



2016  
**SHE WRITES  
PRESS  
CATALOG**

# ABOUT SHE WRITES PRESS

She Writes Press is an independent publishing company founded in 2012, with a thriving publishing program dedicated to community, education, and giving women authors a voice and a platform for their writing.

We are a curated press that's both mission-driven and community-oriented, aiming to serve writers who wish to maintain greater ownership and control of their projects while still getting the highest quality editorial help possible for their work.

Every expert we work with has been hand-picked by She Writes Press  
Publisher Brooke Warner.

Celebrating four years of publishing in 2016, She Writes Press has signed nearly 200 authors. We are an award-winning press whose authors have appeared in publications ranging from *O!* magazine to *People* to *Redbook*, as well as all the industry trade reviews. Our books are distributed by Ingram Publisher Services and are sold into bookstores, libraries, and specialty retail accounts. We are excited to be partnering with high-caliber authors whose books are giving the publishing industry reason to keep its eye on She Writes Press.

She Writes Press is now a proud member of the SparkPoint Studio family, spearheaded by its CEO, Crystal Patriarche.

Publisher Brooke Warner is a co-founder of the press and leads the editorial and production department along with two talented and dedicated project managers, Cait Levin and Lauren Wise.

She Writes Press is known for its beautiful cover designs and interiors, and would like to thank its design team, led by Creative Director Julie Metz, who's supported in her efforts by Leah Lococo, Tabitha Lahr, Rebecca Lown, Kiran Spees, Stacey Aaronson, Katherine Lloyd, and Ann Weinstock.

# HOW IT WORKS

SHE WRITES PRESS editorial solutions are a cornerstone of our commitment to our authors, and we have established three specific tracks for authors who submit their works to SWP.

## TRACK 1.

Green Light/Good to Go Track 1 is for those SWP authors who are ready for publication. If we determine that you have a publishready manuscript, you will proceed directly into the production process, meaning your manuscript will go straight to layout (designed pages).

## TRACK 2.

Copyediting (not included in the She Publishes package) Track 2 is for those SWP authors whose manuscript requires something heavier than a proofread. We offer a brief assessment of your work in order to point you to the places in your manuscript that have deemed it in need of a copyedit. We do not require that you get your copyedit done by SHE WRITES PRESS.

## TRACK 3.

Developmental Editing/Coaching (not included in the She Publishes package) Track 3 is for those authors who require more than a copyedit. We will recommend that these authors work with one of SWP's coaches for developmental editing and/or coaching. Your manuscript would qualify for this kind of service if we see inconsistencies in your story, the need for character and/or scene development, point of view problems, or lack of structure.

## PROOFREADING

(included in the She Publishes package) All authors publishing on SHE WRITES PRESS will have their final manuscript proofread after their project has been laid out (designed).



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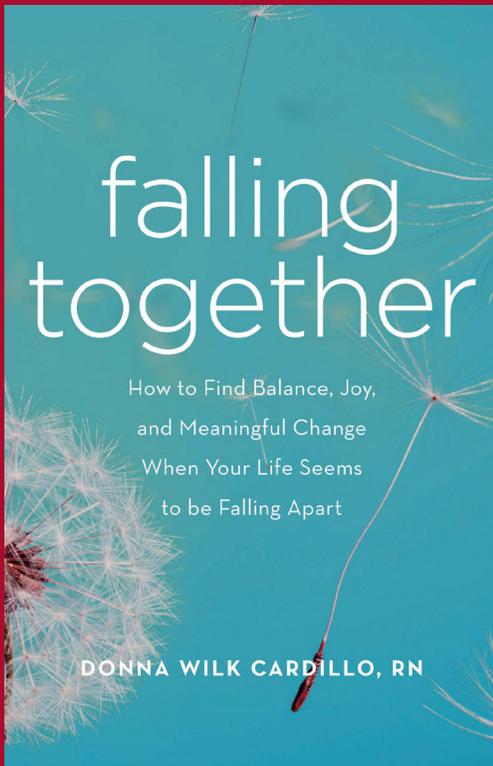
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A vintage typewriter with a red upper body and a cream-colored lower body is shown. The keyboard is visible, featuring white keys with black lettering. A person's hands, with dark nail polish, are holding a black smartphone in front of the typewriter. The typewriter is placed on a light-colored wooden surface.

Spring  
2016

APRIL 2016



Publication Date: April 5, 2016

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216 pages | 5.5" x 8.5"

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866-770-3022

**“Donna Cardillo shares her personal journey, and the lessons she’s learned along the way, authentically and generously. This book will inspire women to practice self-reflection and self-care to discover the profound opportunities and lessons their own lives hold for them too.”**

— Michelle May, MD, author of *Eat What You Love, Love What You Eat*

# FALLING TOGETHER

## HOW TO FIND BALANCE, JOY, AND MEANINGFUL CHANGE WHEN YOUR LIFE SEEMS TO BE FALLING APART

**DONNA WILK CARDILLO, RN**

### DESCRIPTION:

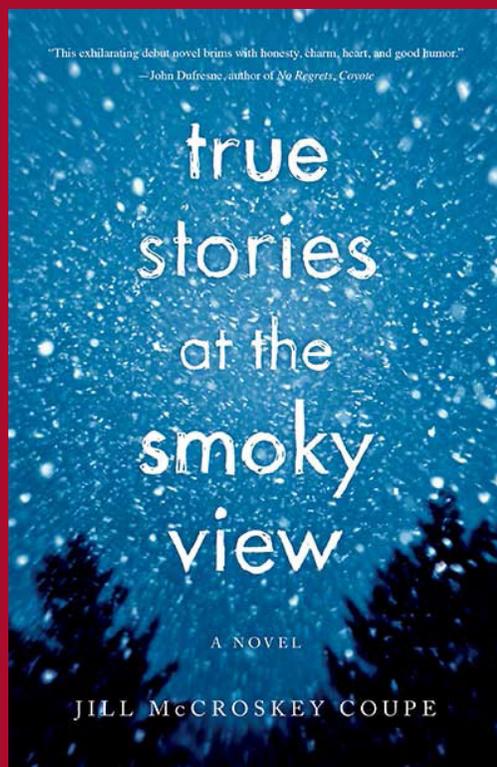
*A transformational memoir about saying “yes” to life no matter what comes your way, **Falling Together** tackles divorce, caregiving, burnout, major illness, fears, and low self-esteem—and, in the end, rebirth, renewal, and even joy.*

There are times in life that shake us to our very foundations. We wish for things to get better, fast. But the truth is that moments of “falling apart” are also our most powerful catalysts for growth and change. In *Falling Together*, Donna Cardillo—a registered nurse, Dr. Oz blogger, and beloved public speaker—reflects on the overwhelming challenges that fall into every life, and the renewal that comes when we are able to meet them with courage. *Falling Together* shows readers how to turn the challenges that threaten to knock us to the ground into the building blocks we need to become more successful, more joyful, and ultimately, more alive.

### ABOUT THE AUTHOR:

Donna Wilk Cardillo, RN is The Inspiration Nurse—a transformational keynote speaker, humorist, retreat and seminar leader, and author helping others to be fearless in career and life and maximize their potential. Her accomplished career combines more than thirty years of clinical, managerial, and business experience, not to mention her stint as a professional singer! Her clinical experience includes emergency and psychiatric nursing. She blogs at DoctorOz.com and is the former “Dear Donna” columnist at Nurse.com and Monster.com. She is also a passionate advocate for family caregivers. Donna is a lifelong Jersey girl and lives at the beautiful Jersey Shore in Sea Girt, NJ with her husband, Joe. Find out more at [www.DonnaCardillo.com](http://www.DonnaCardillo.com).

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*"True Stories at the Smoky View is a riveting literary mystery you won't soon forget. Jill McCroskey Coupe handles this complex tale of troubled romance, broken families, redeeming friendship, and inexplicable evil with intelligence, grace, and grit. This exhilarating debut novel brims with honesty, charm, heart, and good humor."*

— John Dufresne, author of *No Regrets, Coyote*

# TRUE STORIES AT THE SMOKY VIEW

A NOVEL

JILL McCROSKEY COUPE

## DESCRIPTION:

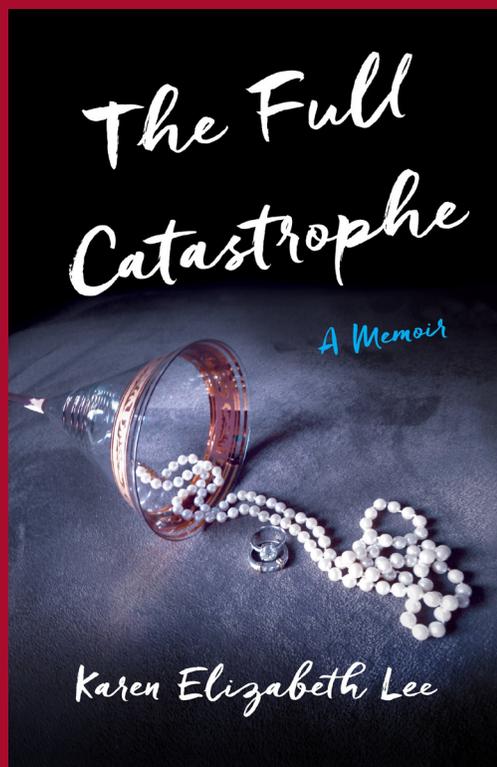
*The lives of a librarian and a ten-year-old boy are changed forever when they become stranded by a blizzard in a Tennessee motel, join forces in a very personal search for justice, and eventually confront the tyrant responsible for two suspicious deaths.*

After attending the funeral of her estranged friend Skip in Knoxville, Tennessee, Vrai (short for Vraiment), a forty-something art history librarian, rescues ten-year-old Jonathan, who has been abandoned with no shoes in the funeral home parking lot. The Blizzard of 1993 strands this unlikely duo at the Smoky View Motel, where, motivated in part by the unsolved murders of Jonathan's parents, they begin to uncover the truth about Skip's death. With elements of mystery and intrigue, *True Stories at the Smoky View* is primarily a novel about relationships: the love Vrai feels for her husband and sons, all of whom have left home; her friendship with Skip, which she begins to see in a new light; and her deepening bond with Jonathan. For Vrai and Jonathan, this is a story of mutual rescue—one that results in new lives for them both.

## ABOUT THE AUTHOR:

Jill McCroskey Coupe's first job was gathering (collating) in her father's printing plant in Knoxville, Tennessee, in the foothills of the Great Smoky Mountains. A former librarian at Johns Hopkins University, she has an MFA in fiction from North Carolina's Warren Wilson College, in the heart of the Blue Ridge. The Southern Appalachians feel like home to her, but so does Baltimore, where she now lives. She's hard at work on her next novel, a series of linked stories.

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\$16.95/\$9.95

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886-770-3022

"The perfect mix of a psychological study paired with inspirational self-help."

— Redbook

"Honest and raw, with an empowering message for women who are in abusive relationships of any kind."

— San Francisco Book Review

# THE FULL CATASTROPHE

## A MEMOIR

KAREN ELIZABETH LEE

### DESCRIPTION:

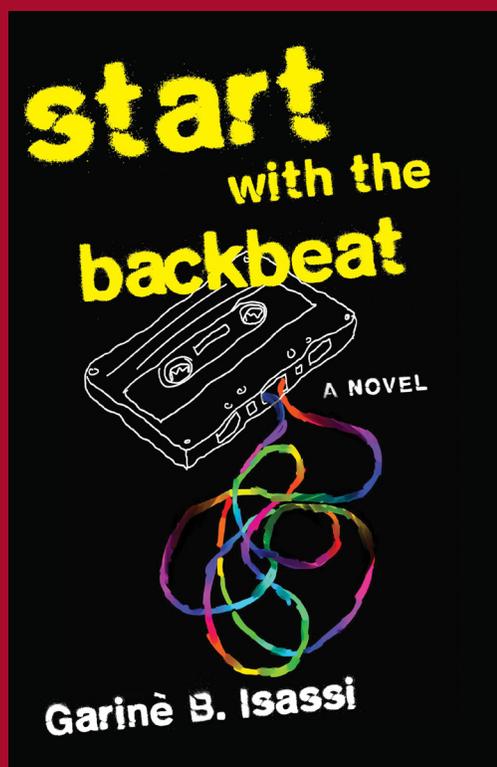
*She isn't glad he died but she's glad he's gone. Karen, a highly educated professional woman, is determined to find her own life after a struggle that began with her abusive husband's last gift to her: his death.*

In 1998, after a fourteen-year marriage to Duncan—a bully who'd been controlling her for all the years they'd been together—Karen Lee thought divorce was in the cards. But ten months after telling him that she wanted that divorce, Duncan was diagnosed with cancer—and eight months later, he was gone. Lee hoped her problems would be solved after Duncan's death—but instead, she found that without his ranting, raving, and screaming taking up space in her life, she had her own demons to face. Luckily, Duncan had inadvertently left her the keys to her own salvation and healing—a love of Jungian psychology and a book that was to be her guide through the following years. In *The Full Catastrophe*, Lee explores the dreams she had during this period, the intuitive messages she learned to trust in order to heal, and her own emotional journey—including travel adventures, friends, and romances. Insightful and brutally honest, *The Full Catastrophe* is the story of a well-educated, professional woman who, after marrying the wrong kind of man—twice—finally resurrects her life.

