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# International Rights Guide 2009–2010





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Best Fairy Books	Garth Gardner Company	Mountain Trail Press	Skeezel Press
Birdsong Books	Gathering Wave Press	Natural Choices	Small Mountain Press
Borim Press	GIA Publications	Next Decade	Specialty Press
Bosco Publishing	Gingerbread House	Nite Owl Books	Spinifex Press
BrainySoftware	Granite Peak Publications	Nomad Press	Stage Three Enterprises
Bright Sky Press	Green Pastures Publishing	NonStop Press	Sumner Books
Brookside Press	Heartstrings Press	Nurturing Your Children Press	Temenos Press
Bull Publishing Company	Holy Macro! Books	Oak Leaf Impressions Press	Terrace Publishing
Cabazon Books	Hound Press	Odyssey Publishing	The Brainstorm Company
Cambridge House Publishing Co.	Iconic Press	Omnidawn Publishing	Three Story Press
Campbell Hall Press	IHS Press	On-Word Bound Books	Touche Publishing
Cary Tennis Books	Illumination Press	Out of Your Mind	Tracks Publishing
Chalk Hill Books	InData Group	Palmyra Publishing	Trine Day
Chicago Review Press	Information Today	Panache Partners	Tunnel Vision Books
Clearing Skies Press	Invisible Cities Press	Parent Guide Books	Two Thousand Three Associates
Cloud Nine Press	Japan Publicity	ParentMagic	Urban Crayon Press
Cobalt Productions	Jefferson Press	Parent Positive Press	USRSA
Common Ground Press	Jon Carpenter Publishing	Park Publishing	Villegas Editores
Companion Press	Kahn & Averill	Parkview Publishing	Vince Emery Productions
Compass Publishing	Kid's Fun Press	Patria Press	Visible Ink Press
Construction Trades Press	LaChance Publishing	Paul S. Eriksson	Walnut Cracker Publishing
Coral Press	Ladyslipper Press	Pemberley Press	Wild River Press
Cottonwood Press	Lakeview Research	Pendo Press	Window Box Press
CPA911 Publishing	Larkfield Publishing	Pink Angel Press	Wings Press
Craven Street Books	Lawrence Hill Books	PM Press	WordSpace Press
Crown King Books	Leetes Island Books	Popular Kinetics Press	World View Forum
Demand Publications	Legal Write Publications	Positive Spin Press	Zephyr Press
			ZuZu Petals Books



**INDEPENDENT PUBLISHERS GROUP**

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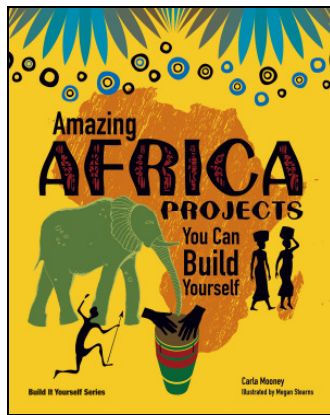
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## Amazing Africa Projects You Can Build Yourself

Carla Mooney  
Illustrations by Megan Stearns

Separating the vast continent into its many distinct and diverse countries, this comprehensive reference introduces the ancient civilizations and tribes, unique traditions, and amazing wildlife of Africa. With 25 fun projects

that kids can complete using easily accessible supplies and even recycled materials, this study clearly demonstrates what life is like in each unique setting. Step-by-step instructions show how to make shields for an initiation ceremony, cook banana fritters and benne cakes, and design animal masks to celebrate the seasons. Summarizing one of the world's largest and most populous landscapes, this overview also touches on the obstacles overcome by the African people and how the global community can help them face future challenges.

CHILDRENS: ACTIVITY, AGES 9 TO 12  
128 PAGES, 8 X 10  
60 B/W ILLUSTRATIONS, 100 LINE DRAWINGS  
TRADE PAPER, \$15.95  
ISBN: 978-1-934670-41-5  
NOMAD PRESS



## Explore the Solar System!

25 Great Projects, Activities, Experiments

Anita Yasuda  
Illustrations by Bryan Stone

From a space shuttle fashioned out of a lemonade carton and felt to a Mars rover made from a cereal box and juice cans, the variety of imaginative projects in this resource can be built with simple everyday classroom

and household items. Surrounding these activities are fun facts, illustrations, and related information on each space topic—all of which meets curriculum standards for early elementary science. For young students, their families, and teachers, this expedition through the galaxy is a perfect method for introducing astronomy in a way that also stimulates creativity and curiosity.

CHILDRENS: ACTIVITY, AGES 7 TO 9  
96 PAGES, 8 X 10  
50 B/W ILLUSTRATIONS, 100 LINE DRAWINGS, 25 DIAGRAMS  
TRADE PAPER, \$12.95  
ISBN: 978-1-934670-36-1  
NOMAD PRESS



## Explore Transportation!

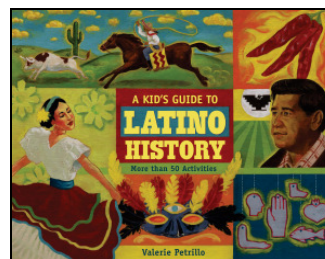
25 Great Projects, Activities, Experiments

Marylou Morano Kjelle  
Illustrations by Bryan Stone

Allowing kids to travel through time and around the globe, this entertaining guide summarizes the history and science of transportation. From camels to jet engines and from pigeons to submarines, this handbook

examines the unusual and exciting ways that civilizations old and new have moved people, information, and objects from place to place. Twenty-five easy-to-follow projects are included, requiring minimal adult supervision and primarily using common household products and recycled supplies. Combining a hands-on element with riddles, jokes, fun facts, and cartoons, this all-inclusive activity book journeys from the evolution of the wheel to the invention of the spaceship, demonstrating that imagination can spark major changes in the world and beyond.

CHILDRENS: ACTIVITY, AGES 7 TO 9  
96 PAGES, 8 X 10  
50 B/W ILLUSTRATIONS, 100 LINE DRAWINGS, 25 DIAGRAMS  
TRADE PAPER, \$12.95  
ISBN: 978-1-934670-45-3  
NOMAD PRESS



## A Kid's Guide to Latino History

More than 50 Activities

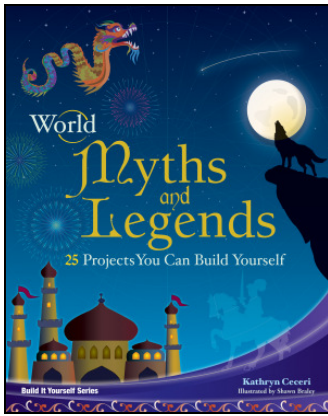
Valerie Petrillo

Featuring hands-on activities, games, and crafts that introduce children to the diversity of Latino culture, this guide

teaches them about the people, experiences, and events that have shaped Hispanic American history. Broken down into sections covering descendants from Mexico, Cuba, Puerto Rico, the Dominican Republic, and Central and South America, topics include Spanish colonial history; the missions and early settlements in Florida, Arizona, New Mexico, California, and Texas; the Santa Fe Trail and the United States–Mexican War of 1848; immigration; and the plight of migrant farm workers. Kids can fill Mexican cascarones for Easter, learn to dance the merengue from the Dominican Republic, write a short story using magical realism to learn about the literature of Colombia, make a Cuban sandwich, and create Guatemalan worry dolls. A time line, glossary, teacher's guide, and recommendations for Latino books, movies, museums, and websites round out this multicultural excursion.

CHILDRENS: ACTIVITY, AGES 7 TO 9  
208 PAGES, 11 X 8.5  
TRADE PAPER, \$14.95  
ISBN: 978-1-55652-771-5  
CHICAGO REVIEW PRESS





## World Myths and Legends

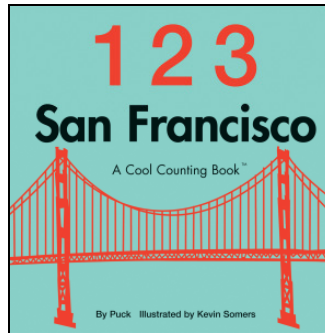
25 Projects You Can Build Yourself

**Kathryn Ceceri**  
Illustrations by Shawn Braley

Providing a window into the history, science, and values of the cultures that produced them, this unique exploration of fearsome gods and brave heroes includes hands-on activities, fun facts, and

modern-day connections. Projects range from experiencing the Greek tale of Odysseus and making a double soda-bottle whirlpool to fashioning a West African drum from yogurt containers and creating an indoor or outdoor garden according to the Native American story of the Three Sisters. Summarizing the characters and stories that ancient peoples used to explain the natural world and human behavior, this activity guide conducts a fascinating adventure of imagination and mystery, unveiling wonders of the past as well as emphasizing the importance of oral traditions.

CHILDRENS: ACTIVITY, AGES 9 TO 12  
128 PAGES, 8 X 10  
60 B/W ILLUSTRATIONS, 100 LINE DRAWINGS, 30 DIAGRAMS  
TRADE PAPER, \$15.95  
ISBN: 978-1-934670-43-9  
**NOMAD PRESS**



## 1 2 3 San Francisco

A Cool Counting Book

**Puck**  
Illustrations by Kevin Somers

Kids will count to 10 with some of San Francisco's most beloved symbols—the Golden Gate Bridge, cable cars, fortune cookies, Dungeness crabs, and the sea lions on Pier 39—in this board book featuring

contemporary illustrations, dazzling colors, and bold, clear design. The end of the book includes a complete location list, in both English and Spanish, to help parents locate the symbols and landmarks and plan an entertaining trip to San Francisco.

CHILDRENS: BOARD BOOKS, AGES UP TO 3  
22 PAGES, 6 X 6  
11 COLOR ILLUSTRATIONS, FOUR-COLOR INTERIOR  
BOARD BOOK, \$8.95  
ISBN: 978-0-9796213-8-3  
**DUO PRESS LLC**



## activities on the go

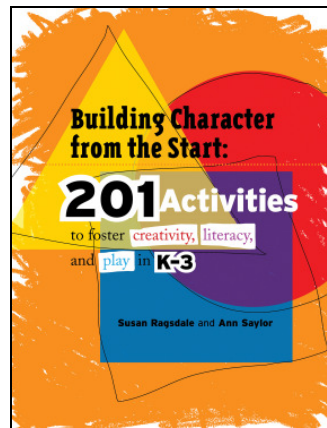
One-on-One Fun for Kids and Adults

Edited by Kate Brielmaier

This compact, portable guide is packed with creative activities that are guaranteed to strengthen bonds between adult and child through simple, low-prep, low-cost suggestions designed to reinforce one-to-

one relationships. The varied ideas include a trip to the local library for favorite books to share, learning how to ice skate, snowshoeing at a nearby park, volunteering at a soup kitchen, and writing a one-act play and performing it for family or neighbors. Intended for a parent who wants to mix things up, a mentor looking for fresh ideas, or a counselor needing to break the ice, this pocket resource offers quick and effective ideas for meaningful and enjoyable interaction with a child.

CHILDRENS: EDUCATION RESOURCE  
104 PAGES, 5 X 5  
100 B/W ILLUSTRATIONS  
TRADE PAPER, \$9.95  
ISBN: 978-1-57482-271-7  
**SEARCH INSTITUTE PRESS**



## Building Character from the Start

201 Activities to Foster Creativity, Literacy, and Play in K-3

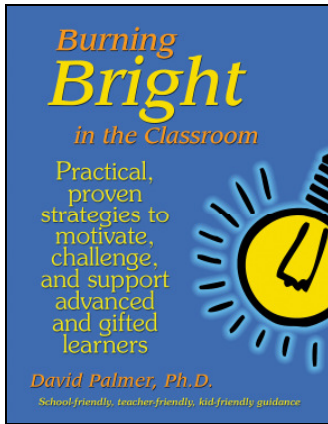
**Susan Ragsdale and Ann Saylor**

Grounded in the 40 Developmental Assets<sup>®</sup>, a research-based framework for healthy child development, this inspirational activity book lets kids have fun while building

new skills and character. Kids are prompted to finish a coloring page with their own ideas and dreams while synopses of nearly 100 books include follow-up questions and ideas for taking the book's lessons even further. Fun for every grade level and area of interest is provided through word games, community-building games, team-building games, and more. Included with the book is a CD-ROM of reproducible handouts to engage kids even further, rounding out this ideal tool for teachers, day-care providers, and after-school program providers.

CHILDRENS: EDUCATION RESOURCE  
144 PAGES, 8.5 X 11  
TRADE PAPER, \$29.95  
ISBN: 978-1-57482-269-4  
**SEARCH INSTITUTE PRESS**





## Burning Bright in the Classroom

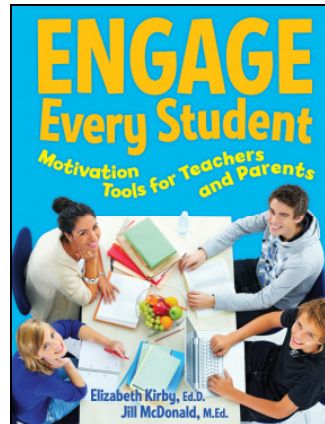
Practical, Proven Strategies to Motivate, Challenge, and Support Advanced and Gifted Learners

David Palmer, PhD

An extensive menu of practical, teacher-tested techniques fills this easily referenced guide designed to help both beginning and experienced educators reach advanced and

high-ability students of all levels. Through specific examples, decision trees, and brief surveys, this handbook matches student traits with education strategies while also giving a thorough overview of research-based approaches such as single-subject and whole-grade acceleration and off-site talent search programming. Presented in a classroom-friendly format—including teacher reproducibles and worksheets—this reference can be used in the classroom immediately and every day.

CHILDRENS: EDUCATION RESOURCE  
246 PAGES, 8.5 X 11  
9 B/W ILLUSTRATIONS, 6 LINE DRAWINGS, 4 CHARTS,  
3 TABLES, 2 GRAPHS, 12 DIAGRAMS  
TRADE PAPER, \$29.95  
ISBN: 978-0-9771098-2-1  
PARENT GUIDE BOOKS



## Engage Every Student

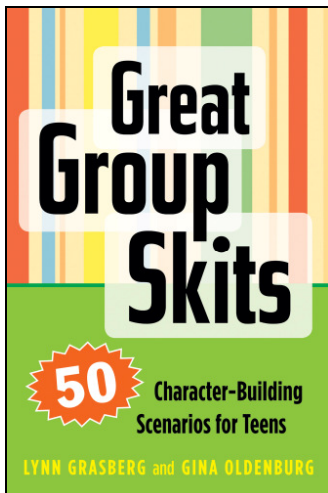
Motivation Tools for Teachers and Parents

Elizabeth Kirby, EdD  
and Jill McDonald, MEd

The challenge of motivating underachieving students is addressed in this classroom resource guide that advises teachers and other concerned adults to look beyond test scores and encourage underperforming middle school and

high school students to find their motivational spark. Developmental benchmarks, reasonable expectations for results, and strategies for charting progress are discussed for a myriad of situations—including those with learning disabilities, family and environmental factors, different learning styles, and other root causes of motivational deficit—and paired with classroom strategies to address each unique case. A learning styles inventory and a multiple intelligence test are provided to aid in evaluation, and handouts and home strategies to share with parents are offered to reinforce the home-school connection.

CHILDRENS: EDUCATION RESOURCE  
128 PAGES, 8.5 X 11  
TRADE PAPER, \$21.95  
ISBN: 978-1-57482-266-3  
SEARCH INSTITUTE PRESS



## Great Group Skits

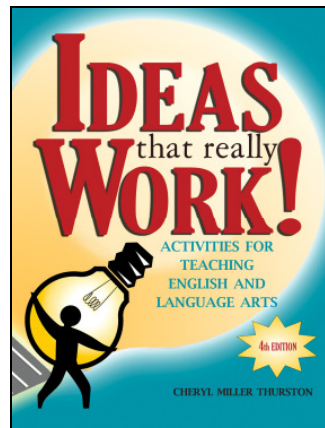
50 Character-Building Scenarios for Teens

Lynn Grasberg  
and Gina Oldenburg

Created by experts who teach improvisational theater, this resource for educators and youth workers provides new and creative role-playing exercises that tackle a wide range of topics. From small pieces for a few people to large-scale skits that involve an entire class, this guidebook helps educators engage with kids and helps them engage with each

other. Rather than using line-by-line dialogue, the skits are designed as improvisational scenarios that give a starting point and let kids decide where to go, enhancing their creativity, self-reliance, and analytical skills. The skits are divided into categories that include imagination, teamwork, communication skills, motivation and leadership, peer pressure and integrity, and conflict resolution.

CHILDRENS: EDUCATION RESOURCE  
172 PAGES, 6 X 9  
30 B/W ILLUSTRATIONS, 2 TABLES  
TRADE PAPER, \$16.95  
ISBN: 978-1-57482-265-6  
SEARCH INSTITUTE PRESS



## Ideas That Really Work!

Activities for Teaching English and Language Arts

Cheryl Miller Thurston

With a wealth of practical lessons and activities—from how to correctly use apostrophes to creating "word snapshot" posters—this guide contains information that can help any English or language arts teacher inspire middle grade and high school students.

Because of its humor, accessible content and format, and often unusual approach to traditional subjects, this fun book has remained popular since its introduction in 1991, with this new edition updating topical references and adding dozens of new lessons and activities.

CHILDRENS: EDUCATION RESOURCE, AGES 12 & UP  
204 PAGES, 8.5 X 11  
SPIRAL, \$23.95  
ISBN: 978-1-877673-84-9  
COTTONWOOD PRESS, INC.







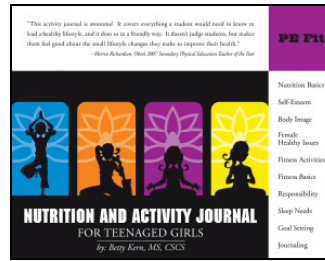
## Intermediate Nutrition and Activity Journal 2

Betty Kern, MS, CSCS

Highlighting a healthy lifestyle's benefits to school performance, this update to the

first journal delves deeper into the topics of fitness, exercise, nutrition, and wellness. Combining this information with other relevant subjects—such as personal responsibility, stress, body image and self esteem, fitness and nutrition goals, and the importance of sleep—this is a comprehensive resource for students looking to improve their overall well-being. Meeting all six of the national standards for physical education, it is also a great tool for middle school physical education teachers looking to broaden their knowledge. Complete with a newly updated food guide pyramid, the president's physical fitness test, and a journal for students to mark their own progress, this ample guide is a great way to get students dedicated to healthy living.

CHILDRENS: EDUCATION RESOURCE, AGES 12 & UP  
80 PAGES, 11 X 8.5  
11 LINE DRAWINGS  
TRADE PAPER, \$11.95  
ISBN: 978-1-932802-47-4  
**HOLY MACRO! BOOKS**



## Nutrition and Activity Journal for Teenaged Girls

Betty Kern, MS, CSCS

Featuring many topics of concern for teenage girls—weight gain, weight loss,

disease prevention, self-image, self-esteem, body type, fashion, eating disorders, relationships, and fitness workouts—this all-in-one guide to healthy living teaches nutritional information and fitness strategies that are easy for teens to implement into their active lives. With the included journal, students are able to track habits and explore feelings in order to effectively mark their progress and relieve their daily stress. For girls who need positive, accurate, and appropriate direction, this handbook offers the steps to actively pursue their goals and improve their well-being.

CHILDRENS: EDUCATION RESOURCE, AGES 12 & UP  
180 PAGES, 11 X 8.5  
9 B/W ILLUSTRATIONS  
TRADE PAPER, \$19.95  
ISBN: 978-1-932802-45-0  
**HOLY MACRO! BOOKS**



## Physical Education Nutrition and Activity Journal 2

Betty Kern, MS, CSCS

Examining the impact of nutrition and exercise on a student's school performance,

overall condition, and immune system, this is a thorough reference to a healthy teenage lifestyle. Topics covered include designing fitness plans and workouts to meet individual needs and target specific muscle areas, making good eating decisions whether at a restaurant or at home, and setting goals and tracking habits within the book's journal pages. Aligned with the curriculum of the Nutrition and Activity Programs' national standards, this reference influences students to adopt habits to greatly benefit their health.

CHILDRENS: EDUCATION RESOURCE, AGES 12 & UP  
95 PAGES, 11 X 8.5  
5 LINE DRAWINGS  
TRADE PAPER, \$12.95  
ISBN: 978-1-932802-48-1  
**HOLY MACRO! BOOKS**



## Primary Nutrition and Activity Journal

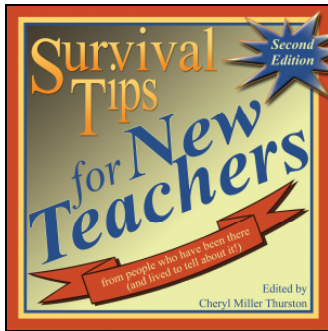
Betty Kern, MS, CSCS

Including journal pages for families looking to track their eating and activity habits, this instructional resource offers critical guidance to primary

elementary students hoping to benefit from a healthy lifestyle. All of the basic information is here, including how to eat according to the food pyramid, determine appropriate serving sizes for various foods, understand the difference between good fuels and bad fuels, grasp the importance of sleep, and begin exercising basics. With fun classroom and family fitness activities, this all-around guide will help children and families develop healthy routines.

CHILDRENS: EDUCATION RESOURCE, AGES 5 TO 7  
50 PAGES, 11 X 8.5  
14 LINE DRAWINGS  
TRADE PAPER, \$9.95  
ISBN: 978-1-932802-46-7  
**HOLY MACRO! BOOKS**





## Survival Tips for New Teachers

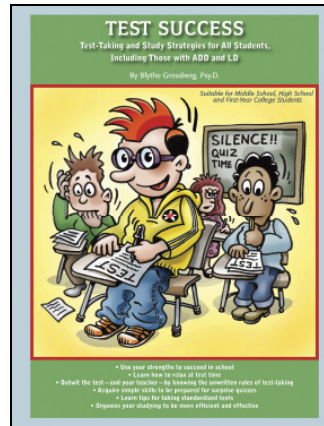
From People Who Have Been There (and Lived to Tell About It)

Cheryl Miller Thurston

Honest and humorous stories from teachers all over the country are gathered in this collection of helpful advice for

new and experienced teachers alike. Updated to address the latest challenges in modern teaching, this edition offers guidance on using technology in the classroom, communicating with parents, dealing with tough issues such as bullying and sexual harassment, and coping with current legislation requirements and student pressures. In addition to the basic challenges, there is also a section devoted to cell phones, MP3 players, and other classroom distractions.

CHILDRENS: EDUCATION RESOURCE, AGES 12 & UP  
120 PAGES, 7 X 7  
TRADE PAPER, \$8.95  
ISBN: 978-1-877673-85-6  
COTTONWOOD PRESS, INC.



## Test Success

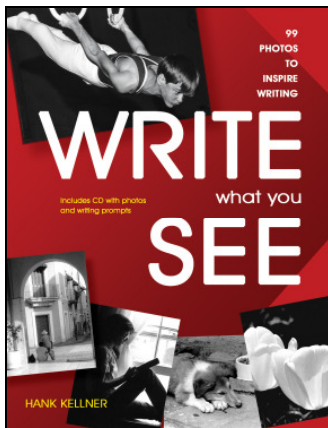
Test-Taking and Study Strategies for All Students, Including Those with ADD and LD

Blythe Grossberg, PsyD

Offering middle school and high school students strategies to succeed on every type of test—from multiple-choice to standardized and essay tests—this book shows students how to maximize their time and skills. With successful, real-life

strategies shared by students, this guide will also help students of all levels, including those with ADD/ADHD and learning disabilities, learn study skills, strategies to handle their anxiety concerning tests, and how to have a mental edge. Teachers and parents can additionally use this book to help students perform better in school.

CHILDRENS: EDUCATION RESOURCE, AGES 12 TO 18  
125 PAGES, 8.5 X 11  
12 B/W ILLUSTRATIONS, 10 CHARTS, 2 DIAGRAMS  
TRADE PAPER, \$21.95  
ISBN: 978-1-886941-72-4  
SPECIALTY PRESS/A.D.D. WAREHOUSE



## Write What You See

99 Photos to Inspire Writing

Hank Kellner

Compiled by a successful photographer and former teacher of English, this collection of black-and-white photographs is accompanied by a wide variety of inventive writing prompts to motivate students. In addition to the author's own suggestions for using photography in the

classroom, the guide shares more than two dozen ideas from real teachers across the country who have successfully used photography in the teaching of writing. The book also includes a CD-ROM so that teachers can use a video projector to display the photographs and writing prompts.

CHILDRENS: EDUCATION RESOURCE, AGES 12 & UP  
120 PAGES, 8.5 X 11  
99 B/W PHOTOS  
TRADE PAPER, \$24.95  
ISBN: 978-1-877673-83-2  
COTTONWOOD PRESS, INC.



## Ballerina Detective and the Missing Jeweled Tiara

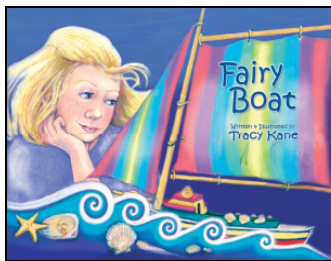
Karen Rita Rautenberg

Providing a colorful slice of life, mystery, light romance, and personal struggles, this adventure tale draws readers into the life of a contemporary American girl, Kayla, in her quest to pursue her dreams and find her identity in the exciting transition from childhood to early adolescence. The story takes an unexpected turn when someone steals her friend Amber's most prized

possession. Suddenly, Kayla and her friend Vicki find themselves embroiled in the roles of amateur detectives. Kayla gets the starring role in a school play but must overcome stage fright and the difficulty of memorizing her lines all while experiencing her first crush on a boy. Young readers will appreciate boys and girls pursuing their dreams against long odds.

CHILDRENS: FICTION, AGES 12 TO 14  
110 PAGES, 5.5 X 8.5  
TRADE PAPER, \$9.95  
ISBN: 978-1-933255-47-7  
DNA PRESS





## Fairy Boat

Tracy Kane

When a little girl goes on an epic adventure down the perilous Big River, she wonders, Will help from wildlife creatures be enough to see the Fairy Boat safely to the

end of the journey or will some fairy magic need to work its protective charms?

CHILDRENS: FICTION AGES 3 TO 5  
40 PAGES, 11 X 8.5  
32 COLOR ILLUSTRATIONS, 1 MAP  
CLOTH, \$15.95  
ISBN: 978-0-9708104-7-2  
LIGHT BEAMS PUBLISHING



## Fairy Flight

Tracy Kane

Raising butterflies from caterpillars, Sarah and Kinsey are certain there is magic in the air. Both ponder, *How can the Monarchs can migrate so many miles without directions?*

and *Will they reach their final destination in time for the Butterfly Parade?*

CHILDRENS: FICTION AGES 5 TO 7  
40 PAGES, 11 X 8.5  
37 COLOR ILLUSTRATIONS  
CLOTH, \$15.95  
ISBN: 978-0-9708104-2-7  
LIGHT BEAMS PUBLISHING



## Forest Secrets

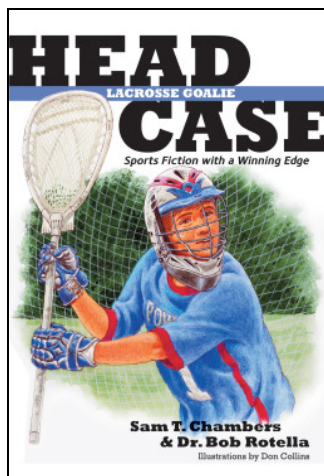
A Fairy Houses Mystery

Tracy Kane  
and Kelly Sanders

When Kate Evans moves to a seaport town in New Hampshire, she is thrilled that her new home is located at the edge of an enchanted forest. She and her new friend and neighbor, Luke Carver, explore the wonders of nature until they stumble upon an unsolved mystery hidden in a tree trunk. They ponder the questions,

*What are the magical secrets of the woods? Will we discover the secrets of the fairy houses? Can those secrets help us save the land we love before it's sold and developed?* This entrancing story is a beautifully illustrated adventure—complete with a map and hidden magical delights—that is designed to engage children in the enjoyment of nature and increase environmental awareness.

CHILDRENS: FICTION AGES 7 TO 11  
126 PAGES, 6.25 X 8.5  
1 COLOR ILLUSTRATION, 28 B/W ILLUSTRATIONS, 1 MAP  
CLOTH, \$14.95  
ISBN: 978-0-9766289-1-0  
LIGHT BEAMS PUBLISHING



## Head Case Lacrosse Goalie

Sports Fiction with a  
Winning Edge

Sam T. Chambers  
and Dr. Bob Rotella  
Illustrations by Don Collins

Fifth grader Max Speyer has been chosen to be the starting goalie for the local youth lacrosse league. Younger and smaller than the team's other goalie, he lacks the confidence he needs to beat his archrival. To boost his confidence, he trains to the point of

obsession—until an enlightening conversation with his neighbor, Dr. Bob, shows him that he needs to let go and trust that all his training has made him a good enough player to get the job done. This story combines lacrosse scenarios with solid sports psychology to provide solutions to many significant challenges that youth players face.

CHILDRENS: FICTION AGES 9 TO 12  
104 PAGES, 5.5 X 8  
10 B/W ILLUSTRATIONS, 4 DIAGRAMS  
TRADE PAPER, \$9.95  
ISBN: 978-1-933979-40-3  
BRIGHT SKY PRESS





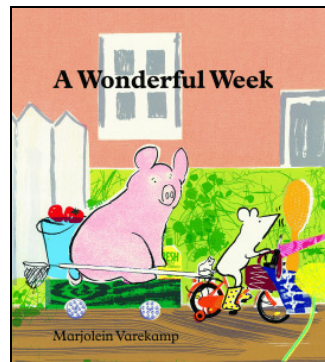


## The Magic of Color

Tracy Kane

Two tribes live peacefully on an island where only black and white exist—until a dramatic event results in the creation of two colors. This change completely transforms their lives, and, when a third color appears, both tribes set off on an adventure to claim this dazzling new treasure.

CHILDRENS: FICTION,  
AGES 5 TO 7  
40 PAGES, 9 X 11.5  
20 COLOR ILLUSTRATIONS  
CLOTH, \$17.95  
ISBN: 978-0-9766289-0-3  
LIGHT BEAMS PUBLISHING



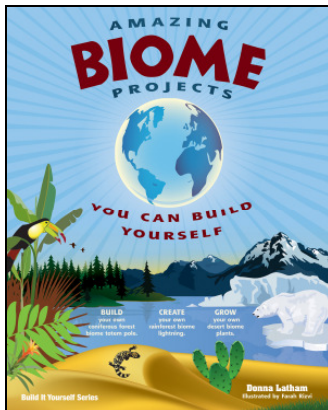
## A Wonderful Week

Marjolein Vrekamp

From tidying up on Tuesday to fixing things on Friday, this engaging tale written in short verse introduces preschoolers to fundamental concepts, such as the days of the week, calendars, friendship, and cooperation. Through the story's bold, whimsical illustrations, children escape into the world

of Pig, Mouse, and Frog for a wonderful week at their countryside home—from stacking pancakes for breakfast to enjoying snuggly snoozes on Sundays.

CHILDRENS: FICTION, AGES 3 TO 5  
32 PAGES, 11 X 12  
CLOTH, \$16.95  
ISBN: 978-0-9802338-3-4  
BEES KNEES BOOKS



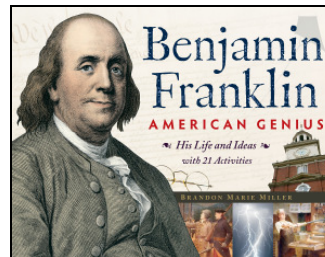
## Amazing Biome Projects You Can Build Yourself

Donna Latham  
Illustrated by Farah Rizvi

Conducting a circumnavigation of the globe, this fascinating guide presents an excellent learning environment on Earth's terrestrial and aquatic biomes. From wandering through forests and sizzling in deserts to shivering in the

tundra and plunging beneath the seas to explore coral reefs, children can explore each unique climate zone. Gnarly krumholz trees, bioluminescent sea creatures, and blubbery marine critters are only a few of the intriguing elements to be encountered within this engaging handbook. Those who use science in their jobs are highlighted, whether at the site of a disastrous oil spill or an archaeological mastodon dig. Guaranteed to inspire an interest in all corners of the earth, this engrossing compendium also encourages an appreciation of how vital biomes are to the earth's health.

CHILDRENS: NONFICTION, AGES 9 TO 12  
128 PAGES, 8 X 10  
60 B/W ILLUSTRATIONS, 100 LINE DRAWINGS, 30 DIAGRAMS  
TRADE PAPER, \$15.95  
ISBN: 978-1-934670-39-2  
NOMAD PRESS



## Benjamin Franklin, American Genius

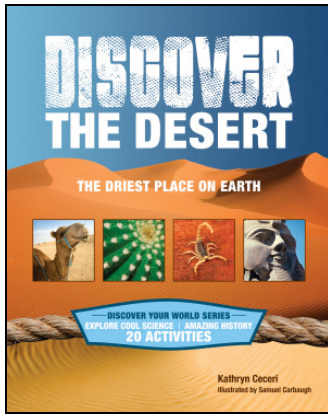
His Life and Ideas  
with 21 Activities

Brandon Marie Miller

Capturing the essence of this exceptional individual through his original writings and hands-on activities from his era, this resource tells the rich story of one of America's most celebrated Founding Fathers. Beginning with his time as a young printer, this engaging narrative details how Benjamin Franklin became a celebrity with the publication of *Poor Richard: An Almanac* and how he founded the colonies' first lending library, volunteer fire company, and postal service. Additionally, his life in science is highlighted, from his 1751 book *Experiments and Observations on Electricity* to his proof a year later that lightning is an electrical discharge. Activities range from designing and printing an almanac cover and playing a simple glass armonica (a Franklin invention) to experimenting with static electricity and building a barometer. The text also features a time line, glossary, web and travel resources, and reading list for further study.

