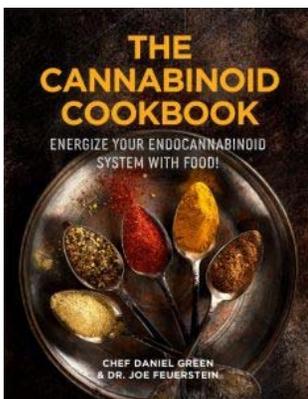


**Purposeful Retirement Journal**  
 A Journal to Challenge and Inspire Every Week of the Year  
 by Hyrum W. Smith

Mango Publishing • On Sale: Sep 14/21 • 6 x 9 • 200 pages  
**9781642501490** • \$24.95 • pb • Sports & Recreation / Bodybuilding & Weight Training

**Reclaim Your Time in Retirement**

**Discover the benefits of aging well.** The transition to retirement can be difficult. For many of us, careers are fulfilling and give us a sense of purpose each day. How do you carry that over to the next stage of life? Hyrum W. Smith, award-winning author of the retirement books *Purposeful Retirement* and *Purposeful Retirement Workbook & Planner*, offers answers in this motivating guided journal. This book is split into 52 sections to keep you (...)



**The Cannabinoid Cookbook**  
 Energize Your Endocannabinoid System with Food!  
 by Daniel Green and Joseph Feuerstein

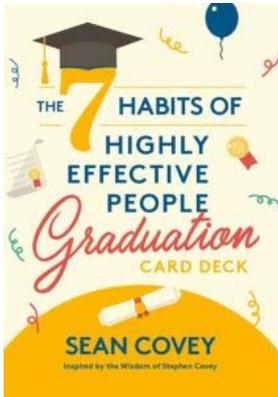
Mango Publishing • On Sale: Oct 12/21 • 7 x 10  
**9781642506648** • \$39.95 • cl • Cooking / Specific Ingredients / Natural Foods

**Your Endocannabinoid System is Your Friend--Take Care of It!**

**Learn from Dr. Joseph Feuerstein, MD, and Chef Daniel Green about the 11 rich foods that can give your body health benefits, without using any CBD or hemp products.**

**The word "cannabinoid" can be jarring, but it doesn't mean what you think it does.** We have a whole system named after pot called the endocannabinoid system (ECS), composed of receptors (...)





**The 7 Habits of Highly Effective People**

Graduation Card Deck

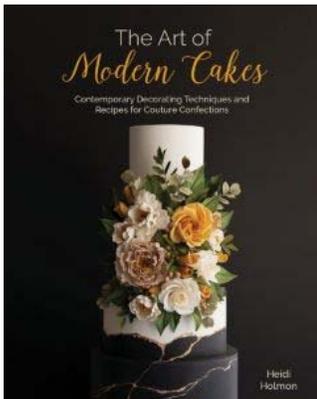
by Sean Covey

Mango Publishing • On Sale: Nov 9/21 • 4.13 x 6.13 • 55 pages  
**9781642506709** • \$27.95 • pb • Self-Help / Communication & Social Skills

**A Gift to Say Congratulations**

**Gift your graduate the timeless and undeniable wisdom of *The 7 Habits of Highly Effective People* in the quick, easily accessible form of a card deck.**

**Start them off strong.** Graduation is a major life event, and the steps taken after are crucial to setting your graduate up for success. This card deck will help new graduates begin this new phase of their life with ( )



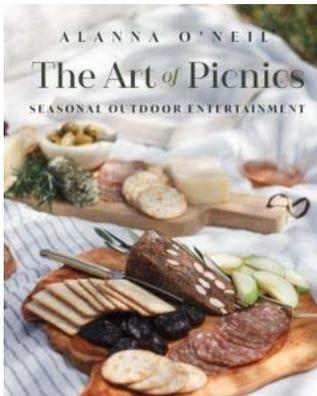
**The Art of Modern Cakes**

Contemporary Decorating Techniques and Recipes for Couture Confections

by Heidi Holmon

Mango Publishing • On Sale: Oct 12/21 • 8 x 10 • 180 pages  
**9781642506792** • \$39.95 • cl • Cooking / Courses & Dishes / Desserts

*The Art of Modern Cakes* will share tips and techniques in this beautifully illustrated guide. Perfect for aspirational bakers as well as bakers who would like to try their hand at creating gorgeous confections. The book will be an inspirational coffee table book for dreamers, novices and DIY types who would like to try their hand at sugar skills, frosting techniques and cake painting, and more of a true cookbook for those who already have some complex cake-baking skills.