### ABOUT THE AUTHOR:

Karen Elizabeth Lee grew up in rural Southern Ontario, Canada, and is a retired clinical psychologist and management consultant. She has lived in Canada, England, and Hawaii. She received an undergraduate degree in 1970 in anthropology, worked in exploration geology in Toronto and Calgary, and in 1991 became a chartered psychologist in Alberta. She moved to England in 1995, where she lived and worked as an independent management consultant for ten years. Her consulting work and general interest have taken her to many different countries: the British Isles, France, Germany, Italy, the Netherlands, the Czech republic, Greece, Morocco, Egypt, Lebanon, Syria, Turkey, Peru, Nigeria, South Korea, Hong Kong, and Singapore. Today, she helps her husband, Bill, in his jewelry business, volunteers for political concerns, and is on the board of Peer Support Services for Abused Women (PSSAW). She and her husband live in Calgary, Alberta.

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\$16.95/\$9.95

288 pages | 5.5" x 8.5" paperback

Print ISBN: 978-1-63152-041-9

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Distributed by:

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866-770-3022

*"Start with the Backbeat is the touching story of one idealistic young woman's journey into the music industry when it was at its multiplatinum peak. Holding on to those ideals is a challenge, but Garinè Isassi's clear, smart, good-hearted storytelling is itself a blow against easy cynicism."*

— Anthony DeCurtis, Contributing Editor,  
*Rolling Stone* magazine

# START WITH THE BACKBEAT

A NOVEL

GARINÈ B. ISASSI

## DESCRIPTION:

*When post-punk rocker Jill Dodge finally gets the promotion she's been waiting for in the spring of 1989, she finds herself in the middle of a race to find a gritty urban rapper for her New York record label.*

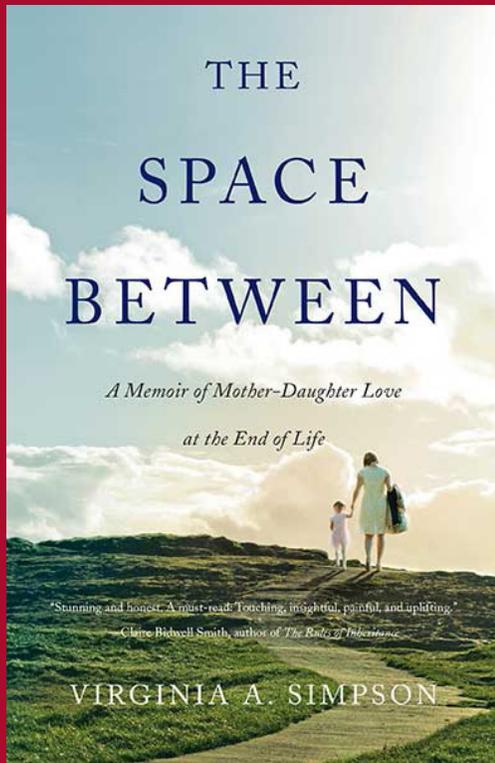
It is the spring of 1989 in New York City when Jill Dodge, a post-punk rocker from Texas, finally gets her big promotion at Mega Big Records. She is thrust into a race to find a gritty, urban rapper before the "Gangsta" trend passes their label by. As Jill and her mostly middle-class coworkers search for the next big rap star, they fluctuate between alliances and rivalries, tripping over stereotypes about race, class, and musical genre as they go. Finally, they sign a new rap artist to a contract—but it turns out he may not be what they expected.

Full of original lyrics and wit, *Start With the Backbeat* is a compelling examination of the nuances of class, race, and culture in America—which are sometimes ridiculously serious.

## ABOUT THE AUTHOR:

Garinè B. Isassi is a former singer/songwriter who grew up with one foot in Texas and the other in New Jersey. A graduate of the University of Texas at Austin, she is a lover of music, chocolate, and altruistic sarcasm; a writer of post-punk humor; and the illustrious founder of Helicopter Moms Anonymous. She is proud of her Armenian American heritage, but tired of explaining it. She currently lives in Maryland, where she works full time in marketing communications, sings in a gospel choir, is the Workshops Chair for the Gaithersburg Book Festival, over-volunteers for a variety of community organizations, writes when everyone else is asleep, and lives with her husband, three kids, a cat, a dog, and a gecko (it's the gecko that sent her over the edge). You can read her blog, "*Hi!*" from the *'Burbs* at her website, [www.garineTHEwriter.com](http://www.garineTHEwriter.com).

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866-770-3022

"Many of us will face the confusion and heartbreak of helping elderly loved ones through their last days. In *The Space Between*, Dr. Virginia Simpson, an acclaimed bereavement care specialist, not only shares her own journey but also focuses a lens on her difficult and evolving relationship with her aging mother. An empowering memoir, *The Space Between* is filled with insights and wisdom about this most human of experiences."

— Lynne Morgan Spreen, author of the award-winning book *Dakota Blue*

# THE SPACE BETWEEN

## A MEMOIR

VIRGINIA A. SIMPSON

### DESCRIPTION:

*When a life-threatening illness makes it necessary for Virginia Simpson's mother, Ruth, to come live with her, Simpson struggles to heal their relationship before Ruth dies.*

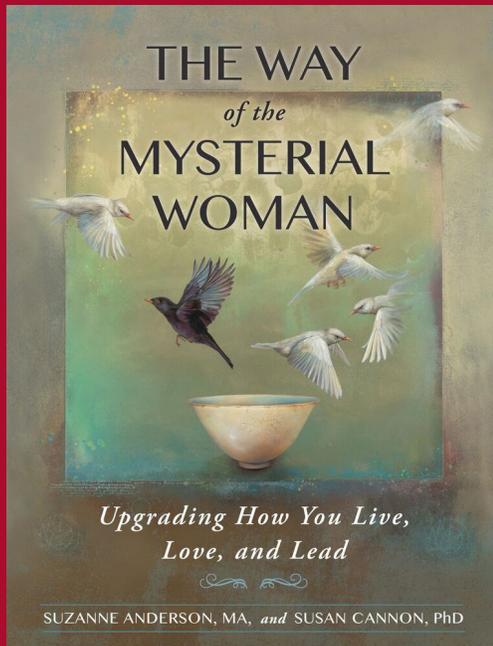
As a bereavement care specialist, Dr. Virginia Simpson has devoted her career to counseling individuals and families grappling with illness, death, and grieving. But when her own mother, Ruth, is diagnosed in 1999 with a life-threatening condition, Virginia is caught off guard by the storm of emotions she experiences when she is forced to inhabit the role of caregiver.

In a quest to provide her mother with the best care possible, Virginia arranges for Ruth to move in with her—and for the next six years, she cares for her, juggling her mother's doctor's appointments, meals, medication schedules, transportation needs, and often cranky moods with her own busy schedule. In *The Space Between*, Simpson takes readers along for the journey as she struggles to bridge the invisible, often prickly space that sits between so many mothers and daughters, and to give voice to the challenges, emotions, and thoughts many caregivers experience but are too ashamed to admit to. Touching and vividly human, *The Space Between* reminds us all that without accepting the inevitability of death and looking ahead to it with clarity, life cannot be fully lived.

### ABOUT THE AUTHOR:

Virginia A. Simpson, PhD, FT is a bereavement care specialist and the Executive Counseling Director for hundreds of funeral homes throughout the United States and Canada. She is the founder of The Mourning Star Center for grieving children and their families, which she ran from 1995 to 2005. Simpson has appeared on numerous television and radio programs. She holds a Fellowship in thanatology from the Association of Death Education & Counseling (ADEC), and has been honored for her work by the cities of Indian Wells, Palm Desert, Palm Springs, and Rancho Mirage. She lives in El Dorado Hills, California with her husband, Bob, and golden retriever, Shelby.

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\$24.95/\$9.95

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Distributed by:

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866-770-3022

*"In The Way of the Mysterical Woman, Suzanne Anderson and Susan Cannon present their brave, pioneering, richly informed proposals for the advance of womankind. This is a big and unique set of proposals that is bound to enlarge our thinking about both the thwarting and liberation of our greater potentials. It's time now for women to get out of jail. Reading this book, I say 'hurrah!'"*

— Michael Murphy, cofounder of the Esalen Institute and author of *The Future of the Body*

# THE WAY OF THE MYSTERIAL WOMAN

## UPGRADING HOW YOU LIVE, LOVE, AND LEAD

SUZANNE ANDERSON, MA, AND SUSAN CANNON, PHD

### DESCRIPTION:

*From two pioneers in women's leadership development, The Way of The Mysterical Woman offers a revolutionary yet practical road map for upgrading your life, work, and relationships, and reveals how your choice to transform is part of an astonishing future trend.*

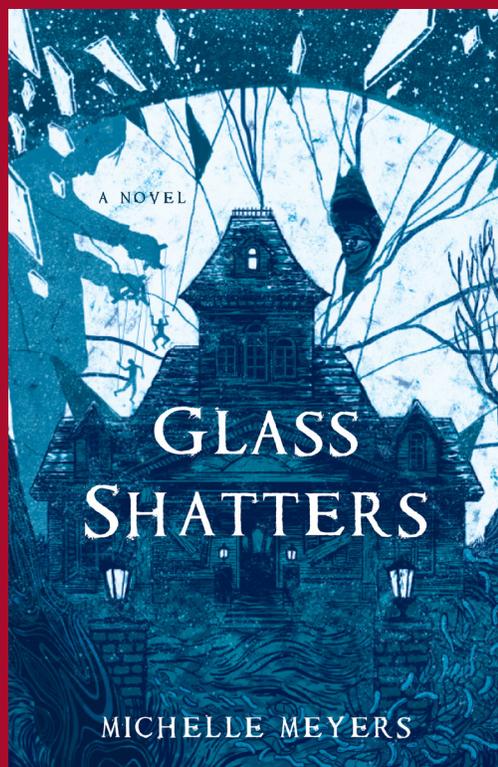
What if you knew that limiting beliefs—feelings that who you are is not enough, or that you'll never make a real difference in the world—were holding your innate potential hostage? *In The Way of The Mysterical Woman*, women's leadership development pioneers Suzanne Anderson and Dr. Susan Cannon use their five-step source code—The Mysterical Sequence—along with complementary tools and practices, to help readers liberate their natural genius. Using nine case studies of women drawn from fifteen years of running university certificate leadership programs, Anderson and Cannon show how Empowered Radiant Presence, Joyful True Authority, and Alchemical Authenticity can be cultivated to ignite a profound "internal operating system" upgrade. *The Way of The Mysterical Woman* offers women an elegant, comprehensive map to unlocking their greatest potential.

### ABOUT THE AUTHOR:

Suzanne Anderson, MA is a global citizen who has worked in the field of transformational leadership development as a senior management consultant, educator, executive coach, and motivational speaker working with Fortune 500 executives in North America and Europe for the past thirty years. She was the cocreator of a highly acclaimed worldwide woman's empowerment program that received considerable TV and media attention. Combining her graduate studies in women's developmental psychology together with her well-developed intuitive, artistic, and soulful sensibilities, she is a change agent for the change agents of the world.

Dr. Susan Cannon is a visionary scholar-practitioner, executive coach, and futurist who loves the intimacy of guiding individual influencers. Her transdisciplinary career includes engineering management and executive positions in the semiconductor, defense, and construction industries, as well as a job producing and cohosting a weekly radio show for TalkSpot Studios. She is a media guest and presenter, a certified Integral Master Coach,<sup>™</sup> the owner of Evolucent Consulting, and a professor of OD and Leadership at Fielding Graduate University.

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\$16.95/\$9.95

228 pages | 5.5" x 8.5" paperback

Print ISBN: 978-1-63152-018-1

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Distributed by:

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866-770-3022

"[Meyers] weaves a strange pattern of beautifully detailed memories, tragic events, and science into an unforgettable tale of loss, longing, and the reality that one tries to escape in order to move on."

— *Booklist*

"With gothic undertones and lyrical prose, *Glass Shatters* is a must read for anyone interested in the unreliability of narrative, the construction of the self, and the way that memories can sometimes haunt."

— *Foreword Reviews*, Editor's Pick in Literary Fiction

# GLASS SHATTERS

## A NOVEL

MICHELLE MEYERS

### DESCRIPTION:

*Following the mysterious disappearance of his wife and daughter, scientist Charles Lang goes to desperate lengths to escape his past and reinvent himself.*

A man wakes up in a living room he doesn't recognize, unable to remember anything about himself. All he has are the few remnants of his identity scattered throughout the house—clues to his past. He soon learns that he is Charles Lang, a brilliant scientist whose wife, Julie, and daughter, Jess, mysteriously disappeared several years ago. Soon, he begins to recover memories—memories that may or may not be his own—and as he does, he realizes that only by uncovering the details of his former life will he have any hope of being reunited with Julie and Jess.

A haunting tale of love and longing, fate and free will, and the easily blurred lines between fiction and reality, *Glass Shatters* explores the risks of trying to reinvent oneself, and the dangers of pushing science to its limits.

### ABOUT THE AUTHOR:

Michelle Meyers is a fiction writer and playwright from Los Angeles, CA. She studied Literary Arts and Writing for Performance at Brown University, and is currently an MFA fiction candidate at the University of Alabama. Meyers's writing has been featured in the *Los Angeles Times*, *DOGZPLOT*, *Grey Sparrow Journal*, and *Juked*, and she was a 2015 PEN Center Emerging Voices Fellow in Fiction. This is her first novel.