CHILDRENS: NONFICTION AGES 9 TO 12  
144 PAGES, 11 X 8.5  
60 B/W ILLUSTRATIONS, 35 LINE DRAWINGS, TWO-COLOR INTERIOR  
TRADE PAPER, \$16.95  
ISBN: 978-1-55652-757-9  
CHICAGO REVIEW PRESS





## Discover the Desert

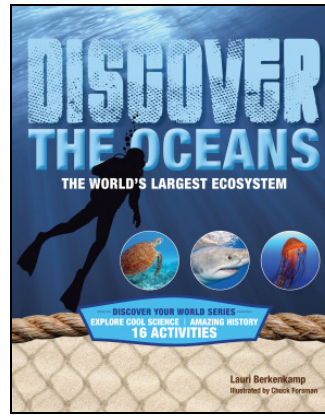
The Driest Place on Earth

Kathryn Ceceri  
Illustrations by Sam Carbaugh

Delving into a seemingly dry and barren ecosystem, this fun-filled activity book closely examines the desert landscape and shows how many exciting discoveries it holds. Exploring native plants and animals and depicting the extreme temperatures, rough terrain, and vast distances in detail, this

lively reference describes lost civilizations as well as today's desert-dwelling cultures. "Try This" science and history activities are also included—from creating mirages and fashioning an Anasazi clay bowl to growing salt crystals and even assembling a cactus dish terrarium. Demonstrating why adventurers have always been drawn to the world's deserts, this entertaining overview also provides education on the environment, examining how the health of the planet depends on the careful treatment of the desert's many resources.

CHILDRENS: NONFICTION, AGES 9 TO 12  
112 PAGES, 8 X 10  
50 COLOR PHOTOS, 50 COLOR ILLUSTRATIONS, 25 DIAGRAMS,  
10 MAPS, TWO-COLOR INTERIOR  
TRADE PAPER, \$16.95  
ISBN: 978-1-934670-46-0  
NOMAD PRESS



## Discover the Oceans

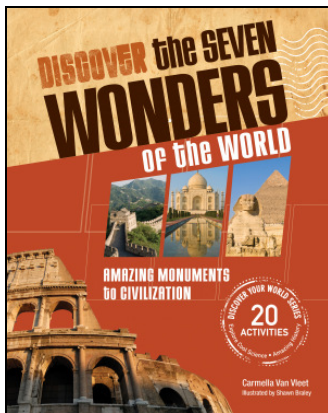
The World's Largest Ecosystem

Lauri Berkenkamp  
Illustrations by Chuck Forsman

From both a historical and scientific point of view, above and below the surface, this engaging guide brings the world's oceans to life through fun facts, illustrations, and in-depth information. Interactive activities appear throughout, ranging from making solar

stills and simple fishing spears to experimenting with a homemade diving bell and figuring out how much water it really takes to survive. With the oceans being the least explored environment on Earth, this reference illuminates some of the most incredible and surprising plants and animals as well as how to survive and navigate these vast expanses.

CHILDRENS: NONFICTION, AGES 9 TO 12  
96 PAGES, 8 X 10  
60 B/W ILLUSTRATIONS, 100 LINE DRAWINGS, 40 DIAGRAMS,  
TWO-COLOR INTERIOR  
TRADE PAPER, \$16.95  
ISBN: 978-1-934670-38-5  
NOMAD PRESS



## Discover the Seven Wonders of the World

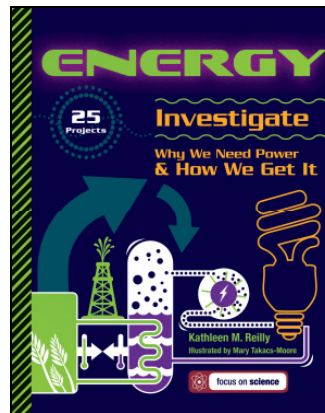
Amazing Monuments to Civilizations

Carmella Van Vleet; Shawn Braley

Representing spectacular architectural feats and creations of great beauty, this handy reference introduces children to the Seven Wonders of the Ancient World as well as the

monuments on the new list. This superb overview captures the new icons of world culture, offering opportunities to discover amazing civilizations, technological innovations, and a shared global heritage. From the pyramids of Egypt and the Hanging Gardens of Babylon to the ruins of Machu Picchu in Peru and the Great Wall of China, this exploration will ensure that children gain an appreciation of the importance of preserving our world's treasures.

CHILDRENS: NONFICTION, AGES 9 TO 12  
112 PAGES, 8 X 10  
50 COLOR PHOTOS, 50 COLOR ILLUSTRATIONS, 25 DIAGRAMS, 10  
MAPS, TWO-COLOR INTERIOR  
TRADE PAPER, \$16.95  
ISBN: 978-1-934670-47-7  
NOMAD PRESS  
COMING IN AUGUST 2011



## Energy

25 Projects Investigate Why We Need Power & How We Get It

Kathleen M. Reilly  
Illustrations by Mary Takacs-Moore

Giving kids a hands-on opportunity to see energy in action, these 25 projects are an exciting introduction to the ways this hot topic affects both world politics and everyday lives. Packed with information

about what energy really is, where it comes from, and its alternative sources, the projects range from a steam-powered boat and a solar-powered water heater to an electric burglar alarm and a geothermal geyser. The tough topics of energy shortages are covered with enthusiasm in a lively discussion so kids can make educated, positive changes for their future.

CHILDRENS: NONFICTION, AGES 9 TO 12  
128 PAGES, 8 X 10  
60 B/W ILLUSTRATIONS, 100 LINE DRAWINGS, 30 DIAGRAMS  
TRADE PAPER, \$15.95  
ISBN: 978-1-934670-34-7  
NOMAD PRESS







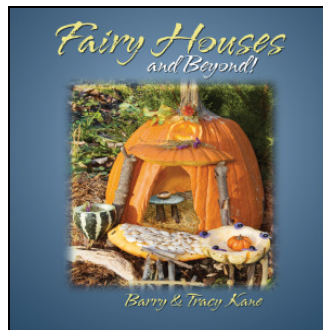
## Fairy Houses . . . Everywhere!

Tracy Kane  
and Barry Kane

From rustic dwellings to fairy mansions, this whimsical collection of photographs depicts fairy habitats in various places—from woods and parks to backyard gardens and the

beach—and encourages children to explore nature using creativity and imagination.

CHILDRENS: NONFICTION, AGES 5 TO 7  
56 PAGES, 8.5 X 8.5  
125 COLOR PHOTOS  
CLOTH, \$14.95  
ISBN: 978-0-9708104-4-1  
LIGHT BEAMS PUBLISHING

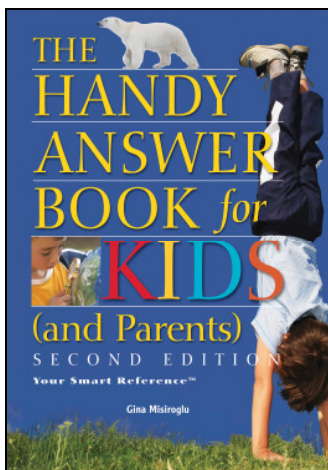


## Fairy Houses and Beyond!

Tracy Kane  
Illustrations by Barry Kane

This dynamic guide to fairy houses captures the inspiring habitats built with natural materials and creativity by New England families.

CHILDRENS: NONFICTION  
62 PAGES, 8.5 X 8.5  
83 COLOR PHOTOS  
CLOTH, \$15.95  
ISBN: 978-0-9708104-6-5  
LIGHT BEAMS PUBLISHING



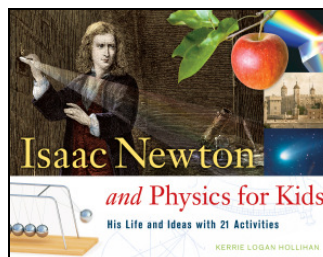
## The Handy Answer Book for Kids (and Parents)

Gina Misiroglu

As a launching pad for inquisitive young minds and a life raft for parents at wits end, this collection addresses a critical part of being a kid: asking questions. A wide variety of questions are answered, such as *Is there life on Mars?* *Do rivers ever dry up?* *Why are there wars?* *Is there such a thing as a funny bone?* *What is*

*DNA?* Having this nearby will equip every parent for those difficult, absurd, or sometimes funny questions from their kids.

CHILDRENS: NONFICTION, AGES 9 & UP  
352 PAGES, 6.75 X 9.75  
60 COLOR PHOTOS, 30 COLOR ILLUSTRATIONS,  
10 CHARTS, FOUR-COLOR INTERIOR  
TRADE PAPER, \$21.95  
ISBN: 978-1-57859-219-7  
VISIBLE INK PRESS



## Isaac Newton and Physics for Kids

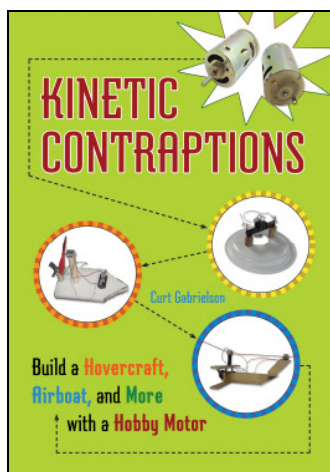
His Life and Ideas  
with 21 Activities

Kerrie Logan Hollihan

Featuring 21 hands-on projects that explore the scientific concepts Isaac Newton

developed, this illuminating guide paints a rich portrait of the brilliant and complex man and provides young readers with a hands-on understanding of astronomy, physics, and mathematics. The activity-packed resource allows children to experiment with swinging pendulums, build a simple waterwheel, create a 17th-century plague mask, track the phases of the moon, bake an “apple pye in a coffin,” and test Newton’s three laws of motion using coins, a skateboard, and a model boat they construct themselves. A time line, excerpts from Newton’s own writings, online resources, and a reading list for further exploration ensure that kids will gravitate to this unique activity book.

CHILDRENS: NONFICTION, AGES 9 TO 12  
144 PAGES, 11 X 8.5  
80 B/W ILLUSTRATIONS, TWO-COLOR INTERIOR  
TRADE PAPER, \$16.95  
ISBN: 978-1-55652-778-4  
CHICAGO REVIEW PRESS



## Kinetic Contraptions

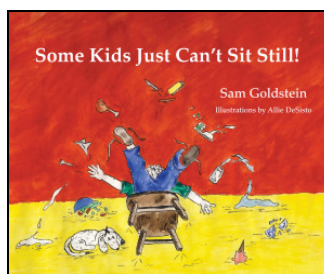
Build a Hovercraft, Airboat, and More with a Hobby Motor

Curt Gabrielson

The two dozen contraptions found in this handy resource can move across the land, over the sea, and through the air and can be assembled primarily from low-cost or free recycled materials, batteries, and a single motor. Some of the projects include constructing a

hovercraft out of a Styrofoam plate, two corks, and binder clips; building a double-paddlewheel out of paint stirrers, plastic bottles, and a pair of disposable knives; and turning bamboo skewers, checkers, and a drinking straw into a three-wheeled motorcycle. Each project is clearly explained through materials and tools lists, step-by-step instructions with photographs, and scientific background on the concepts being explored.

CHILDRENS: NONFICTION, AGES 12 & UP  
176 PAGES, 7 X 10  
300 B/W PHOTOS  
TRADE PAPER, \$16.95  
ISBN: 978-1-55652-957-3  
CHICAGO REVIEW PRESS



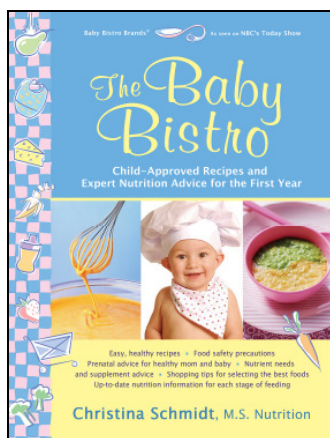
## Some Kids Just Can't Sit Still!

Sam Goldstein  
Illustrations by Allie Desisto

Written in a Seussian style, this delightful story explains why children suffering from attention deficit/hyperactivity

disorder (ADHD) react differently to simple situations in their daily lives. Explaining the symptoms of ADHD in an entertaining way, this tale helps children understand their differences, accept treatment, and retain positive self-esteem. Parents, teachers, and doctors will welcome this dialogue concerning how they can help children with ADHD.

CHILDRENS: NONFICTION, AGES 7 TO 9  
32 PAGES, 10 X 8  
26 COLOR ILLUSTRATIONS, FOUR-COLOR INTERIOR  
TRADE PAPER, \$15.95  
ISBN: 978-1-886941-73-1  
SPECIALTY PRESS/A.D.D. WAREHOUSE



## The Baby Bistro

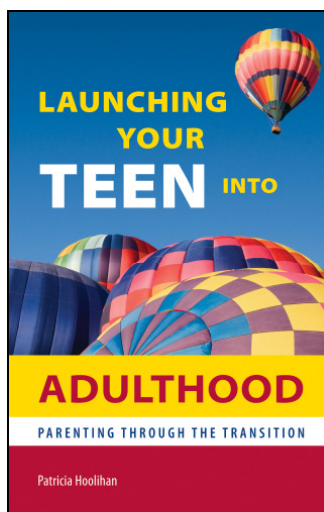
Child-Approved Recipes and Expert Nutrition Advice for the First Year

Christina Schmidt, MS

Based on the most current nutritional information, this concise guide offers new mothers a focused introduction to feeding babies healthy, nutritious foods during their first 12 months of life. With whimsical illustrations and clever recipe names this handbook even introduces the

concept of becoming the executive chef for any parent's new 24-hour home bistro. Tips are offered throughout to help parents develop an approach to food that is easy, organized, and fun. Features on shopping and topics such as how to read a food label are also included.

CHILDRENS: PARENTING & FAMILY CARE  
144 PAGES, 7 X 9.25  
12 COLOR PHOTOS, 74 COLOR ILLUSTRATIONS,  
6 B/W ILLUSTRATIONS, 8 LINE DRAWINGS,  
FOUR-COLOR INTERIOR  
TRADE PAPER, \$16.95  
ISBN: 978-1-933503-18-9  
BULL PUBLISHING COMPANY



## Launching Your Teen into Adulthood

Parenting Through the Transition

Patricia Hoolihan

Using this thoughtful guide, parents can help older teens confidently navigate the issues and developmental transitions that will inevitably arise as they prepare to leave home. This road map for mentoring and advising young people to make good choices from a positive, strength-based perspective

covers such topics as finding a good fit for school and work, dealing with money, living independently, setting goals, caring for personal needs, dealing with emotional challenges, handling new relationships, and developing a future-focused orientation. Each chapter also includes checklists, interviews, and resource sheets for parents and teens to help prepare for and succeed with this important life transition.

CHILDRENS: PARENTING & FAMILY CARE  
200 PAGES, 5.5 X 8.5  
TRADE PAPER, \$13.95  
ISBN: 978-1-57482-273-1  
SEARCH INSTITUTE PRESS





## My Baby Rides the Shortbus

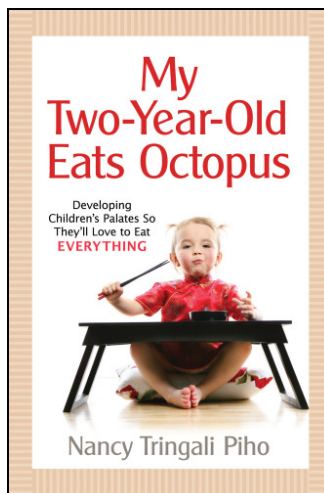
The Unabashedly Human Experience of Raising Kids with Disabilities

Yantra Bertelli,  
Jennifer Silverman,  
and Sarah Talbot

The stories in this collection provide parents of special needs kids with a dose of both laughter and reality. Featuring works by so-called alternative parents who have attempted to move away from mainstream thought, this anthology

carefully considers the implications of raising children with disabilities. From professional writers to novice storytellers, including original essays by Robert Rummel-Hudson, Ayun Halliday, and Kerry Cohen, this assortment of authentic, shared experiences from parents in the know is a partial antidote to the stories that misrepresent, ridicule, and objectify disabled children and their parents.

CHILDRENS: PARENTING & FAMILY CARE  
336 PAGES, 6 X 9  
TRADE PAPER, \$20.00  
ISBN: 978-1-60486-109-9  
PM PRESS



## My Two-Year-Old Eats Octopus

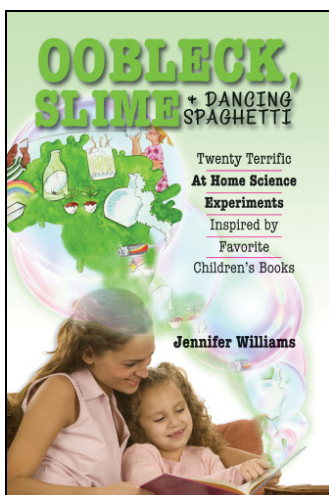
Raising Children Who Love to Eat Everything

Nancy Tringali Pihø

Approaching its topic with humor, style, and a critical eye, this unique guidebook enables parents to provide a healthy and diverse diet for their children. Instead of providing yet another guide to kids' nutrition, this study demonstrates that children need to be taught how to eat well just as they are taught to walk. This handbook

details how to find the right foods, how to overcome recurring problems, and emphasize the healthiest elements. Offering plenty of information on how to go about serious change and where to find the best resources, this reference is guaranteed to broaden the horizon of any child's menu.

CHILDRENS: PARENTING & FAMILY CARE  
224 PAGES, 6 X 9  
TRADE PAPER, \$16.95  
ISBN: 978-1-933503-17-2  
BULL PUBLISHING COMPANY



## Oobleck, Slime & Dancing Spaghetti

Twenty Terrific at Home Science Experiments Inspired by Favorite Children's Books

Jennifer Williams

Combining classic children's literature with fun kitchen science experiments, this handbook is an ideal resource for parents or teachers who want to instill a cross-curricular approach to educating their children. A wide range of experiments are featured,

including how to make the green goo found in Dr. Seuss's *Bartholomew and the Oobleck* as well as making pasta dance as shown in Tomie dePaola's *Strega Nona*. The activities, which are appropriate for children ages 4 to 11, result in a terrific way to combine reading with turning a kitchen into an exciting laboratory of learning.

CHILDRENS: PARENTING & FAMILY CARE  
176 PAGES, 6 X 9  
20 CHARTS, TWO-COLOR INTERIOR  
TRADE PAPER, \$14.95  
ISBN: 978-1-933979-34-2  
BRIGHT SKY PRESS



## Revelations in the Rearview Mirror

One Mother's Hard-Won and Hilarious Epiphanies on the Road to the Empty Nest

Louise Parsley

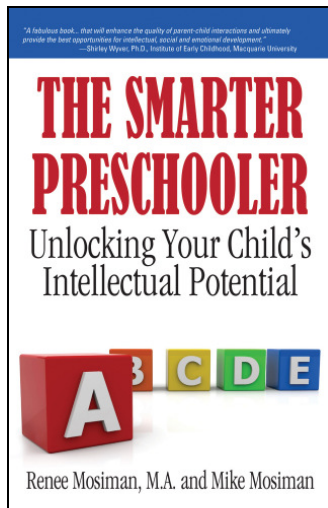
Insightful and poignantly funny, this look-over-your shoulder, laugh-out-loud collection of essays pulls the facade off family life, revealing the true and unvarnished journey of coming to grips with motherhood. Showing that not all mother's instincts kick in automatically, the narratives create camaraderie among

fellow moms who fear they have been endowed with the maternal warmth of Leona Helmsley. Covering all the years between play groups and prom, this odyssey of motherhood illustrates that by the time moms actually have a handle on raising kids, they're sending them off to college. This delightful series of reflections is sure to warm a mother's heart.

CHILDRENS: PARENTING & FAMILY CARE  
160 PAGES, 5.5 X 8.5  
CLOTH, \$17.95  
ISBN: 978-1-933979-32-8  
BRIGHT SKY PRESS







## The Smarter Preschooler

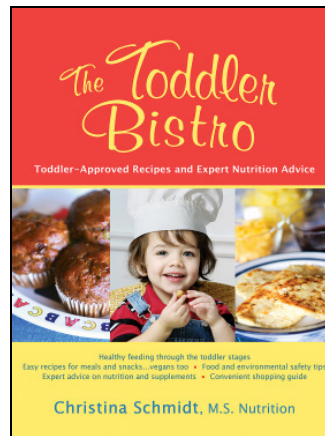
Unlocking Your Child's Intellectual Potential

Renee Mosiman, MA and Mike Mosiman

Arranged in a clear and accessible format, this guide presents the latest research on how to develop a child's intellect. Written to help parents create an enriched environment in and outside the home—the discussion breaks intelligence down into several capabilities, including critical thinking, problem solving,

general knowledge, reading skills, vocabulary, oral comprehension, math skills, spatial ability, curiosity, and creativity. This guide encourages parents to actively engage their children with toys, books, card games, and more. The book also includes a discussion of preschools to help parents decide if an early formal education is best for their youngsters.

CHILDRENS: PARENTING & FAMILY CARE  
224 PAGES, 5.5 X 8.5  
TRADE PAPER, \$14.95  
ISBN: 978-0-9816426-5-9  
BRIGHTER INSIGHTS



## The Toddler Bistro

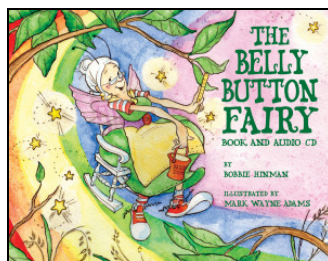
Toddler-Approved Recipes and Expert Nutrition Advice

Christina Schmidt, MS

Based on the most current nutritional information available, this accessible reference offers new mothers a fresh approach to feeding a toddler. More than a how-to guide, this unique handbook offers innovative elements—from whimsical illustrations to clever recipe names. Assisting parents in developing an

approach to food that is easy, organized, and fun, this study offers helpful tips through entertaining features such as “Bistro Basics” and “Chef’s Secrets.” Focusing on the age range of one to three years—when new foods and tastes are typically introduced—this survey also includes tips and tricks for quick shopping, easy recipes, and nutrient needs.

CHILDRENS: PARENTING & FAMILY CARE  
144 PAGES, 7 X 9.25  
16 COLOR PHOTOS, 82 COLOR ILLUSTRATIONS,  
8 B/W ILLUSTRATIONS, 10 LINE DRAWINGS,  
FOUR-COLOR INTERIOR  
TRADE PAPER, \$16.95  
ISBN: 978-1-933503-19-6  
BULL PUBLISHING COMPANY



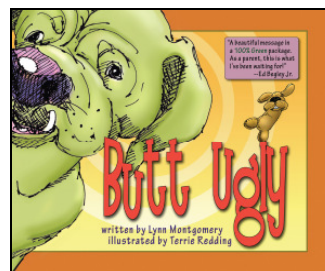
## The Belly Button Fairy

Bobbie Hinman  
Illustrations by Mark Wayne Adams

Showing that everyone is perfect in their own way, this delightful tale introduces the

Belly Button Fairy—a grandmotherly fairy responsible for making sure that every child has a belly button and that it's “always in the middle.” Lively and enchanting, this story demonstrates that all children are equally beautiful, even though some have “innies” and others have “outies.” With captivating watercolor illustrations and rhyming verse, this magical fantasy sheds light on a less practical and more magical explanation for one of life's little mysteries. An audio CD of the story and an original fairy song is also included.

CHILDRENS: PICTURE BOOKS, AGES 3 TO 5  
32 PAGES, 11 X 8.5  
32 W/C ILLUSTRATIONS  
CLOTH, \$15.95  
ISBN: 978-0-9786791-3-2  
BEST FAIRY BOOKS



## Butt Ugly

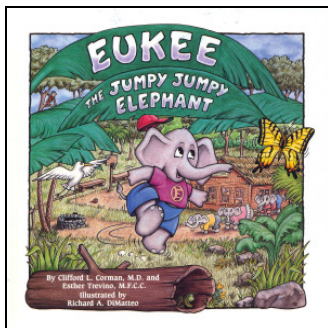
Lynn Montgomery  
Illustrations by Terrie Redding

A little puppy with crooked teeth, funny hair, and the scrawniest of his litter of 13 puppies gets the unfortunate name of Butt Ugly. The name becomes a self-fulfilling

prophecy and the puppy never gets adopted when his siblings with names like Princess, Fang, and Sparky are getting all of the attention. After all, nobody wants a puppy who's named Butt Ugly—or do they? One day, the puppy gets unceremoniously dumped on a doorstep as a possible practical joke. That is the day that his life turns around when the wonderful boy who finds him makes sure that he has a home forever and all the love he deserves.

CHILDRENS: PICTURE BOOKS, AGES 3 TO 5  
32 PAGES, 11 X 9  
32 COLOR ILLUSTRATIONS, FOUR-COLOR INTERIOR  
CLOTH, \$16.95  
ISBN: 978-0-9815724-0-6  
ZUZU PETALS BOOKS





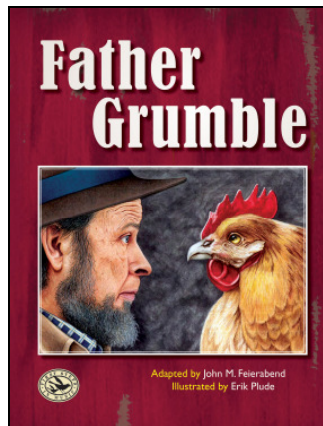
## Eukee the Jumpy Jumpy Elephant

Clifford L. Corman, MD  
and Esther Trevino, MFCC  
Illustrations by Richard A. Dimatteo

An honest portrayal of the difficulties faced by young children with attention deficit disorder (ADD), this beautifully

written and illustrated story follows Eukee, a young elephant who has trouble getting along with friends and family due to his hyperactivity and self-control. Finding the help he needs, Eukee helps youngsters, parents, teachers, and service providers learn more about themselves and the disorder in this simple and entertaining read-aloud story.

CHILDRENS: PICTURE BOOKS, AGES 5 TO 7  
26 PAGES, 7.75 X 7.75  
24 COLOR ILLUSTRATIONS, FOUR-COLOR INTERIOR  
TRADE PAPER, \$10.95  
ISBN: 978-1-886941-75-5  
SPECIALTY PRESS/A.D.D. WAREHOUSE



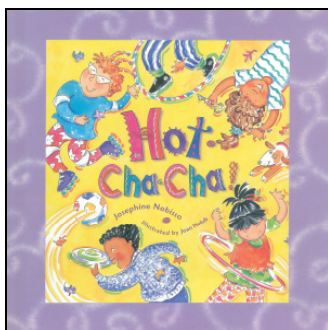
## Father Grumble

John M. Feierabend  
Illustrations by Erik Plude

The hilarious, classic folksong about domestic rivalry is brought to life in this vibrantly illustrated picture book. Father Grumble believes he is more capable at performing household chores than his wife is. She agrees to go into the field to plow if he does her work at home and in the farmyard. Father Grumble encounters so many domestic challenges that

he must confess it is more difficult to run a household than to plow a field. Based on the 15th-century "Ballad of a Tyrannical Husband," this delightful picture book includes a link to the downloadable song, "Father Grumble."

CHILDRENS: PICTURE BOOKS, AGES 3 TO 5  
32 PAGES, 8.5 X 10.5  
32 COLOR ILLUSTRATIONS, FOUR-COLOR INTERIOR  
CLOTH, \$16.95  
ISBN: 978-1-57999-756-4  
GIA PUBLICATIONS



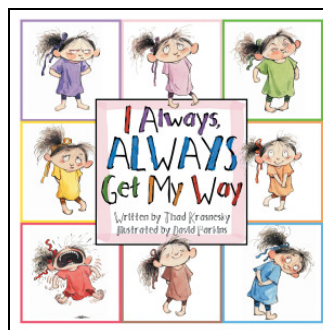
## Hot Cha Cha!

Josephine Nobisso  
Illustrations by Joan Holub

When Maria finds the lost key to her neighborhood's city playground, she gathers all her friends together for a rollicking, rolling good time of outdoor fun in this vividly illustrated, artfully narrated, rhyming adventure. Just as the kids are

about to leave their newly found turf, the grown-ups crash the party and join in on the fun—hand-clapping, rope-jumping, and high-swinging together in a colorful multicultural celebration. Teaching children the fundamentals of storytelling, this picture book provides an impeccable working model for storytelling using straight rhymes, slant rhymes, and meter. Masterfully presenting poetic tools in an accessible manner, this is a book whose story sings and leaps off the page, causing kids to dance and cheer.

CHILDRENS: PICTURE BOOKS, AGES 5 TO 7  
32 PAGES, 9.75 X 9.75  
36 COLOR ILLUSTRATIONS, FOUR-COLOR INTERIOR  
CLOTH, \$16.95  
ISBN: 978-0-940112-18-6  
GINGERBREAD HOUSE



## I Always, ALWAYS Get My Way

Thad Krasnesky  
Illustrations by David Parkins

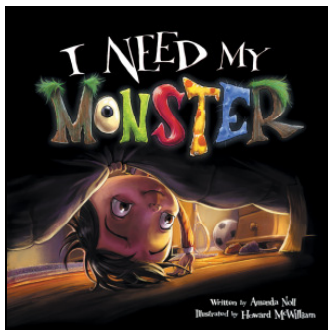
From carefully aimed pouts and shifting blame to the threat of an all-out tantrum, this laugh-out-loud story for kids and adults focuses on the clever antics, advantage-taking, limit-

testing, and childhood shenanigans of three-year-old Emmy. When Emmy spills juice and her dad's pants get "orange-hosed," she takes refuge behind Mom's knee. Expecting a reprimand, Emmy is surprised when Mom tells Dad, "Now, sweetheart, you should let it be. After all . . . she's only three." Once Emmy discovers that she's too young to be punished, she constantly wrangles her way out of trouble by proclaiming, "I'm only three!" and pulls a handy weapon from her arsenal of manipulative maneuvers. With hilarious, rhyming text and energetic ink and watercolor illustrations that capture Emmy's expressions, from angelic to livid, readers discover that Emmy can't get away with her outrageous behavior forever and that her actions do eventually have consequences.

CHILDRENS: PICTURE BOOKS, AGES 5 TO 7  
32 PAGES, 10 X 10  
32 COLOR ILLUSTRATIONS, FOUR-COLOR INTERIOR  
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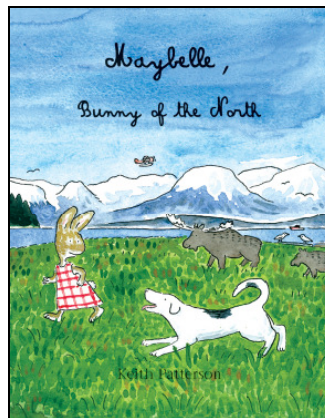
## I Need My Monster

Amanda Noll  
Illustrations by Howard  
McWilliam

A unique monster-under-the-bed story with the perfect balance of giggles and shivers, this picture book relies on the power of humor over fear, appeals to a child's love for creatures both alarming and

absurd, and glorifies the scope of a child's imagination. One night, when Ethan checks under his bed for his monster, Gabe, he finds a note from him instead: "Gone fishing. Back in a week." Ethan knows that without Gabe's familiar nightly scares he doesn't stand a chance of getting to sleep, so Ethan interviews potential substitutes to see if they've got the right equipment for the job—pointy teeth, sharp claws, and a long tail—but none of them proves scary enough for Ethan. When Gabe returns sooner than expected from his fishing trip, Ethan is thrilled. It turns out that Gabe didn't enjoy fishing because the fish scared too easily.

CHILDRENS: PICTURE BOOKS, AGES 5 TO 8  
32 PAGES, 10 X 10  
32 COLOR ILLUSTRATIONS, FOUR-COLOR INTERIOR  
CLOTH, \$16.95  
ISBN: 978-0-9799746-2-5  
FLASHLIGHT PRESS



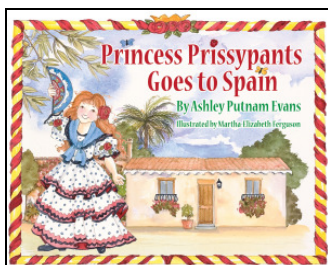
## Maybelle, Bunny of the North

Keith Patterson

A whimsical study of the seasons, this tale follows the high-spirited bunny Maybelle as she experiences the soothing aspects of nature and outdoor play and later eases into sleep, dreaming of her adventures at the end of the day. Whether she's scampering in the fireweed, sloshing through the melting snow and ice, search-

ing for special rocks at the beach, or visiting the Two Sisters Bakery, she always has time to say "hi" to her neighbors.