**The Art of Picnics**

Seasonal Outdoor Entertaining

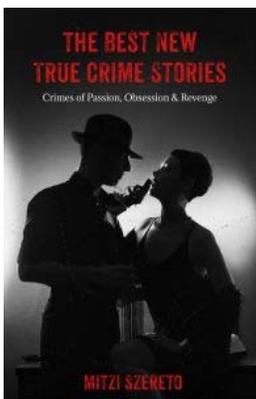
by Alanna O'Neil

Mango Publishing • On Sale: Aug 10/21 • 7 x 7 • 224 pages  
**9781642506464** • \$32.95 • pb • Cooking / Courses & Dishes / Appetizers

**Gourmet Grazing for the Great Outdoors**

**What could be the hidden key to health and happiness? It may just be tucked away in your picnic basket. *The Art of Picnics* encourages you to take a break from your fast-paced lifestyle, pick up a picnic basket, and reconnect with nature.**

**Outdoor recipes for seasonal eating.** There's nothing more satisfying than good food and the great outdoors. And if you're yearning for tranquility and the charm (...)



**The Best New True Crime Stories**

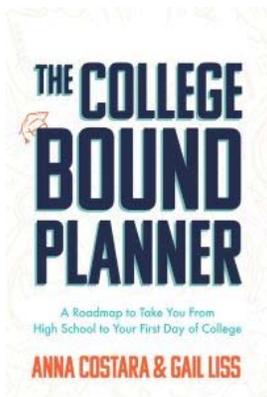
Crimes of Love, Passion & Obsession

by Mitzi Szereto

Mango Publishing • On Sale: Aug 10/21 • 5.5 x 8.5 • 224 pages  
**9781642506488** • \$27.95 • cl • Biography / Criminals & Outlaws

Love, passion, obsession, jealousy, betrayal. When it comes to the emotions, individuals often react in strange and unexpected ways. Even the most mild-mannered soul can suddenly flip, going over to the dark side. From the ancient Greek myth of Jason and Medea to Shakespeare's *Othello*, themes dealing with deeply felt emotions have been around for a long time. But unlike mythology or fiction, *The Best New True Crime Stories: Crimes of Passion, Obsession & Revenge* will contain stories pulled from real life. The individuals in these accounts have decided to (...)





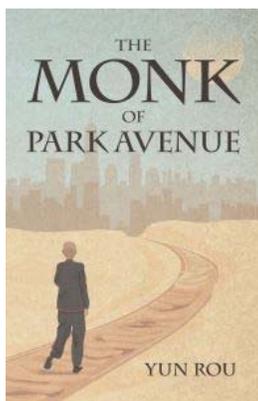
**The College Bound Planner**

A Roadmap to Take You From High School to Your First Day of College

by Anna Costaras and Gail Liss

Mango Publishing • On Sale: Aug 10/21 • 5.5 x 8.5 • 160 pages  
**9781642506044** • \$27.95 • pb • Education / Reference

In these uncertain times, parents and students are feeling even more anxious about how to approach applying to college. To address this, the authors provide advice and guidance starting at freshman year of high school up through senior year. This step-by-step guidance will empower students to take control of their academic futures and thrive, no matter what the future brings (...)



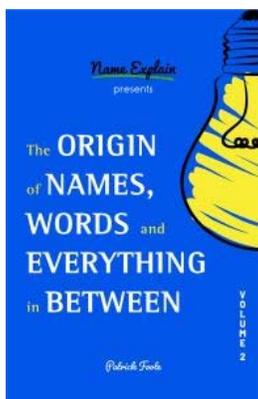
**The Monk of Park Avenue**

by Yun Rou

Mango Publishing • On Sale: Nov 9/21 • 5.5 x 8.5 • 224 pages  
**9781642506082** • \$27.95 • pb • Biography / Personal Memoirs

*The Monk of Park Avenue* is a kaleidoscopic ride through the upper echelons of New York Society and the nature-worshipping, sword-wielding world of East Asian religious and martial arts, *The Monk of Park Avenue* stands at the intersection of Robert Pirsig's *Zen and the Art of Motorcycle Maintenance*, JD Salinger's *The Catcher in the Rye*, and Mitch Albom's bestselling *Tuesdays with Morrie*.

A memoir like no other, it recounts a privileged childhood in Manhattan, the bitter rigors of (...)