APRIL 2016

*The*  
**LONGEST  
MILE**



A DOCTOR, A FOOD FIGHT,  
and the FOOTRACE THAT RALLIED  
A COMMUNITY AGAINST CANCER

CHRISTINE MEYER, M.D.

Publication Date: April 12, 2016

\$16.95/\$9.95

240 pages | 5.5" x 8.5" paperback

ISBN: 978-1-63152-043-3

eISBN: 978-1-63152-044-0

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866-770-3022

"Heartbreaking, inspiring, and empowering. You'll be left feeling you can make a difference in the world."

— J. R. Wagner, author of *The Never Chronicles* series

# THE LONGEST MILE

## A DOCTOR, A FOOD FIGHT, AND THE FOOTRACE THAT RALLIED A COMMUNITY AGAINST CANCER

CHRISTINE MEYER, MD

### DESCRIPTION:

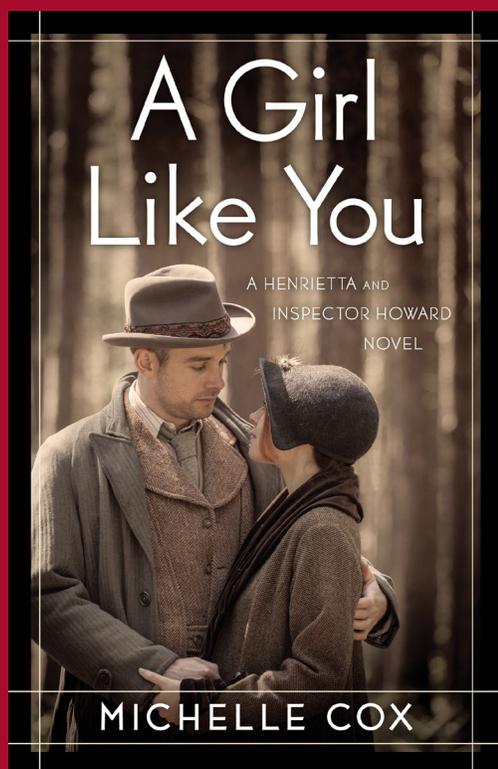
*In a moment of desperation, after seeing too many patients and loved ones battle cancer, a doctor starts running team—never dreaming what a positive impact it will have on her community.*

In the course of their lifetime, one out of two men and one out of three women will be diagnosed with cancer. Many of us watch in desperation as our friends and loved ones fight for their lives. But after seeing several of her patients and her dearest aunt engage in a battle with cancer, Dr. Christine Meyer decided to embark on a quest for hope—and through happenstance and love, a team of runners emerged that empowered a community to make a difference, not only for cancer patients but in one another's lives as well. Along the way, Meyer learned that the true measure of a doctor's success is not the number of lives saved but the number of lives touched.

### ABOUT THE AUTHOR:

Christine Meyer, MD is an award-winning, board-certified internal medicine physician. In addition to her full-time medical practice, she serves as the president of Team CMMD Foundation, a nonprofit she founded to support families in her community who are struggling with cancer. Through her poignant and often funny blog, *Despite My Medical Degree*, Dr. Meyer shares insight on the work-family life balance she struggles to maintain. She has been interviewed for the *Philadelphia Inquirer*, Main Line Today Magazine, and WCHE radio. She and her husband reside in Downingtown, PA with their three children.

APRIL 2016



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\$16.95/\$9.95

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Ingram Publisher Services

866-770-3022

"Fans of spunky, historical heroines will love Henrietta Von Harmon."

— Booklist, starred review

"Flavored with 1930's slang and fashion, this first volume in what one hopes will be a long series is absorbing. Henrietta and Clive are a sexy, endearing, and downright fun pair of sleuths. Readers will not see the final twist coming."

— Library Journal

## A GIRL LIKE YOU

### A HENRIETTA AND INSPECTOR HOWARD NOVEL

MICHELLE COX

#### DESCRIPTION:

*When the floor matron at the dance hall where Henrietta is working as a taxi dancer turns up murdered, she is persuaded by the aloof Inspector Clive Howard to go undercover to help find the killer—even as they both try to withstand their growing attraction for one another.*

Henrietta Von Harmon works as a 26 girl at a corner bar on Chicago's northwest side. It's 1935, but things still aren't looking up since the big crash and her father's subsequent suicide, which left Henrietta to care for her antagonistic mother and younger siblings. Henrietta is eventually persuaded to take a job as a taxi dancer at a local dance hall—but just when she's beginning to enjoy herself, the floor matron turns up dead. When aloof Inspector Clive Howard appears on the scene, Henrietta agrees to go undercover for him—and is plunged into Chicago's grittier underworld. Meanwhile, she's still busy playing mother hen to her younger siblings, as well as to pesky neighborhood boy Stanley, who believes himself in love with her and keeps popping up in the most unlikely places, determined to keep Henrietta safe—even from the Inspector, if need be. Despite his efforts, however, and his penchant for messing up the Inspector's investigation, the lovely Henrietta and the impenetrable Inspector find themselves drawn to each other in most unsuitable ways.

#### ABOUT THE AUTHOR:

Michelle Cox has a BA in English literature from Mundelein College, Chicago. While her heart might lie in the eighteenth century with Elizabeth Bennet and Mr. Darcy or in the crooked streets of Little Dorrit's London, she tends to write of a slightly more recent age, a time closer to the World Wars, when all was not yet lost and the last roses of summer were first coming into bloom. Cox lives with her husband and three children in the Chicago suburbs. This is her first novel.

APRIL 2016

# parting gifts

A NOVEL

KATRINA ANNE WILLIS

Publication Date: April 19, 2016

\$16.95/\$9.95

280 pages | 5.5" x 8.5" paperback

Print ISBN: 978-1-63152-039-6

e-ISBN: 978-1-63152-040-2

Distributed by:

Ingram Publisher Services

866-770-3022

**"In *Parting Gifts*, Willis paints a portrait of three sisters with careful and exacting strokes. All three women are seeking to overcome their own personal and shared tragedies, and you will become attached to each one of them as they make their way back home to each other."**

— T. Greenwood, author of *Two Rivers*, *Bodies of Water*, and *The Forever Bridge*

## PARTING GIFTS A NOVEL

KATRINA ANNE WILLIS

### DESCRIPTION:

*In the wake of a devastating family loss, each of the adult Mathers sisters—Catherine, Anne, and Jessica—must reevaluate her relationships, her purpose, and her worth.*

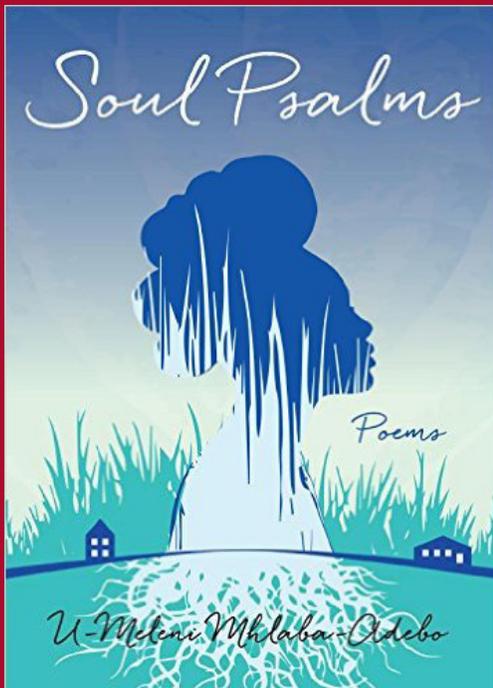
Broken by their unorthodox midwestern childhood, sisters Catherine, Anne, and Jessica Mathers search for love, acceptance, and worth—often in the most unlikely places. Catherine, the oldest of the Mathers sisters, is an English professor battling breast cancer with Cytosan, red wine, and profanity. Anne is a wife and stay-at-home mother of two struggling to make ends meet in a suburban existence that both suffocates and confounds her. Jessica, the youngest by ten years and estranged—by choice—from her family, is an exotic dancer who feels safer on stage than in a relationship. But when the sisters are faced with an incomprehensible loss, they are forced to reevaluate themselves, their damaged bonds, and their fragile future.

*Parting Gifts* illuminates one highly dysfunctional family's tentative, desperate crawl toward a life of meaning and worth.

### ABOUT THE AUTHOR:

Katrina Anne Willis, 2011 Midwest Writers Fellow and 2015 BlogHer Voice of the Year, is an author, blogger, and essayist. An Indianapolis Listen to Your Mother participant and contributor to *Mamalode* magazine, her work has been anthologized in *Nothing but the Truth So Help Me God: 73 Women On Life's Transitions* (Nothing but the Truth Publishing, 2014) and *My Other Ex: Women's True Stories of Leaving and Losing Friends* (HerStories Project Press, 2014). She was awarded the 2014 Parenting Media Association's Gold Medal Blogger Award for her work with *Indy's Child* magazine. Willis lives in Northwest Ohio with the love of her life, Chris, and her four fabulous teenagers, Sam, Gus, Mary Claire, and George. Learn more at [www.katrinaannewillis.com](http://www.katrinaannewillis.com).

APRIL 2016



Publication Date: April 19, 2016

\$14.95/\$9.95

114 pages | 5.5" x 8.5" paperback

Print ISBN: 978-1-63152-012-9

e-ISBN: 978-1-63152-013-6

Distributed by:

Ingram Publisher Services

866-770-3022

"U-Meleni Mhlaba-Adebo's poetic word is a powerful exclamation of raw and tender emotions that we often conceal. Thus it is a futuristic return to the poetic elegance with which Africa's griots preserved emotional truths of their times. Here is a poet who captures the emotional truths of being straddled between continents and generations with an ancient wisdom."

— Donald Molosi, award-winning playwright and director, found of the Folk Tale Theatre Company

# SOUL PSALMS

## POEMS

U-MELENI MHLABA-ADEBO

### DESCRIPTION:

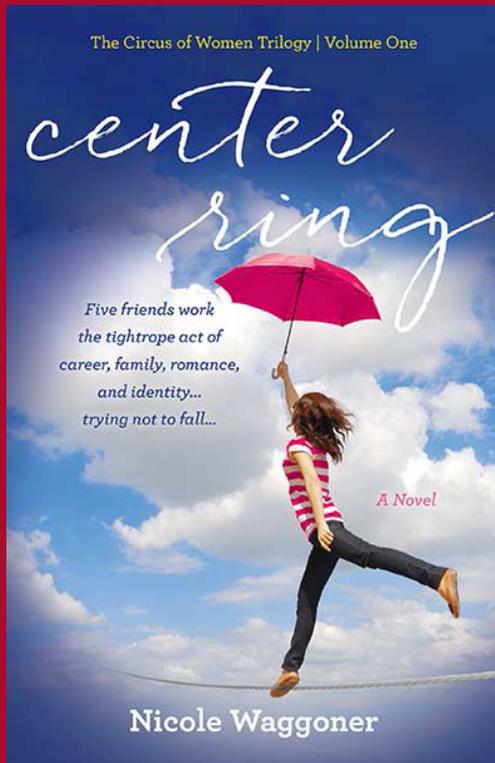
*A beautiful, powerful, and lyrical collection of poetry that explores themes of identity, family, love, marriage, body image, and self-acceptance through the lens of a cross-cultural experience.*

*Soul Psalms*, a collection of poems from Zimbabwean American poet U-Meleni Mhlaba-Adebo, is filled with lyrical and vivid imagery that takes you on an emotional journey toward finding self. Exploring themes of family, love, body image, acceptance, and belonging, Mhlaba-Adebo's words flow melodically and powerfully, bringing readers to a place of peace. The themes in *Soul Psalms* may be personal, but they appeal to a universal pull: the desire to become.

### ABOUT THE AUTHOR:

U-Meleni Mhlaba-Adebo, whose Ndebele/Zulu name means "What are we waiting for?" is a Boston-based Zimbabwean American performance artist and poet. She has a master's in education from Lesley University and more than fifteen years of experience teaching health and wellness in schools and communities, and is presently an adjunct professor in English at Endicott College. Her poems have been used in film, TV, theater, and documentaries, and published in *Write On The Dot*. She is happily married and has a son.

APRIL 2016



Publication Date: April 26, 2016

\$16.95/\$9.95

440 pages | 5.5" x 8.5" paperback

Print ISBN: 978-1-63152-034-1

e-ISBN: 978-1-63152-076-1

Distributed by:

Ingram Publisher Services

866-770-3022

"In *Center Ring*, Nicole Waggoner deftly chronicles the lives of five friends as they navigate the intersecting paths of relationships, family, and career. By coupling themes of loyalty, loss, and redemption with insight and wit, Waggoner creates the rare gift of a book that manages to be both heartwarming and heartbreaking at the same time."