CHILDRENS: PICTURE BOOKS, AGES 3 TO 5  
36 PAGES, 7.5 X 9  
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CLOTH, \$15.95  
ISBN: 978-0-9802338-2-7  
BEES KNEES BOOKS



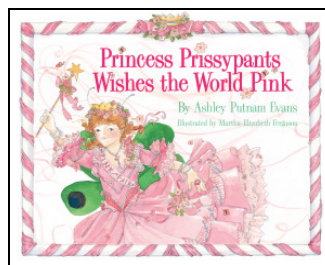
## Princess Prissyants Goes to Spain

Ashley Putnam Evans  
Illustrations by Martha-  
Elizabeth Ferguson

In a multicultural tale of acceptance, Princess Prissyants experiences the joy of

communicating with others in their native language. After traveling a great distance to visit a country called Spain, Princess Prissyants discovers that she can't understand a word the Spanish princess is speaking. Wondering why anyone would want to speak a language other than hers, Princess Prissyants asks her mother to tell everyone to stop speaking Spanish. Fortunately, the wise queen intervenes and convinces Princess Prissyants to accept Princess Maria's offer to teach her Spanish. In learning the language, Princess Prissyants gains an understanding of Princess Maria's culture, and most importantly, her heart. They become fast friends and explore Spain together. A pronunciation guide to help readers is included along with an English-Spanish vocabulary page that provides a quick reference to words used in the story and some basics such as numbers and colors.

CHILDRENS: PICTURE BOOKS, AGES 3 TO 5  
28 PAGES, 10.75 X 8.75  
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PINK ANGEL PRESS



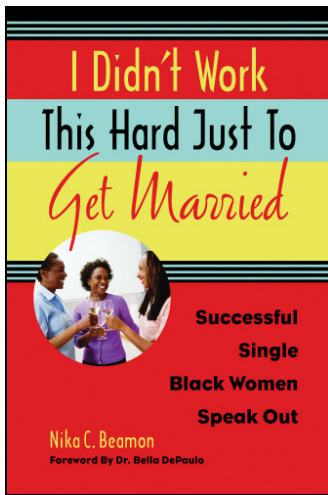
## Princess Prissyants Wishes the World Pink

Ashley Putnam Evans  
Illustrations by Martha-  
Elizabeth Ferguson

When Princess Prissyants turns her kingdom into a pink paradise, not everything works out quite the way she planned—traffic becomes a mess, a marching band ends up in the river, and she steps on her beloved cat before realizing everything was lovely as it was before. Written in rhyming verse that is fun to read aloud, this tale shows an relatable little girl who is independent, curious, courageous, and embracing of her inner princess. Using colorful illustrations to exemplify the beauty of diversity, this picture book also shows how to make the world a wonderful place.

CHILDRENS: PICTURE BOOKS, AGES 3 TO 5  
28 PAGES, 10.75 X 8.75  
28 COLOR ILLUSTRATIONS, FOUR-COLOR INTERIOR  
CLOTH, \$16.95  
ISBN: 978-0-9793381-4-4  
PINK ANGEL PRESS





## I Didn't Work This Hard Just to Get Married

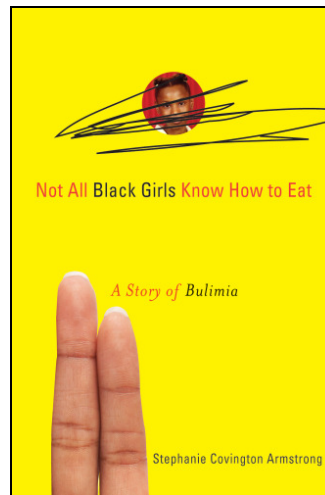
Successful Single Black Women Speak Out

Nika C. Beamon  
Foreword by Dr. Bella DePaulo

Through lively and revealing interviews with women from various walks of life, this account speaks directly to the single black woman's experience, addressing unique challenges such as income discrepancies between genders, the high rate of male

incarceration, and the "Baby Mama Syndrome." Women discuss the false expectations they face from men, from families, and from friends as well as reevaluate dating, single home ownership, career choices, having children—or not—and caring for aged parents. Their conclusion: singlehood, whether temporary or permanent, and sometimes challenging, is a fulfilling state.

AFRICAN AMERICAN  
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ISBN: 978-1-55652-819-4  
LAWRENCE HILL BOOKS



## Not All Black Girls Know How to Eat

A Story of Bulimia

Stephanie Covington Armstrong

Describing her struggle as a black woman with an eating disorder that is consistently portrayed as a white woman's problem, this insightful and moving narrative traces the background and factors that caused her bulimia. Moving coast to coast, she tries to escape her self-hatred and obsession by never slowing

down, unaware that she is caught in an emotional, spiritual, and physical downward spiral. Finally she can no longer deny that she will die if she doesn't get help, overcome her shame, and conquer her addiction. This memoir of her experiences answers many questions about why black women often do not seek traditional therapy for emotional problems.

AFRICAN AMERICAN  
272 PAGES, 6 X 9  
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LAWRENCE HILL BOOKS



## Good Dogs Doing Good

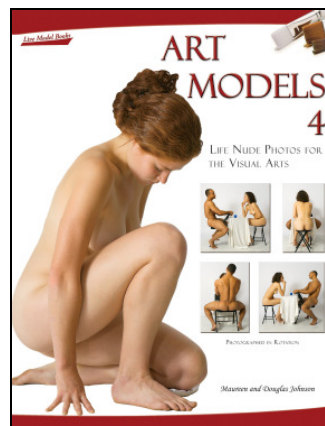
Lives Transformed by Man's Best Friend

The Healing Project

Filled with heartwarming stories of loveable dogs helping their masters cope with life-threatening diseases or chronic illnesses, this moving collection will comfort and encourage readers to face their own challenges. The courage, loyalty, love, and determination of these canine companions is faithfully documented in each

touching story. From rambunctious pups whose antics have yanked down the curtain of depression and let the sun shine into their owners' lives to loyal and resourceful dogs who have become vital aids in their owners' struggles with chronic or life-threatening diseases, these stories are rich with the drama, humor, and pathos that have earned the humble dog the beloved status of man's best friend.

ANIMALS  
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LACHANCE PUBLISHING LLC



## Art Models 4

Life Nude Photos for the Visual Arts

Maureen Johnson; Douglas Johnson

While no book can replace a live model, this photographic guide to the human form provides an array of figures for those who do not have access to live models. The latest in the series, this guide features two new models and an entirely new collection of photographs.

Posed in a variety of classical and modern positions, the models appear in a clear, clean environment that is void of distractions and enhances the figure. The PC- and Mac-compatible companion CD-ROM contains 24 photographs per pose that, in total, comprise a full 360-degree view. Each angle of every pose can be enlarged, enabling artists to zoom in on specific body parts to discover their intricate detail or project the photos to lifelike proportions.

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LIVE MODEL BOOKS







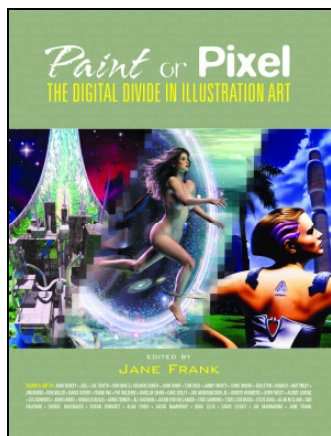
## John Van Hamersveld: Post-Future

John Van Hamersveld

A retrospective of one of the 20th century's most important artistic figures, this beautifully illustrated monograph focuses on John Van Hamersveld's intensely creative period from 1964 to 1974 and his contemporary reworkings of the original illustrations, posters, album covers, and other

artworks from this period. Revealing the creative genius behind his extensive body of work—more than 300 album covers, including designs for the Beatles, the Rolling Stones, Bob Dylan, Blondie, and KISS; the world famous Jimi Hendrix Pinnacle poster; and the widely known grinning Johnny Face image—this collection showcases the artist's past work, provides insights into his creative process, and demonstrates how his work has been widely influential in popular culture.

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## Paint or Pixel

The Digital Divide in Illustration Art

Edited by Jane Frank

This collection of art and essays by the best of today's science fiction and fantasy artists—including Joe Devito, John Howe, Janny Wurts, Frank Wu, and others—presents candid opinions behind the revolution now taking place in the field. It poses the question *Are computers creating a seismic shift in the creation of sf&f art, or are they just another tool in the artist's paint box?*

*or are they just another tool in the artist's paint box?*

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NONSTOP PRESS



## Outermost

The Art & Life of Jack Gaughan

Luis Ortiz

Fantastic imagery, explosive color, and occasionally creepy creations merge together in this elaborate collection of the work of genius artist Jack Gaughan. Extremely prolific and popular from the 1960s through the 1980s, Gaughan is showcased in this chronicle that is the first to detail the art and life of this master of the science fiction and fantasy genre. Overflowing with samples of work from the artist's personal archives and exploring examples of his working method, this definitive guide provides an inside look into this four-time Hugo Award winner. After his death, the New England Science Fiction Association created the Jack Gaughan Award for best emerging science fiction illustrator.

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## Paper Politics

Socially Engaged Printmaking Today

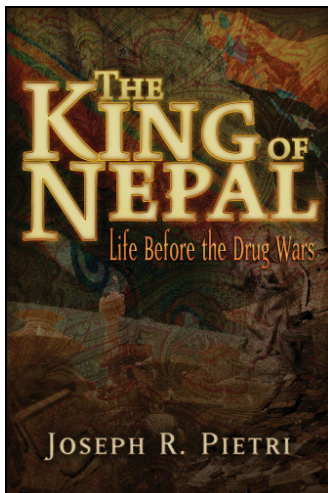
Edited by Josh MacPhee

With a widely eclectic variety of protest art in mediums such as relief, lithography, collagraph, and photography, this major collection of contemporary politically engaged printmaking showcases art that uses themes of social justice and global equity to engage community members in conversation. Based on an art exhibition that has traveled to more than a dozen cities in North America and including many do-it-yourself samples, this eye opening book contains works from more than 200 international artists. From the well established—Sue Coe, Swoon, Carlos Cortez—to street artists, rock poster makers, and up-and-comers such as Favianna Rodriguez and Chris Stain, this diverse collection is the work of artists who felt the need to respond to the monumental trends and events of modern politics.

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PM PRESS







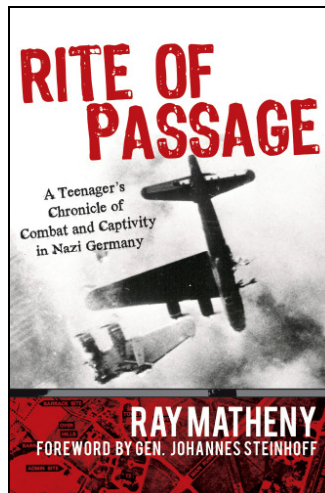
## The King of Nepal

Life Before the Drug Wars

Joseph R. Pietri

From the halcyon days of easily accessible drugs to years of government intervention and a surging black market, this tale chronicles a former drug smuggler's 50-year career in the drug trade, its evolution into a multibillion-dollar business, and the characters he met along the way.

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TRINE DAY



## Rite of Passage

A Teenager's Chronicle of Combat and Captivity in Nazi Germany

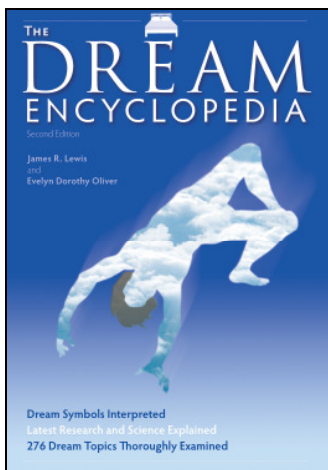
Ray Matheny

Foreword by Gen. Johannes Steinhoff

Drawing on a vast array of original source material that was previously classified information, this thrilling narrative history documents a young soldier's miraculous survival in war-torn Europe during World War II. Soon after joining the U.S. Army Corps, a wiry 17-year-old found

himself a seasoned warrior desperately battling head-to-head against the Luftwaffe's best fighter pilots over Nazi Germany. Having amazingly escaped the fiery wreckage of his B-17, he survived two winters in confinement as a POW in the infamous Stalag 17. He was finally rescued by Patton's Third Army just days before Germany surrendered.

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AMERICAN LEGACY MEDIA



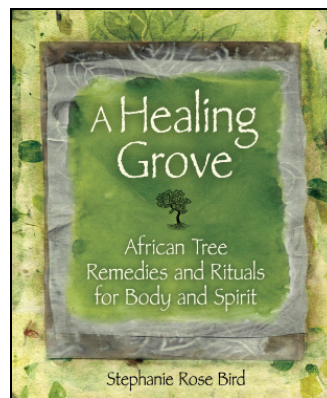
## The Dream Encyclopedia

James R. Lewis and Evelyn Dorothy Oliver

Exploring the fascinating world of dreams, this comprehensive reference examines more than 250 dream-related topics, from art to history to science, including how factors such as self-healing, ESP, literature, religion, sex, cognition and memory, and medical conditions can all have an effect on dreams. Dream symbolism and interpretation is examined

in historical, cultural, and psychological detail, while a dictionary—updated with 1,000 symbols and explanations—offers further insights. Dreaming about teeth, for instance, can indicate control issues, and dreaming of a zoo can indicate that the dreamer needs to tidy up some situation. Examining these concepts and more, this is the ultimate dreamer's companion.

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## A Healing Grove

African Tree Remedies and Rituals for the Body and Spirit

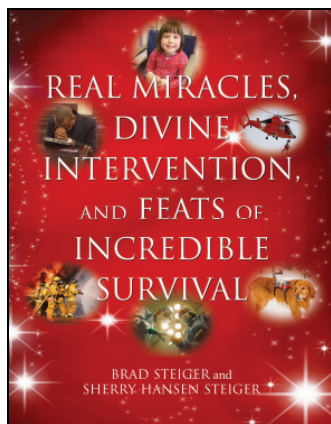
Stephanie Rose Bird

Exploring the practical uses, spiritual traditions, and historical aspects of trees in the heritage of African Americans, this therapeutic guide offers ways to rediscover and implement natural practices in 21st-century daily life. Topics

covered include hunting, gathering, and processing, natural divination, animal omens, oracles, signs, and forest medicine for wellness and beauty. This instructional meditation teaches African, Caribbean, and African American traditions, symbols, rituals, ceremonies, and healing techniques for better health, beauty, and quality of life.

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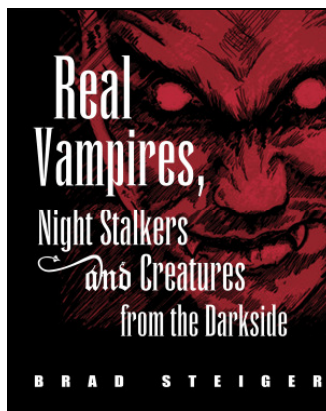
## Real Miracles, Divine Intervention, and Feats of Incredible Survival

**Brad Steiger and Sherry Hansen Steiger**

Including more than 200 true, thought-provoking stories, this inspirational collection provides a fascinating glimpse into the world of unexplained phenomena and survival against overwhelming odds. A

wide range of topics and circumstances is covered, including angelic interventions, surviving airplane crashes and cataclysmic natural disasters, medical miracles, amazing sea rescues, miracles on the highway, and near-death experiences. Remarkable stories include how a sky diver plummeted more than 4,000 feet and walked away with only a cut, how a mother and her children ride out a tornado atop an airborne mattress and survive, and how a group of dolphins rescued a swimmer from a shark attack.

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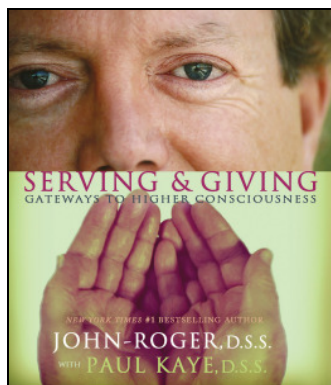
## Real Vampires, Night Stalkers and Creatures from the Darkside

**Brad Steiger**

A chilling chronicle of the often ignored history of vampirism as it has surfaced repeatedly in news articles, historical accounts, and first-person interviews, this shocking account of occultist rituals and

the inhuman forces that influence them shines a light on the horrifying truth. Revealing that real vampires are not immortal, do not have fangs or sleep in coffins, and have no fear of sunlight or crucifixes, the examination dispels many myths but also confirms the truth behind several traits of real vampires, such as the insatiable thirst for blood and the dream of an eternal soul.

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## Serving & Giving

**Gateways to Higher Consciousness**

**John-Roger, DSS and Paul Kaye, DSS**

Looking at the act of giving as a way to bring greater happiness into the life of the giver as well as the receiver, this insightful exploration challenges contemporary concepts of service. Offering simple and practical techniques for open-

minded volunteering, a wealth of quotes, narratives, and reflective pieces seek to motivate and inspire. Encouraging an attitude of selflessness with positive and timely action, this thought-provoking guide posits that serving is a gateway to higher consciousness. Comprised of brief, clear chapters, this book on perceptive meditation is easy to reference while attending the needs of others.

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## Crash

**Why the Big Three Failed and the Future of America's Automotive Industry**

**David Magee**

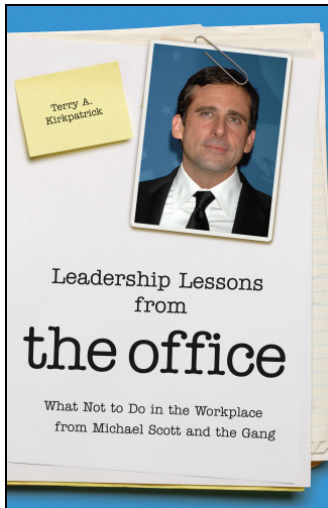
While it spent more than three quarters of a century as the world's largest automaker, by 2008 General Motors had ceded its top position, teetered on the fringes of bankruptcy, and was looking, with increasing desperation, for a way out. Ford and Chrysler, who round out America's Big Three automakers, were in the same position. How did the

industry fall so quickly from the SUV-fueled euphoria of the turn of the century to the death spiral days of 2008? This groundbreaking investigation, based on unparalleled access and reporting, shows exactly why the Big Three failed and explains how both American citizens and businesses alike can learn from this failure and become strong as a result.

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## Leadership Lessons from The Office

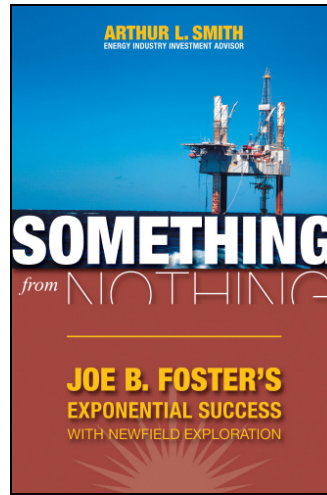
What Not to Do in the Workplace from Michael Scott and the Gang

**Terry A. Kirkpatrick**

This affectionate tribute examines the insights that underpin the humor in the hit television series, *The Office*, and offers weary office drones a painless path to business savvy. Do not grope your boss in the office. Never let employees see you sweat. And don't even think about being the office party planner. These vital lessons for

workplace success are just some of the "lessons learned" at the expense of the funniest office staff on television. In this guide, the show is a springboard for leadership advice as well as management techniques.

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## Something from Nothing

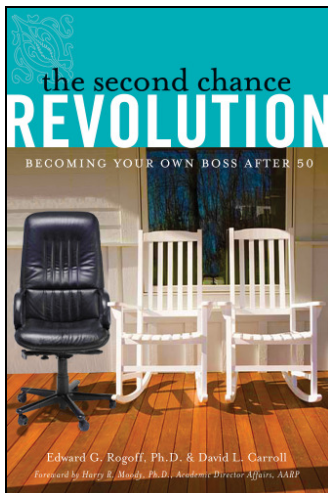
Joe B. Foster's Exponential Success with Newfield Exploration

**Arthur L. Smith**

From a nine million-dollar start-up to a thriving nine billion-dollar conglomerate, this narrative explores the remarkable rise of Newfield, an independent crude oil and natural gas production company, and its founder, Joe B. Foster. After heading up Tenneco's oil and gas division,

Foster founded Newfield in 1989, and for the next decade his vision and business acumen created rapid growth. This study combines the story of a remarkable man with the history of a fascinating company and offers valuable insights into what it takes to grow a start-up into a major industry player.

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## The Second Chance Revolution

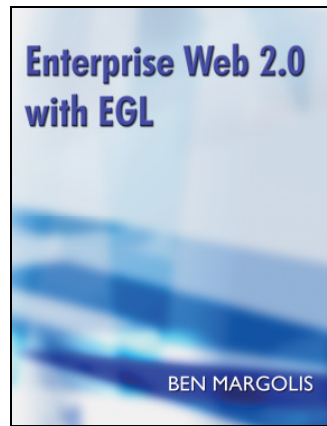
Becoming Your Own Boss After 50

**Edward G. Rogoff, PhD,  
and David L. Carroll**  
Foreword by Harry R. Moody, PhD

For those setting out on a postretirement career as well as those choosing self-employment after job loss, this guide provides targeted information for the legal, financial, administrative, technological, psychological,

and family concerns specific to entrepreneurship after the age of 50. With an enlightening combination of real-world advice and relatable examples, this planner provides those aged 50 and older with the tools to evaluate both their persona and the business opportunity and helps them make the best choices.

CAREER  
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## Enterprise Web 2.0 with EGL

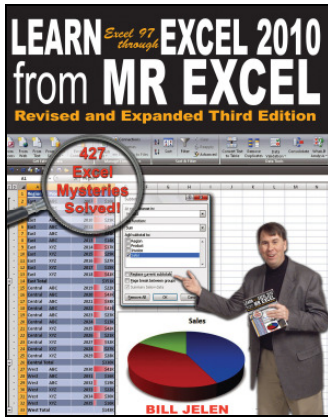
**Ben Margolis**

Emphasizing Enterprise Generation Language (EGL) as support for Web 2.0, this guide demonstrates how companies can use the innovative practices of Web 2.0 to compliment the usual techniques for automating business processes. Descriptions of a variety of concepts that are essential for understanding enterprise

computing are provided, such as Model View Controller, multitiered environments, and service-oriented architecture. An overview of the internally consistent structure of EGL explains the long-term benefits of writing software in the language's high-level constructs—which, in turn, reflect sets of patterns that are found in a variety of platforms—and includes an outline of runtime technologies supported by EGL.

COMPUTER: APPLICATIONS & SOFTWARE  
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## Learn Excel 97 Through Excel 2010 from Mr. Excel

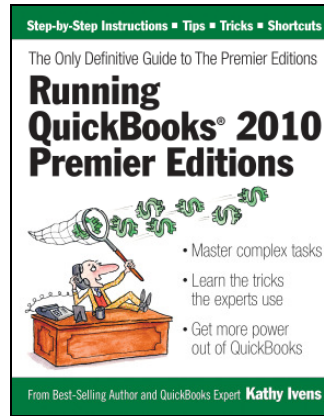
427 Excel Mysteries Solved

Bill Jelen

Updating the previous edition's tips to make them compatible with Excel 2010, and featuring tips that are only available in Excel 2010, this new edition of Mr. Excel's popular software guide even incorporates suggestions sent in by readers.

Each featured topic has a problem statement and description, followed by a broad strategy for solving the problem. Mr. Excel then walks readers through the specific steps to solve the issue. Alternate strategies are also provided, along with common "gotchas" that trip users up, leaving readers with not only answers to their specific dilemmas but also new and quicker ways to use formulas and spreadsheets.

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 HOLY MACRO! BOOKS



## Running QuickBooks® 2010 Premier Editions

The Only Definitive Guide to the Premier Editions

Kathy Ivens

Updated to include information on the QuickBooks® 2010 Premier Editions, this reference is filled with information for accounting professionals who want to provide extra services to clients. Business owners and

bookkeepers will learn how to use the advanced accounting features unique to the software's Premier Editions to create professional business plans as well as analyze and project company performance. Easy-to-follow instructions, coverage of undocumented features, and dozens of tips, tricks, and shortcuts are provided, along with file specifications for importing data into QuickBooks®.

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## USB Complete Fourth Edition

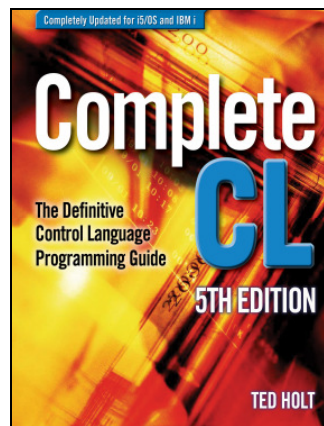
The Developer's Guide

Jan Axelson

Now in its fourth edition, this developer's guide to the Universal Serial Bus (USB) interface covers all aspects of project development, such as hardware design, device firmware, and host application software. Topics include how to choose a device controller chip, cut development time by using

USB classes, and write software to access devices that perform vendor-specific functions. Example codes are provided using Visual Basic .NET and Visual C# .NET for performing tasks such as detecting device arrival and removal and transferring vendor-defined data using the human interface device class. This newest edition has updated information on controller chips, USB classes, power use, and Microsoft's WinUSB driver.

COMPUTER: HARDWARE  
 506 PAGES, 7 X 9  
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 LAKEVIEW RESEARCH



## Complete CL

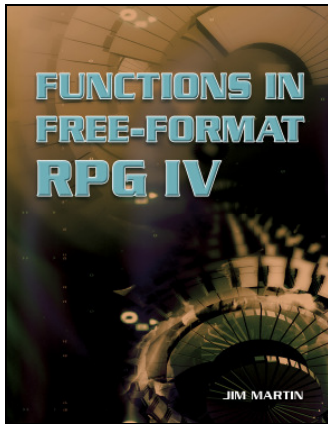
Ted Holt

Updated with the latest innovations to this quintessential programming language, the new edition of this comprehensive resource to Command Language (CL) covers all aspects of the language from basics to advanced topics. New functions have been added to CL by IBM and this manual provides detailed coverage on topics such

as the INCLUDE command, new constants, overlaid variables, pointers and based variables, the Power System, and the new operating system IBM i. There is now a section on programming subroutines, with practices and examples, as well as explanations for file handling commands and techniques.

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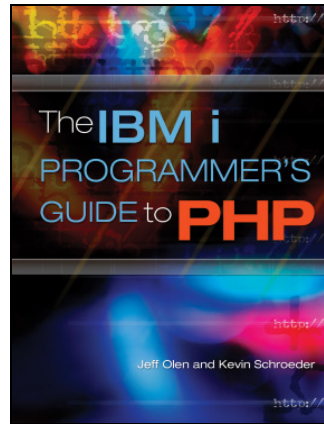
## Functions in Free-Format RPG IV

**Jim Martin**

Written especially for programmers adopting a free-format style, this manual explores the role of functions in writing RPG IV programs. Demonstrating the potential of functions, many topics are explored such as details about existing RPG IV built-in functions, writing new functions, using ILE concepts

to use C functions, and utilizing IBM API's functions. Explaining how to write small programs, either as subprocedures or modules, and how to gather those parts together to make programs that are easy to write and maintain, this is a natural next step for programmers familiar with a free-format style of coding.

COMPUTER: PROGRAMMING & SOFTWARE ENGINEERING  
250 PAGES, 7 X 15  
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**MC PRESS**



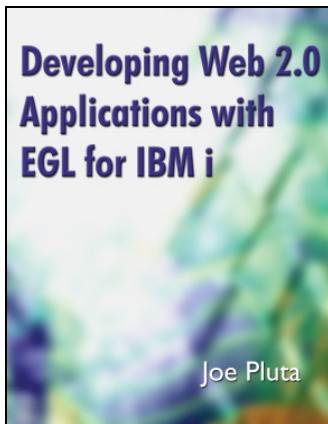
## The IBM i Programmer's Guide to PHP

**Jeff Olen and Kevin Schroeder**

The PHP programming language is thoroughly examined in this guide for programmers looking to transfer their skills from the interface of a green-screen environment to using web-enabled technologies. As

developers are experiencing more demand for such technologies, PHP programming language has become the language of choice for many developers who are required to obtain more web-friendly skills. Commonly used features are discussed and look beyond the PHP language itself to help programmers begin building highly interactive web-based applications.

COMPUTER: PROGRAMMING & SOFTWARE ENGINEERING  
450 PAGES, 7 X 9  
25 TABLES  
TRADE PAPER, \$79.95  
ISBN: 978-1-58347-083-1  
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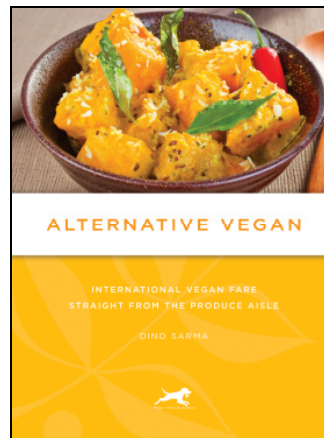
## Developing Web 2.0 Applications with EGL for IBM i

**Joe Pluta**

Targeting Web 2.0 IT professionals and developers, this important resource provides essential information on IBM's Enterprise Generation Language (EGL) and the exciting new EGL Rich UI for the IBM i platform. The first half explains how the EGL

Rich UI takes advantage of the powerful EGL syntax to provide increased flexibility while designing complex interactive user interfaces from the ground up. This can allow for building Rich Internet Applications that take advantage of popular frameworks such as Dojo and services from Google, all integrated together with EGL Rich UI's built-in widget library. Following is an exploration into harnessing IBM i, the new open and advanced business application server, through EGL's ability to make simple connections from rich clients to back end business services.

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30 LINE DRAWINGS, 5 TABLES, 50 SCREEN SHOTS  
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ISBN: 978-1-58347-089-3  
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## Alternative Vegan

**International Vegan Fare Straight from the Produce Aisle**

**Dino Sarma**

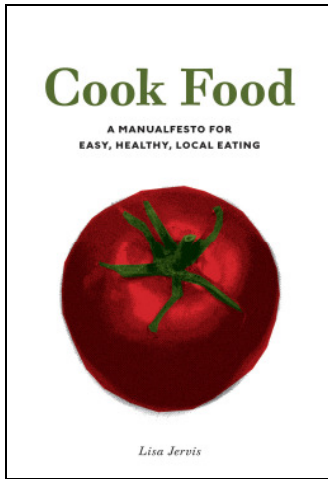
Taking a fresh, bold, and alternative approach to vegan cooking without the substitutes, this cookbook showcases more than 100 fully vegan recipes, many of which have South Asian influences. With a jazz-style approach to cooking, it also discusses how to improvise cooking with simple

ingredients and how to stock a kitchen to prepare simple and delicious vegan meals quickly. The recipes for mouth-watering dishes include one-pot meals—such as South-Indian Uppama and Chipotle Garlic Risotto—along with Pakoras, Flautas, Bajji, and Kashmiri Biryani, Hummus Canapes, and No-Cheese Pizza. With new, improved recipes this updated edition also shows how to cook simply to let the flavor of fresh ingredients shine through.

COOKING  
224 PAGES, 7.5 X 10  
TRADE PAPER, \$17.95  
ISBN: 978-1-60486-078-8  
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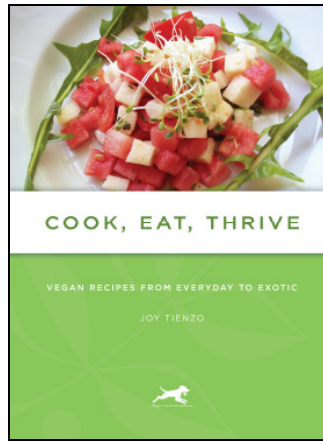
**Cook Food**  
 A Manifesto for Easy,  
 Healthy, Local Eating

**Lisa Jervis**

This rousing call to action for healthy, conscious eating is an inspirational primer for those who want to move beyond packaged and processed food toward a more responsible and sustainable way of eating. This compendium offers a straightforward overview of the political issues surrounding food, and a culinary toolkit to put principles into practice.

Without resorting to faux meat, fake cheese, or obscure ingredients, the recipes focus on fresh, local, minimally processed ingredients that sustain farmers, animals, and the entire food chain. Instead of a rigid set of recipes to be replicated, it offers tips for improvisation, creative thinking in the kitchen, practical suggestions for cooking on a budget, and quick and delicious vegan and vegetarian meal options.

COOKING  
 128 PAGES, 5 X 8  
 10 B/W ILLUSTRATIONS  
 TRADE PAPER, \$10.00  
 ISBN: 978-1-60486-073-3  
 PM PRESS



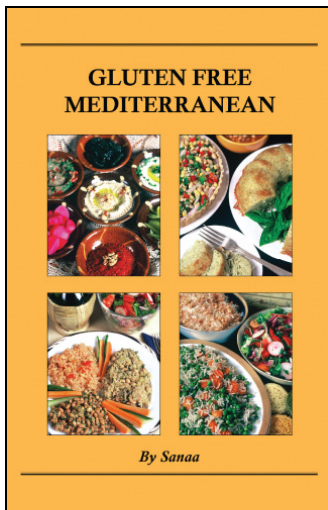
**Cook, Eat, Thrive**  
 Vegan Recipes from  
 Everyday to Exotic

**Joy Tenzo**

Encouraging chefs to savor the cooking process, this collection of recipes provides distinctive meals using fresh, flavorful ingredients. Drawing from a variety of influences, this lively compendium features a diversity of innovative vegan dishes, ranging from well-known favorites such as

Buttermilk Biscuits with Southern Style Gravy to more exotic fare such as Palm Heart Ceviche. Offering a wider culinary horizon with internationally inspired dishes, this reference is ideal for creating cuisine that allows people, animals, and the environment to fully thrive. With planned menus for all occasions, clear symbols for recipes that are raw, low-fat, soy-free, and wheat-free, and a section on making basics, this is an essential handbook for cooking the very best vegan food.