**The Origin of Names, Words and Everything in Between Volume II**

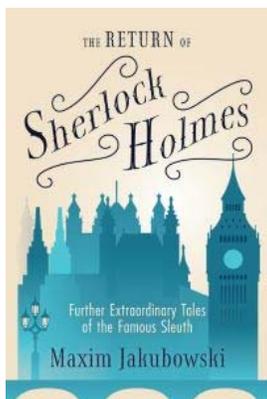
by Patrick Foote

Mango Publishing • On Sale: Oct 12/21 • 5.5 x 8.5 • 224 pages  
**9781642506815** • \$27.95 • pb • Non Classified

Follow up to Nam Explain's (YouTube) Origin of Names, Volume II dives into more obscure and historical names, titles and trivia. <https://www.youtube.com/c/NameExplain/about> 275,000 Subs.

**Dive Into the Fun Facts Behind Names and Word Origins**

**The best-selling book is back in its second volume with more names, more words, and even more in between than before ( )**



**The Return of Sherlock Holmes**

Further Extraordinary Tales of the Famous Sleuth

by Maxim Jakubowski

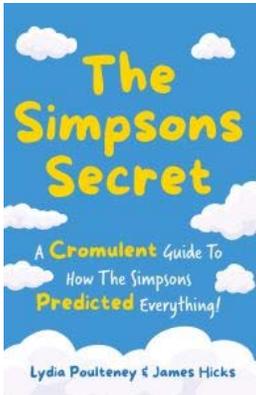
Mango Publishing • On Sale: Aug 10/21 • 6 x 9 • 236 pages  
**9781642506365** • \$27.00 • cl • Fiction / Mystery & Detective / Police Procedural

**Everyone's Favorite British Detective Is Back!**

**Read the newest and most thrilling stories about the most famous super sleuth in this new novel by critically acclaimed author, Maxim Jakubowski.**

**Revisit Sir Arthur Conan Doyle's legacy.** Sherlock Holmes and Watson have been household names and icons for generations. In this new anthology by Maxim Jakubowski, you can read all about the dynamic duo in a new light. From brand new stories, to deeper looks into famous (...)





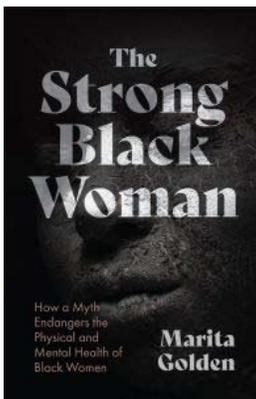
**The Simpsons Secret**

by Lydia Poulteney and James Hicks

Mango Publishing • On Sale: Sep 14/21 • 5.5 x 8.5 • 224 pages  
 9781642506877 • \$24.95 • cl • HUMOR / Topic / Celebrity & Popular Culture

LEAD

When you enter 'The Simpsons' into Google, you are not just greeted by The Simpsons biographies, crew info and general trivia, you are also inundated with thousands of 'Simpsons Predictions.' The hit show has been predicting major events with scary accuracy for over three decades. From Donald Trump's presidency to Disney buying 20th Century Fox (...years before it happening!) Simpsons prediction videos and articles rack up hundreds of millions of views and clicks online, with new entries coming up consistently time and time again. People just can't seem to get (...)



**The Strong Black Woman**

How the Myth of The Strong Black Woman Endangers the Physical and Mental Health of Black Women

by Marita Golden

Mango Publishing • On Sale: Oct 12/21 • 5.5 x 8.5 • 224 pages  
 9781642506839 • \$27.95 • pb • Biography / Women

**How African American Women Repair and Recover from Trauma and Racism**

Meet Black women who have learned though hard lessons the importance of self-care and how to break through the cultural and sometimes family resistance to seeking therapy and professional mental health care.



**Thriving in the Eye of the Hurricane**

Finding Your Innate Resilience in Our Challenging Times

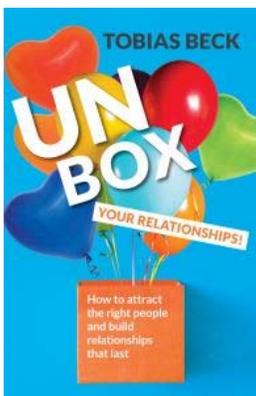
by Joseph Bailey, foreword by Michael Neill

Mango Publishing • On Sale: Oct 12/21 • 5.5 x 8.5 • 224 pages  
 9781642506600 • \$27.95 • pb • Self-Help / Motivational & Inspirational

**Survive and Thrive in Our Uncertain and Turbulent New Normal**

Joseph Bailey (licensed clinical psychologist for over forty years) invented a new paradigm of resilience he calls the "Transformation Principle". Those who have learned this new form of resilience develop an inner compass that enables them to live in the "eye of the hurricane", even in the most challenging situations.