— Pam Jenoff, best-selling author of *The Last Summer at Chelsea Beach*

# CENTER RING

## A NOVEL

NICOLE WAGGONER

### DESCRIPTION:

*When a startling confession rattles a group of tightly knit women to its core, the friends are left analyzing their own roads not taken and the vastly different choices they've made in life and love.*

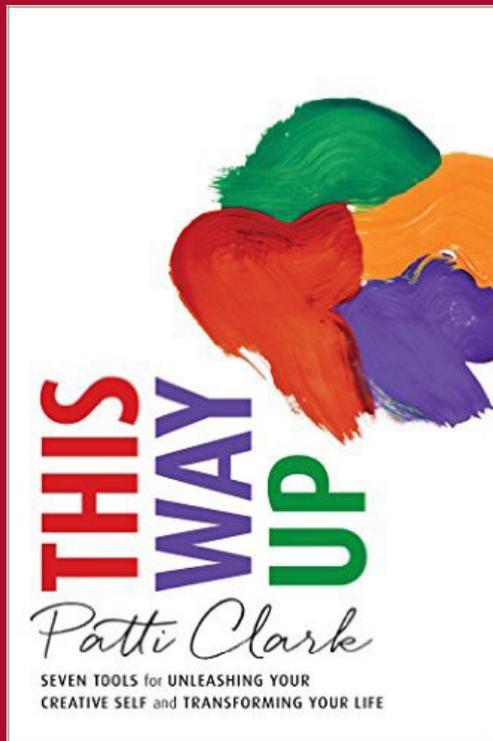
Norah Merrit, a dedicated obstetrician known for her bedside manner and service to Doctors Without Borders, walks into girls' night out with a confession to make—and what she has to say shakes the group to its core. In the aftermath of Norah's revelation, each of the women she calls her sister-friends—photojournalist Camille, stay-at-home mom Leila, publicist Ellison, and designer Kate—are left questioning the roads they haven't taken, and revisiting the vastly different choices they've made in life and love.

Told in alternating points of view between the five friends, *Center Ring* is a story about modern women finding balance through action, relationships, and growth in the midst of challenges and change.

### ABOUT THE AUTHOR:

Nicole Waggoner is a decorated teacher of literature, literary criticism, formal writing, and French. She lives in Norman, Oklahoma with her husband, Mike, and children, Noah and Maya. Other loves of her life include green tea, great conversations over vino and carbs, water and sand, random acts of kindness, women's health, and all things theater.

APRIL 2016



Publication date: April 26, 2016

\$16.95/\$9.95

322 pages | 6" x 9" paperback

Print ISBN: 978-1-63152-028-0

e-ISBN: 978-1-63152-029-7

Distributed by:

Ingram Publisher Services

866-770-3022

*"This Way Up is a bold new path to personal growth—one that will help any woman who caretakes everyone but herself, whether at work or at home. Patti Clark's approach is wholly unique, and her meditations, visualizations, questions, and journal prompts will gently lead you back to yourself."*

— Brenda Knight, author of *Be a Good in the World*

# THIS WAY UP

## SEVEN TOOLS FOR UNLEASHING YOUR CREATIVE SELF AND TRANSFORMING YOUR LIFE

PATTI CLARK

### DESCRIPTION:

*A story of healing for women who yearn to lead a fuller life, accompanied by a workbook designed to help readers work through personal challenges, discover new inspiration, and harness their creative power.*

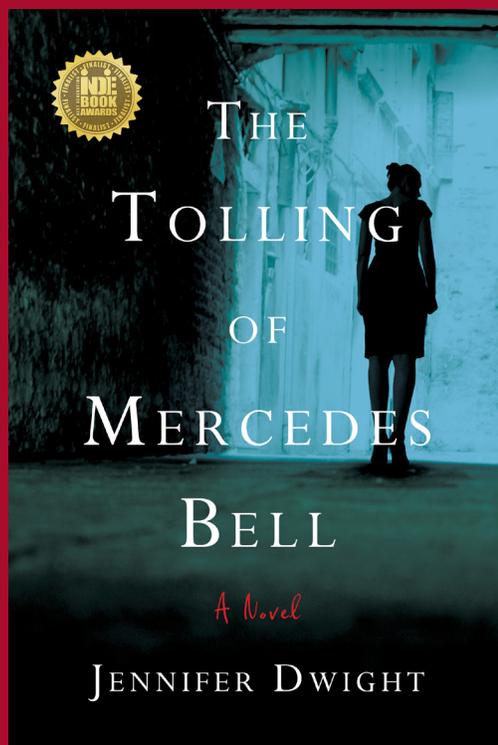
Women spend so much of life nurturing and giving to others that when they find themselves alone—because of an empty nest, the end of a marriage, or the death of a partner—they often struggle with feeling purposeless. *This Way Up: Seven Tools for Unleashing Your Creative Self and Transforming Your Life* provides a step-by-step way out of this sense of loss and into a life filled with enthusiasm, creativity, and joy.

This story of healing centers on the essential wisdom of introspection and on the importance of following one's dreams. Join the protagonist, Katya, a widow whose two sons have recently left home, as she learns seven tools for uncovering her best self: visualization, heart-centered goal setting, positive focus, meditation on love, meditation on forgiveness, gratitude, and taking action on inspiration. Katya's experience highlights these insights in an easily digestible, highly relatable format that readers can systematically apply to their own circumstances as they work through *This Way Up's* twelve weeks' worth of day-by-day journaling exercises, thought-provoking questions, and reader support. For any woman who yearns to lead a fuller life but doesn't know how to begin, this book is an ideal starting point.

### ABOUT THE AUTHOR:

Patti Clark was born and raised in the San Francisco Bay Area and received her undergraduate degree from UC Berkeley. After traveling for several years, she and her husband settled down in New Zealand. Clark's enthusiasm and love of working with people of all ages has led her to a career as a workshop facilitator. She has been facilitating workshops around New Zealand since 1993, and has been facilitating Creative Empowerment Workshops for Figjam Workshops and Retreats since 2006. She is dedicated to supporting individuals on their journey toward an extraordinary life. Clark lives by the beach on the Coromandel Peninsula in New Zealand with her husband, Jeff, and two sons, Lukas and Devin. You can find her online at [www.thiswayupbook.com](http://www.thiswayupbook.com).

MAY 2016



Publication Date: May 3, 2016

\$24.95/\$18.95/\$9.95

416 pages | 6" x 9" paperback

Print ISBN: 978-1-63152-070-9

Hardcover: 978-1-63152-086-0

e-ISBN: 978-1-63152-071-6

Distributed by:

Ingram Publisher Services

"Spanning the decade of the 1980s, this story of a relationship's rise and later complications is interwoven with the big news events of that time, including the emergence of yuppies and the AIDS epidemic. Dwight takes her time setting up the romance, focusing on deeply developing Mercedes as an introspective character with a bent toward the philosophical....A lucid...tale of a troubled marriage from a promising author."

— *Kirkus Reviews*

"Full of surprises with impressive twists..."

— *Suspense Magazine*

# THE TOLLING OF MERCEDES BELL

A NOVEL

JENNIFER DWIGHT

## DESCRIPTION:

*When she meets a magnetic lawyer at her work, recently widowed Mercedes Bell unwittingly drinks a noxious cocktail of grief, legal intrigue, desire, and deception—but when she realizes that her life and her daughter's safety hang in the balance, she is jolted into action.*

Recently widowed and adapting to the challenges of single motherhood, Mercedes Bell is a paralegal at Crenshaw, Slayne & McDonough when she meets Jack Soutane, a magnetic San Francisco lawyer who has recently begun leasing office space from the firm. It's the 1980s, and as the crack epidemic, homelessness, and AIDS explode on the scene, Jack's law practice booms—and the Crenshaw firm eagerly shares in his bounty. Meanwhile, despite all the warning signs, Mercedes falls under Jack's spell—but when calamity strikes and Jack succumbs to his own dark surprise, Mercedes finds herself in a race to survive and to protect her daughter. In order to do so, she must make sense of wildly inconsistent information—and to face the truths that emerge as she does.

Compelling and full of suspense, *The Tolling of Mercedes Bell* is a story about honesty in the face of deception, courage in the pursuit of happiness, and the unexpected places to which that quest can lead.

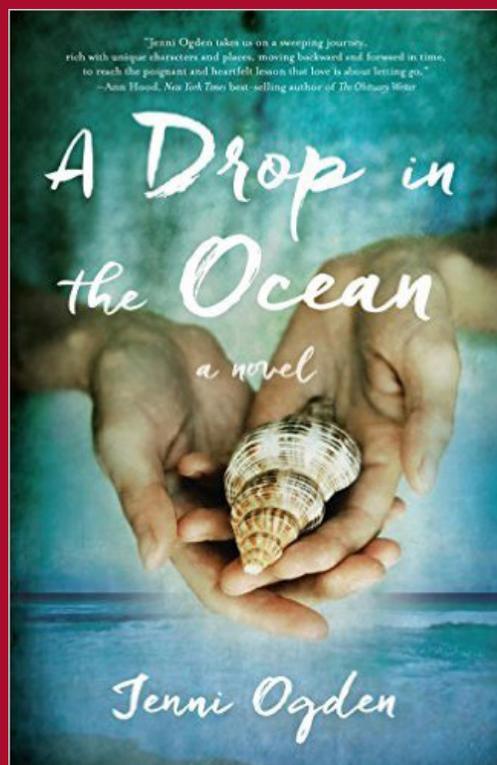
## ABOUT THE AUTHOR:

Jennifer Dwight worked as a litigation paralegal, trainer, and writer for thirty-four years in the San Francisco area while rearing her children as a single mother. During that time she wrote and published numerous articles, a sixty-segment fiction serial, short stories, and three nonfiction books, and presented seminars, speeches, and training programs in the legal community. She now concentrates on writing fiction and lives with her husband in Pleasant Hill, California.

## AWARDS:

2016 Next Generation Book Awards: Suspense and Thriller, Finalist

MAY 2016



Publication Date: May 3, 2016

\$16.95/\$9.95

328 pages | 5.5" x 8.5" paperback

Print ISBN: 978-1-63152-026-6

e-ISBN: 978-1-63152-027-3

Distributed by:

Ingram Publisher Services

866-770-3022

*"In A Drop In The Ocean, protagonist Anna Fergusson learns that love is about letting go. Jenni Ogden takes us on a sweeping journey, rich with unique characters and places, moving backward and forward in time, to reach this poignant and heartfelt lesson."*

— Ann Hood, *New York Times* best-selling author of *The Knitting Circle*, *The Red Thread*, and *The Obituary Writer*

# A DROP IN THE OCEAN

## A NOVEL

JENNI OGDEN

### DESCRIPTION:

*When middle-aged Anna Fergusson's research lab is abruptly closed, she flees Boston to an island on Australia's Great Barrier Reef—where, amongst the seabirds, nesting turtles, and eccentric islanders, she finds a family and learns some bittersweet lessons about love.*

On her 49th birthday, Anna Fergusson, Boston neuroscientist and dedicated introvert, arrives at an unwanted crossroads when the funding for her research lab is cut. With her confidence shattered and her future uncertain, on impulse she rents a cabin for a year on Australia's Great Barrier Reef. But Turtle Island, alive with sea birds and nesting green turtles, is not the retreat she expected. Here she finds love—for the eccentric islanders who become her family; for Tom, the laid-back turtle whisperer; and for the turtles, whose ancient mothering instincts move her to tears. But Anna finds that even on her idyllic drop in the ocean there is pain, and as the months fly past her dream for a new life is threatened by a darkness that challenges everything she has come to believe about the power of love.

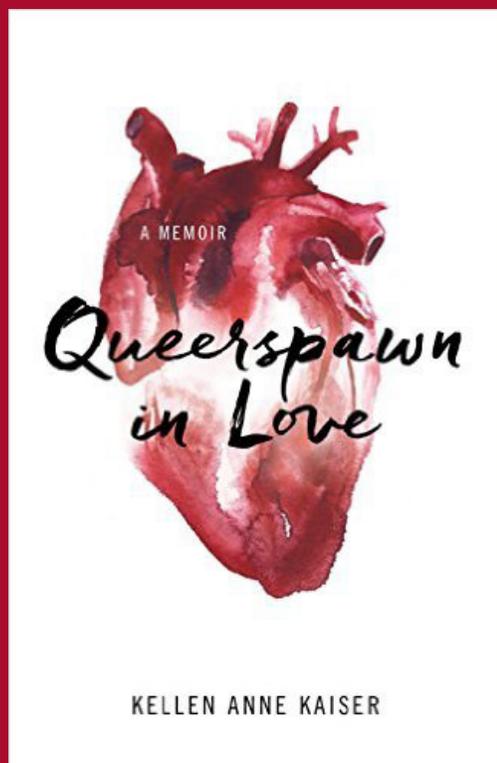
### ABOUT THE AUTHOR:

Jenni Ogden grew up in a country town in the South Island of New Zealand, in a home bursting with books and music. Armed with NZ and Australian university degrees in zoology and psychology, she took up a postdoctoral fellowship at Massachusetts Institute of Technology and worked with H.M., the most famous amnesiac in history, before returning to an academic position at Auckland University, where she immersed herself in clinical psychology and neuropsychology, as well as traveled extensively and wrote about her patients' moving stories in two books, *Fractured Minds: A Case-Study Approach to Clinical Neuropsychology* and *Trouble In Mind: Stories from a Neuropsychologist's Casebook*.

### AWARDS:

2016 Readers' Favorite Awards: Fiction: Women's, silver Medal

MAY 2016



Publication Date: May 3, 2016

\$16.95/\$9.95

240 pages | 5.5" x 8.5" paperback

Print ISBN: 978-1-63152-020-4

e-ISBN: 978-1-63152-021-1

Distributed by:

Ingram Publisher Services

866-770-3022

"In this wry, wise, and thoroughly terrific memoir, Kaiser handles the kind of thorny identity politics that make lesser writers quail with a light, lovely and seemingly effortless touch -- and she's hilarious to boot."

— Rachel Shukert, author of *Everything's Going to be Great*

"Kaiser's descriptively compelling, sweetly sensual, coming-of-age story transcends religions and geography."