COOKING  
 224 PAGES, 7.5 X 10  
 TRADE PAPER, \$17.95  
 ISBN: 978-1-60486-026-9  
 PM PRESS



**Gluten Free  
 Mediterranean**

**Sanaa**

Spanning cuisines from Lebanon, Syria, Italy, and North Africa, this cookbook offers more than 200 recipes for those with allergies to wheat gluten. These Mediterranean dishes offer a respite from the food isolation that celiac sufferers often endure and enable them to enjoy tasty food that they—as well as nonceliac sufferers—love. Substitutes for bulgur wheat and bread dough, which have been staples of

Mediterranean dishes, are provided and the recipes include a gamut of appetizers, soups, salads, main dishes, baked goods, and desserts. From falafel, cucumber and yogurt salad, kufta kebabs, and chicken shish tawook to cheese and onion pie, pizza, and maamoul or walnut-stuffed cookies, vegan as well as vegetarian dishes are also included.

COOKING  
 258 PAGES, 5.5 X 8.5  
 TRADE PAPER, \$16.95  
 ISBN: 978-0-966627-1-9  
 PALMYRA PUBLISHING



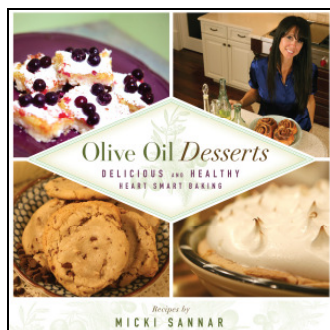
**Lickin' the Beaters 2**  
 Vegan Chocolate and Candy

**Siue Moffat**  
 Illustrations by Celso,  
 and Missy Kulik

Chocolate, candy, and even ice cream—a vegan alternative to ice cream—are featured in this fun vegan dessert cookbook. With quirky illustrations, useful hints, and a handy “Quick Recipe” indicator, vegan renditions of tantalizing

delicacies, both traditional and original, are included. Recipes include old favorites, such as caramel corn, saltwater taffy, pralines, cookies, cakes, and fudge, plus some brave, new gluten-free recipes, such as the Fabulous Flourless Chocolate Torte and the Toll-Free Chocolate Chip cookies. These decadent temptations allow treats for dairy-free or wheat-free diets as well as for anyone who loves sweets.

COOKING  
 176 PAGES, 7 X 8.5  
 60 B/W ILLUSTRATIONS  
 TRADE PAPER, \$17.95  
 ISBN: 978-1-60486-009-2  
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## Olive Oil Desserts

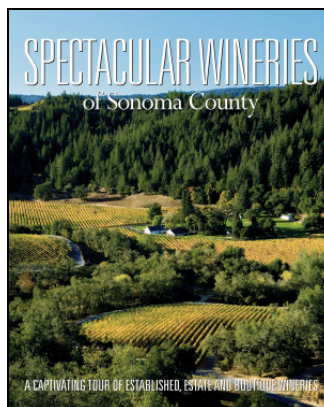
Delicious and Healthy Heart Smart Baking

Micki Sannar

Those yearning to create more healthy treats will learn how to bake without the fats and hydrogenated oils found in common dessert recipes with this lavishly illustrated cookbook. Designed specifically

for baking with olive oil, the recipes eliminate key ingredients—butter, hydrogenated oils, margarine, and shortening—that are staples in many traditional desserts. In addition to household favorites such as toll cookies, brownies, and apple pie, the cookbook features instructions for making more than 60 mouth-watering treats. Hints such as using egg substitutes and other ingredients to further lower cholesterol intake, substituting lactose-free options for those suffering from milk sensitivities, and a guide to the many varieties of olive oil are also included.

COOKING  
152 PAGES, 9 X 9  
65 COLOR PHOTOS, 1 COLOR ILLUSTRATION, 1 CHART, FOUR-COLOR INTERIOR  
CLOTH, \$24.95  
ISBN: 978-0-9801349-0-2  
MIKKO PUBLISHING



## Spectacular Wineries of Sonoma County

A Captivating Tour of Established, Estate and Boutique Wineries

Panache Partners, LLC

From chardonnays to petit syrahs, this guide covers the wines and vineyards of Sonoma Valley's most prized residents. Each winery offers a new story

with unforgettable vintages, varietals, and blends. Winemakers and proprietors share their philosophies, showing a range of terroirs in this small but diverse region that offers growers an even wider array of soil types than France.

COOKING  
300 PAGES, 9.75 X 12  
300 COLOR PHOTOS, FOUR-COLOR INTERIOR  
CLOTH, \$40.00  
ISBN: 978-1-933415-66-6  
PANACHE PARTNERS LLC



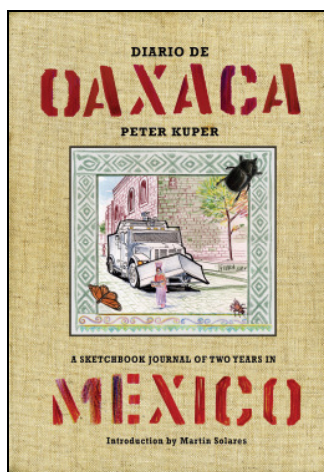
## Cult Magazines: A to Z

A Compendium of Culturally Obsessive & Curiously Expressive Publications

Edited by Earl Kemp and Luis Ortiz

Exploring the subcultures of mid-20th-century America, this encyclopedia comprehensively documents the huge quantity of cult magazines that thrived beneath the mainstream. Chronicling the period between 1925 and 1990, prior to the rise of the internet age, the book reveals how thousands of these specialized magazines were produced, gratifying the secret life of every fad, taste, obsession, and hush-hush desire. Nothing was beyond the scope of the imaginative publishers and eccentric editors, the guide shows, as it goes behind the scenes of titles such as *Amazing Stories*, *Doctor Death*, *Gee-Whiz*, *Jaybird*, *Phantom Detective*, and *True Thrills*. Featuring full-color reproductions of hundreds of distinctive cult cover images, this reference's backgrounds, histories, and essays offer a complete picture of a bygone era.

CULTURAL STUDIES  
240 PAGES, 12 X 9  
220 COLOR PHOTOS, 100 B/W PHOTOS, FOUR-COLOR INTERIOR  
TRADE PAPER, \$34.95  
ISBN: 978-1-933065-14-4  
NONSTOP PRESS



## Diario de Oaxaca

A Sketchbook Journal of Two Years in Mexico

Peter Kuper;  
Introduction by Martín Solares

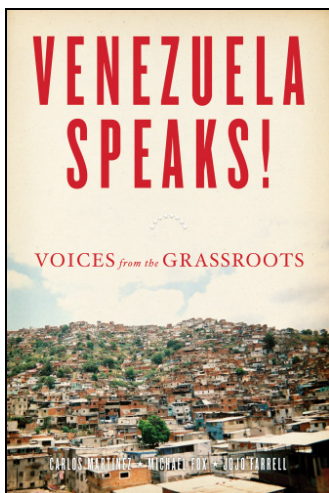
Painting a vivid, personal portrait of social and political upheaval in Oaxaca, Mexico, this unique memoir employs comics, bilingual essays, photos, and sketches to chronicle the events that unfolded around a teachers' strike and led to a seven-month siege. When award-winning cartoonist Peter Kuper and his

family moved to the beautiful, 15th-century colonial town of Oaxaca in 2006, they landed in the epicenter of Mexico's biggest political struggle in recent years. Timely and compelling, this extraordinary firsthand account presents a distinct artistic vision of Oaxacan life, from explorations of the beauty of the environment to graphic portrayals of the fight between strikers and government troops that left more than 20 people dead, including American journalist Brad Will.

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## Venezuela Speaks!

Voices from the Grassroots

Carlos Martinez, Michael Fox, and JoJo Farrell

A collection of interviews with activists and other contributors, this compelling oral history details Venezuela's bloodless uprising and reorganization. For the last decade, Venezuela's "Bolivarian Revolution" has captured international attention. Poverty, inequality, and unemployment have all dropped, while health, education, and living standards have seen a commensurate

rise—and this chronicle is the real, bottom-up account. Offering a different perspective than that of the international mainstream media, which has focused predominantly on Venezuela's controversial president, Hugo Chavez, these examples of democracy in action illustrate the vast cultural, economic, and racial differences within the country—all of which have impacted the current South American state.

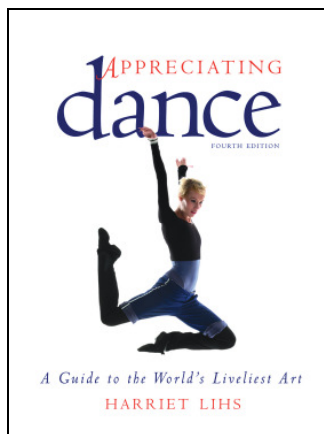
CURRENT EVENTS

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ISBN: 978-1-60486-108-2

PM PRESS



## Appreciating Dance

A Guide to the World's Liveliest Art

Harriet Lihs

Written for the dance novice, this reference is a concise history of all forms of dance. Detailing the development of dance from its earliest beginnings, this guide covers the intersection of dance and religion, social dance, ballet, modern dance, tap, jazz, film and theatrical dance, and contemporary dance. This

fourth edition has been thoroughly revised and includes a chapter on dance in the new millennium, along with lists of the social dances of Europe and America, basic ballet terminology, Hollywood movie-musicals, dance organizations, suggested readings, and filmographies. Brief biographies of notable dancers and choreographers who have contributed to each form of dance are also included.

DANCE

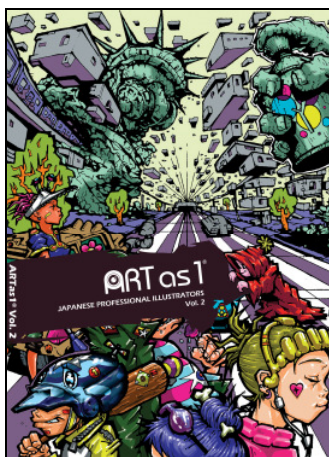
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PRINCETON BOOK COMPANY



## ART as I®

Japanese Professional Illustrators Vol. 2

Japan Publicity, Inc.

Focusing primarily on illustrators, this directory of 27 up-and-coming artists also represents work from the world of photography, sculpture, and painting. In addition to providing American creative professionals with source information on Japanese talent—full-color images of their work, brief biographies,

contact information, client lists, awards received, and exhibitions—the directory also serves as a window into the latest trends in the Japanese illustration world. Among the artists featured are Takashi Akiyama, IMAITONZ, Hiroshi Yoshii, Tsuyoshi Nagano, Ryohei Yamashita, and Reichel Miyao.

DESIGN

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JAPAN PUBLICITY, INC.



## Charming: Jewelry with a Message

The Brighton Company

Vintage and modern examples of charms are interwoven throughout the pages of this exploration of charm jewelry, revealing how they have been worn, collected, interpreted, cherished, and even

worshipped. Complete with lavish, full-color photographs, this work includes sentimental stories of charms and jewelry—from travel memories and family histories to commemorating important events, holidays, or occasions. Abounding with creative ideas and practical tips on how to wear and share charms, there are also sidebars of information describing how charms are made and detailing how to throw a charm party. Highlighting charm jewelry from the era of ancient Egypt to today, this accessory continues to be popular, due to the emotional attachment of each delightful little charm.

DESIGN

112 PAGES, 9 X 9.25

138 COLOR PHOTOS, 1 COLOR ILLUSTRATION,

FOUR-COLOR INTERIOR

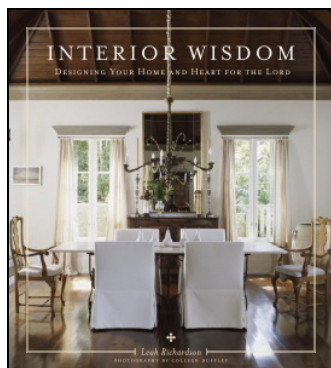
CLOTH, \$27.95

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HOLY MACRO! BOOKS







## Interior Wisdom

Designing Your Heart and Home for the Lord

Leah Richardson

Just as feng shui embraces the spiritual teachings of the East to create harmonious spaces, this design resource illustrates how to use Christian inspiration to transform a home into a peaceful, beautiful haven. Every aspect of the design process is

covered in depth, including creating a vision, tackling prep work, developing a plan, selecting a team, meeting requirements, and completing the project. Ideas center on design principles that are tied directly to biblical principles and each chapter includes a section with an inspirational verse and a centering prayer.

DESIGN

176 PAGES, 9 X 10

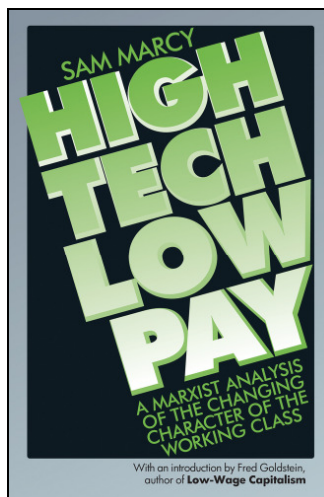
100 COLOR PHOTOS, 25 COLOR ILLUSTRATIONS,

FOUR-COLOR INTERIOR

CLOTH, \$24.95

ISBN: 978-1-933979-30-4

BRIGHT SKY PRESS



## High Tech Low Pay

A Marxist Analysis of the Changing Character of the Working Class

Sam Marcy

Introduction by Fred Goldstein

Its theories eerily prescient of modern times, this treatise—first published more than 20 years ago—examines the devastating impact of the scientific and technological revolution on wages and employment in the United States and illustrates how this revolution led to unprecedented levels of exploitation in those

countries that received massive U.S. corporate investment.

Among its tenets is the position that the phenomenon now known as globalization would dramatically change the composition of the U.S. working class from a highly skilled and highly paid, largely white, male “aristocracy” to a composition of a far greater percentage of low-paid black, Latino, and other immigrant workers.

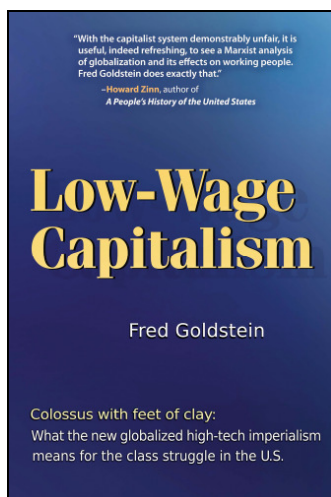
ECONOMICS

125 PAGES, 6 X 9

TRADE PAPER, \$19.95

ISBN: 978-0-89567-152-3

WORLD VIEW FORUM



## Low-Wage Capitalism

Colossus with Feet of Clay

Fred Goldstein

Through an examination of current corporate practices, historical evidence, and Marxist theories, this critique reveals the direct correlation between new technologies, globalization, and the dramatic drop in worker wages worldwide and proposes alternatives for dealing with the crisis. The narrative traces the advances in production, communications,

and transportation that have enabled transnational companies to outsource to many diverse suppliers in numerous countries to make a single product. Using Karl Marx’s law of wages and other findings, the chronicle maintains that these developments will not only continue to drive down wages but lead to a profound revival of working class struggle.

ECONOMICS

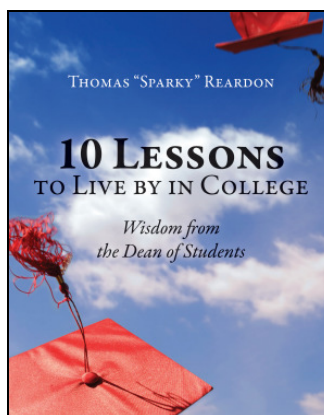
338 PAGES, 6 X 9

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WORLD VIEW FORUM



## 10 Lessons to Live by in College

Wisdom from the Dean of Students

Thomas "Sparky" Reardon

An experienced, beloved university dean of students shares his time-tested wisdom on how to live the best life in college. Giving insight on dealing with the challenges and pressures students face while blending humor and true

stories, this primer on life is a must-read for the college-bound as well as those who have already been through the experience.

EDUCATION

144 PAGES, 6 X 7.5

CLOTH, \$19.95

ISBN: 978-0-9800164-7-5

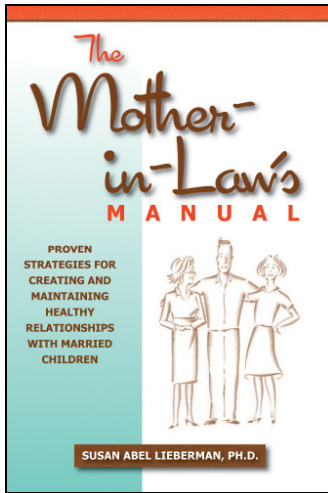
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## The Mother-in-Law's Manual

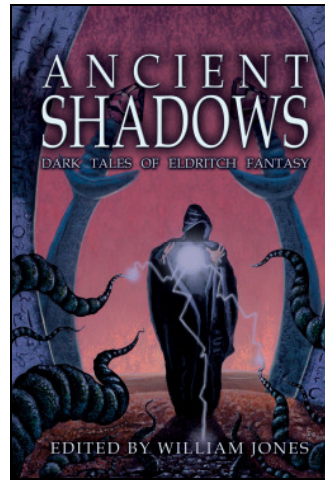
Creating Relationships That Work for Ourselves and Our Children

Susan Abel Lieberman, PhD

Drawing on real-life personal experiences as well as sage advice from other mother-in-law veterans, this resource outlines proven strategies for creating and maintaining healthy relationships with married children. Key tips include how to manage expectations from the outset,

how to reduce conflict and increase contentment by realizing love does not have to be competitive, how to speak authentically without hurting feelings, how to effectively employ humor, and learning to realign focus on the happiness of the whole family. This insightful manual will help any mother-in-law find fulfillment while gracefully transitioning into this role.

FAMILY & RELATIONSHIPS  
144 PAGES, 6 X 9  
12 LINE DRAWINGS  
TRADE PAPER, \$14.95  
ISBN: 978-1-933979-41-0  
BRIGHT SKY PRESS



## Ancient Shadows

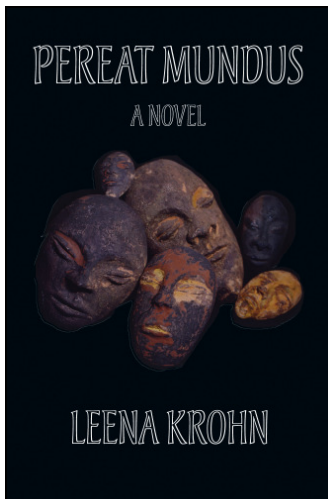
Dark Tales of Eldritch Fantasy

William Jones

Presenting an eldritch dimension that is familiar and unsettling, this anthology of alternate-history tales touches upon a dark mythos unseen beneath the surface of the real world. Conducting a journey into a timeless universe of what might have been, this collection of stories contains narratives composed by today's most popular Cthulhu Mythos

authors. Ideal for sword and sorcery aficionados and written in the authentic style of traditional dark fantasy, this compilation is a must-have for fans of Robert E. Howard, Clark Ashton Smith, and H. P. Lovecraft.

FANTASY  
304 PAGES, 5.5 X 8.5  
TRADE PAPER, \$14.95  
ISBN: 978-1-934501-17-7  
ELDER SIGNS PRESS



## Pereat Mundus

A Novel

Leena Krohn

With sharp, vibrant images and compelling characterizations, this unique novel of intersecting stories considers what it means to be human, ethical, and true to one's self in a troubled world. Translated from the original Finnish, this intricate fantasy follows Håkan, a part human, part clone individual who appears in various guises, such as an ice cream vendor and a mysterious interlocutor. Enthralling and

clever, this novel provides insight into the characteristics of the outsider, the trickster, and the sage while considering their power in the lives of others.

FANTASY  
192 PAGES, 5.5 X 8.5  
TRADE PAPER, \$14.95  
ISBN: 978-1-890650-40-7  
OMNIDAWN PUBLISHING



## The Anthology of Dark Wisdom

The Best of Dark Fiction

William Jones

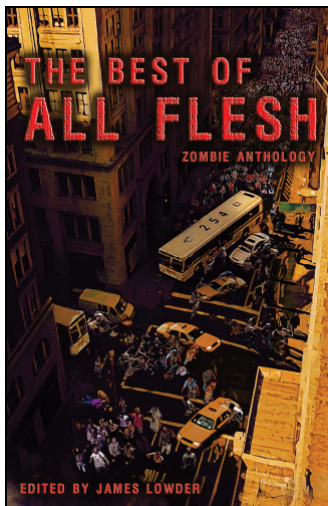
Featuring horrifying and fantastical tales from the eponymous magazine, previously unpublished works, and award-winning short stories, this anthology of macabre fiction explores the unseen folds of urban life. From the monstrous to the psychological, these tales fearlessly venture into the hidden world of the supernatural, where strange

creatures stalk the night and eldritch investigators search for the unknown.

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## The Best of All Flesh

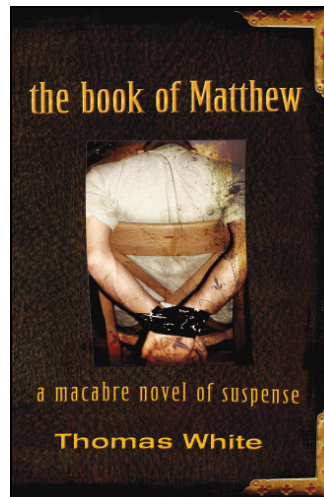
Zombie Anthology

James Lowder

Bringing the living dead into stark reality, this anthology reveals the best of undead horror and monstrous zombie tales. Culled from the popular All Flesh Must Be Eaten zombie anthology series, this collection of stories proves that no place in the world is safe when the dead rise again. Their shambling hordes flood cities, scour the countryside, and leave no part of history untouched.

Ideal for fans of supernatural terror and apocalyptic fiction, this tome includes narratives by Tobias Buckell, Scott Edelman, Charles Coleman Finlay, and Tom Piccirilli.

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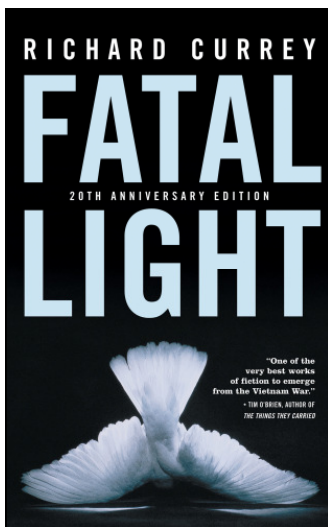
## The Book of Matthew

A Macabre Novel of Suspense

Thomas White

Plagued by a series of frightening murders in San Francisco, Homicide Inspector Clemson Yao enlists the help of Angie Strachan, a realtor who tried—and failed—to become the city's first female homicide inspector. Facing off against a ghoulish serial killer, Clem and Angie slowly unravel the murderer's clues, but their quarry is always one step ahead of them. Grippled by a macabre obsession for a decade, the killer has evolved into a grandmaster of slow, anguished death, roaming the globe to catalog the most despicable methods of execution and keeping his research in dozens of leather-bound notebooks. It's a desperate race against time, for his next victims are already picked out, and it seems that no one can stop him.

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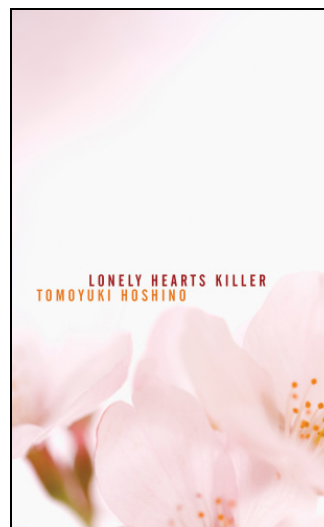
## Fatal Light

Richard Currey

A devastating portrait of war in all its horror, brutality, and mindlessness, this extraordinary novel is written in beautifully cadenced prose. A combat medic in Vietnam faces the chaos of war, set against the tranquil scenes of family life back home in small-town America. This young man's rite of passage is traced through jungle combat to malaria-induced fever visions to the purgatory of life in military-occupied Saigon. After returning home from war to

stay with his grandfather, he confronts his own shattered personal history and the mysterious human capacity for renewal.

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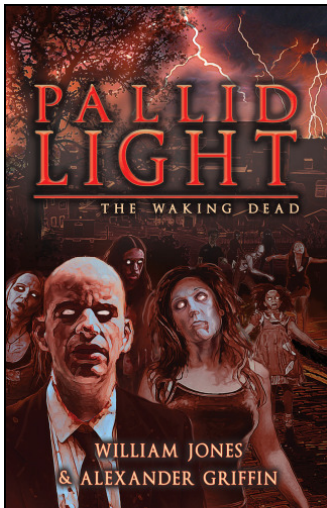
## Lonely Hearts Killer

Tomoyuki Hoshino

Taking on a subject that is still largely avoided in Japan, this powerful thriller explores the threat posed by an emperor, even in a ceremonial role, to a democratic government. Set in a fictional island country, the novel is told from the perspective of a group of young adults who are embroiled in their private problems of friendship, work, and sex. Much of the plot is revealed through their internet postings, which become a tool of resistance when the country's popular young emperor dies and his sister is next in line to the throne. In the confusion that follows, martial law is declared and the populace, obsessed with fears about personal and national security, agrees to accept a new authoritarian government. Horrified by the rapid swing in the nation's politics, the main characters confront the brutality that is eroding support for basic rights and environmental and humanitarian reforms.

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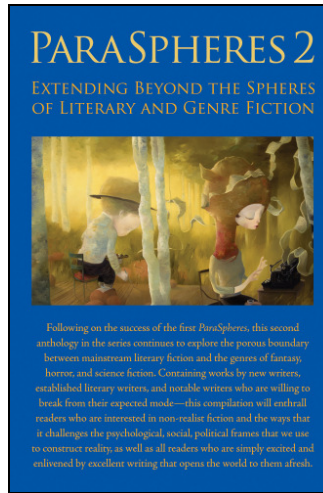
**Pallid Light**  
**The Waking Dead**

**William Jones  
 and Alexander Griffin**

Expanding the boundaries of survival fiction, this captivating story opens with the end of the world—thundering storms strike across the planet, searing the earth and leaving swathes of destruction and few survivors. For residents of Temperance, Illinois, however, the nightmare is just beginning. When the sky roils in luminous colors, the people of the small town begin to die; ex-con Randall Kane

takes this as his cue to leave. What he didn't expect was for the dead to come back to life or to be so confused about what defines human versus inhuman behavior in this new world order.

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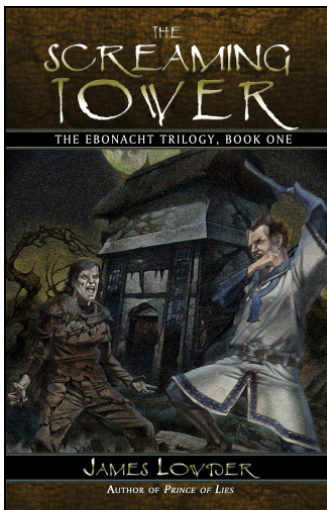
**ParaSpheres 2**  
**Extending Beyond  
 the Spheres of Literary  
 and Genre Fiction**

**Edited by Ken Keegan  
 and Rusty Morrison**

Juxtaposing the conventional and the fabulist, this anthology explores the boundary between mainstream literary fiction and the genres of fantasy, horror, and science fiction. This remarkable collection consists of works by some of the most interesting contemporary authors, including John

Domini, Theodora Goss, Laird Hunt, Lyn Hejinian, and Craig Teicher. Featuring nonrealist fiction, this unexpected and engaging anthology is sure to enthrall.

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**The Screaming  
 Tower**

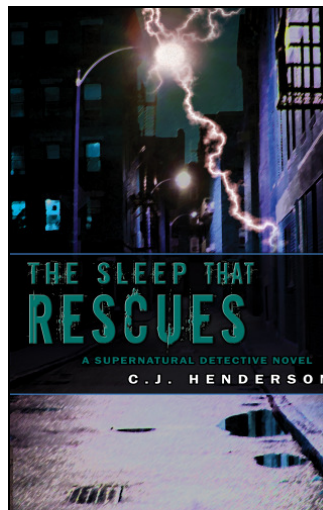
**The Ebonacht Trilogy,  
 Book One**

**James Lowder**

Vampires and the supernatural are featured in this epic fantasy that examines the evil spirits that haunt all that is good. Superstition shrouds the island of Thran and keeps its fear-plagued inhabitants subservient to Lord Ebonacht and the denizens of the Twilight Court. Only Janus—an orphan with a mysterious and frightening past—is brave enough to prove

the old stories false by going head to head with the Strangerfolk and other creatures rumored to stalk the night. During his eye-opening quest, Janus finds himself face-to-face with the prisoner of the Screaming Tower. Secrets about the world are revealed—secrets far more terrible than those in the grimmest of legends.

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**The Sleep  
 That Rescues**

**A Supernatural  
 Detective Novel**

**C. J. Henderson**

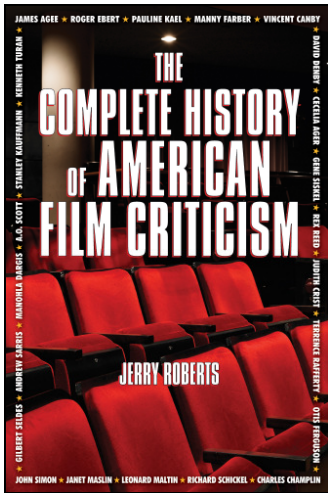
Private investigator Teddy London, who has stood firm against vampires, werewolves, and terrors from beyond without flinching, now faces an unimaginable god-horror of unlimited power and the consequences of his own reckless ego. Acting without thinking, he inadvertently opens the doorway of the dreamplane to a beautiful cat

burglar, giving her access to the secrets of the universe. The balance of all time and space has been thrown into chaos. Teddy will need more than a gun named Betty and a blade named Veronica to save his skin, let alone the entire world.

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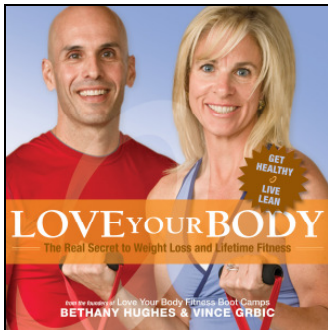
## The Complete History of American Film Criticism

**Jerry Roberts**

From the first published movie review in the late 1800s to the 21st-century, this chronicle reviews the nature, scope, and controversies in American film criticism. This exhaustive overview includes biographical information on some of the most influential film critics as well as a historical record and critical assessment of their work. Illuminating various past

controversies, this invaluable reference documents the battles between auteur theorists and their opposing critics as well as between the critics and studios, filmmakers, and even themselves. Honoring those who shed light on the artistic visions, storytelling sensibilities, and the emotional intent inherent on the big screen, this authoritative guide is a must-have for movie buffs.

FILM  
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**SANTA MONICA PRESS**



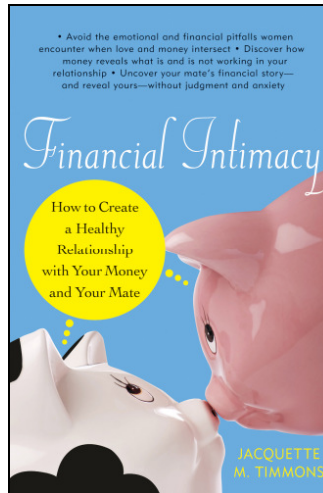
## Love Your Body The Real Secret to Losing Weight and Lifetime Fitness

**Bethany Hughes and Vince Grbic**

Founded on the philosophy that working out should be a pleasant experience, this uplifting and instructional manual teaches how to get in shape through personalized

health plans that combine exercise, simple nutritional advice, and important diet secrets. Emphasizing the importance of self-love and positive self-reinforcement, this health handbook covers such topics as healthy shopping, how to debunk and decipher food labels, and how to combine foods effectively to ensure ample energy and minimum hunger throughout the day. Each exercise is explained by a certified personal trainer and designed to be adapted to almost any environment—the gym, the park, or even the home—in order to change body, attitude, and quality of life.

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## Financial Intimacy

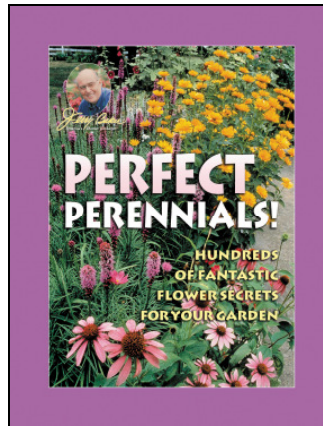
**How to Create a Healthy Relationship with Your Money and Your Mate**

**Jacquette M. Timmons**

Addressing the common reasons people don't discuss personal finances in detail and in-depth with their partner, this unique approach to managing money goes beyond the superficial to the substantial and significant conversations couples should have about money. Assessing and improving the emotional impact of managing money in a

romantic relationship, this guidebook elevates the conversation about money and provides women with the tools to take the lead.

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## Jerry Baker's Perfect Perennials!

**Hundreds of Fantastic Flower Secrets for Your Garden**

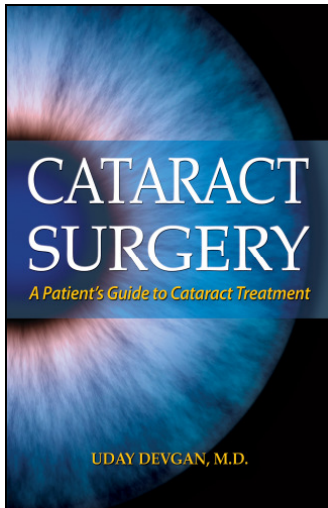
**Jerry Baker**

Whether starting from scratch or reviving an old, worn-out flower bed, gardeners will learn everything they need to know to grow beautiful, blooming perennial gardens in their own yards with this book of gardening tips, tricks, and

tonics. The comprehensive guide reveals more than 1,700 secrets for creating flowerbeds that will flourish year after year without having to replant, redesign, or reinvest big bucks on more flowers. Recipes featuring common household products are provided for more than 50 homemade elixirs that help flowers grow to new heights so that gardeners won't need to resort to expensive fertilizers and professional garden treatments.