What is the Transformation Principle? This principle is a method ( ... )



**Unbox Your Relationships**

by Tobias Beck

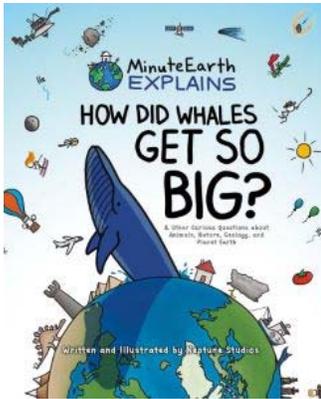
Mango Publishing • On Sale: Aug 10/21 • 5.5 x 8.5 • 224 pages  
 9781642506501 • \$24.95 • pb • Psychology / Emotions

**Develop Better Relationships with Yourself and the People Around You**

We are all connected with more people than ever before. Without guidance, it can be easy to get burdened by a bad relationship. In the follow-up to his international best seller, German speaker and consultant Tobias Beck returns to help improve your relationships with the two-step process that has already guided an online audience of millions.

**A humorous how-to.** Self-improvement is the first step toward successful (...)





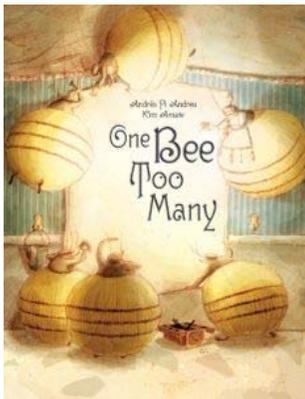
**MinuteEarth Explains: How Did Whales Get So Big?**  
 And Other Curious Questions about Animals, Nature, Geology, and Planet Earth

by MinuteEarth

Mango Publishing • On Sale: Sep 14/21 • 8 x 10 • 165 pages  
 9781642506310 • \$26.95 • cl • Juvenile Nonfiction / Nature / Water

**A Fun Science Book for Naturally Curious Children**  
 Have you ever wondered where galaxies come from? Or why the T-Rex has such tiny arms? Humans are all curious creatures, and kids the most of all. In their debut illustrated science book, the popular YouTube channel, *MinuteEarth*, presents all of your child's wackiest questions alongside engaging images of the natural world.

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**One Bee Too Many**

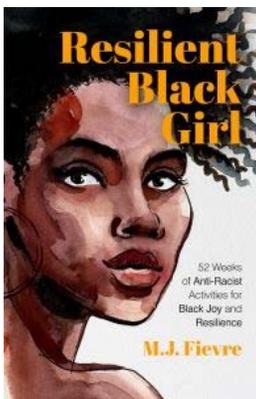
by Andres Pi Andreu, illustrated by Kim Amate

Mango Publishing • On Sale: Nov 11/21 • 8.5 x 11 • 32 pages  
 9781642505948 • \$24.95 • pb

One Bee Too Many is an ingenious fable with a completely satisfying ending. Will they find the extra bee? Or was it simply a mistake?

**A Charming Children's Book About Bees and Belonging**

"The picture book comes across inconspicuously, but it is the most beautiful and cleverest philosophical book that has been on the book market for a long time (...)



**Resilient Black Girl**

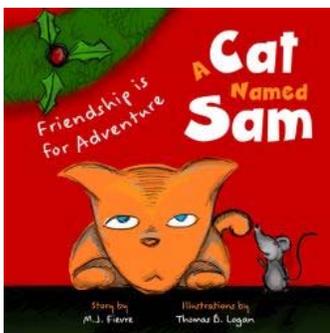
52 Weeks of Anti-Racist Activities for Black Joy and Resilience

by M.J. Fievre

Mango Publishing • On Sale: Sep 14/21 • 5.5 x 8.5 • 224 pages  
 9781642506549 • \$22.95 • pb • YA NonFic / Social Topics / Self-Esteem & Self-Reliance

**Be That Empowered and Resilient Black Girl**  
*Resilient Black Girl* provides young black women a better understanding of the effects of racism and equips you with skills for navigating various spaces in your daily lives.

**A Guidebook about the realities of being Black and combating racism.** Black girls and Black young women are powerful. Unfortunately, you must face microaggressions and outright racism in your daily lives. *Resilient Black Girl* empowers you to be brave, face (...)