— Booklist

# QUEERSPAWN IN LOVE

## A NOVEL

KELLEN ANNE KAISER

### DESCRIPTION:

*When the daughter of a quartet of lesbians falls in love with a man serving in the Israeli Defense Forces, she is forced to examine her own values and beliefs.*

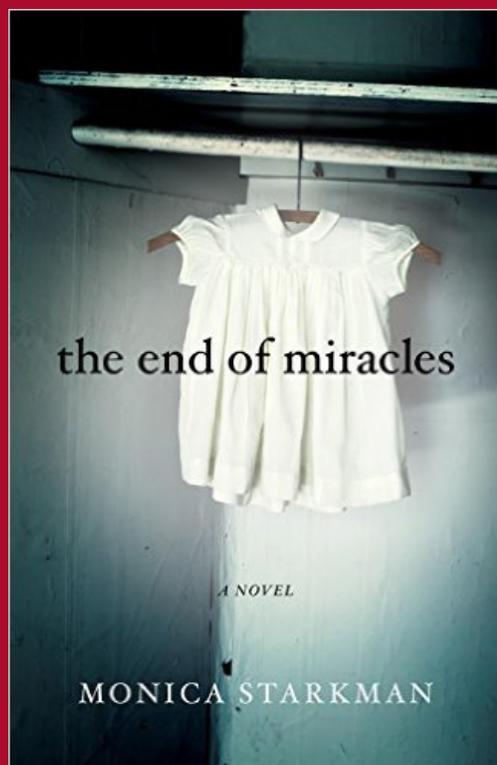
Despite growing up in the San Francisco Bay Area as the daughter of four lesbians, Kellen Kaiser envisioned her life working out, fairy tale–like, with a Prince Charming. When her possible prince did arrive, however, it was not without complications.

Home on leave from the Israeli army, the man Kaiser picks doesn't seem like a sure bet. Starting with some casual sex gone awry, they face a number of obstacles, not the least of which are war in the Middle East, long-distance romance, and differing views on sexuality and their approaching adulthood. But they find themselves most challenged by a more mundane concern: the upkeep of a relationship between two people. Funny and keenly observed, *Queerspawn in Love* is a story about identity, family, and figuring out, through loving someone else and failing, how to love yourself.

### ABOUT THE AUTHOR:

Kellen Anne Kaiser was born in 1981 in San Francisco. As a child, she frequently represented the gay community as a speaker on panels and in the media. Her story has appeared on CNN, and in *Marie Claire*, the *San Francisco Chronicle*, and the *Seattle Times*. She holds a BFA from NYU. Online, her writing has been featured on Nerve, XOJane, Role Reboot, IncultureParent, and Next Family. When not writing, she also helps run her family's cattle ranch.

MAY 2016



Publication Date: May 3, 2016

\$16.95/\$9.95

400 pages | 5.5" x 8.5" paperback

Print ISBN: 978-1-63152-054-9

e-ISBN: 978-1-63152-055-6

Distributed by:

Ingram Publisher Services

866-770-3022

"Interesting, realistic, exciting, moving. I strongly recommend it."

— Harriette Simpson Arnow, author of *The Dollmaker* and finalist for Pulitzer Prize and the National Book Award

"A powerful and emotionally gripping novel by one of the great psychosomatic medicine psychiatrists of our time. Highly recommended for all those fascinated by psychiatric illness, treatment, and the impact relationships can have on healing."

— Michelle Riba, MD, MS, former president of the American Psychiatric Association

# THE END OF MIRACLES

## A NOVEL

MONICA STARKMAN

### DESCRIPTION:

*When a pregnancy following years of infertility ends in late miscarriage, Margo Kerber sinks into a depression—one that leads her, when she encounters a briefly unattended baby, to commit an unthinkable crime.*

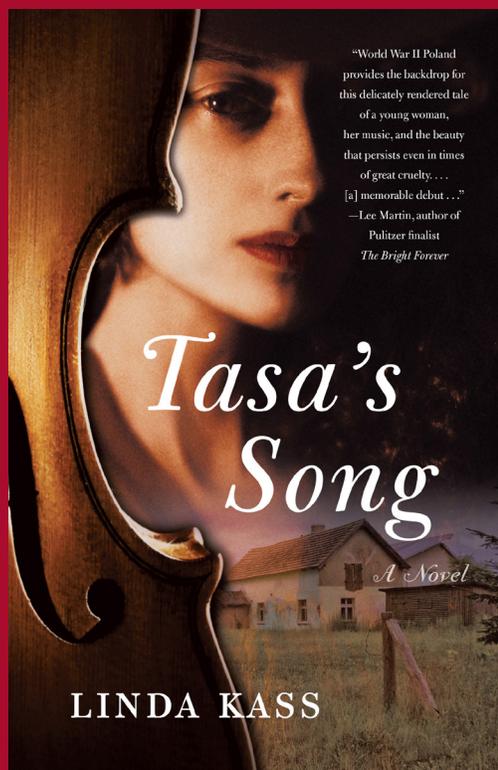
Margo Kerber has endured difficult years battling infertility while trying to sustain her good marriage and satisfying career. When a seemingly miraculous pregnancy ends in a tragic late miscarriage, she finds relief from her consuming grief in the unshakable, but false, belief that she is pregnant again—until an ultrasound convinces her of the truth. Following this revelation, she sinks into a deep depression requiring psychiatric hospitalization. But once in the hospital, Margo fears that the chaotic environment there is worsening her grip on reality. When she's presented with an opportunity to flee, she seizes it—and outside, a chance encounter with a briefly unattended baby stirs up a fantasy that impels her to commit an unthinkable crime.

Written by a prominent psychiatrist, *The End of Miracles* is the gripping tale of one woman's psychological unraveling.

### ABOUT THE AUTHOR:

Dr. Monica Starkman is a psychiatrist and faculty member of the University of Michigan Medical School Department of Psychiatry in Ann Arbor, Michigan. She is a clinician and a scientific researcher. Many of her publications in the scientific literature highlight concerns and conditions of women. She has served on the editorial board of the *Journal of Psychosomatic Obstetrics and Gynecology*. She is a recognized expert on mind-body interactions and the effects of stress hormones on mood and on brain structure. Dr. Starkman has also published in *The New Republic* and *Vogue* magazine.

MAY 2016



"World War II Poland provides the backdrop for this delicately rendered tale of a young woman, her music, and the beauty that persists even in times of great cruelty... [a] memorable debut..."  
—Lee Martin, author of Pulitzer finalist *The Bright Forever*

LINDA KASS

Publication Date: May 3, 2016

\$16.95/\$9.95

256 pages | 5.5" x 8.5" paperback

Print ISBN: 978-1-63152-064-8

e-ISBN: 978-1-63152-065-5

Distributed by:

Ingram Publisher Services

866-770-3022

"Linda Kass writes with a sure and loving hand in this memorable debut novel, one that portrays the strength of the human spirit and how it can rise above the base and ignoble designs of our lesser kind."

— Lee Martin, author of *Turning Bones* and *The Bright Forever*, a finalist for the 2006 Pulitzer Prize for Fiction

"Across decades and continents, Tasa follows a song of hope that is uplifting even in the face of great adversity, proving that an indomitable spirit can transcend the greatest hardships. Kass depicts a heartbreaking time with great sensitivity and detail in this beautifully rendered historical drama."

— *Booklist*

# TASA'S SONG

## A NOVEL

LINDA KASS

### DESCRIPTION:

*Caught in the gathering storm of World War II, aspiring Jewish violinist Tasa Rosinski finds herself swept away from her peaceful, rural village in eastern Poland and into a bunker beneath a barn, where she relies upon her music and memories to keep her spirit alive.*

An extraordinary novel inspired by true events. 1943. Tasa Rosinski and five of her relatives, all Jewish, escape their rural village in eastern Poland—avoiding certain death—and find refuge in a bunker beneath a barn built by their longtime employee.

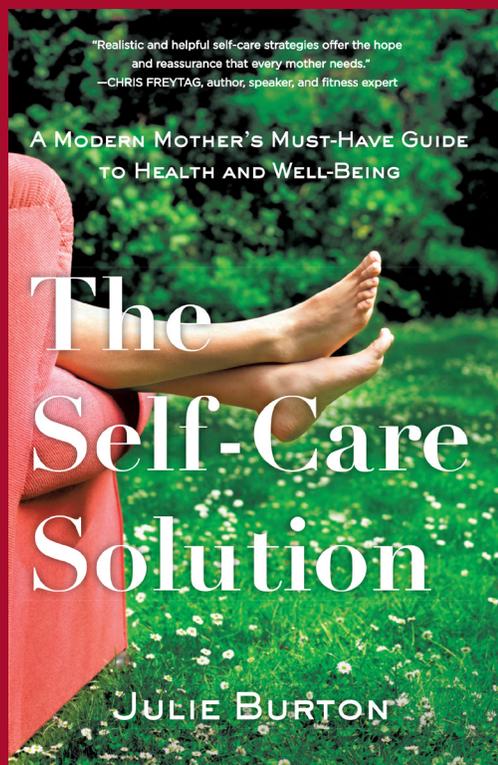
A decade earlier, ten-year-old Tasa dreams of someday playing her violin like Paganini. To continue her schooling, she leaves her family for a nearby town, joining older cousin Danik at a private Catholic academy where her musical talent flourishes despite escalating political tension. But when the war breaks out and the eastern swath of Poland falls under Soviet control, Tasa's relatives become Communist targets, and her family's secure world unravels.

From a peaceful village in eastern Poland to a partitioned post-war Vienna, from a promising childhood to a year living underground, *Tasa's Song* celebrates the power of the human spirit to survive.

### ABOUT THE AUTHOR:

Linda Kass is a writer whose nonfiction has appeared in many publications, including *TIME* and *The Detroit Free Press*. She coauthored *The Real Life Nutrition Book* (Penguin Books) and is a guest education columnist for *Columbus Business First*. *Tasa's Song* is her first novel, inspired by events from her mother's life. Kass lives in Columbus, Ohio. Learn more at [www.lindakass.com](http://www.lindakass.com).

MAY 2016



Publication Date: May 3, 2016

\$16.95/\$9.95

224 pages | 5.5" x 8.5" paperback

Print ISBN: 978-1-63152-068-6

e-ISBN: 978-1-63152-069-3

Distributed by:

Ingram Publisher Services

866-770-3022

**"Burton's instructional guide to self-care for mothers is full of tips and techniques, and long on understanding and empathy."**

— *Publisher's Weekly*

**"Burton draws extensively on her own parenting experiences as well as interviews with other mothers to clearly illustrate why women must embrace self-care and how they can do so, especially given the intense demands of modern parenthood."**

— *Kirkus Reviews*

# THE SELF-CARE SOLUTION

## A MODERN MOTHER'S ESSENTIAL GUIDE TO HEALTH AND WELL-BEING

JULIE BURTON

### DESCRIPTION:

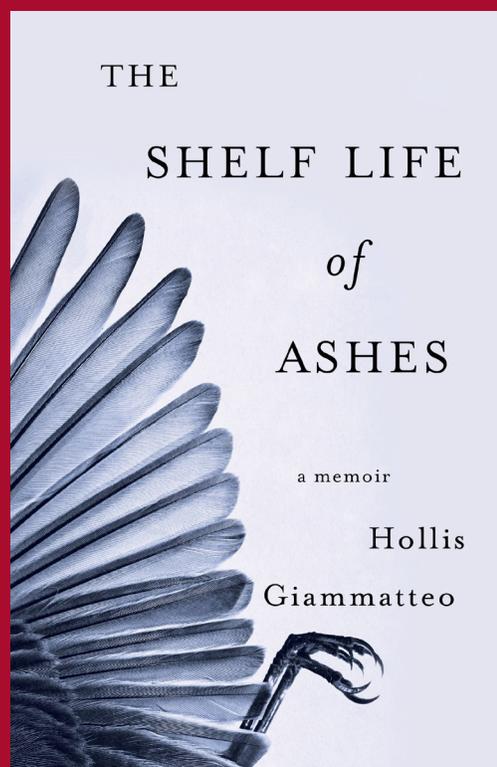
*Full of essential physical, emotional, and relational self-care tools—and based on research by the author that includes a survey of hundreds of moms—this book is a life raft for moms who often feel like they are drowning in the sea of motherhood.*

Combining the thoughtful and expert narrative of a veteran mom of four children with the voices of hundreds of moms she surveyed, *The Self-Care Solution* offers insightful answers to poignant questions about how mothers take care of themselves, their relationships, and their jobs while raising their children—and how they don't. Here, mothers reveal their struggles with self-care, and the consequences of neglecting themselves and their relationships, and share successful strategies to combat these issues. Each chapter also includes reflective self-assessment questions designed to help mothers gauge where they are from a self-care standpoint, as well as lists of tried and true tools they can employ to achieve more balance, and ultimately more satisfaction, within themselves and in their relationships. Inspirational yet practical, *The Self-Care Solution* will dramatically impact women who are navigating the critical responsibility of motherhood while attempting to stay true to themselves.