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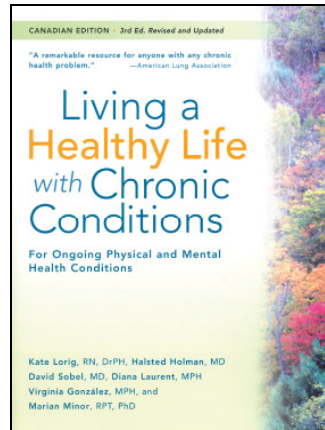


**Cataract Surgery**  
A Patient's Guide to Cataract Treatment

**Uday Devgan, MD**  
With nearly three million Americans undergoing cataract surgery annually this survey is essential for those anticipating the procedure. This handbook covers the most frequently asked questions, such as *What type of new lens is implanted in the eye? What type of anesthesia is used? Is there pain after the surgery?* and *How soon will vision improve?* A photographic outline

illustrating how cataracts are removed and how new intraocular lenses are implanted is also included.

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**Living a Healthy Life with Chronic Conditions**

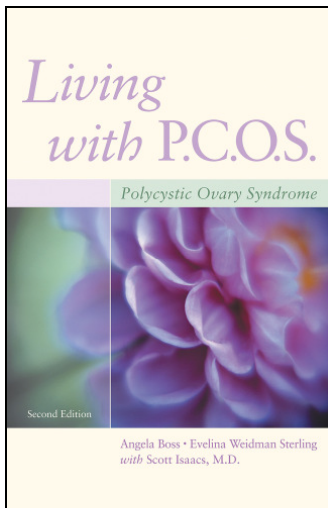
For Ongoing Physical and Mental Health Conditions

**Kate Lorig, RN, DrPH; Halsted Holman, MD; David Sobel, MD; Diana Laurent, MPH; Virginia González, MPH; and Marian Minor, RPT, PhD**

Filled with hundreds of tips, suggestions, and strategies, the Canadian edition of this best-

selling guide offers practical medical solutions in clear language. It explains how to develop and maintain exercise and nutrition programs, manage symptoms, determine when to seek medical help, work effectively with doctors, properly use medications and minimize side effects, find community resources, discuss the illness with family and friends, and tailor social activities for particular conditions. Written by six medical professionals, this book encourages an individual approach to the process, with the ultimate goal being greater self-management.

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BULL PUBLISHING COMPANY



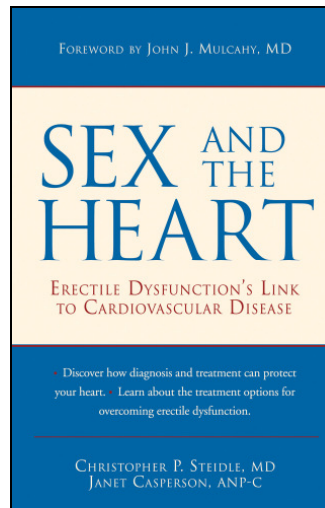
**Living with PCOS**  
Polycystic Ovary Syndrome

**Angela Boss, Evelina Weidman Sterling, and Scott Isaacs, MD**

Confronting an illness that affects an estimated 10 million American women, this jargon-free reference sheds light on the commonplace ailment of polycystic ovary syndrome (PCOS). The symptoms of this hormonal disorder are explored in detail, including irregular menstrual cycles, excess facial and body hair, weight gain, and adult acne. Identifying the

affliction as the leading cause of infertility, this study also investigates the long-term risks of leaving the condition untreated, such as endometrial cancer, diabetes, cardiovascular disease, and stroke. Penned by an expert physician and two women who are living with PCOS, this analysis provides a much-needed examination of an under-reported, under-diagnosed malady.

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**Sex and the Heart**

Erectile Dysfunction's Link to Cardiovascular Disease

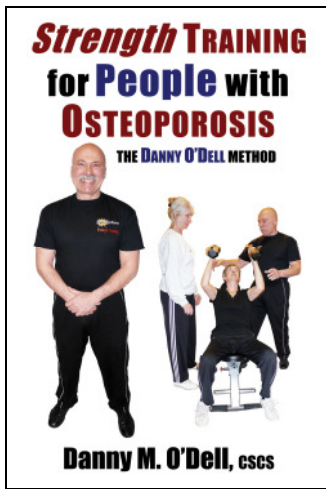
**Christopher P. Steidle, MD, and Janet Casperson, ANP-C**  
Foreword by John J. Mulcahy, MD

Analyzing a dysfunction that affects nearly half of all men in the United States between the ages of 40 and 70, this study presents the most current information on erectile dysfunction (ED). Confronting the all-too-popular conception that ED is an isolated problem, this overview reveals that

erectile dysfunction can in fact be a symptom of underlying cardiovascular disease. Based on 20 years of medical experience, this investigation explains the importance of a proper evaluation, depending on specific symptoms. Ideal treatments are also covered, including Viagra, Levitra, Cialis, penile injections and implants, testosterone gels, intraurethral medications, vacuum pumps, and constriction rings.

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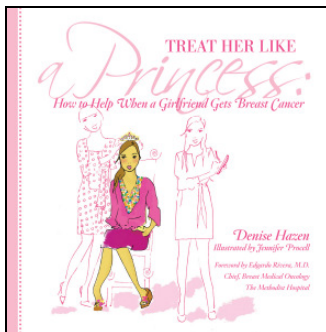
## Strength Training for People with Osteoporosis

### The Danny O'Dell Method

**Danny M. O'Dell, CSCS**  
 Those suffering from this condition that weakens the internal structure of the skeleton will find a system for preventing further development of osteoporosis, helping slow its progression, and increasing the skeleton's structural integrity in this manual. In addition to providing an exercise program designed to strengthen areas

particularly susceptible to weakness and fracture—hips, wrists, and vertebrae—this handbook features detailed information about the causes and treatments of osteoporosis. It also provides an overview of general, health-related issues and nutrition, while numerous illustrations and charts to walk readers through the program.

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## Treat Her Like a Princess

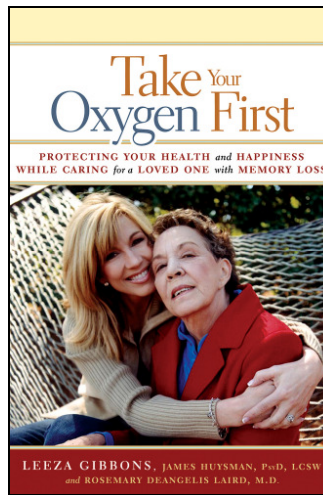
### How to Help Your Girlfriend with Breast Cancer

**Denise Hazen**  
**Illustrations by Jennifer Procell**

An uplifting celebration of life written by a cancer survivor, this sassy and inspirational

handbook provides information and guidance for women wanting to support and encourage friends who are battling breast cancer. Featuring practical tips for helping friends maneuver through daily life—such as planning for meals and scheduling child care—this resource also includes ideas for helping a friend cope with the various side effects of treatment. Specific medical information defining the path of a cancer patient as well as a glossary and section of helpful resources are also included.

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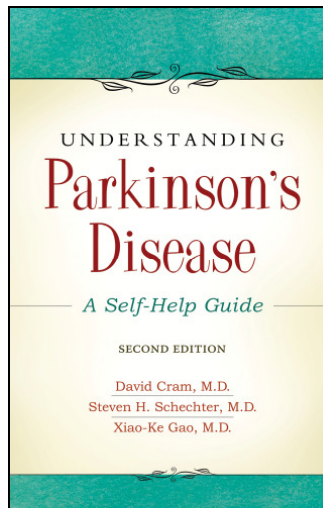
## Take Your Oxygen First

### Protecting Your Health and Happiness While Caring for a Loved One with Memory Loss

**Leeza Gibbons,**  
**James Huysman, PsyD, LCSW,**  
**and Rosemary DeAngelis Laird, MD**

Designed for those giving care to individuals with Alzheimer's disease and other memory loss disorders, this informative and inspiring guide explores how to take care of oneself in order to meet the challenges of giving care to another. Heartfelt, candid accounts by television host Leeza Gibbons and the members of her family—who cared for Leeza's mother, Jean, for more than a decade after her Alzheimer's diagnosis—are combined with current medical, nutritional, psychological and spiritual information and advice for caregivers.

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## Understanding Parkinson's Disease

### A Self-Help Guide

**David Cram, MD,**  
**Steven H. Schechter, MD,**  
**and Xiao Gao, MD**

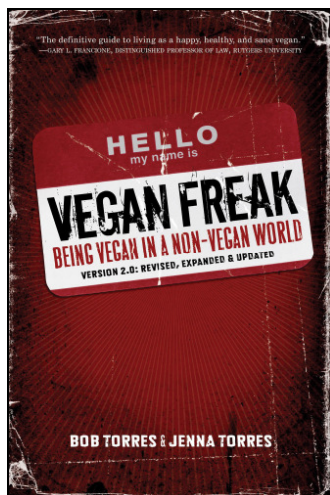
Addressing a disease that affects half a million Americans today—with 100,000 new cases diagnosed annually—this reference emphasizes how treatment and education are vital to maintaining the best quality of life possible. Coauthored by a former physician who has lived with Parkinson's for 20 years, this

handbook discusses both the basics of the disease, and ways that patients can stay active and maintain independence. Going beyond standard medical information, this unique study also offers a sense of hope, featuring inspirational quotes from dozens of Parkinson's patients.

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## Vegan Freak

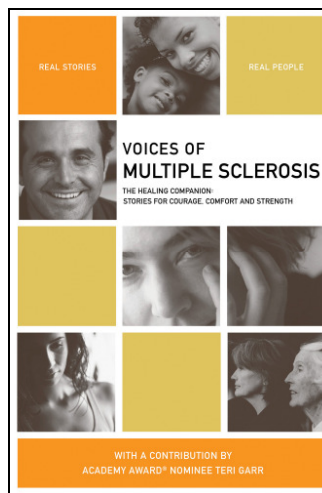
Being Vegan in a Non-Vegan World

Bob Torres and Jenna Torres

In this informative and practical guide, two seasoned vegans offer tips and advice for thriving without animal by-products. Sometimes funny and irreverent yet always aware of its serious message, this resource for being vegan in a world that doesn't always understand or have sympathy for the lifestyle illustrates how to go vegan in three weeks or

less by employing a "cold tofu method;" convince family, friends, and others that there is no such thing as a vegan cult; and survive restaurants, grocery stores, and meals with omnivores. Also offering answers to questions such as *Do you, like, live on apples and twigs?* this reference dispels myths and explains the arguments for ethical, abolitionist veganism, encouraging everyone to embrace their inner vegan.

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## Voices of Multiple Sclerosis

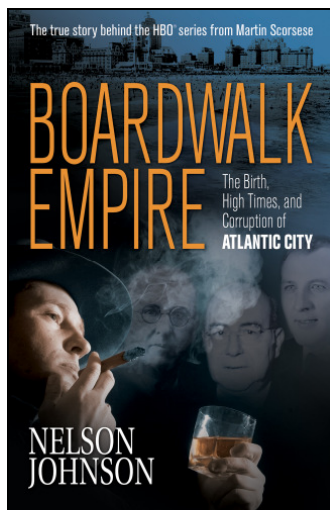
The Healing Companion: Stories for Courage, Comfort and Strength

Richard Day Gore

Offering candid, heartfelt, and inspiring stories of 40 diverse individuals who have been affected by multiple sclerosis (MS), this compilation creates a connection that is vital to those dealing with the mysterious and difficult symptoms of this nerve condition. With 10,000 new cases diagnosed in the United

States each year and its causes still not fully understood, these stories of personal experience act as a support group by offering advice and encouragement and creating a sense of community. The collection also features current medical information by noted experts in the fields of MS research and treatment. The resource section is packed with organizations offering hope and help for those with MS and their families and friends.

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## Boardwalk Empire

The Birth, High Times, and Corruption of Atlantic City

Nelson Johnson

From its inception, Atlantic City has always been a town dedicated to the fast buck, and this wide-reaching history offers a riveting account of its past 100 years—from the city's heyday as a Prohibition-era mecca of lawlessness to its rebirth as a legitimate casino resort in the modern era. A colorful cast of characters, led by Enoch "Nucky" Johnson, populates this stranger-than-

fiction account of corrupt politics and the toxic power structure that grew out of guile, finesse, and extortion. Atlantic City's shadowy past—through its rise, fall, and rebirth—is given new light in this revealing, and often appalling, study of legislative abuse and organized crime.

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## Harry Truman's Excellent Adventure

The True Story of a Great American Road Trip

Matthew Algeo

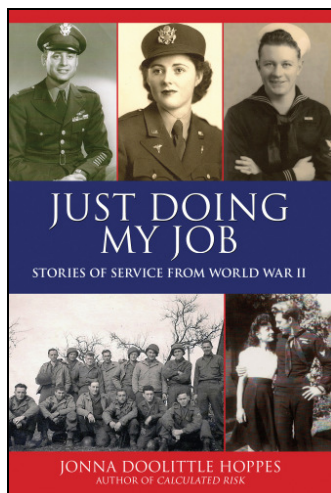
From Missouri to New York and back again, this recounting of an amazing journey chronicles the road trip of a former president and his wife and their amusing, failed attempts to keep a low profile. Diners, bellhops, and cabbies shouted out "Hiya, Harry!" whenever they recognized the former president, and, out for

his daily constitutional on the streets of New York, Harry even stumbled into the sidewalk shot of the newly launched *Today* show. By the end of the 2,500-mile journey, readers will have a new and heartfelt appreciation for America's last citizen-president.

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CHICAGO REVIEW PRESS







## Just Doing My Job

Stories of Service  
from World War II

**Jonna Doolittle Hoppes**

Preserving the personal histories of civilians and soldiers who united to defend America during the Second World War, this oral history tells the stories of ordinary citizens who left jobs and families behind to contribute to the war effort. Chronicling the sacrifices made by otherwise average people, this keepsake features profiles and interviews with the men and women who

responded to the call to action by putting their lives on hold to fight for their country at home and abroad.

HISTORY

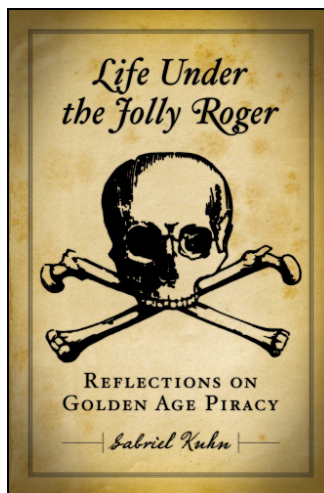
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CLOTH, \$24.95

ISBN: 978-1-59580-042-8

SANTA MONICA PRESS



## Life Under the Jolly Roger

Reflections on Golden  
Age Piracy

**Gabriel Kuhn**

Dissecting the conflicting views of the golden age of pirates—as romanticized villains on one hand and genuine social rebels on the other—this fascinating chronicle explores the political and cultural significance of these nomadic outlaws by examining a wide range of ethnographical, sociological, and philosophical standards.

Going beyond simple swashbuckling adventures, the examination also discusses the pirates' self-organization, the internal make-up of the crews, and their early-1700s philosophies—all of which help explain who they were and what they truly wanted.

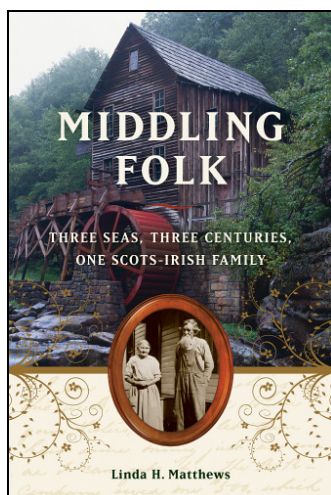
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Telling the stories of those who quietly conducted the business and built the livelihoods that made their societies prosper or fail, this account shows how one Scots-Irish American family, the Hammills—millers, wagon makers, and blacksmiths—lived out their lives against the backdrop of the American Revolution, the Civil War, and westward expansion.

Spanning three centuries from the shores of Ireland to the Chesapeake Bay Area to the Pacific Northwest, this saga brings to life the early days of the founding of this country through the lens of the middle class.

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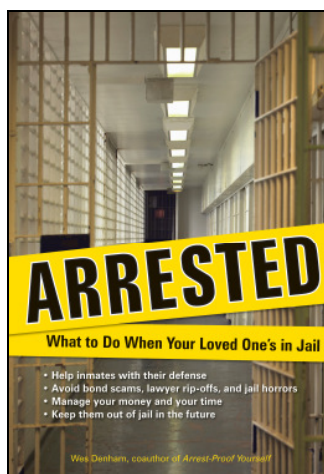
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Whether a defendant is charged with misdemeanor disorderly conduct or first-degree murder, this is an indispensable guide for those who want to support family members, partners, or friends facing criminal charges. Draining away the confusion by explaining legal proceedings and jail procedures, it identifies common bond scams and lawyer rip-offs and helps

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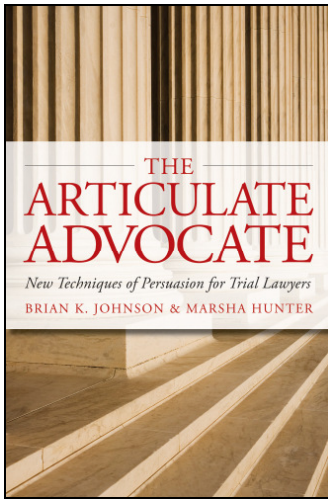
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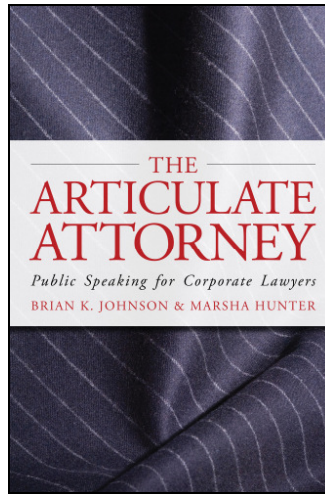
New Techniques of Persuasion for Trial Lawyers

**Brian K. Johnson and Marsha Hunter**

Unlike other trial advocacy books that teach what to say and do in the courtroom, this reference teaches how to say and do it. Based on 25 years of experience from coaching practitioners, this handbook reveals techniques—incorporating cutting-edge discoveries in linguistics,

neuroscience, and sports psychology—to help litigators look, sound, and feel natural and polished in the courtroom. Questions that lawyers face daily, such as *What do I do with my hands? Aren't gestures distracting? How do I remember everything?* and *I tend to talk so fast—how can I slow down?* are among the questions addressed in this handbook.

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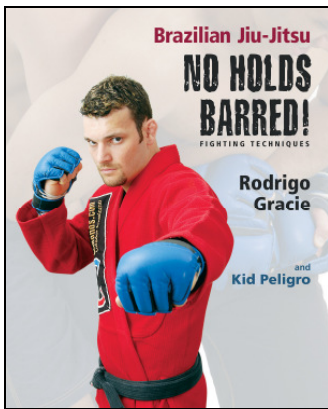
Public Speaking for Corporate Lawyers

**Brian K. Johnson and Marsha Hunter**

Designed to assist college law students as well as senior partners, this illustrated how-to guide teaches corporate lawyers how to speak persuasively while thinking on their feet and polish their personal style. Based on more than 25 years of experience coaching practicing attorneys, Johnson and

Hunter's innovative techniques help transactional lawyers look, sound, and feel natural while speaking in public. How to factor in the effect of adrenaline on public presentations, eliminate "um" and other thinking noises, and remember facts while speaking extemporaneously are among the topics addressed in this guide.

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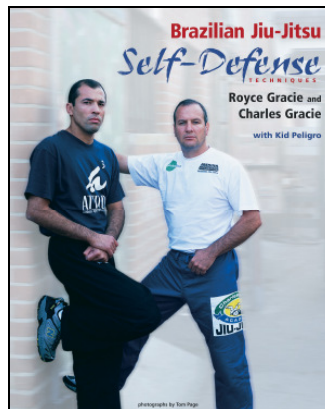
## Brazilian Jiu-Jitsu No Holds Barred! Fighting Techniques

**Rodrigo Gracie and Kid Peligro**

Offering 100 striking and grappling combination moves, this guide will give jiu-jitsu practitioners the edge they need to excel in the sport of no-holds-barred fighting. Taught by

Rodrigo Gracie, winner of the 2002 Pride Fighting Championship, these techniques are not only for high-level competitors but for amateur fighters, as well. Whether aiming to be unstoppable in the ring or just looking to add new moves to their arsenals, competitors who utilize these grappling and striking techniques are sure to find success in the MMA world.

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## Brazilian Jiu-Jitsu Self-Defense Techniques

**Charles Gracie, Royce Gracie, and Kid Peligro**

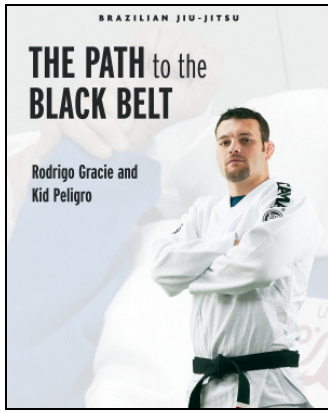
Favoring an emphasis on real-life situations over the dramatic kicks and throws of a formal competition, Brazilian jiu-jitsu has quickly become recognized as one of the most effective self-defense techniques for non

athletes. This guide provides lessons that anyone, regardless of strength or size, can use to neutralize an attacker in seconds. Offering a variety of defenses against knife and gun attacks, as well as escapes from headlocks, choke holds, and other situations, this volume is the next best thing to taking the classes popular with the military, police academies, and women's self-defense schools.

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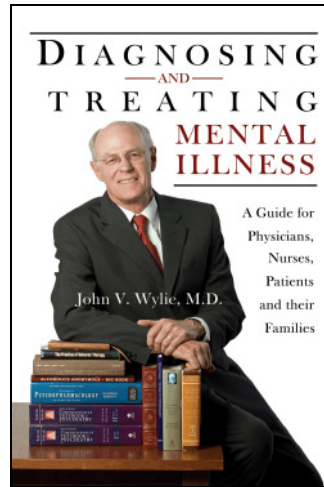
## Brazilian Jiu-Jitsu: The Path to the Black Belt

**Rodrigo Gracie and Kid Peligro**

Presenting the well-regarded Gracie family's comprehensive method of achieving a jiu-jitsu black belt, this step-by-step textbook informs fighters of exactly what they need to learn, when and why they need to learn it, and what they can do to

progress more quickly. How and how often to train, pacing, training objectives, and how to measure success are all addressed according to the different goals students might have, from casual practitioner to self-defense student to professional competitor. The plan detailed in the text can be customized to fit the trainee's body type and strengths. Instructors of jiu-jitsu will also find the manual helpful, as it provides advice on program management, student evaluation, the selection of techniques for lessons, and recognizing a prodigy.

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## Diagnosing and Treating Mental Illness

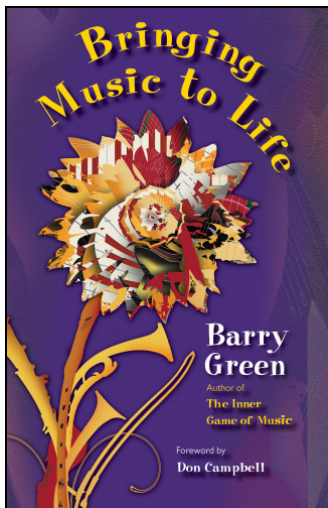
**A Guide for Physicians, Nurses, Patients and Their Families**

**John V. Wylie, MD**

Designed for health care workers and others lacking extensive mental health training, this guide provides tools to help diagnose common mental health conditions in addition to guidelines for their treatment or for referrals to

mental health experts. Among the information provided is advice on how to differentiate genuine mental illness from the "existential" problems of living. The handbook provides a concise compendium of descriptions and treatment options for a variety of psychiatric conditions along with a general sense of how the relationship between the psychotherapist and psychiatrist or internist is coordinated.

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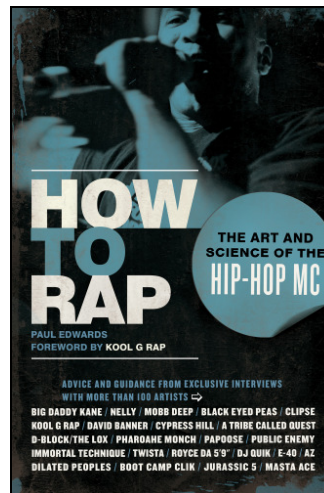
## Bringing Music to Life

**Barry Green**  
Foreword by Don Campbell

Ideal for amateurs and professionals alike, this innovative, imaginative guide demonstrates how musicians can reach their full potential. Delving deeply into the methodology and inspiration required to energize and enliven music making, this manual offers countless suggestions for creating joy and excitement in performance. A stimulating series of activities

and reflections using YouTube video clips clearly illustrates ideas, concepts, and techniques such as breathing, pulse, and movement. This entertaining reference also recounts the author's experiences singing, conducting, and playing with violinist Joshua Bell, Latin musician Tito Puente, symphony conductors Leonard Bernstein and Gustavo Dudamel, and even with Dr. Martin Luther King Jr. during his "I Have a Dream" speech.

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## How to Rap: The Art & Science of the Hip-Hop MC

**Paul Edwards**  
Foreword by Kool G Rap

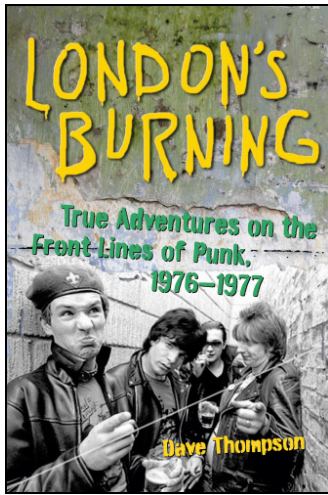
Examining the dynamics of hip-hop from every region and in every form—mainstream and underground, current and classic—this compelling how-to discusses everything from content and flow to rhythm and delivery in relation to the art and craft of rap. Compiled from the most extensive research on rapping to date, this first-of-its-kind guide delivers countless

candid and exclusive insights from more than 100 of the most critically acclaimed artists in hip-hop—including Clipse, Cypress Hill, Nelly, Public Enemy, Remy Ma, Schoolly D, A Tribe Called Quest, and will.i.am—unraveling the stories behind their art and preserving a wealth of the genre's history through the words of the legends themselves. This remarkable book will benefit beginners and pros alike with its limitless wealth of rapping lore and insight.

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## London's Burning

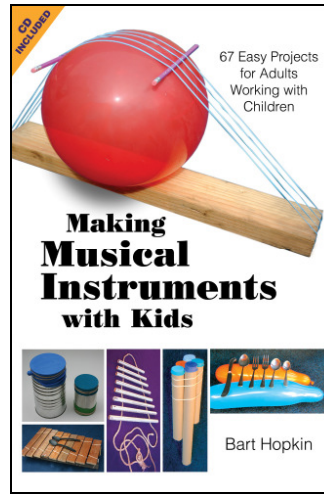
True Adventures on the Front Lines of Punk, 1976-1977

Dave Thompson

The summer of 1976 through the summer of 1977 was the most significant year in British rock history, when punk rock rose from a murmur on the streets to a roar of defiance that still reverberates today. This collection of vivid memories of concerts and cultural flash points focuses on what was happening on the streets and in the clubs. Memories from

others who were there—including members of the Damned, the Adverts, the Patti Smith Group, the Maniacs, and the Tom Robinson Band—add to this story of punk rock as it happened, stripped of hindsight and future legend, and laid bare.

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## Making Musical Instruments with Kids

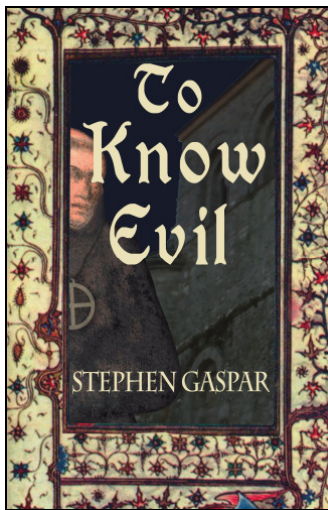
67 Easy Projects for Adults Working with Children

Bart Hopkin

Written for adults, this hands-on guide demonstrates how to make easy musical instruments with children. Detailed instructions are included for making more than 60 unique instruments that are suitable for children as young as five years. Serving as a resource in the classroom or home, this

manual is extensively illustrated with drawings and photographs along with an audio sample of the instruments in lively solo and ensemble pieces.

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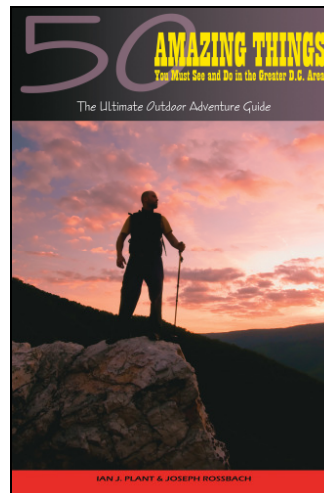
## To Know Evil

Stephen Gaspar

The source of evil and the conflict between faith and knowledge are among the themes examined in this complex intellectual puzzle set in a medieval monastery. When Brother Thomas of Worms attempts to investigate the murder of an Irish monk in a Benedictine abbey in northern Italy, his abbot accuses him of inventing trouble to avoid his duty to God and assigns Thomas the chore of copying a Biblical text as penance. Neither copying nor humility comes

easily to Thomas, who struggles with his commitment to obey his abbot. While in the library, Thomas is drawn to a gnostic book that leads him to a discovery that threatens the very fabric of the Church. When more monks perish, Thomas's loyalty to the monastery and its rites is tested, and he risks expulsion as he seeks to uncover the link between the murders and the hidden codex that has shaken his faith.

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## 50 Amazing Things You Must See and Do in the Greater D.C. Area

The Ultimate Outdoor Adventure Guide

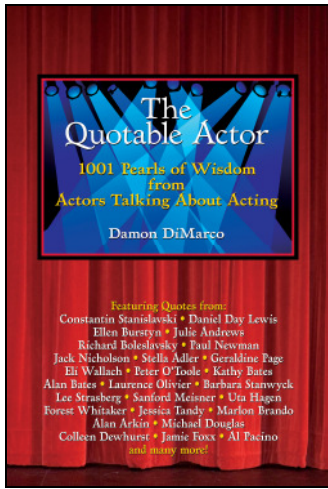
Ian J. Plant and Joseph Rossbach

Highlighting some of the most breathtaking scenery and wildlife in the eastern United States, this guide to the greater Washington, DC, area makes it easy to explore natural beauty spots in central Maryland and

northern Virginia over a day or a weekend. With an emphasis on efficiency, all the destinations listed can be reached within a three-hour drive from the nation's capital. From hiking in the Appalachian Mountains or paddling the mighty Potomac River to watching the winter snow geese migrate on the eastern shore of Maryland, the book provides an inspiring range of adventures, all illustrated with stunning, full-color photos.

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## The Quotable Actor

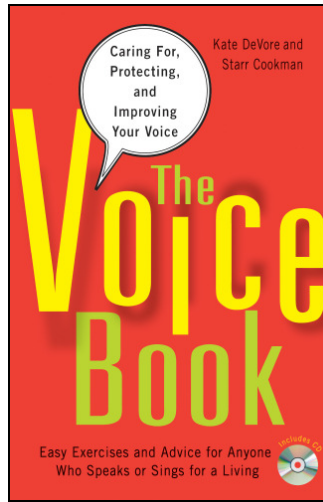
1001 Pearls of Wisdom from Actors Talking About Acting

**Damon DiMarco**

Collecting advice, quotes, essays, and observations from hundreds of famous actors and highly regarded acting teachers, this book covers a wide range of topics on the art and history of acting. Entertaining, instructive, and informative, it is organized into specific, easy-to-search categories. From art and technique to business and lifestyle, entries include fascinating anecdotes and

advice from some of the greatest actors in history—Marlon Brando, Meryl Streep, Al Pacino, Jack Nicholson, and many others providing insights into the actor's craft that are equally useful to young actors just starting out and accomplished professionals looking for inspiration in the words of peers.

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## The Voice Book

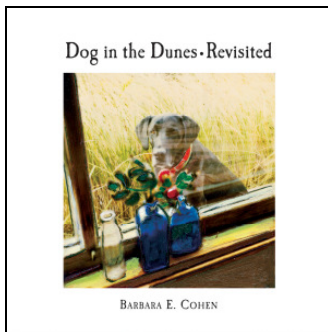
Caring For, Protecting, and Improving Your Voice

**Kate DeVore and Starr Cookman**

Written to save careers one voice at a time through scientifically proven methods and advice, this resource teaches people how to protect and improve one of their most valuable assets: their speaking voice. Simple explanations of vocal anatomy and up-to-date instruction for vocal injury prevention are accompanied by illustrations, photographs, and

FAQs. An audio CD of easy-to-follow vocal-strengthening exercises—including Hum and Chew, Puppy Dog Whimper, Sirens, Lip Trills, and Tongue Twisters—is also included, along with information on breathing basics, vocal-cord vibration, and working with students who have medical complications such as asthma, acid reflux, or anxiety.