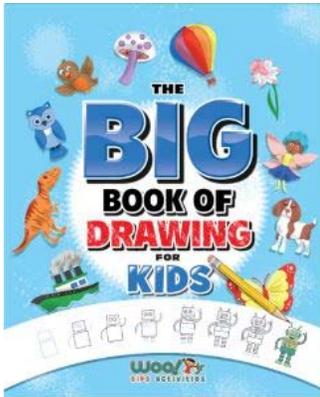
**Sam Is Afraid of Christmas**

by M.J. Fievre, illustrated by Thomas B. Logan

Mango Publishing • On Sale: Sep 16/21 • 8 x 8 • 32 pages  
 9781642506129 • \$18.95 • pb • Juvenile Nonfiction / Animals / Cats

**Why is Sam Afraid of Christmas?**  
 Let's have some fun as we figure out why a cat named Sam is afraid of Christmas. On this journey, we'll learn about what makes this talking cat afraid. Sam the Cat knows something is getting cooked for dinner but who's doing the cooking? We learn about all the different feelings we can feel, and we learn about how important it is to listen closely. If you love kittens (...)





**The Big Book of Drawing**

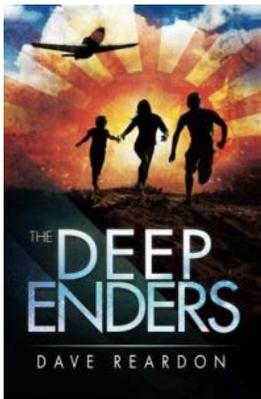
Over 500 Drawing Challenges for Kids and Fun Things to Doodle  
by Wool! Jr.

Mango Publishing • On Sale: Sep 14/21 • 8 x 10 • 256 pages  
9781642506723 • \$21.95 • pb • Juvenile Nonfiction / Art / Drawing

**A Giant Book of Step-by-Step Drawing Instructions for Kids**

This step-by-step drawing guide is essential for all kids learning to draw! With over 500 things to draw, your child will be entertained for hours while learning a new skill. *The Big Book of Drawing for Kids* makes learning how to draw easy!

Turn creativity into ability. The activities in *The Big Book of Drawing for Kids* turns a love of drawing (...)

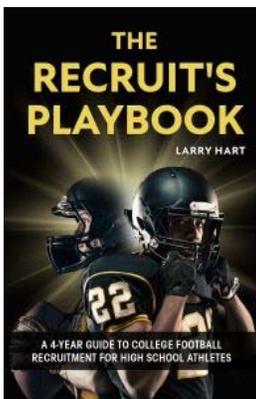


**The Deep Enders**

A Novel  
by Dave Reardon

Mango Publishing • On Sale: Oct 15/21 • 6 x 9 • 288 pages  
9781642506433 • \$24.95 • pb • YA Fic / Action & Adventure / Survival Stories

With his home destroyed by the attack on Pearl Harbor, Murph Turner stumbles into the exotic town of Broome seeking refuge from the conflict engulfing the world. Instead, the troubled teen discovers a wild and lawless place brimming with espionage, romance, and treachery. Murph is taken under wing by Banjo - a cheeky Aboriginal scamp with a passion for pyrotechnics - and Micki, a beautiful teenager on the run from authorities. Even as Japanese warships close in the coastline, the trio is suddenly thrust into a murderous adventure - all set against the (...)



**The Recruit's Playbook**

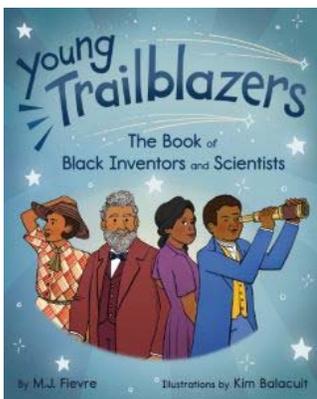
A 4-Year Guide to College Football Recruitment for High School Athletes  
by Larry Hart

Mango Publishing • On Sale: Aug 10/21 • 5.5 x 8.5 • 188 pages  
9781642506105 • \$24.95 • pb • YA NonFic / Social Topics / Self-Esteem & Self-Reliance

**The Definitive Guide to Getting Recruited!**

This all-in-one game plan for young football players takes a deep dive into demystifying the recruiting process for prospects and parents. Be fully equipped on your trajectory toward a collegiate scholarship.

Your play-by-play guide to scoring big. *The Recruit's Playbook* is written to help guide



**Young Trailblazers**

The Book of Black Inventors and Scientists  
by M.J. Fievre, illustrated by Balacuit

Mango Publishing • On Sale: Nov 11/21 • 4 x 6 • 52 pages  
9781642506068 • \$12.95 • cl • Juvenile Nonfiction / Biography / Historical

**Learn about the Amazing Black Trailblazers Who Changed the World**

A fun new book for toddlers that teaches them about Black trailblazers who have impacted the world through their actions and inventions.

From Activists to Scientists. Take your toddler on an adventure and travel through time to meet historical black trailblazers who changed the game. Countdown to liftoff with Katherine Johnson who helped pioneer U.S. crewed space missions. Safely cross (...)