### ABOUT THE AUTHOR:

Julie Burton is an experienced writer specializing in parenting, relationships, and finding balance with an MSJ advanced degree from the Medill School of Journalism at Northwestern University. She is the former editor of *Momtalk*, a local parenting magazine, and has written for *Minnesota Parent* and *Your Teen*. She started her own blog, *Unscripted Mom*, in 2013, and her writing has been featured at AshleyDavisBush.com, AskMen.Com, ChrisFreytag.com, Everyday Family, Grown and Flown, Her Stories: Tales of Friendship, Kveller, Mamapedia, Scary Mommy, The Socratic Project, The Mid, Twin Cities Daily Planet, Twin Cities Jewfolk, Twin Cities Pioneer Press, and Brain, Child. She has also been featured on WCCO's *Jordana Green Show*, and she co-led a self-care workshop at the 2014 Twin Cities Jewish Community Conference on Mental Health. Burton lives in Minnetonka, MN, with her husband of twenty-two years and her four children. Connect with her on Facebook, Twitter, or LinkedIn.

MAY 2016



Publication Date: May 10, 2016

\$16.95/\$9.95

270 pages | 5.5" x 8.5" paperback

Print ISBN: 978-1-63152-047-1

e-ISBN: 978-1-63152-048-8

Distributed by:

Ingram Publisher Services

866-770-3022

"Hollis Giammatteo invites the reader to leap into the reservoir of the heart with both profound insight and engaging humor. *The Shelf Life of Ashes* is a journey into identity, family, aging, and death with an infusion of Buddhist compassion. A searing and unforgettable memoir."

— Diana Y. Paul, author of *Things Unsaid*

# THE SHELF LIFE OF ASHES

## A MEMOIR

HOLLIS GIAMMATTEO

### DESCRIPTION:

*Confronted by an importuning mother 3,000 miles away who thinks her end is nigh—and feeling ambushed by her impending middle age—Hollis Giammatteo determines to find *The Map of Aging Well*, a decision that leads her on an often-comic journey.*

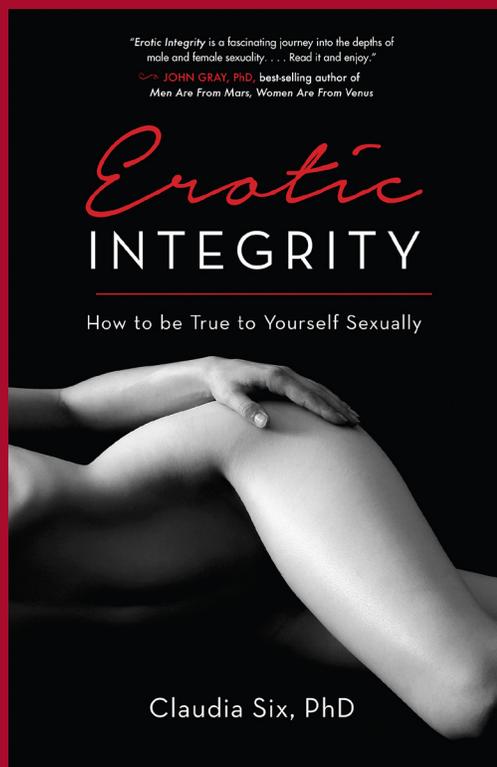
When Hollis Giammatteo sought a job working with the elderly, she did so with the intention of finding models of healthy aging. And she failed.

In *The Shelf Life of Ashes*, Giammatteo chronicles her experiences with her wards, as well as the trip she embarks upon when her mother, who is convinced she is dying, entreats her to come "home." Trips back, traumas triggered, identity in crisis, equanimity gained—this quasi-comic, concentrated journey engages the reader in the process of naming and facing the tasks involved in growing old, while asking a simple but weighted question: Can aging be done well?

### ABOUT THE AUTHOR:

A practicing Buddhist for over thirty years, Hollis Giammatteo has sought experiences that would challenge her practice, from teaching a method of writing to working with the elderly. She cofounded, managed, and wrote plays for The Wilma Theater in Philadelphia, PA, and was a playwright-in-residence for the Rhode Island Feminist Theater (RIFT). This was followed by participation in a women's peace walk, On The Line, which she wrote about in a memoir of that title. She has published in a variety of magazines—*Prairie Schooner*, *The North American Review*, *Ms.*, *Calyx*, *Vogue*, and *Women's Sports and Fitness*, among others—and she has also been granted an NEA, awarded a residency at the Cottages at Hedgebrook, and received a PEN/Jerard Award, honoring her work on *On the Line*. *The Shelf Life of Ashes*, a chapter of which was excerpted in *Prairie Schooner*, is her first published memoir.

MAY 2016



Publication Date: May 10, 2016

\$16.95/\$9.95

288 pages | 5.5" x 8.5" paperback

Print ISBN: 978-1-63152-079-2

e-ISBN: 978-1-63152-080-8

Distributed by:

Ingram Publisher Services

866-770-3022

*"Erotic Integrity is a fascinating journey into the depths of male and female sexuality. Along the way, Claudia Six provides a deeper understanding of our sexual needs that can inspire and insure lasting love and passion. Read it and enjoy."*

— John Gray, PhD, best-selling author of *Men Are From Mars, Women Are From Venus*

*"This book will calm the secret fears of even casual readers, as Six speaks with authority, compassion, and humor . . . A bold, refreshing call to discover and own one's sexuality.."*

— Kirkus

# EROTIC INTEGRITY

## HOW TO BE TRUE TO YOURSELF SEXUALLY, CLAIM YOUR POWER, AND BE LOVED UNCONDITIONALLY

CLAUDIA SIX, PHD

### DESCRIPTION:

*Dr. Claudia Six, a respected clinical sexologist and relationship coach, presents her unique method to uncovering your true sexual desires and attaining a more authentic and satisfying sexuality.*

Do you ever wonder:

\*How to make your sex life better?

\*If your sexuality is normal?

\*If you can have what you want?

\*How you can feel desirable again?

In *Erotic Integrity*, Dr. Claudia Six leads readers through ten sexual themes—including garden-variety performance anxiety, sexual boredom, newly dating, coming out, and more—and reveals three simple steps to a more rewarding sex life: knowing who you truly are as a sexual being, embracing that knowledge, and living it authentically. Frankly presented and illustrated with candid case studies, these steps can be applied by individuals and couples of all ages and sexual orientations, with or without children. Based on Dr. Six's twenty years experience as a clinical sexologist, this straightforward guide skillfully challenges readers to self-examine, self-accept, and self-actualize for a more fulfilling sense of eroticism.

### ABOUT THE AUTHOR:

Claudia Six, PhD, has an MA in counseling psychology and a PhD in clinical sexology, and over twenty years of experience as a clinical sexologist and relationship coach in private practice near San Francisco. She has helped thousands of individuals and couples with relationship and sexual challenges, and coined the term Erotic Integrity® to describe her approach to her work with clients. She has written numerous articles and hosted her own *Erotic Integrity* radio show. She is married and has a perfect dog, and lives in Northern California.

### AWARDS:

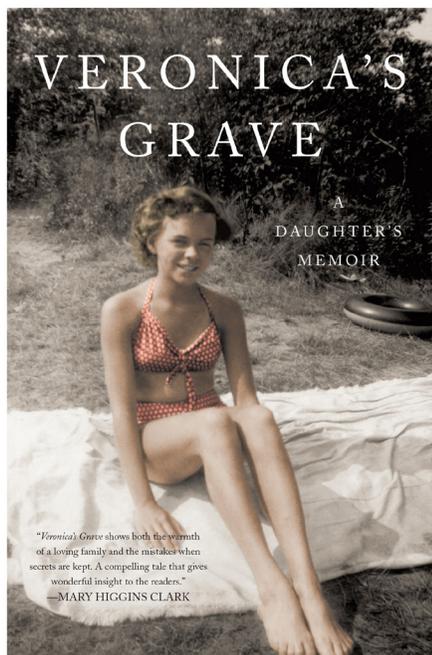
2016 San Francisco Book Awards: Honorable Mention in General Non-Fiction

2016 IPPY Award: Bronze in the national Sexuality/Relationships category

2016 Next Generation Indie Book Awards: Finalist in the Relationships category

2016 National Indie Excellence Awards: Finalist in the Sexuality category

MAY 2016



BARBARA BRACHT DONSKY

Publication Date: May 10, 2016

\$16.95/\$9.95

338 pages | 5.5" x 8.5" paperback

Print ISBN: 978-1-63152-074-7

e-ISBN: 978-1-63152-075-4

Distributed by:

Ingram Publisher Services

866-770-3022

**"Veronica's Grave shows both the warmth of a loving family and the mistakes made when secrets are kept. A compelling tale that gives wonderful insight to the readers."**

— Mary Higgins Clark, author of more than 50 best-selling novels, including *All Around the Town*, *Loves Music, Loves to Dance*, and *While My Pretty One Sleeps*

**"A triumphant story of a woman coming to terms with the loss of her mother and an inspiring, though haunting, testament to the endurance of the human spirit."**

— *Kirkus Reviews*

# VERONICA'S GRAVE

## A DAUGHTER'S MEMOIR

BARBARA BRACHT DONSKY

### DESCRIPTION:

*A loss and coming-of-age story that follows young Barbara Bracht as she struggles to comprehend the sudden disappearance of her mother and cope with a blue-collar father intent upon erasing her mother's memory.*

When young Barbara Bracht's mother disappears from her life (no one tells her that she has died), she is left a confused child whose blue-collar father is intent upon erasing any memory of his dead wife. Forced to keep the secret of her mother's existence from her brother, Barbara struggles to keep from being crushed under the weight of family secrets as she comes of age and strives to educate herself despite her father's stance against women's education—a journey that culminates in a visit to her mother's grave nearly twenty years after her death.

Narrated in a precocious, fiercely intelligent, and compelling voice, *Veronica's Grave* is a heartrending story about the psychological cost of families who keep secrets—and the importance of pursuing one's dreams and passions.

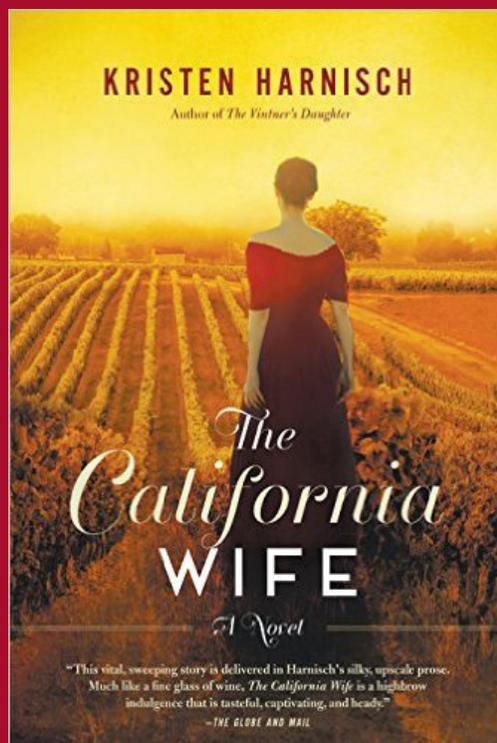
### ABOUT THE AUTHOR:

Barbara Bracht Donsky, a reading specialist with a former private practice for children in Oyster Bay, New York, served for many years as president and capital campaign coordinator of the Boys and Girls Club of Oyster Bay–East Norwich. A magna cum laude graduate of Hunter College with an MS from C. W. Post, Long Island University and an EdD from Hofstra University, her publications include *Trends in Written Composition in Elementary Schools in the United States, 1890–1960*, named dissertation of the year at Hofstra University, and articles in educational journals. Her short story *What's the Matter with Harry?* was also published in a literary journal in Florida. She lives with her husband in New York, where she writes a weekly blog, *Desperately Seeking Paris*.

### AWARDS:

2016 Readers' Favorite Awards: Best Memoir, Silver Medal

MAY 2016



Publication Date: May 10, 2016

\$16.95/\$9.95

440 pages | 5.5" x 8.5" paperback

Print ISBN: 978-1-63152-087-7

e-ISBN: 978-1-63152-088-4

Distributed by:

Ingram Publisher Services

866-770-3022

"A passionate novel set in the beautiful Napa Valley in the early 1900s. You'll cheer for Sarah Lemieux as she tries to balance, love, family, and independence in a time when women were expected to obey. Rich in history, passion, and community, *The California Wife* is a novel that continues to surprise until the very end."

— Marci Nault, author of *The Lake House*

"Harnisch's lyrical descriptions underscore the beauty of winemaking, political activism, and even surgery. Combined with her first novel, *The California Wife* feels like the second season of a period miniseries, best enjoyed with a glass of zinfandel."

— *Booklist*

# THE CALIFORNIA WIFE

## A NOVEL

KRISTEN HARNISCH

### DESCRIPTION:

*The second book in a series about the changing world of vineyard life at the turn of the twentieth century, and a spirited heroine's fight to determine her destiny.*

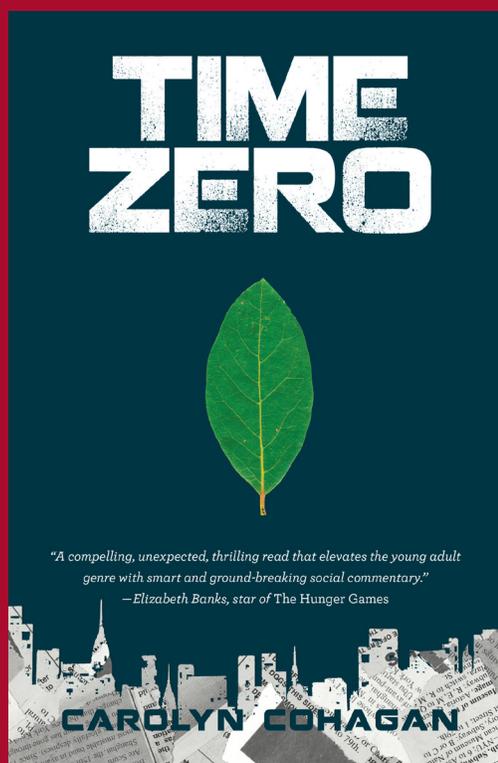
In this sweeping, poignant sequel to *The Vintner's Daughter*, the Lemieux family's ambition to establish an American winemaking dynasty takes Sara and Philippe from pastoral Napa to the Paris World's Fair and into the colorful heart of early twentieth-century San Francisco.