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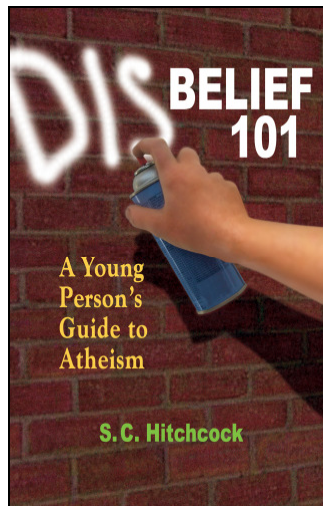
## Dog in the Dunes – Revisited

**Barbara E. Cohen**

Revisiting a captivating series of mixed-media, painted Polaroid portraits of the antics of the artist's 11-year-old black Labrador retriever, Gabe, this collection captures the love between a woman and her dog in the natural light, warm

turquoise-blue skies, sea-grass greens, and sand-pebble yellows of Cape Cod's unique setting.

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## Disbelief 101

A Young Person's Guide to Atheism

**S. C. Hitchcock**

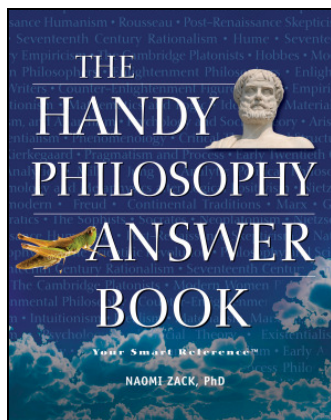
Filled with wit, humor, and clear metaphor, this exploration into atheism is written specifically for young adults, though any adult interested in learning more about atheism will find value within. Not just focused on atheism, this crash course in logical thinking addresses the issues of indoctrination, whether it be religious, political, or commercial, and makes the

case that morality is created through reasoning and logic, not through divine communication. Many hot topics are touched upon, such as traditional arguments for God's existence, the relationship of evolution and religious belief, the incompatible nature of science and religion, and the harmfulness of both Christianity and Islam.

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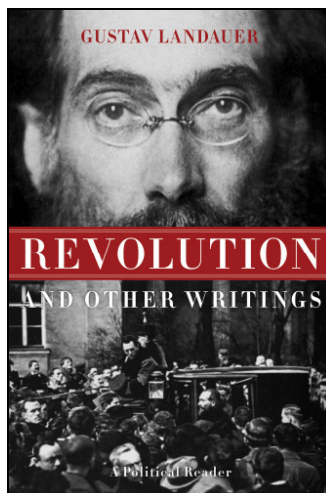
## The Handy Philosophy Answer Book

Naomi Zack, PhD

Combining a basic history of philosophical thought with the often quirky personal stories of famous philosophers, this comprehensive introduction to the world of philosophy answers more than 1,000 questions, ranging from *What was the Enlightenment?* to *Why*

*did the Pythagorians avoid fava beans?* Analyzing the collective effort of philosophers throughout history in the pursuit of truth and wisdom, the guide explores the tangible significance of philosophical thought to modern society and civilization as a whole. With a wide range of information suitable for various knowledge bases—from junior high to junior college—this is an ideal resource for anyone looking to get a better grasp of the history of thought.

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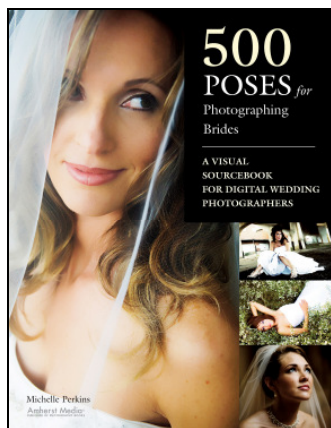
## Revolution and Other Writings

A Political Reader

Gustav Landauer

The first comprehensive collection of Gustav Landauer's writings in English, this valuable addition to the history of anarchism in the early 20th century gathers more than 40 influential works by one of Germany's most prominent radical agitators. The readings presented here cover Landauer's entire political biography, from his early anarchism of the 1890s and his philosophical reflections at the turn of the century to the subsequent establishment of the Socialist Bund and his tireless agitation against the coming Great War. Additional chapters on war and nationalism, the United States and Mexico, and opinion pieces and personal letters reveal the further scope of Landauer's thinking with pieces on corporate capital, education, language, and Judaism.

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## 500 Poses for Photographing Brides

A Visual Sourcebook for Professional Digital Wedding Photographers

Michelle Perkins

Containing numerous contemporary images by leading photographers, this indispensable manual concerning wedding portraits explains posing fundamentals

as well as how to create a flattering, feature-specific photograph—one that focuses on the head, shoulders, arms, legs, or torso—in different levels of close-ups, from head-shots to full-lengths. Since posing is the second most challenging aspect of photography and with the added complications of a wedding—from the bride's personal style to her figure and gown—it can be very easy for a photographer to make a wrong turn. This perceptive reference provides the perfect place to turn when in need of quick posing strategies and fresh ideas.

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## Available Light

Photographic Techniques for Using Existing Light Sources

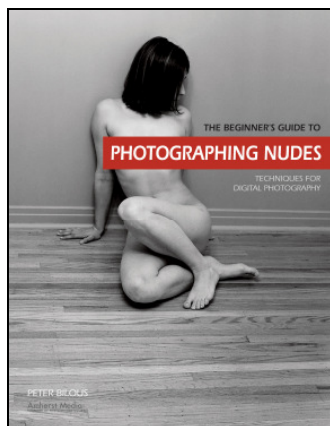
Don Marr

Working with natural light rather than using supplementary lighting to create an artificial environment, photographers can use these simple techniques to mold existing light into the desired quality and shape. Overcast and sunny days, backlighting and flare, window light, daylight studios, natural reflectors, and studio lighting at home, offer a plethora of ideas for finding, diffusing, and creating light. As photographers learn the advantages of shooting with available light—no set up, more spontaneity, more time to concentrate on the subject, and the ability to capture preexisting relationships—they not only become better photographers but gain confidence and an increased awareness of their artistic medium.

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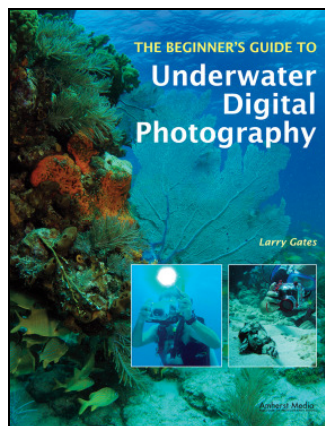
## The Beginner's Guide to Photographing Nudes

**Peter Bilous**

Teaching beginners how to enter into the field of professional nude photography, this guide discusses a wide-range of topics—from concept through the actual shoots to editing and review. Approached systematically, the easy flow of

steps provide invaluable insight into determining artistic versus commercial imagery, finding models who suit the work's goal, techniques for working with models, selecting the appropriate environment and lighting, maintaining direction and a quick pace during a session, and processing the images and experiences. The ideas and direction expressed in this volume are designed as a starting point for even greater artistic expression or commercial success with photographing nudes.

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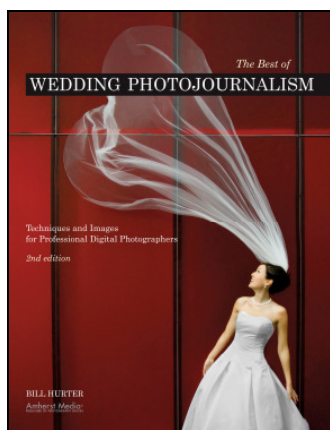
## The Beginner's Guide to Underwater Digital Photography

**Larry Gates**

Simplifying the seemingly difficult and expensive art of underwater photography, this accessible investigation outlines the four elements of success: focus, exposure, composition, and subject. Beginning with an overview of necessary diving

skills, this survey reviews these four categories in detail, depicting how to obtain superior results even without the latest and greatest equipment. Maintenance and first-aid tactics are presented as well, reducing the chance of disappointing malfunctions during a dive. Concluding with post-shoot techniques for choosing the best frames, cropping photos for printing, and the top methods of presentation, this examination demonstrates how underwater images can be used to share the world of diving while promoting important conservation efforts.

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## The Best of Wedding Photojournalism

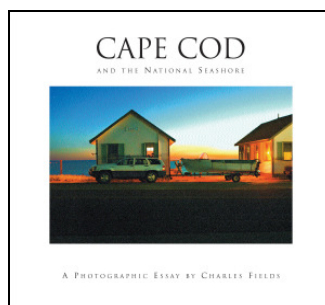
**Techniques and Images for Professional Digital Photographers, 2nd Edition**

**Bill Hurter**

In contrast to a traditional wedding photographer, a wedding photojournalist works unobtrusively to capture the “real life” flavor of the special event as it unfolds, and this

guidebook addresses the unique challenges and specific preparations required to excel in this field. Calling upon the best and brightest photojournalists to share their images and insights, this updated edition reveals the secrets for capturing all the breathtaking exchanges between the personalities, so that the photographs tell a story rich in detail. This volume is brimming with advice for every aspect of the shoot, including selecting equipment and lighting, working with an assistant, properly archiving digital files, and selecting a beautiful heirloom-quality album design.

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## Cape Cod and the National Seashore

**A Photographic Essay**

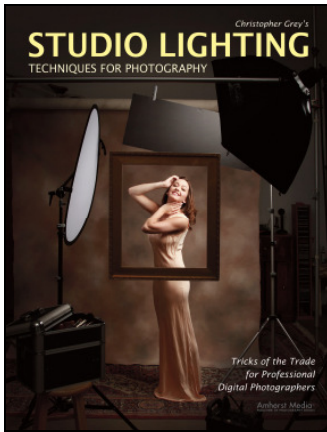
**Charles Fields**

A milestone in photographic history, this collection compellingly captures the offbeat, heretofore unseen and untrammled Cape, as the

photographer committed two years to photographing all of its moods, nuances, and natural splendor. Natural and man-made, summer and winter, new and old, the myriad personae of Cape Cod are revealed on page after page of stunning images.

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## Christopher Grey's Studio Lighting Techniques for Photography

Tricks of the Trade for Professional Digital Photographers

**Christopher Grey**

Taking the guesswork out of lighting, this invaluable examination provides tools and techniques. The most essential principles for photo shoots are

presented through lengthy image sequences, considering different finishes for reflective surfaces, types of light sources, light modifiers, and even light placements. From creating fundamental looks to the effect of fine-tuning placement and setting, this detailed guidebook enables photographers to maximize productivity on any shoot.

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## Creative Wedding Album Design with Adobe Photoshop

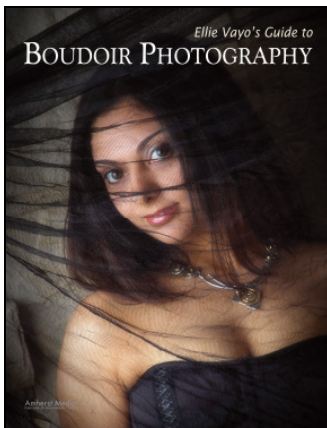
Step-by-Step Techniques for Professional Digital Photographers

**Mark Chen**

Pairing photographic creativity with digital-manipulation techniques, this unique manual teaches the use of Photoshop® to design artful, distinctive, and compelling wedding albums.

Showing that the artistic process need not stop at the click of the shutter, the steps for album creation are detailed. Offering 10 projects with varying levels of complexity and covering diverse skill sets, step-by-step techniques are demonstrated with detailed screen shots. Highlighting the sophistication found in image manipulation, this dynamic guide emphasizes the marketable edge of adding imaginative graphic design capabilities.

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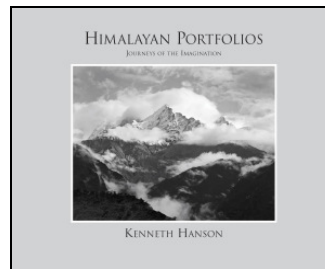
## Ellie Vayo's Guide to Boudoir Photography

**Ellie Vayo**

The secrets of boudoir photography—such as attracting clientele, setting the right mood, shooting flawless hair and gorgeous make-up, and adding subtle sex appeal—are revealed in this illustrated guide for professional photographers. The reference

provides the essential steps for adding this service, as well as case studies of numerous real-life sessions. By implementing the tasteful marketing strategies and the elegant, classy style of image-making offered in this guide, photographers will vamp up not only their studio offerings but also their sales.

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## Himalayan Portfolios

Journeys of the Imagination

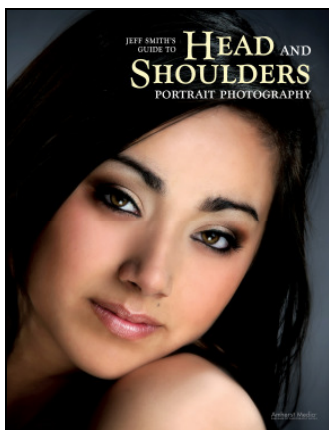
**Kenneth Hanson**

Dramatically immortalizing the breathtaking beauty and remote wilderness of our planet's last untamed frontiers, this intriguing

photographic exploration of near inaccessible landscape and culture illuminates the starkly beautiful but often inhospitable Himalayan regions. Religiously documented over a 20-year period, these glorious, panoramic black-and-white images—including one breathtaking, 48-inch panorama—are the remarkable result of a dedicated and passionate fascination with the history and vistas of the Himalayas. Complemented by trekking maps of mountains, glaciers, and rivers—from the peaks of Kashmir, the Hidden Realm, and the Great Cleft of the Kali Gandaki to mighty Mount Everest in Tibet and Nepal—and accompanied by scholarly essays penned with scientific, geological, and spiritual analysis of the region, this stunning visual journey illustrates the Himalayas as an enduring emblem of man's ultimate challenge in nature.

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## Jeff Smith's Guide to Head and Shoulders Portraits

**Jeff Smith**

With detailed, informative instructions for capturing personable and memorable yearbook photos, actor and model portfolios, and business, bridal, and children's portraits, this exhaustive reference covers what photographers need to know to be successful.

Emphasizing that the client is always the center of the photograph, this resource illustrates how to evaluate the customer to determine which features to downplay and which to accent. Tips for creating the perfect image through posing and lighting, handling the post-shot conference, and previewing and retouching the images are supplied, as well as guidance for the technical and emotional challenges of shooting a portrait. Packed with step-by-step images, no-nonsense techniques, and practical advice, this is a must-have book for professional and advanced amateur photographers.

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## Lighting Techniques for Photographing Model Portfolios

**Strategies for Digital Photographers**

**Billy Pegram**

Detailed discussions and eye-catching, dynamic images show photographers how to masterfully create beautifully illuminated models in this professional, informative

resource. With an endless array of looks for all types of models—such as nude, athletic, advertising, hand, leg, and plus size—this manual is packed with inspiration as well as technical advice. Start-to-finish analyses of real-life sessions help photographers take the guesswork out of lighting and avoid common mistakes. Whether enhancing a product with the model or showcasing the model with the photograph, these tips illustrate how to meet objectives through artistry and skill.

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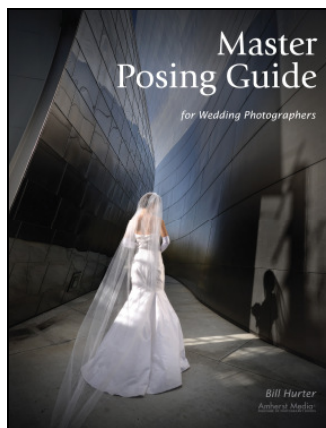
## Jerry D's Extreme Makeover Techniques for Digital Glamour Photography

**Jerry D. and Bill Hurter**

Spotlighting a unique service that provides a competitive edge to any professional photographer, this thorough handbook teaches all of the

essential skills for creating glamorous portraits. Stressing the importance of facilitating a stronger, healthier sense of self-admiration, tips are provided for emphasizing the subject's desirable features and downplaying perceived flaws. This guide also provides 17 makeover sample sessions. Each case documents an untouched starting photo and analyzes desired goals, followed by detailed discussions and step-by-step demonstrations of the techniques used for addressing problem areas and creating a masterful image.

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## Master Posing Guide for Wedding Photographers

**Bill Hurter**

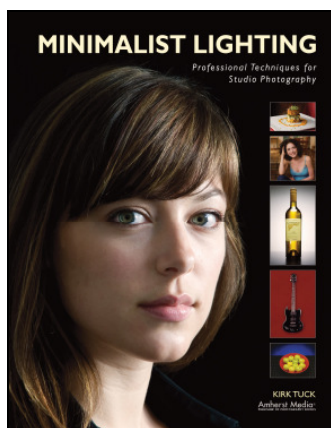
Combining the refinement of traditional posing techniques with the more organic, spontaneous techniques of photo-journalism, this creative and informative resource offers poses that rely on personality and interaction. These instructions from a veteran

wedding photographer provide the skills needed to recognize what makes a great pose and how to subtly direct your clients to achieve the needed balance between looking great and looking comfortable. Ultimately, this grouping of modern and traditional shots offers answers to the complications faced when attempting to pose wedding parties quickly while keeping the natural look that all wedding couples desire.

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## Minimalist Lighting

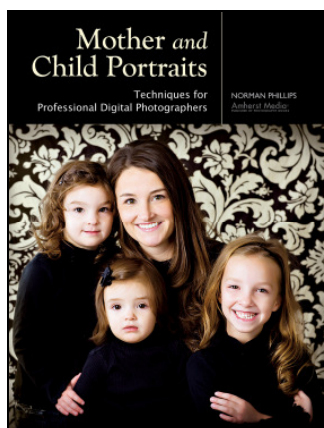
Professional Techniques for Studio Photography

**Kirk Tuck**

Photographers learn how to create amazing photography with this simple, basic, money-saving approach to working in the studio. While exploring available lighting and equipment, this reference tackles the concerns of studio photographers regarding too much gear, not enough space,

and a strict budget and offers alternative techniques for photographing subjects. Tips for how to set up a studio in a limited amount of space, what kind of equipment works best for different effects, and finding great tools for budget prices make this a truly comprehensive reference.

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## Mother and Child Portraits

Techniques for Professional Digital Photographers

**Norman Phillips**

Examining a style of photography that has become increasingly popular with families, this in-depth analysis explores the most important aspects of mother and child portraiture. Summarizing advice from seasoned professionals, this helpful

reference demonstrates how to create the right environment for the shoot as well as carefully select the best props, backgrounds, and lighting for mother and child while allowing them to interact naturally. Starting with mothers and newborns, this survey works its way up through toddlers to elementary and middle schoolers and concludes with teenagers. Filled with inspiring examples and no-nonsense techniques, this extensive overview also covers photographing moms with groups of children.

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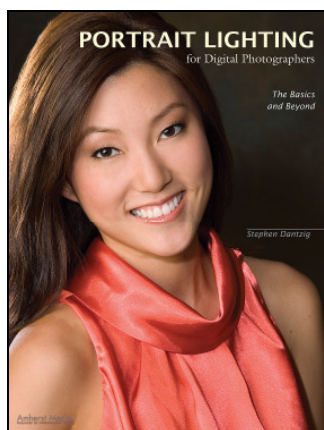
## On-Camera Flash Techniques for Digital Wedding and Portrait Photography

**Neil van Niekerk**

With this guidebook, photographers learn how to create stunning, professional images while avoiding the common pitfalls of using an on-camera flash. Techniques for

using simple accessories—such as bounce cards and diffusers as well as how to improve a lighting scenario by enhancing it rather than overwhelming it—show photographers how to master this challenging aspect of portraiture. For wedding and environmental portrait photographers who must work in ever-changing lighting scenarios, executing these tips to evade flat, lifeless images with harsh shadows, washed-out skin tones, cavernous black backgrounds, and other unappealing visual characteristics results in not only better images, but happier clients and more sales.

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## Portrait Lighting for Digital Photographers

The Basics and Beyond

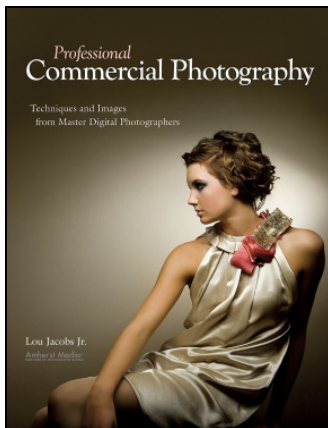
**Stephen Dantzig**

The fundamentals of exposure and the essentials of lighting are explored in this photography reference that uses progressive images from portrait sessions as its basis of explanation. Starting with how light is perceived differently by

the camera than the human eye, this resource clarifies the more complicated laws that govern light, breaking the rules down with clear, effective examples. Various light sources are investigated—from simple sunlight to advanced professional and studio systems—as well as the types of lighting units used at different times during the sessions. By adding or modifying one light at a time, a sequence of images shows how the desired effect was achieved, offering photographers step-by-step troubleshooting tips. Concise text paired with photo examples offer any portrait photographer the techniques needed to create perfectly lit images.

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## Professional Commercial Photography

Techniques and Images from Master Digital Photographers

**Lou Jacobs Jr.**

Presenting ideas and commentary as well as photographs, this collection offers new photographers revelations and wisdom from professionals and informs them

how to achieve commercial success. Commercial photographers create images that are designed to sell products, services, political candidates, organizations, corporations, and any other marketable commodity or idea, and their clients range from advertising agencies, manufacturers, retail stores, hotels, restaurants, and other businesses. This reference provides a quick workshop on an area of expertise, furnishing those new to the business with a wide variety of information about each specialty.

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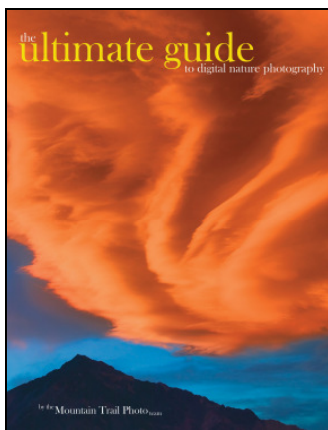
## The Quality of Light

**Neil Baker**

The result of 20 years of summers in Provincetown, this collection presents the photographer's personal images and the essence of his experiences. Largely spotlighting a single stretch of beach at the East End,

the work is accompanied by text from poet and essayist Will Walker, as well as a personal photographer's statement from Baker.

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## The Ultimate Guide to Digital Nature Photography

**The Mountain Trail Photo Team**

Today's digital cameras are wonderful creative tools for nature photographers, but they can be a challenge to master—a problem that is thoroughly solved by the lessons provided in this guide by 10 of the most respected nature photographers

in America. Representing the knowledge of professionals who have produced photography books and calendars, worked for nature magazines, and taught hundreds of photography workshop students, the book offers a step-by-step approach to improve both artistic vision and technical skills. Topics covered include equipment selection, use of digital functions, tips for capturing natural light, rules of composition, and special effects. Practical advice about launching a full-time nature photography career is also included.

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## Barn Burned, Then

**Michelle Taransky**

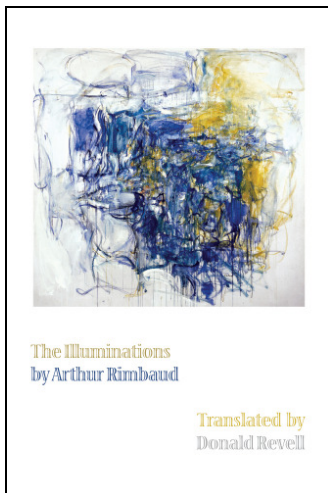
Politically charged and deeply insightful, this critical exploration of poetry maps the interior of our deepest feelings and fears through reflections on money, commerce, and the capitalist machine. Allegorically referencing the topical issues of labor and finance, each piece turns current concerns into timeless verse, with unrelenting courage and candor. Offering a modern lyrical style that reflects a lineage of the great Objectivists, each tautly crafted poem

observes the intimacies and alienations of popular culture.

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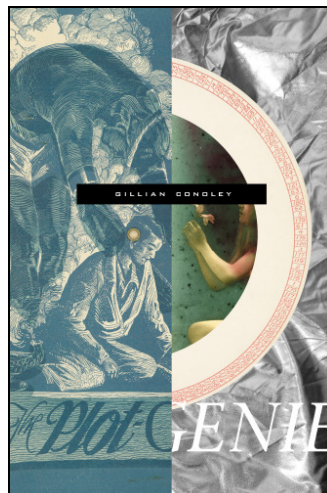
## The Illuminations

**Arthur Rimbaud**  
Translated by Donald Revell

With perfect pitch for contemporary audiences, this new translation offers all the immediacy, hallucinatory surrealism, and wit that secured Arthur Rimbaud's esteemed position. As a major poet renowned for his strangely seductive power and innocence, Rimbaud was a dangerous and exhilarating force whose break with literary forms and conventions is aptly displayed in this volume. Published with

the French on facing pages and an insightful afterword, this compilation plunges into the heart of Rimbaud's mysterious, revelatory beauty. This is a lucid and lively translation of a seminal work that remains essential and relevant to this day.

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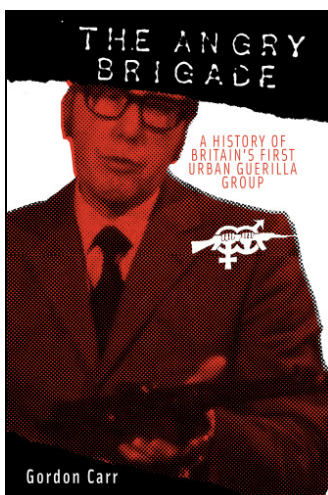


## The Plot Genie

**Gillian Conoley**

Inspired by "the plot genie"—a plot-generating device created in the 1930s that used numerical games of chance to divine character traits and plot points—this imaginative, book-length poem discusses the ways in which people are re-created, inspired, aroused, and persuaded by the power of the stories that they listen to and share. Rich in scene and cinematic quality, the plot—visual and literary, old and new—recombines all into a simultaneous present, examining society's endless hunger for narrative. Exploring and blending genres with exciting and lyrical language, references to film and pop culture are laced throughout. Presenting a memorable cast in moving and humorous motifs, this rich composition explores the way the characters behave when inhabiting a construct created by ideas.

POETRY  
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## The Angry Brigade

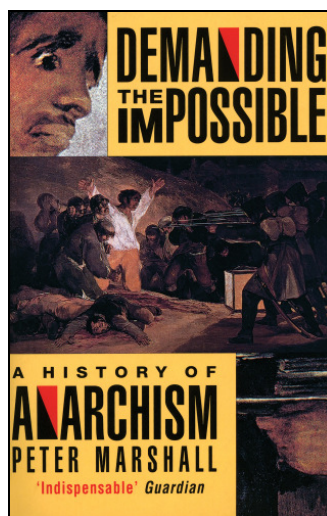
**A History of Britain's First Urban Guerilla Group**

**Gordon Carr**

Based on extensive research, this book remains the essential study of the Angry Brigade, a group of urban guerillas, who, between 1970 and 1972, used guns and bombs on embassies of repressive regimes, police stations and army barracks, boutiques and factories, government departments, and the homes of cabinet ministers as well as the attorney general and the commissioner of the

metropolitan police. Updated with a comprehensive chronology of the "Angry Decade" and new illustrations, this new edition also adds introductions by Stuart Christie and John Barker, who discuss the political and social context of the movement and its long-term significance.

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## Demanding the Impossible

**A History of Anarchism**

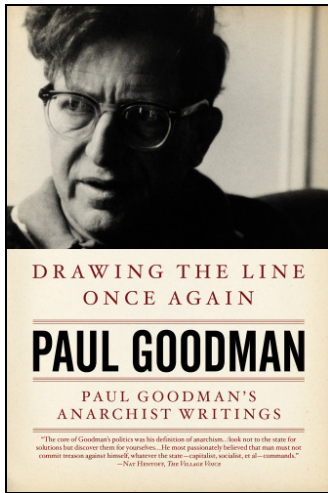
**Peter Marshall**

Lively and authoritative, this study of a widely misunderstood subject skillfully navigates the rough waters of anarchistic concepts—from Taoism to Situationism, ranters to punk rockers, individualists to communists, and anarcho-syndicalists to anarcho-feminists. Exploring key anarchist ideas, this record investigates the successes and failures of anarchist movements throughout the world. Presenting a balanced and critical survey, the detailed document covers not only classic anarchist thinkers—such as Godwin, Proudhon, Bakunin, Kropotkin, Reclus, and Emma Goldman—but also other libertarian figures, such as Nietzsche, Camus, Gandhi, Foucault, and Chomsky. Essential reading for anyone wishing to understand what anarchists stand for and what they have achieved.

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## Drawing the Line Once Again

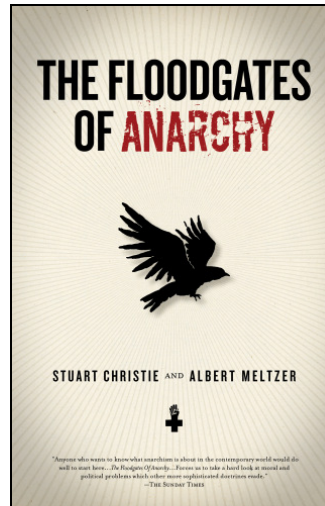
Paul Goodman's Anarchist Writings

Paul Goodman

Painting a vivid picture of 1960s counterculture ideas, this new collection of the late Paul Goodman's essential anarchist writings—from utopian essays to practical proposals—reveals how he inspired the dissident youth of the era and profoundly influenced movement theory and practice. Long out-of-print,

these provocative, insightful, and incisive pieces analyze citizenship and civil disobedience, decentralization and the organized system—all while still mindful of the long anarchist tradition and of the Jeffersonian democracy that resonated strongly in Goodman's own political thought.

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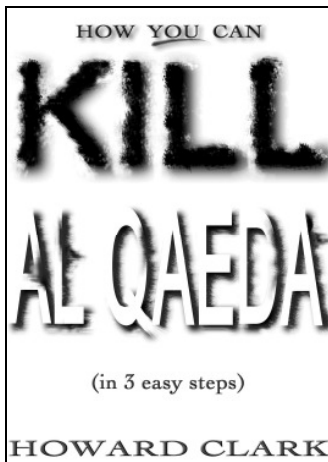
## The Floodgates of Anarchy

Stuart Christie and Albert Meltzer

Back in print and featuring a new foreword by the authors, this polemic approaches the subject of anarchism in relation to class struggle. It presents an argument against class-based society and hierarchy and advocates for a free and equal society based on individual dignity and merit. Drawing from the authors' experiences as activists and documenting the activities of other 20th-

century anarchists—including clandestine activities and social change by any means—this fundamental text asserts that government is the true enemy of the people and that only through the dissolution of government can the people put an end to exploitation and war, leading to a fully free society.

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## How You Can Kill Al Qaeda

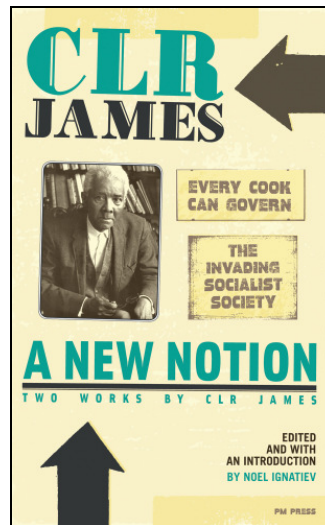
(In 3 Easy Steps)

Howard Clark

Offering an alternative to conventional, ineffective methods of shutting down Al Qaeda, this handbook unlocks the secrets of the organization and provides a simple strategy for disempowering the terrorists via the internet. The practical, populist formula calls for individuals to identify, translate, and disseminate

persuasive and independent counter-Al Qaeda messages online—using the primary media on which Al Qaeda spreads their communications. It is through the yet-to-be challenged online messaging to the Muslim public that Al Qaeda garners its critical financial and moral support and future recruits. Using the information and tools provided in the text, individuals as well as organizations—internet-savvy or not—can help drown out the pervasive pro-Al Qaeda propaganda.

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## A New Notion: Two Works by C. L. R. James

"Every Cook Can Govern" and "The Invading Socialist Society"

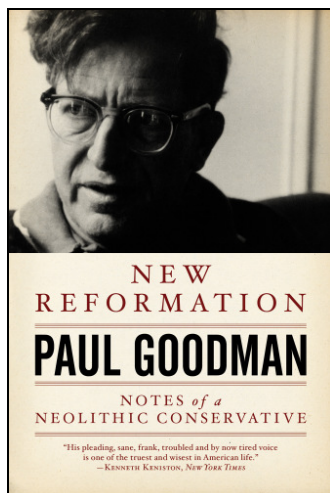
C. L. R. James  
Edited by Noel Ignatiev

Portraying C. L. R. James as a leading figure in the independence movement in the West Indies and in the black and working-class movements in both Britain and the United States, this volume provides an extensive introduction to James's life and thought before

presenting two critical works that illustrate the tremendous breadth and depth of his worldview. These essential works represent the principal themes that run through James's life: implacable hostility toward all "condescending saviors" of the working class and an underlying faith in the power of ordinary people to build a new world.

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## New Reformation

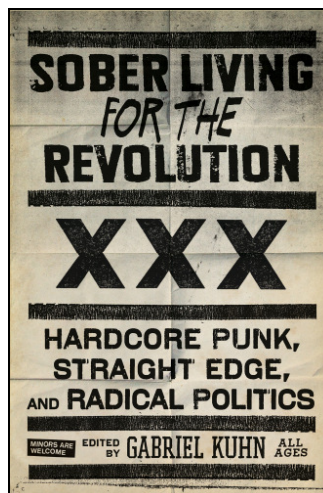
Notes of a Neolithic Conservative

Paul Goodman

Emphasizing the importance of culture and the arts in society, this reprint of a 1960s classic—the author's last book of social criticism—includes a new introduction that situates the late Paul Goodman in his era and traces the development of his characteristic insights. The probing introduction speaks for a new generation of young scholars as it discusses the initial impact and continuing

relevance of Goodman's problematic love affair with the radical youth of the 1960s. Timely and compelling, Goodman's narrative reassesses what he considered a moral and spiritual upheaval comparable to the Protestant Reformation. With new analysis of 1960s activism, this survey shows that Goodman's prescient voice is as relevant today as it was four decades ago.

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## Sober Living for the Revolution

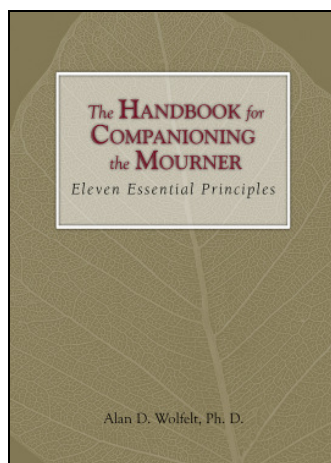
Hardcore Punk, Straight Edge, and Radical Politics

Gabriel Kuhn

Examining the multi-generational impact of punk rock music, this international survey of the political-punk straight edge movement—which has persisted as a drug-free, hardcore subculture for more than 25 years—traces its history from 1980s

Washington, DC, to today. Asserting that drugs are not necessarily rebellious and that not all rebels do them, the record also defies common conceptions of straight edge's political legacy. Lively and exhaustive, this dynamic overview includes contributions from famed straight edge punk rockers Ian MacKaye of Minor Threat and Fugazi, Dennis Lyxzén of Refused, and numerous other artists and activists dedicated as much to sober living as to the fight for a better world.

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352 PAGES, 6 X 9  
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## The Handbook for Companioning the Mourner

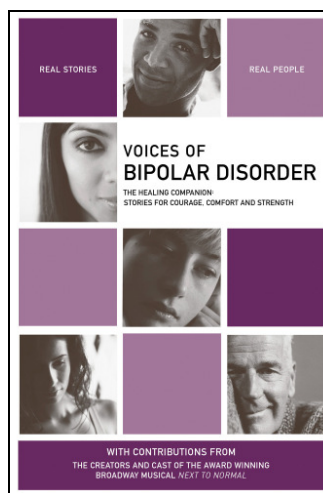
Eleven Essential Principles

Alan D. Wolfelt, PhD

Partly a counseling model and partly an explanation of true empathy, this handbook explores the ways companionship eases grief. For caretakers who work with grieving people or for friends and family just hoping to stay close, 11 tenets are outlined for mourner-led care. These simple

rules call for understanding another person's pain, listening with the heart rather than the head, not filling up every minute with words, respecting confusion and disorder, and relying on curiosity rather than expertise.

PSYCHOLOGY  
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## Voices of Bipolar Disorder

The Healing Companion: Stories for Courage, Comfort and Strength

Judith Cohen

Heartbreaking and yet humorous, this inspirational collection includes personal stories from more than 40 diverse people who are living with bipolar disorder—a condition that affects some five million Americans. Each story reveals strategies used to cope with the varying symptoms and

offers insight into what it is like to have this mood instability disorder. Paired with essays from renowned medical researchers, these first-hand accounts illustrate the strength of the human spirit and offer the advice and encouragement essential to recovery. For those seeking bravery, consolation, strength, and understanding, this collection of stories is an invaluable and uplifting resource.

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## Chinese Characters

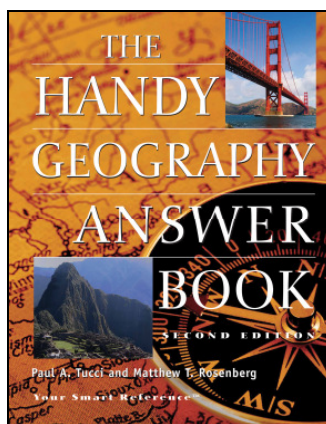
Learn & Remember  
2,178 Characters  
and Their Meanings

Alan Hoenig, PhD

A systematic, building block-style plan for mastering the most daunting aspect of learning Chinese—how to remember the meaning of more than 2,000 of the most common characters—is provided in this handbook. This manual presents a methodology employing memory techniques to associate meanings with the characters' visual components.

Graphics that identify the components from which the featured characters are drawn, and a listing of both the names of these root components, and the panel numbers that cite their location in the book augment the presentation. Beginners will be best served by using this guide in conjunction with the development of language skills, while those who are familiar with the language will find this book to be a comprehensive reference and refresher.

REFERENCE  
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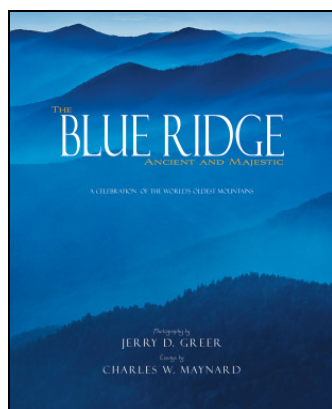
## The Handy Geography Answer Book

Paul A. Tucci  
and Mathew T. Rosenberg

From discovering why every map is distorted to why Rhode Island is called an island even though it's not, this comprehensive reference simplifies geography in an approachable question-and-answer format. All aspects of

the discipline are covered, including physical, economic, political, and cultural geography. Questions answered include *Who carved Mount Rushmore?* *What is the average life expectancy in Japan?* and *What were the seven wonders of the ancient world?* Ideal for students and teachers, this resource is for all those curious about our world.

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## The Blue Ridge Ancient and Majestic

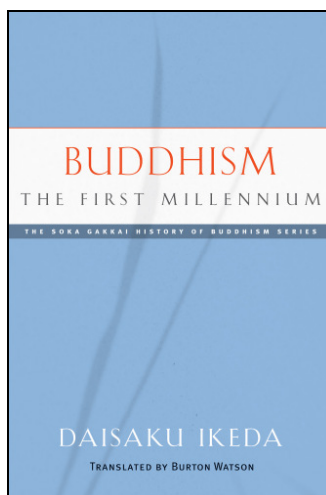
A Celebration of the World's  
Oldest Mountains

Photographs by Jerry D. Greer  
Charles W. Maynard

A selection of informative essays and vibrant photography combine to form a rich tapestry of the life and story of the ancient Blue Ridge Mountains.

Stories range from the heritage of the mountains to the present day. Through this unique combination of storytelling and visual splendor, the intricate, interwoven fabric of the natural world and the human culture of the mountains is brought to life in this eco-friendly Green Press Initiative printing with full FSC certification.

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## Buddhism

The First Millennium

Daisaku Ikeda  
Translated by Burton Watson

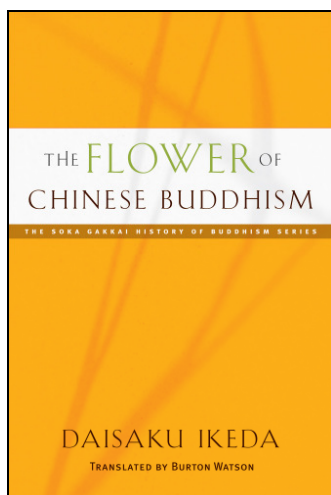
Beginning with the events immediately following the dark days after the death of Shakyamuni and continuing over a period of 1,000 years, this dynamic tome covers a vast and complex series of events and developments in the history of Buddhism. Through a thorough examination of its early development in India, a new light is cast on little-known aspects of Buddhist history and

its relevance to the understanding of Buddhism today. Topics include the formation of the Buddhist canon, the cultural exchange between the East and West, and the spirit of the Lotus Sutra.

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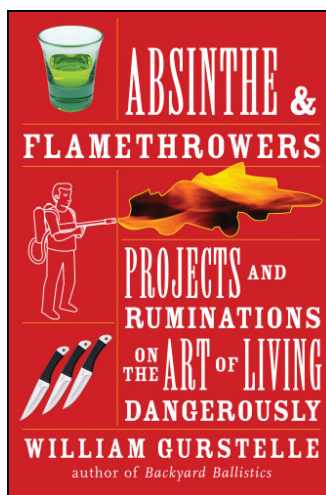
## The Flower of Chinese Buddhism

Daisaku Ikeda  
Translated by Burton Watson

Beginning with the introduction of the religion into China, this chronicle depicts the evolution of Buddhism. The career and achievements of the great Kumarajiva are investigated, exploring the famed philosophical treatises that form the core of East Asian Buddhist literature. Providing a useful and accessible introduction to the influential Tien-

t'ai school of Buddhism in Japan as well as the teachings of the 13th-century monk Nichiren, this examination places special emphasis on the faith of the Lotus Sutra and the major works of masters such as Hui-su, Chih-i, and Chanjan. From the early translations of the Buddhist scriptures to the persecution of the T'ang dynasty, this exploration illuminates the role of Buddhism in Chinese society, and by extension, in humanity in general.

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## Absinthe & Flamethrowers

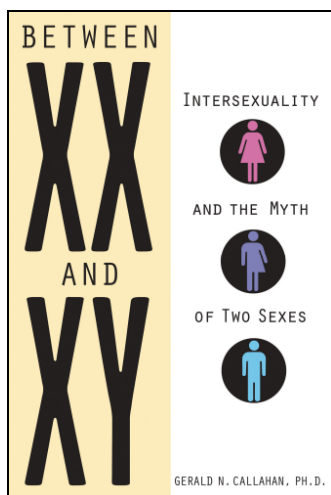
Projects and Ruminations on the Art of Living Dangerously

William Gurstelle

Written for reasonable risk takers who want to add more excitement to their lives, this daring combination of science, history, and DIY projects explains why danger is good for you. All of the projects—from throwing knives, drinking absinthe, to cracking a bull whip—have short learning

curves, and demonstrate true but reasonable risk. The guide maintains that risk takers are more successful, more interesting individuals who lead more fulfilling lives. Each potentially life-altering project includes step-by-step directions and illustrations along with sidebar tips from experts in the field.

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## Between XX and XY

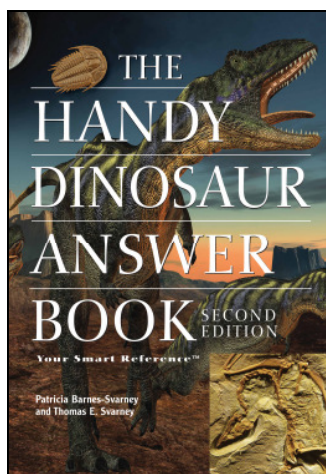
Intersexuality and the Myth of Two Sexes

Gerald N. Callahan, PhD

Providing a fascinating look at the science of sex and what makes people male or female, this book explains dozens of intersex conditions—such as hermaphroditism, Klinefelter syndrome, and androgen insensitivity syndrome—and includes personal interviews with people living with these conditions telling their surprising and often heart-wrenching stories. Even doctors

and scientists are not entirely sure if external genitalia, internal sex organs, chromosomes, DNA, environment, or some combination define a person's sex. The history and the current treatment for intersex conditions as well as the options that are available today for the ambiguous child are covered in this captivating account that truly shows what it means to be human.

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## The Handy Dinosaur Answer Book

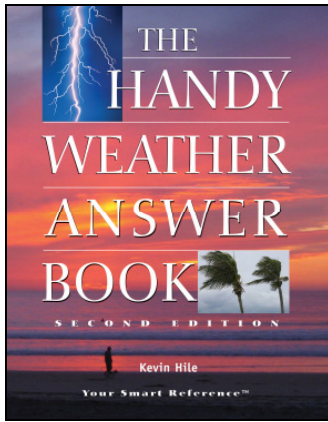
Patricia Barnes-Svarney and Thomas Svarney

Featuring more than 600 questions about dinosaurs—such as *What dinosaurs are thought to have evolved into birds?* *Did dinosaurs travel in herds?* and *Where and what is the Dinosaur Freeway?*—this fun-filled fact-book provides a wealth of information on the lives and habits of these

astonishing creatures. From the Tyrannosaurus rex to the Stegosaurus, the guide profiles numerous species, chronicling their time on earth and exploring their roles in archaeological expeditions and museums today. Delightful and intriguing, this comprehensive record includes the debates still surrounding the origins and fate of these creatures that dominated the earth for millions of years but seemed to disappear in the blink of an eye.

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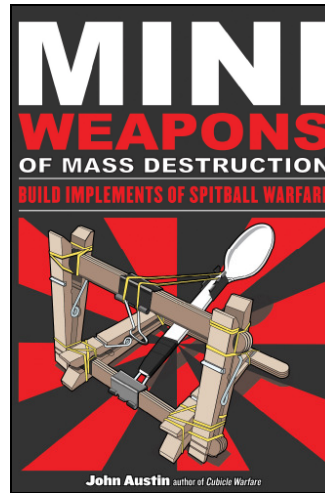
## The Handy Weather Answer Book

**Kevin Hile**

Fully updated with the latest advances in meteorology as well as an additional section on climate change, this comprehensive reference addresses all aspects of weather in an accessible question-and-answer format. All the basic elements of weather are discussed, as are all types of weather phenomena and the science of forecasting.

In addition, the relationships between weather and oceanography, geology, and space science are expertly covered. Included are more than 1,000 questions and answers such as, *Has a hurricane ever struck southern California?* *Could our oceans have originated in space?* and *What is bioclimatology?* This resource is an ideal reference for students, teachers, and amateur meteorologists.

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Build Implements of Spitball Warfare

**John Austin**

With the advent of modern household products and office supplies—binder clips, clothespins, rubber bands, ballpoint pens, toothpicks, paper clips, plastic utensils, and matches and barbecue lighters—troublemakers of all stripes have the components needed to build an impressive, if somewhat miniaturized,

arsenal. Detailed, step-by-step instructions for each project are provided, including materials and ammo lists, clear diagrams, and construction tips. The 35 devices include catapults, slingshots, minibombs, darts, and combustion shooters. Never let your cubicle, home office, or personal space go undefended again!

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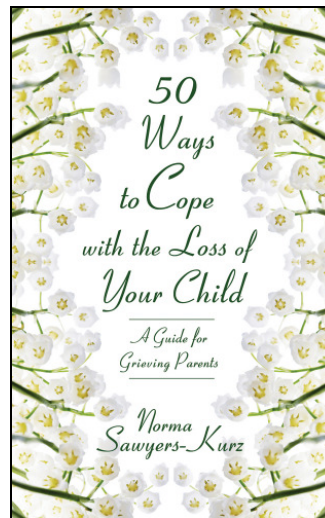
## Gray Apocalypse

**James Murdoch**

In this tale of human survival and personal redemption, an alien species is positioning an enormous asteroid to strike planet Earth, eradicate the human race, and replace mankind with millions of hybrid alien creations. A flawed but determined hero, Michael Kendon, steps out of the ranks of humanity to confront the alien Goliath. A renegade assassin and sole survivor of a crushed resistance movement, he seeks to locate a powerful

weapon designed to deflect the asteroid. Using his extraordinary mental capabilities and natural psychic gifts, he manages to keep himself alive and bedevil the breeders and their human surrogates. The powerful fuel of his humanity ultimately enables him to prevail.

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## 50 Ways to Cope with the Loss of Your Child

A Guide for Grieving Parents

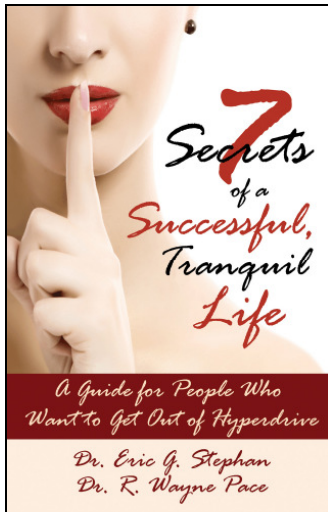
**Norma Sawyers-Kurz**

Written from the perspective of one whose child passed away, this handbook presents mechanisms that parents may use to deal with their intense grief as well as counsel from grief experts. Organized in parallel with the 10 stages of grieving this guide encourages parents to carry on with day-to-day activities as much as

possible, open up to family and friends, refrain from blaming innocent others, maintain a healthy lifestyle, help surviving children deal with the loss of their sibling, and consider donating time or resources to charity.

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## 7 Secrets of a Successful, Tranquil Life

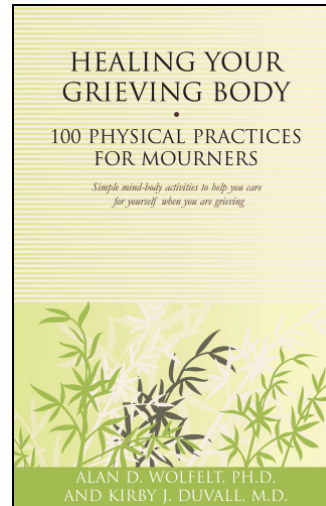
A Guide for People Who Want to Get Out of Hyperdrive

Dr. Eric G. Stephan and Dr. R. Wayne Pace

Through a series of practical, easy-to-use tips drawn from social scientific research, this guide offers a plan for helping people untangle themselves from the often overwhelming demands of daily living and focus on that which is most

important in their lives. From establishing a need to identify issues that cause the greatest anxiety and willingness to ask for assistance to setting a daily “stop time” and building up physical and mental reserves, this handbook lays out steps for adopting a tranquil attitude and behavior.

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## Healing Your Grieving Body

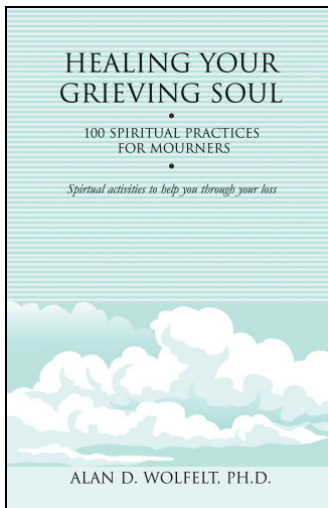
100 Physical Practices for Mourners

Alan D. Wolfelt, PhD; Kirby J. Duvall, MD

Acknowledging the unique set of symptoms that accompanies a period of mourning, this guide is the ideal companion to weathering the storm of physical distress. From muscle aches and pains to problems with eating and sleeping, this handbook addresses how the body responds to the impact of profound loss. Low energy,

headaches, and other conditions are also taken into account. With 100 ways to help soothe the body and calm the mind, this compassionate study is an excellent resource in understanding the connection between the two.

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## Healing Your Grieving Soul

100 Spiritual Practices for Mourners

Alan D. Wolfelt, PhD

Following a helpful introduction about the role of spirituality in grief, this practical mourning guide suggests activities based on meditation, prayer, yoga, and contemplative solitude to help with feelings of despair. For mourners who suffer from anxiety, breathing exercises are recommended, and massage is suggested for those who

experience fatigue. Each description of these practices offers a brief activity to try out before continuing to read.

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## I Never Thought Addiction Could Happen to Me

The 3 Secret Addictions That Are Shattering the Lives of College Students . . . and What to Do About It!

Loree Taylor Jordan

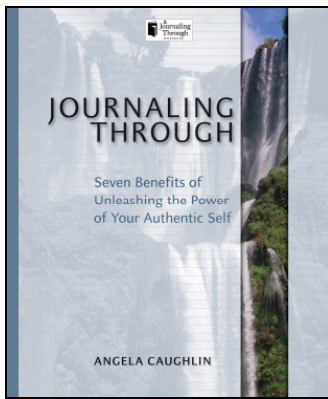
This comprehensive resource about the behaviors and the dangers of addiction offers heartfelt and effective solutions that come from real-life experiences. With agonizing detail, these personal, compelling stories describe the

horrors of the three major addictions that are plaguing college campuses: gambling, drinking and drugs, and eating disorders. Seeking to empower college students, whose uncertain self-image can be the foundation for addiction, this book is a necessary addition to any college's drug- and alcohol-prevention program.

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## Journaling Through

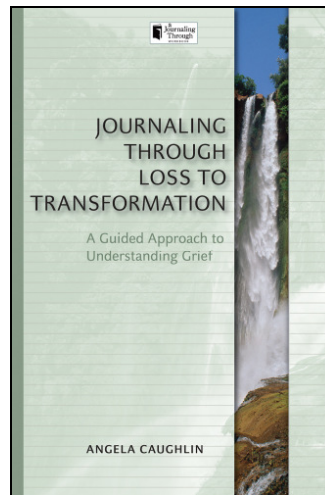
Seven Benefits of  
Unleashing the Power  
of Your Authentic Self

Angela Caughlin

Journaling is a valuable tool for chipping away at emotional pitfalls and personal stagnation, and this dynamic guide helps unleash the thoughts and inspiration that lay within each individual. Including the latest scientific research, this

comprehensive workbook draws out the connection between the brain, body, and stories that help define a path towards achieving personal life goals. Guided exercises with step-by-step instructions help focus the journaling towards unveiling the unique, curious, and amazing qualities embodied in each person and how to embrace them. Describing seven distinct benefits of journaling, this guide provides the tools needed to manifest personal changes for a more fulfilling and dynamic life.

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## Journaling Through Loss to Transformation

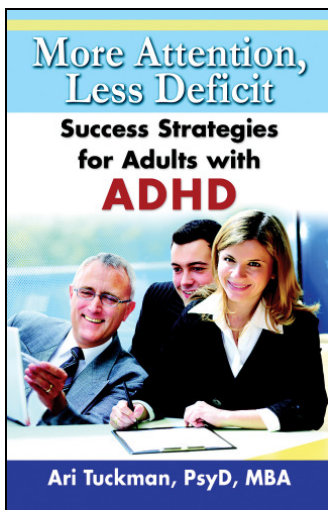
A Guided Approach  
to Understanding Grief

Angela Caughlin

Journaling is a valuable tool for coping with loss, and this consumable journal helps address the important questions that surround grief. Guided exercises with step-by-step instructions help focus the journaling towards healing the pain of any variety of loss—whether the loss of a loved one,

a job, or even a mindset. There are several sections to work through in the journal, including My Life as It Was, Going Through the Valley, Transformation, and finally a section that goes full circle to questions for future thought and journaling. With wisdom and empathy, this guide will provide the tools needed to return to a place where there is, once again, hope.

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## More Attention, Less Deficit

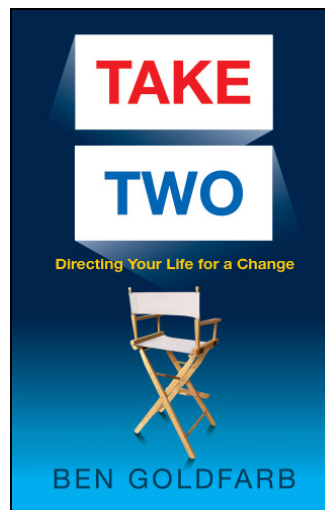
Success Strategies for Adults  
with ADHD

Ari Tuckman, PsyD, MBA

The only book on Attention Deficit Hyperactivity (ADHD) written in a structure that caters to ADHD sufferers' tendency to jump around, this essential guidebook begins with a detailed diagnosis of ADHD, reviews the history of the disorder and its symptoms, and provides clear, evidence-based treatments. Revealing medications for controlling

symptoms and exploring psychosocial skills that can help adults with ADHD better manage and organize their lives, the resource provides an extensive collection of practical strategies to overcome common struggles in the areas of self-esteem, work, relationships, friendships, parenting, and everyday life.

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## Take Two

Directing Your Life  
for a Change

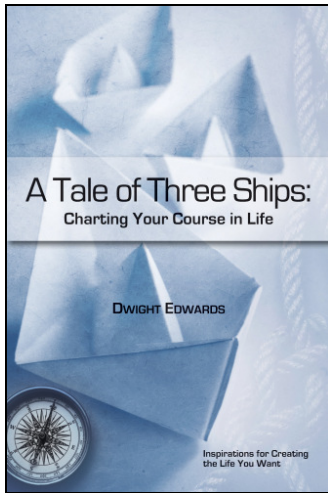
Ben Goldfarb

This modern-day allegory offers a blueprint to help people make the most of their second chance to succeed in their careers or relationships. Danny Sanders finds the perfect mentor to help him turn his dreams of directing blockbuster feature films into reality. Rather than following up on the amazing opportunity he's offered, Danny continues down the same self-defeating path. By viewing a

number of his possible futures and editing some of his past experiences, Danny ultimately discovers he has everything he needs within himself to change. This story communicates a set of principles, directives, metaphors, and hints that appeal to the readers' unconscious mind, which is willing and able to harness its power to help them succeed.

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## A Tale of Three Ships

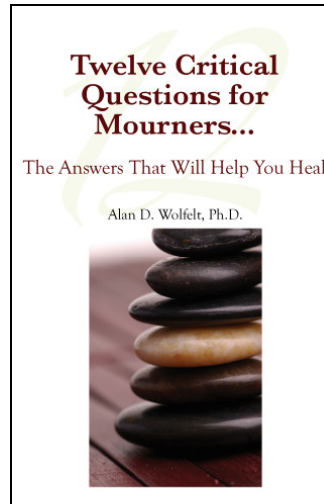
Setting Sail for Your Extraordinary Dream

**Dwight Edwards**

Using a metaphor based on the story of Columbus and his three ships, this parable outlines the three possible directions every person's life may take: the sinking ship, the cruise ship, or the battleship—respectively symbolizing personal survival, unbridled enjoyment, and meaningful influence. Acknowledging that

many people choose all three approaches at some point, this meditation focuses on avoiding smaller ambitions and striving for the quality and significance possible within the “battleship.” Providing specific and practical guidelines for discovering one's combined ability and passion, this inspirational handbook is beneficial for everyone.

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## Twelve Critical Questions for Mourners . . .

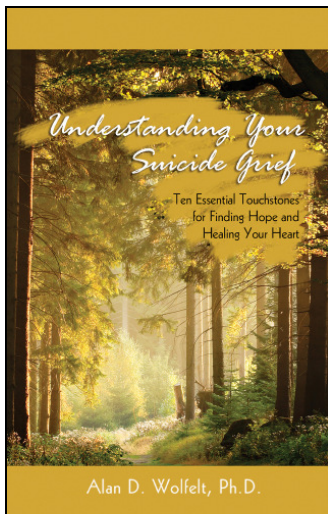
The Answers That Will Help You Heal

**Alan D. Wolfelt, PhD**

Confronting the “little griefs” that can occur in the course of a lifetime, this handbook seeks to relieve the inevitable burden of loss. Taking the “wilderness experience” into account—being disconnected from oneself and the outside world—this guide presents 12 vital questions, the answers to which

encourage the choice between deciding to live and letting sadness take control. Delving into the possibilities behind integrating sorrow into one's life, this study is the road map to exploring and honoring the transformational nature of grief.

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## Understanding Your Suicide Grief

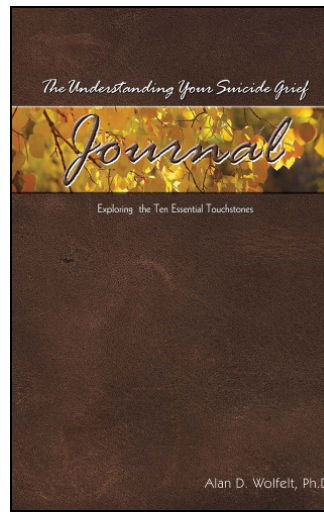
Ten Essential Touchstones for Finding Hope and Healing Your Heart

**Alan D. Wolfelt, PhD**

For anyone who has experienced the suicide of a loved one, coworker, neighbor, or acquaintance and is seeking information about coping with such a profound loss, this compassionate guide explores the unique responses inherent to their grief. Using the metaphor of the wilderness, the book introduces 10 touchstones

to assist the survivor in this naturally complicated and particularly painful journey. The touchstones include opening to the presence of loss, embracing the uniqueness of grief, understanding the six needs of mourning, reaching out for help, and seeking reconciliation over resolution. Learning to identify and rely on each of these touchstones will bring about hope and healing.

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## The Understanding Your Suicide Grief Journal

Exploring the Ten Essential Touchstones

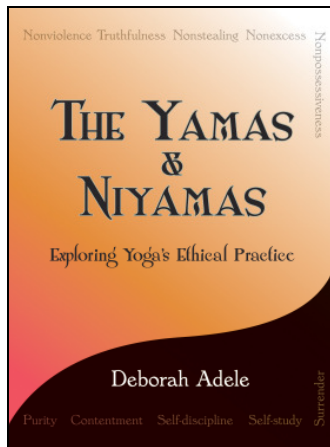
**Alan D. Wolfelt, PhD**

With ample space to unburden the heart and the soul, this companion workbook helps grievers explore the 10 essential touchstones for finding hope and healing. The exercises recall the content of the book and ask corresponding questions about the survivor's unique grief journey.

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## The Yamas & Niyamas

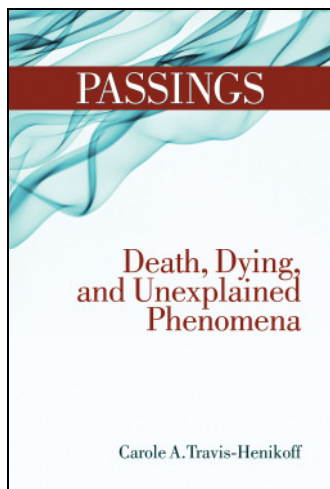
Exploring Yoga's Ethical Practice

Deborah Adele

The first two limbs of the eight-fold path of yoga sutras—the basic text for classical yoga—are examined in this spiritual guide to the practice of yoga. Foundational to all yogic thought, they are considered to be the guidelines to the yoga way of living that free individuals to take ownership of

their lives, direct them toward the fulfillment they seek, and gain the skills to choose attitude, thought, and action. The first five guidelines are referred to as the yamas—a Sanskrit word that translates to "restraints"—and encompass nonviolence, truthfulness, not stealing, nonexcess, and nonpossessiveness. The last five are referred to as the niyamas, or observances—purity, contentment, self-discipline, self-study, and surrender. A self-study section at the end of each chapter may also be used by instructors for group discussion.

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## Passings

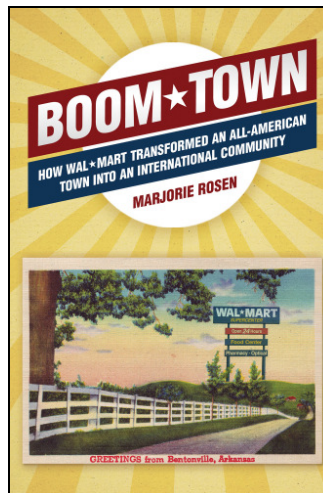
Death, Dying, and Unexplained Phenomena

Carole A. Travis-Henikoff

From dream research and global belief systems to extraordinary occurrences such as near-death and out-of-body experiences, this fascinating study delves into every aspect of death. Taking a scientific and anthropological approach, this examination focuses on how other cultures deal with death, how diverse kinds of death are treated differently, and how belief systems set the tone for

grieving. This analysis also includes the author's personal experiences as well as other stories that illustrate the striking realities of passing. By combining personalized accounts with the scientific and the uncanny, this intriguing overview offers up a comprehensive investigation into the end of life, exploring individual beliefs and encouraging a better understanding of how the human species copes with death and dying.

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## Boom Town

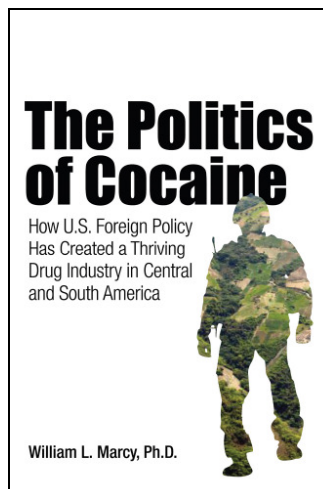
How Wal-Mart Transformed an All-American Town Into an International Community

Marjorie Rosen

Investigating the personal stories behind the headquarters of the Wal-Mart empire, this examination focuses on the growth of Bentonville, Arkansas. This account reveals the challenges and issues facing those who compose this and other "boom towns"—where demographics, the economy, and immigration and migration

patterns are continually in flux. This exploration provides an intimate chronicle of the different ethnicities, races, and religions as well as their ongoing struggles to adapt. Emerging as subtle sociology, this overview illustrates the imperceptible and occasionally unpredictable movements that affect the nonmetropolitan environment of the United States.

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## The Politics of Cocaine

How U.S. Foreign Policy Has Created a Thriving Drug Industry in Central and South America

William L. Marcy, PhD

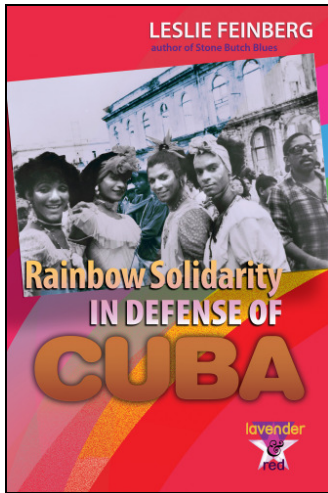
Drawing on declassified documents and painstaking research, this exploration of the economic drug trade of Central and South America fills in historical gaps and provides a new and controversial analysis of a complex and seemingly unsolvable problem. Viewing

the problem through the lens of United States policy, the author puts forth the theory that, through the conflation of the Cold War and the war on drugs, the United States helped establish and strengthen the drug trade as the area's economic base. This authoritative and timely polemic asserts that the drug war will continue with no end in sight.