It is 1897, and Sara and Philippe Lemieux, newly married and full of hope for the future, are determined to make Eagle's Run, their Napa vineyard, into a world-renowned winemaking operation. But the swift arrival of the twentieth century brings a host of obstacles they never dreamed of: price wars and the twin threats of phylloxera and Prohibition endanger the success of their business, and the fiercely independent Sara is reluctant to leave the fields behind for the new and strange role of wife and mother. An invitation to the World's Fair in 1900 comes just in time to revive the vineyard's prospects, and amid the jewel-colored wonders of Belle Époque Paris, Sara and Philippe's passion is rekindled as well. But then family tragedy strikes, and, upon their return to California, a secret from Philippe's past threatens to derail their hard-won happiness in one stroke.

### ABOUT THE AUTHOR:

Kristen Harnisch drew upon her extensive research and experiences living in San Francisco and visiting the Loire Valley and Paris to create the story for *The California Wife*. Harnisch has a degree in economics from Villanova University, has previously worked in sales and marketing at JPMorgan Chase and RBS Citizens Bank, and currently resides in Connecticut with her husband and three children. Visit her online at [www.kristenharnisch.com](http://www.kristenharnisch.com) or follow her on Twitter @KristenHarnisch.

MAY 2016



Publication Date: May 16, 2016

\$14.95/\$9.95

432 pages | 5.5" x 8.5" paperback

Print ISBN: 978-1-63152-072-3

e-ISBN: 978-1-63152-073-0

Distributed by:

Ingram Publisher Services

866-770-3022

"Featuring strong characters and crisp writing, this is a solid first entry in a series worth keeping an eye on."

— Publishers Weekly

"*Time Zero* is a compelling, unexpected, thrilling read that elevates the young adult genre with smart and groundbreaking social commentary. As the strong-willed heroine who navigates this dangerous and mysterious world, Mina is that unique blend of brains and emotion who delights us and surprises us at every turn."

— Elizabeth Banks, star of *The Hunger Games* and *Wet Hot American Summer* and director of *Pitch Perfect 2*

## TIME ZERO

CAROLYN COHAGAN

### DESCRIPTION:

*Told through the eyes of Mina Clark, a fifteen-year-old girl, Time Zero is a page-turning YA thriller about what would happen if extremists made education for girls illegal and all marriages were arranged in Manhattan.*

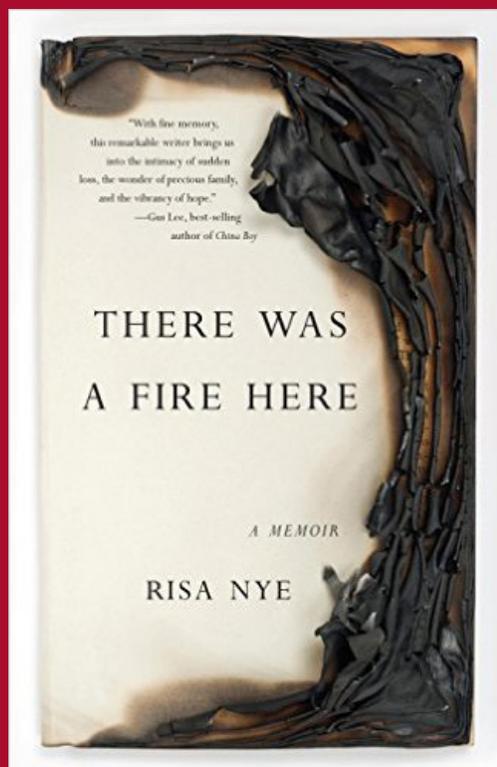
Fifteen-year-old Mina Clark lives in a future Manhattan that is ruled by extremists. Girls aren't allowed to get an education, they need permission to speak to boys, and all marriages are negotiated by contract. But Mina's grandmother has secretly been teaching her to read, leading Mina down a path of rebellion, romance, and danger that not only threatens to destroy her family's reputation but could get Mina killed.

Suspenseful and empowering, *Time Zero* is about what it's like to be powerless, underestimated, and manipulated, and what it takes to go against society to assert who you actually want to be.

### ABOUT THE AUTHOR:

Carolyn Cohagan has an extensive theater background. She has performed stand-up and one-woman shows at festivals around the world, from Adelaide to Edinburgh. Her first novel, *The Lost Children* (Simon & Schuster, 2010), became part of the Scholastic Book Club in 2011 and was nominated for the 2014 Massachusetts Children's Book Award. After two decades of living in New York and Los Angeles, she returned to her hometown of Austin, TX to found the creative writing organization Girls With Pens, which is dedicated to fostering individual voices and offbeat imaginations. Visit her at [www.carolyncohagan.com](http://www.carolyncohagan.com).

MAY 2016



Publication Date: May 16, 2016

\$16.95/\$9.95

176 pages | 5.5" x 8.5" paperback

Print ISBN: 978-1-63152-045-7

e-ISBN: 978-1-63152-046-4

Distributed by:

Ingram Publisher Services

866-770-3022

“What would you take with you if your house was about to burn? What would you regret leaving behind? Risa Nye’s searing memoir of loss is ostensibly about objects—the pictures, the shoes, the beloved baby blanket—but it’s really about the love that holds a family together in its darkest moments. Told with humor and grace, Nye’s story demands that we each take a moral inventory, then hold on tight to what truly matters most.”

— Zac Unger, Oakland firefighter and author of *Working Fire*

# THERE WAS A FIRE HERE

## A MEMOIR

RISA NYE

### DESCRIPTION:

*After a devastating firestorm destroys Risa Nye’s Oakland, California home and neighborhood, she has to dig deep to discover her inner strength and resilience.*

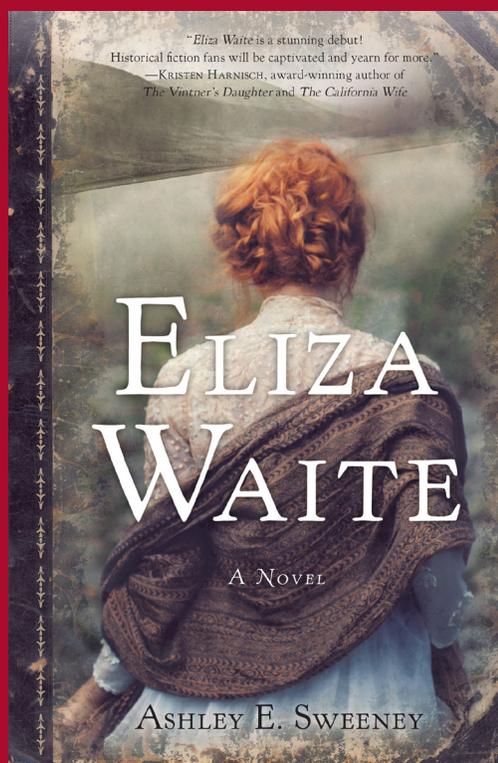
Less than a month before her 40th birthday, a devastating firestorm destroys Risa Nye’s home and neighborhood in Oakland, California. Already mourning the perceived loss of her youth, she now must face the loss of all tangible reminders of who she was before.

*There Was a Fire Here* is the story of how Nye adjusts to the turning point that will forever mark the “before and after” in her life—and a chronicle of her attempts to honor the lost symbols of her past even as she struggles to create a new home for her family.

### ABOUT THE AUTHOR:

Risa Nye is a lifelong resident of the San Francisco Bay Area. She attended the University of California, and earned master’s degrees at both California State University East Bay and Saint Mary’s College of California (MFA). Her articles and essays have appeared in a number of local and national publications, as well as in several anthologies. A coeditor of the anthology *Writin’ on Empty: Parents Reveal the Upside, Downside, and Everything In Between When Children Leave the Nest*, Nye also recently published an e-book based on her blog called *Zero to Sixty in One Year: An Easy Month-by-Month Guide to Writing Your Life Story*. She lives in Oakland, CA with her husband. Her writing can be found at [www.risanye.com](http://www.risanye.com).

MAY 2016



Publication Date: May 16, 2016

\$16.95/\$9.95

344 pages | 5.5" x 8.5" paperback

Print ISBN: 978-1-63152-058-7

e-ISBN: 978-1-63152-059-4

Deckled edges

Distributed by:

Ingram Publisher Services

866-770-3022

“Cast off by her family and living in the shadow of unthinkable tragedy, Eliza Waite finds the courage to leave her remote island home to join the sea of miners, fortune hunters, con men, and prostitutes in the Klondike during the spring of 1898. Ashley Sweeney’s exquisite descriptions, electrifying plot twists, and hardy yet vulnerable characters will captivate historical fiction fans and leave them yearning for more. *Eliza Waite* is a stunning debut!”

— Kristen Harnisch, award-winning author of *The Vintner’s Daughter* and *The California Wife*

# ELIZA WAITE

## A NOVEL

ASHLEY E. SWEENEY

### DESCRIPTION:

*When Eliza Waite chooses to leave a stagnant life in rural Washington State and join the masses traveling north to Alaska in 1898 during the tumultuous Klondike Gold Rush, she encounters challenges and successes in both business and love.*

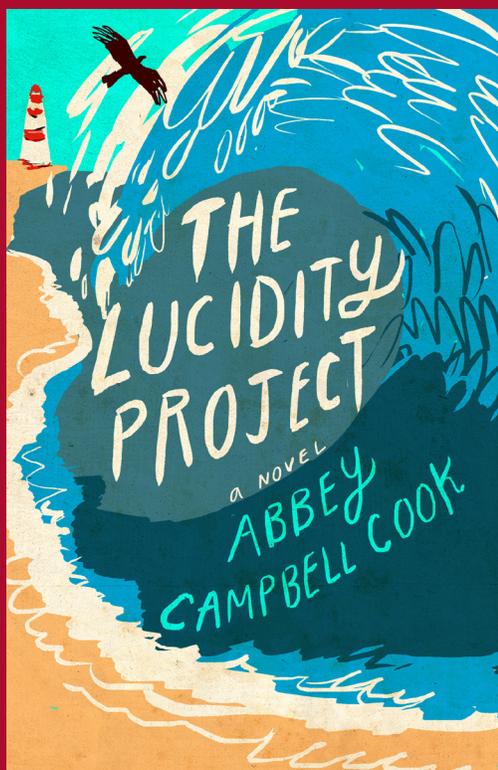
After the tragic death of her husband and son on a remote island in Washington’s San Juan Islands, Eliza Waite joins the throng of miners, fortune hunters, business owners, con men, and prostitutes traveling north to the Klondike in the spring of 1898. When Eliza arrives in Skagway, Alaska, she has less than fifty dollars to her name and not a friend in the world—but with some savvy, and with the help of some unsavory characters, Eliza opens a successful bakery on Skagway’s main street and befriends a madam at a neighboring bordello. Occupying this space—a place somewhere between traditional and nontraditional feminine roles—Eliza awakens emotionally and sexually. But when an unprincipled man from her past turns up in Skagway, Eliza is fearful that she will be unable to conceal her identity and move forward with her new life.

Part diary, part Gold Rush history, *Eliza Waite* transports readers to the sights, sounds, smells, and tastes of a raucous and fleeting era of American history.

### ABOUT THE AUTHOR:

A native New Yorker, Ashley E. Sweeney lives and writes in La Conner, Washington. She is a graduate of Wheaton College in Norton, MA and is an award-winning journalist in Washington State. *Eliza Waite* is her first novel.

MAY 2016



Publication Date: May 31, 2016

\$16.95/\$9.95

296 pages | 5.5" x 8.5" paperback

Print ISBN: 978-1-63152-032-7

e-ISBN: 978-1-63152-033-4

Distributed by:

Ingram Publisher Services

866-770-3022

*"The Lucidity Project stirs readers to look at life and their abilities in an exhilarating new way."*

— POPSUGAR

*"The Lucidity Project is a summer beach read with a new age fiction twist."*

— Your Tango

# THE LUCIDITY PROJECT

## A NOVEL

ABBEY CAMPBELL COOK

### DESCRIPTION:

*After suffering from depression all her life, twenty-five-year-old Max Dorigan joins a mysterious research project on a Caribbean island, where she's introduced to the magical and healing world of lucid dreaming.*

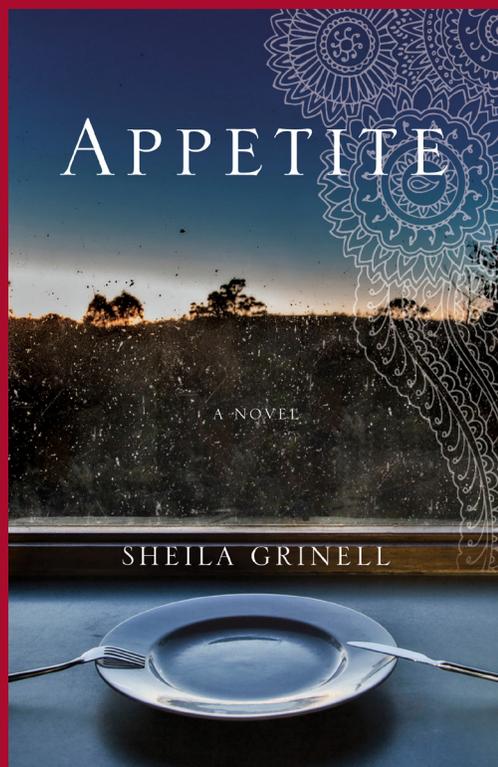
Depression has haunted twenty-five-year-old Max Dorigan her entire life. After years of unsuccessful treatment and a failed suicide attempt, Max agrees to join "The Lucidity Project," a program at a mysterious health and wellness resort in the Caribbean—where, she soon finds, the people are just as troubled as she is, only in a different way. They claim to have psychic powers. They claim they can see ghosts. They claim Max is one of them.