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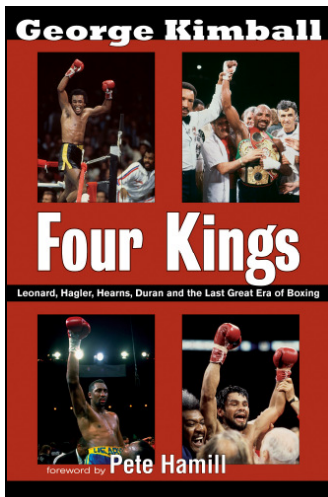
## Rainbow Solidarity in Defense of Cuba

**Leslie Feinberg**

Featuring an insightful look at lesbian, gay, bisexual, and transgender (LGBT) life in Cuba, this chronicle illuminates the progress the country has made from centuries of backward attitudes and oppression to the current state of enlightenment. From the mores of the Colonial period to the roles that Hollywood, the CIA, and Wall Street played in depicting Cuba as a “police

state” for gays and in reinforcing the oppression, this overview provides a backdrop of the past and illustrates the persecution and exploitation originally planted by Spanish colonialism and further cultivated by U.S. capitalism. Details on the gradual transformation follow as the narrative examines the impact of the initiatives taken by Fidel Castro and the Cuban leadership to overcome bigotry and prejudice against LGBT people.

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## Four Kings

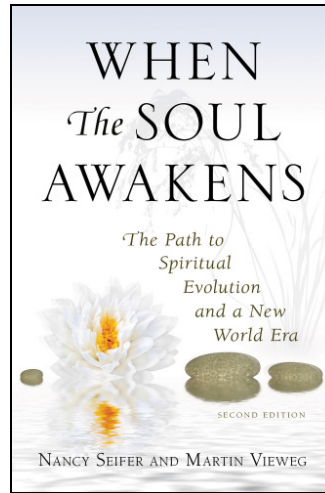
**Leonard, Hagler, Hearns, Duran and the Last Great Era of Boxing**

**George Kimball**  
Foreword by Pete Hamill

"Sugar" Ray Leonard, "Marvelous" Marvin Hagler, Thomas "Hit Man" Hearns, and Roberto Duran all formed the pantheon of boxing greats during the late 1970s and early 1980s—before the pay-per-view model, when prize fights were telecast on network television and still captured the nation's attention. Championship bouts

during this era were replete with revenge and fury, often pitting one of these storied fighters against another. From training camps to locker rooms, veteran sports journalist George Kimball was there to cover every body shot, uppercut, and TKO. Inside stories, including recent interviews of each of the boxers, are full of drama, sacrifice, fear, and pain, resulting in a fast-paced, blow-by-blow account of four extraordinary adversaries and a remarkable boxing epoch.

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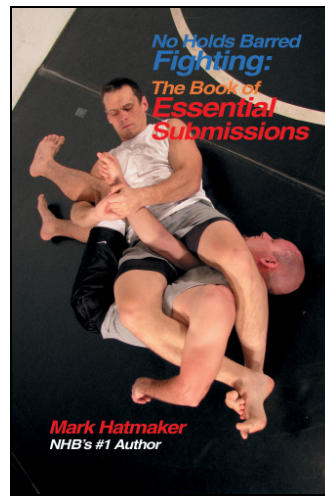
**The Path to Spiritual Evolution and a New World Era**

**Nancy Seifer and Martin Vieweg**

Based on teachings known as the Ageless Wisdom, this meditation illuminates the eternal quest for spiritual truth in the context of today's time of crisis and paradox. Through easily accessible language and words of recognized poets, sages, and philosophers, this

handbook makes clear the nature of the soul, the stages of spiritual growth, and where humanity stands along the evolutionary arc. The shift in human consciousness from a separatist worldview based in materialism to a humanitarian-spiritual orientation that sees the individual as part of a greater life and places value on the well-being of the whole is also examined.

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## No Holds Barred Fighting: The Book of Essential Submissions

**101 Tap Outs!**

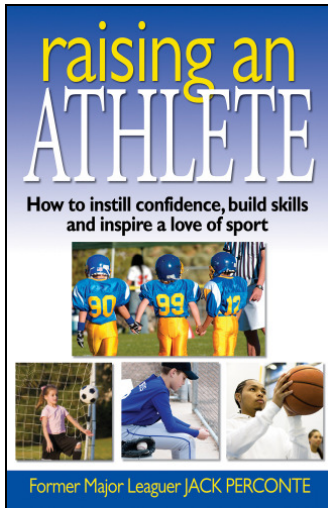
**Mark Hatmaker**

Chock-full of go-to finishing holds and tap-outs, this action-filled guide illustrates how to skillfully perform these essential fighting moves. More than 100 high-percentage submissions are detailed using sequenced action photographs to help strengthen the wrestling

vocabulary of Mixed Martial Arts athletes. Whether used during competition or on the street, these submissions will allow both novice and seasoned no-holds-barred fighters to hold their own.

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## Raising an Athlete

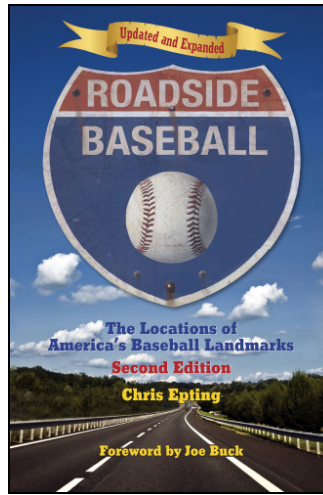
How to Instill Confidence, Build Skills and Inspire a Love of Sport

Jack Perconte

Through real-life examples and time-tested advice, this guide provides parents and coaches insights into how to deal with the challenges and pitfalls that arise as children progress in sports. From handling the inevitable tears and frustrations and honing the appropriate message for varying age ranges and skill levels to recognizing the real performance enhancers

and how to keep burnout at bay, this handbook emphasizes integrity, hard work, and practice as well as the importance of teamwork, sportsmanship, and leadership in players. Advice on using humor to relieve stress, overcoming adversity, and how to handle troublesome coaches is also included.

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## Roadside Baseball

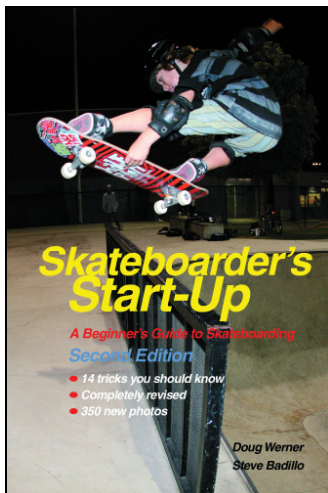
The Locations of America's Baseball Landmarks

Chris Epting  
Foreword by Joe Buck

Capturing such quintessentially American pastimes as baseball and road trips in one fascinating work, this updated and expanded guide chronicles more than 500 important events in baseball history with detailed descriptions of the event and information on each location. Packed with historical data, trivia, photographs, and baseball lore, entries include

the birthplaces of baseball legends, ballparks, museums and halls of fame, final resting places, and many places that are no longer standing. From out-of-the-way spots to the most popular stadiums in the U.S. and Canada, no site is too small or insignificant to be included in this comprehensive directory.

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## Skateboarder's Start-Up

A Beginner's Guide to Skateboarding

Doug Werner  
and Steve Badillo

Providing updated and revised chapters on safety, equipment, and basic skills, this instructional guide discusses the fundamentals of skateboarding. Presented in a helpful question and answer format, beginners will find information on buying a first board, where to plant one's feet, how to stay safe

while learning new stunts, and the history of this exciting sport. From ollies to kickturns, detailed techniques are presented on the 15 tricks every skater should know. With more than 500 new images, step-by-step instructions and photographs illustrate the foolproof methods to turn skateboarding novices into experts.

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## Skateboarding: Legendary Tricks 2

Steve Badillo

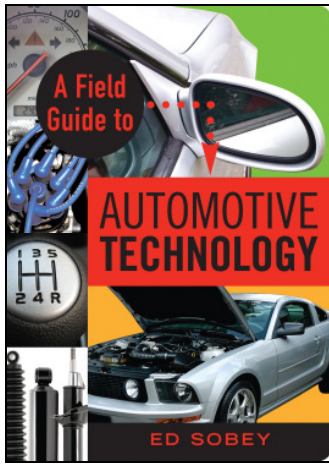
Compiling more legendary skateboarding figures and their pioneering tricks, this resource details dozens of spectacular stunts—combining invaluable technical information with historical perspectives. Each feat is captured in action sequence and captioned allowing aspiring riders to learn how to perform them. A history of the tricks, featuring their legendary inventors, is also

included. Blending background and how-to, this copiously illustrated reference explains amazing maneuvers that changed the sport and encourages a deep respect for the legends that made skateboarding the worldwide passion it is today.

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## A Field Guide to Automotive Technology

Ed Sobey

Written for mechanical novices who may not know their catalytic converters from their universal joints, this practical guide helps teach a basic understanding of how automobiles function. Devices are grouped according to their habitats—under the hood, inside the car, and more—to help identify the technology in

question. Solving automotive puzzles such as where exactly does a dipstick dip and what is rack and pinion steering, this handy reference illuminates what's going on under the hood without all that grime and grease.

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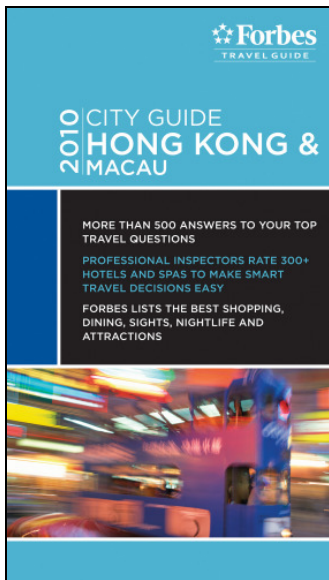
## eat.shop new england

The Indispensable Guide to Inspired, Locally Owned Eating and Shopping Establishments in Providence, Newport, Portland, Burlington and Many Other Areas of the Region

Jan Faust Dane

Sleekly designed and focusing exclusively on locally owned restaurants and stores, this modern city-guide is unique in both form and content. Each featured business is hand-picked by the author to represent the crème de la crème of cities beloved by both locals and tourists. The overall selection presents a fresh and unexpected look at New England, highlighting an exciting array of cities and neighborhoods. The luscious photographs, efficient maps, and brief hotel recommendations will help make planning an excursion almost as fun as eating and shopping.

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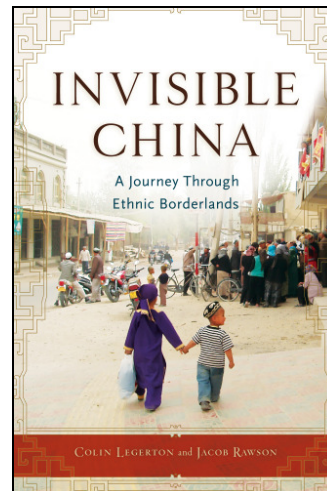
## Forbes City Guide Hong Kong & Macau 2010

Kim Atkinson and Anna Roufos

For busy travelers who are always on the hunt for the best places to visit during a short jaunt, these authoritative and witty guides provide the most up-to-date coverage of a city, including shopping, art, music, sports, theater, and nightlife. With the inside scoop from both anonymous inspectors and top-notch local writers, the guidebooks use a time-tested, star-rating system to allow travelers to have the best

possible experience in a city for both their time and money. Value and style are part of the package in these handbooks that include updated maps with pinpoints of star-rated properties, key sites, and top attractions, and provide quick tips and insider secrets to round them out.

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## Invisible China

A Journey Through Ethnic Borderlands

Colin Legerton and Jacob Rawson

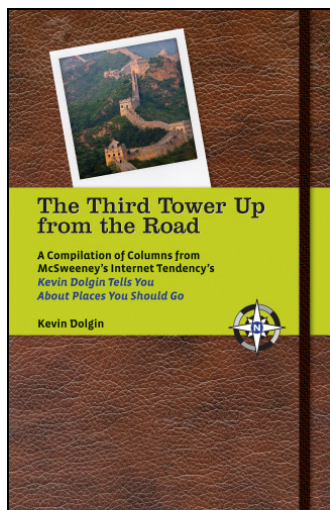
Traveling more than 14,000 miles by bus and train to the farthest reaches of China, the authors of this narrative explore the minority peoples who dwell there, talking to farmers in their fields, monks in their monasteries, fishermen on their skiffs, and herders on the steppe. Closely observing daily life in these remote regions, they document the many

lifestyles and adventures of the Chinese natives. This account uncovers surprising truths about China's hidden minorities and their complex position in Chinese society through real discussions, including a heated debate with Ewenki village cadres on human rights and talks with aging hajjis about the Chinese government's razing of their mosque.

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## The Third Tower Up from the Road

A Compilation of Columns from McSweeney's Internet Tendency's *Kevin Dolgin Tells You About Places You Should Go*

**Kevin Dolgin**

A humorous and entertaining collection of travel essays made up of old favorites as well as new commentaries, this work celebrates the distinctive qualities of locales the world over. Each globetrotting essay focuses on a specific place, capturing the flavors and

cultures through individual observations and exceptional experiences. Funny, irreverent, and insightful, these writings eschew the bland, touristy veneer experienced by most travelers as it seeks to discover what is special and unique about each destination. The selected columns include "The Best Falafel in the World—Beirut," "The Door to Hell: Paris, France," "The Nesting Habits of Roman Cars," and others.

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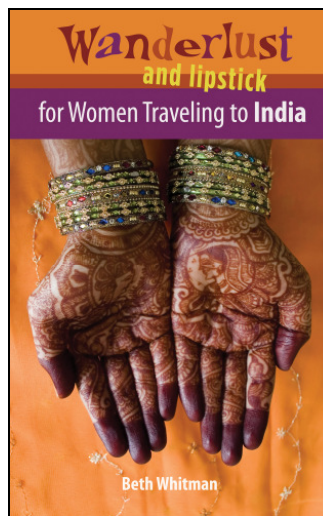
## Wanderlust and Lipstick: The Essential Guide for Women Traveling Solo

**Beth Whitman**

Designed for women of all ages traveling for business, pleasure, or family, this indispensable travel handbook offers encouragement, lighthearted anecdotes, and numerous travel-tested tips. Drawing upon 20 years of travel experience, the guide includes a wealth of

information—including how to budget and save money, pack the necessities, and apply for passports and visas—as well as a full list of website resources and advice on the latest travel technology. This travel resource is the ultimate manual for any female traveler embarking on a journey by herself.

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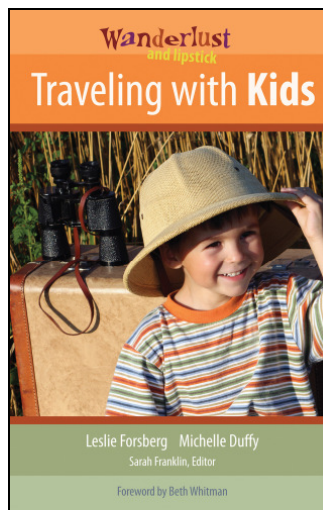


## Wanderlust and Lipstick: For Women Traveling to India

**Beth Whitman**

The definitive guide to help any woman traveling to India, this resource includes practical advice on understanding the culture and dressing appropriately, tips on keeping personal belongings safe, recommendations on dealing with the immense poverty, and suggestions on where to stay and how to get around. It also includes listings for more than 60 essential websites, a glossary of Hindi words, and advice from more than 35 women who have traveled abroad.

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## Wanderlust and Lipstick: Traveling with Kids

**Leslie Forsberg and Michelle Duffy**  
Foreword by Beth Whitman

Whether visiting family, exploring other cultures, or simply having grand adventures, this guide includes practical information on how moms can make the most out of traveling with their kids. Mothers will find useful tips on safety, economical travel, eco-friendly trips, and the benefits of technology. Combining anecdotes and experiences from nearly 50 mothers, this positive and inspirational guide reveals how to overcome some of the more difficult barriers to traveling with children with ease and convenience in mind. This handy travel reference also includes up-to-date recommendations for helpful gadgets and tips on using the internet for planning and booking. An appendix features more than 100 essential websites for further research.

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## The Bride's Etiquette Guide

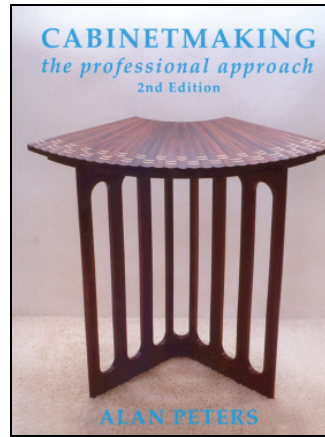
Etiquette Made Easy

Pamela A. Lach

For every frazzled bride who is overwhelmed by all the questions she must, this handy, practical guide is a lifesaver. Completely updated, this edition gives advice on today's complicated wedding issues such as *How can I let guests know about my wedding website?* *When should I mail save-the-date cards?* and *How do I seat divorced and remarried parents at the*

*ceremony and reception?* Designed for ease of use, this guide provides accessible answers to bride-to-be questions and explains how to adapt traditional etiquette to modern behavior. Covering a wide range of topics, it answers the most commonly asked etiquette questions and ensures a fun and stress-free wedding.

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## Cabinetmaking

The Professional Approach

Alan Peters

Devoted to design principles, influences, appreciation, and application, this fully illustrated manual presents a thoroughly unique approach to becoming a professional furniture maker and designer. Examples of work suitable for both batch production and one-off commission work are discussed, as well as the tools and machinery required for a

variety of working situations. Business efficiency methods are also explored, including the available professional help such as accountants and solicitors who may ease the paperwork side of running a business, in addition to the promotional aspects—exhibitions, press coverage, gallery display, and photography—that are so essential to growth. This handbook is indispensable to any self-employed craftsman, student, or woodworker looking to start a business.

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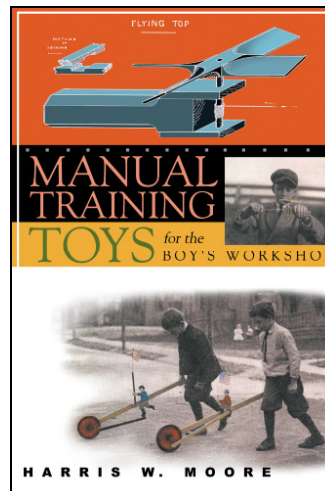
## How to Choose and Use Bench Planes and Scrapers

John English

A simple, straightforward shop manual for woodworkers of all skill levels, this reference dispenses with the lore and legend of planes and offers techniques for adding these tools into woodworking regimens. The step-by-step photography and instructions

for using bench planes and scrapers comprehensively covers the usage and care of these two types of hand tools. Each chapter represents the practical, relevant facts about different types of planes and scrapers, showing woodworkers how to use these tools to create deep, rich surfaces.

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## Manual Training Toys for the Boy's Workshop

Harris W. Moore

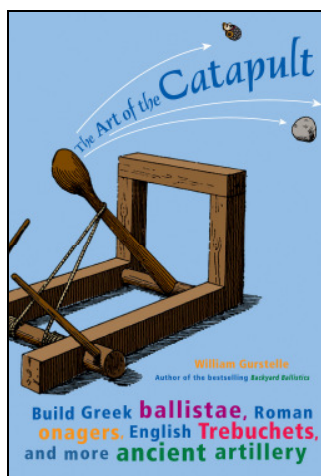
Featuring projects from the 19th and 20th centuries, this woodworking handbook presents family-friendly shop projects from a bygone era. Each project—many of them toys from a simpler time when boys were trained to use tools to create useful objects—comes with a cutting list and dimensioned drawing. Projects include a New Year's Eve rattle,

a cannon that shoots marbles, a kite string reel, a pop-gun and whistle, a bow and arrow, a sword, and a magic box. This evocative guide not only instructs aspiring crafters to construct, but also provides finished products that entertain.

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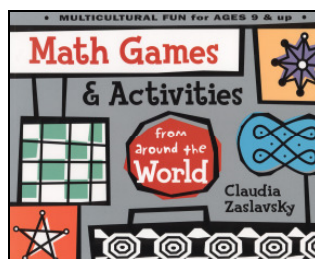
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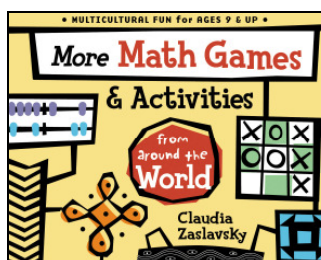


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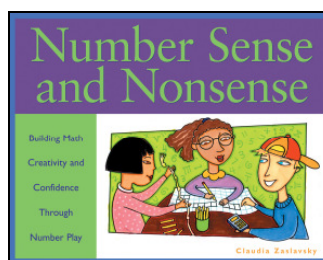


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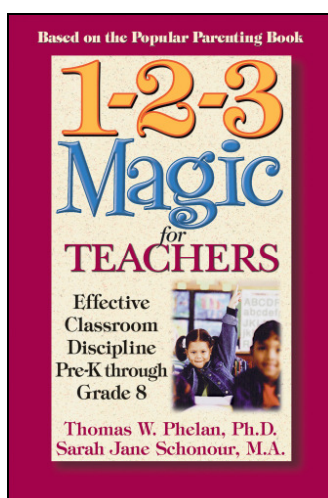
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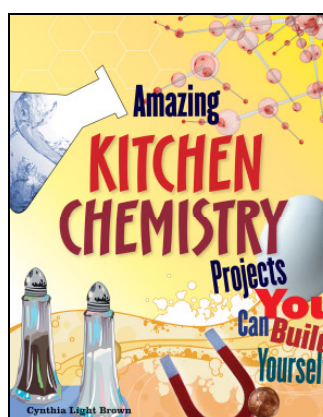
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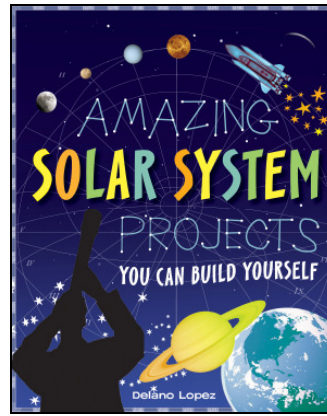


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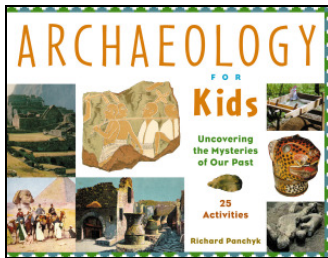


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## Archaeology for Kids

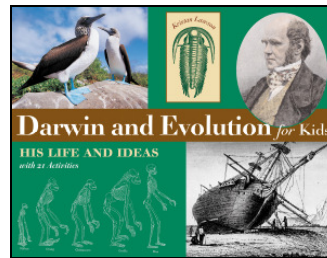
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## Darwin and Evolution for Kids

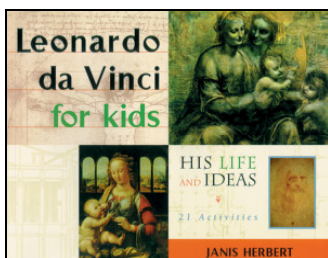
His Life and Ideas with 21 Activities

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This exciting book traces the transformation of a privileged and somewhat scatterbrained

youth into the great thinker who proposed the revolutionary theory of evolution. Through 21 hands-on activities, young scientists learn about Darwin's life and work and assess current evidence of evolution.

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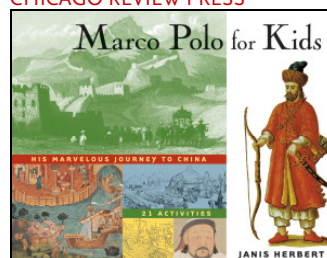
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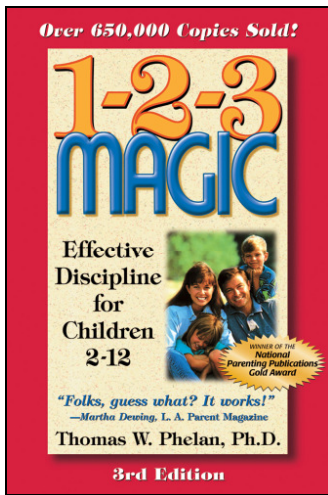
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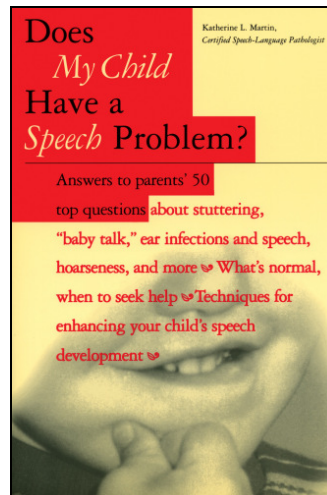
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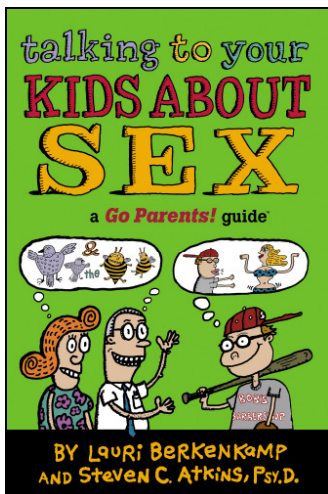




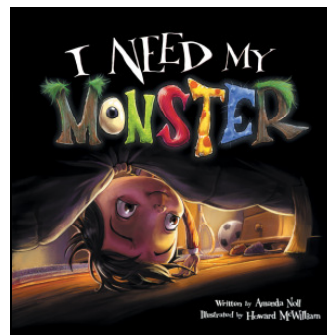
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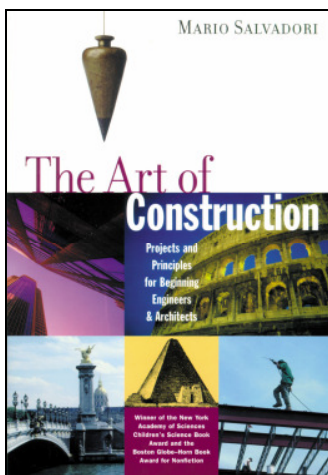


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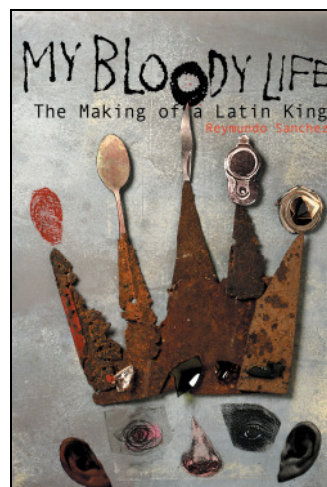


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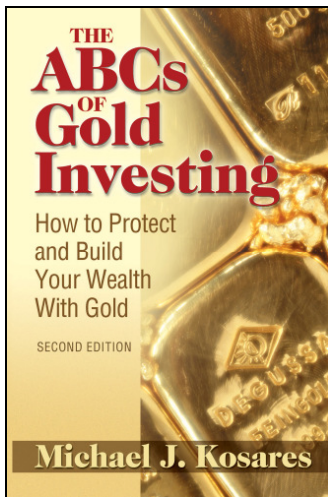


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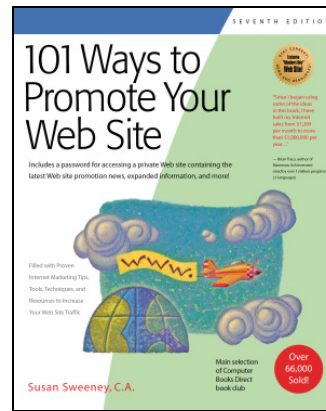
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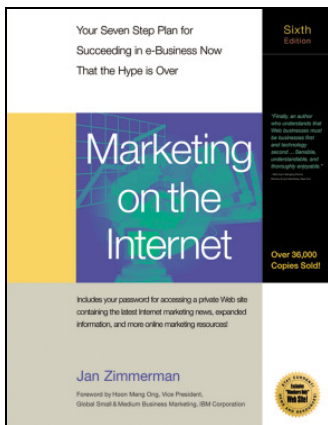
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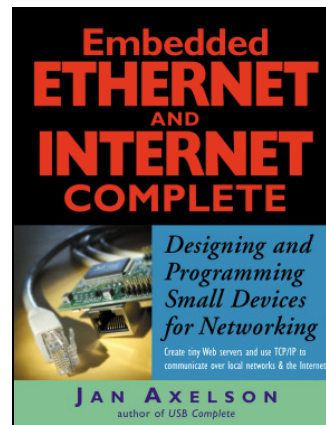
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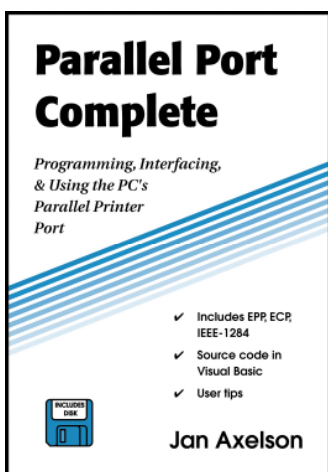


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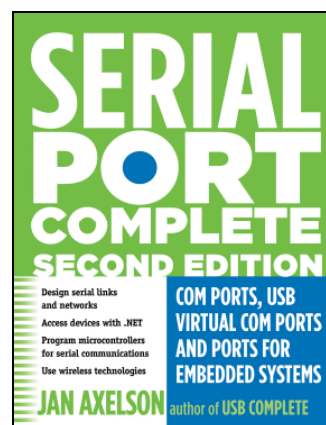
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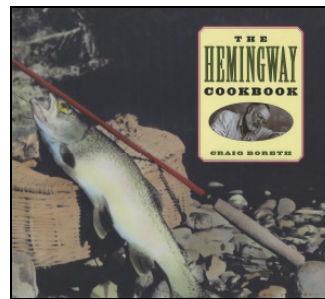
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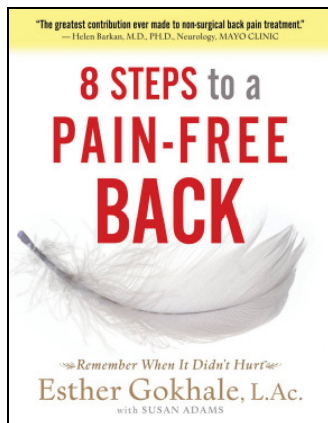


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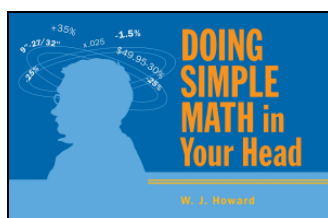


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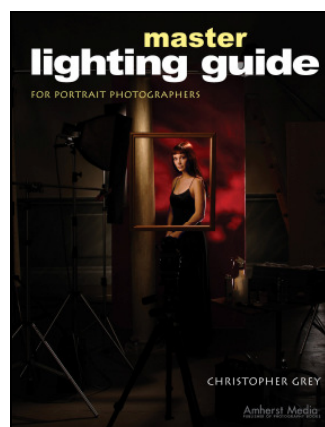
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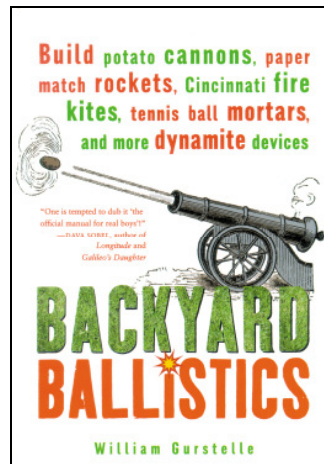
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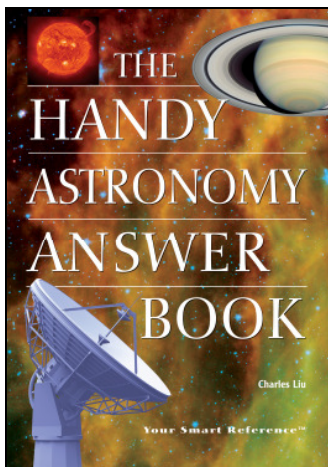
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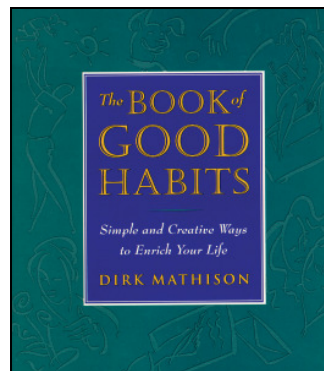


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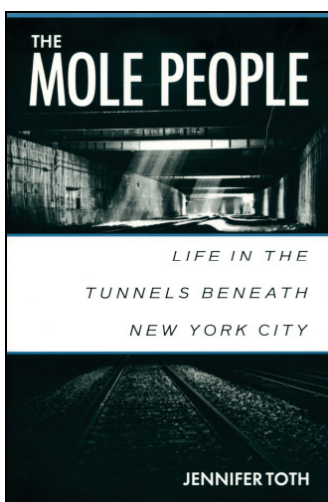
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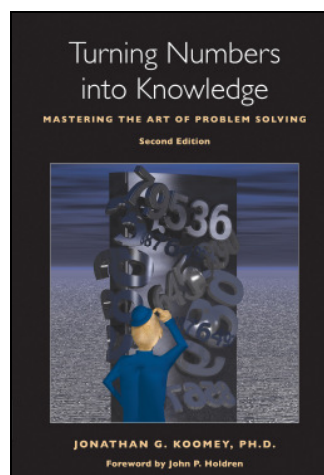
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