Max refuses to pay much attention until Dr. Micah McMoneagle, the charismatic head of the project, reveals he's found a way to allow people to enter each other's dreams. Now, instead of discussing their issues in talk therapy, Max and her new gifted friends can symbolically work through their problems on the astral plane. Together they embark on a magical, transformational journey through dreamtime to reveal the causes of the things that are holding them back—an adventure that ultimately awakens them to who they really are, and what they came to earth to do.

### ABOUT THE AUTHOR:

Abbey Campbell Cook studied creative writing at UC Berkeley. She now writes (and sometimes sings and dances) about her ongoing quest for spiritual and physical wellness on her blog, *Adventures in Woo Woo Land*, which often includes pictures of Channing Tatum in his underwear (Ryan Gosling, too, if you're lucky). You can find her there, as well as on Facebook and YouTube. *The Lucidity Project* is her first novel.

MAY 2016



Publication Date: May 17, 2016

\$16.95/\$9.95

328 pages | 5.5" x 8.5" paperback

Print ISBN: 978-1-63152-022-8

e-ISBN: 978-1-63152-023-5

Distributed by:

Ingram Publisher Services

866-770-3022

*"Appetite examines the different ways we seek satisfaction in our lives—some of us are hungry for power, others for love, and some find comfort in duty and tradition. This realistic and engrossing portrait of two generations is a promising first novel with wide appeal."*

— *Booklist*

# APPETITE

## A NOVEL

SHEILA GRINELL

### DESCRIPTION:

*When twenty-five-year-old Jenn Adler brings home a guru from Bangalore with a plan to marry him, her parents must come to grips with the impending marriage—and its effect on their own.*

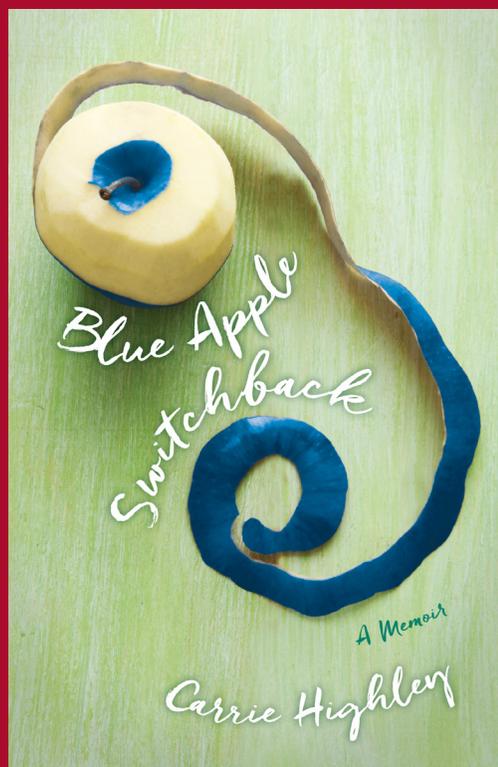
When Jenn Adler returns from a year in India, she has a surprise for her parents: a young guru from Bangalore whom she intends to marry. Her father, Paul, is wary of this “beggar” Jenn has brought home—who, he suspects, is conning his much-loved daughter—while her mother, Maggie, is frightened that this alien stranger will steal away her only child, her focus in life.

In the months leading up to the backyard wedding, Maggie is forced to reevaluate her virtues as she casts about for support, and Paul faces an unexpected threat at work—one that Maggie could help him meet, if he would only ask. But even with these distractions, the two parents are focused on one primary question: Can they convince their daughter she is making a terrible mistake before the wedding takes place?

### ABOUT THE AUTHOR:

Born in a taxi in Manhattan, Sheila Grinell studied at the Bronx High School of Science, Harvard University, and the University of California, Berkeley. Toward the end of her forty-year career as a creator of science museums, she began to write fiction. *Appetite* is her debut novel. She lives in Phoenix with her husband and dog. To learn more, visit [www.sheilagrinnell.com](http://www.sheilagrinnell.com).

JUNE 2016



Publication Date: June 7, 2016

\$16.95/\$9.95

208 pages | 5.5" x 8.5" paperback

Print ISBN: 978-1-63152-037-2

e-ISBN: 978-1-63152-038-9

Distributed by:

Ingram Publisher Services

866-770-3022

"Coming out is a long, hard road. Its twists, turns, and switchbacks can be painful and confusing, not only to the one coming out, but also to the ones she loves. In *Blue Apple Switchback*, Carrie Highley guides us through the sometimes-heartbreaking confusion of her path with bravery and tenderness. It is an important story that will surely help others find the way to accepting their true selves."

— Chris Lemig, author of *The Narrow Way*

# BLUE APPLE SWITCHBACK

## A MEMOIR

CARRIE HIGHLEY

### DESCRIPTION:

*At age forty, Carrie Highley finally decided to take on the biggest switchback of her life. Upon her bicycle, and with the help of a mentor's wisdom, she shed everything she was taught to believe as a young lady growing up in the South—and made a choice to be true to herself and everyone else around her.*

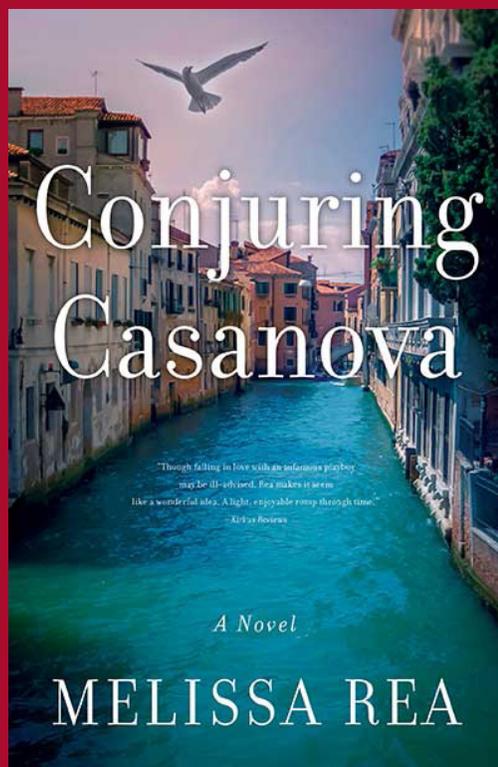
Carrie Highley was always a tomboy—and by the time she turned sixteen, she was wishing she were dancing with the girls instead of the boys at cotillion dances. In her early thirties, while living in West Virginia, she discovered a passion for road biking, finally stopped sequestering her deep feelings for women, and began an ill-fated love affair with a female cycling friend. At thirty-six, she found herself skidding into Asheville, North Carolina, holding on tight to the coattails of her doctor husband and spending her time as a stay-at-home mother of two boys.

Moving to North Carolina was Highley's attempt to reimbrace heterosexual married life after her tumultuous time in West Virginia. But in Asheville, she met Charlie, a fellow cyclist twenty-three years her senior, who became her mentor, friend, and father all rolled into one—and as they grew closer, she started unloading her fears into Charlie's inbox. With Charlie's support, Highley finally summoned the courage to do what she'd been waiting her whole life to do: go down the mountain with her hands off the brakes.

### ABOUT THE AUTHOR:

Carrie Highley grew up in the Piedmont of North Carolina before moving to the mountains and completing her bachelor's degree in therapeutic recreation at Western Carolina University in Cullowhee, NC. After moving up and down the east coast for fifteen years, she has settled down with her partner in Asheville, NC. She is an active member of The Writers Workshop of Asheville, Blue Ridge Bicycle Club, and Adventure Cycling Association. *Blue Apple Switchback* is her first book.

JUNE 2016



Publication Date: June 7, 2016

\$16.95/\$9.95

272 pages | 5.5" x 8.5" paperback

Print ISBN: 978-1-63152-056-3

e-ISBN: 78-1-63152-057-0

Distributed by:

Ingram Publisher Services

866-770-3022

“Rea offers a small spin on the popular time-travel trope by bringing the past to the very near future. The narrative is full of the practical—and often humorous—problems that arise when one meets an 18th-century libertine . . . In addition, Rea sprinkles bits of well-researched history amid the romantic tension, working in specific details from Casanova’s life, such as his appreciation of intelligent women. Though falling in love with an infamous playboy may be ill-advised, Rea makes it seem like a wonderful idea. A light, enjoyable romp through time.”

— Kirkus Reviews

# CONJURING CASANOVA

## A NOVEL

MELISSA REA

### DESCRIPTION:

*Headstrong ER physician Elizabeth Hillman is a career woman who has sworn off men and believes the idea of love in the twenty-first century is a fairy tale—but when Giacomo Casanova steps into her life on a rooftop in Italy, her reality and concept of love are forever changed.*

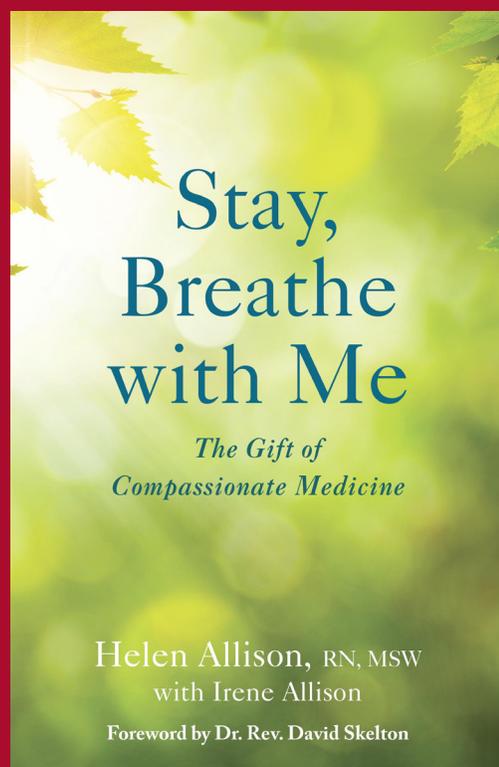
ER physician Elizabeth Hillman has been jilted by the men in her life far too often—which is why she spends her free time safely alone, reading the memoir of Giacomo Casanova, history’s most famous Lothario. But when a child in Lizzy’s care dies, she flees to Venice, Italy for a much-needed break—and there, on a lovely rooftop, Casanova appears beside her.

In 2016, Casanova is still Casanova. He seduces Lizzy’s friends, is arrested for child endangerment, and even boffs the cleaning lady. None of the antics upset Lizzy, because she’s determined enjoy his conversation and not fall victim to his legendary charm. But then she and Casanova travel to Paris seeking an answer to a question of love that would have changed his life—and an incendiary love affair begins to unfold.

### ABOUT THE AUTHOR:

Melissa Rea has degrees in psychology and French literature, and is an amateur Casanovist. A dedicated researcher, she has read *Histoire de Ma Vie* many times—in English, and in its original Archaic French. She traveled to Paris to see the handwritten manuscript when it was displayed for the first time in over two hundred years, and has stayed in the hotel in Venice that was Giacomo Casanova’s home for nine years. Originally from Louisiana, Rea has a degree in dentistry from the University of Missouri–Kansas City. She practices in St. Louis, where she lives with her husband, and is at work on her third novel. When not drilling, reading, or writing, she is in search of the next *Madmen*/fifties-era dress and a matching bon mot.

JUNE 2016



**Publication Date: June 7, 2016**

**\$16.95/\$9.95**

**288 pages | 5.5" x 8.5" paperback**

**Print ISBN: 978-1-63152-062-4**

**e-ISBN: 978-1-63152-063-1**

**Distributed by:**

**Ingram Publisher Services**

**866-770-3022**

**“Unlike much of medical literature, even in the area of death and dying, this volume by Helen Allison and Irene Allison is written from the heart and speaks to the heart. Therein lies its transformative power. As a former palliative care physician and future dying human, I am profoundly grateful.”**

**— Gabor Maté, MD, best-selling author of *When The Body Says No: The Cost of Hidden Stress***

# STAY, BREATHE WITH ME

## THE GIFT OF COMPASSIONATE MEDICINE

**HELEN ALLISON, RN, MSW, WITH IRENE ALLISON**

### DESCRIPTION:

*From the voices of the seriously ill, their families, and a specialist with a lifelong experience in caring for them comes the wisdom of a person-centered approach—one that brings heart and compassion back into health care.*

Serious, incurable illness is a drama of body, mind, and soul where symptoms and suffering cannot be separated from the person who is ill. Yet that is what happens in our modern medical system—a system so focused on technology and cure, it loses sight of the person behind the illness. The result is cruel and needless suffering.

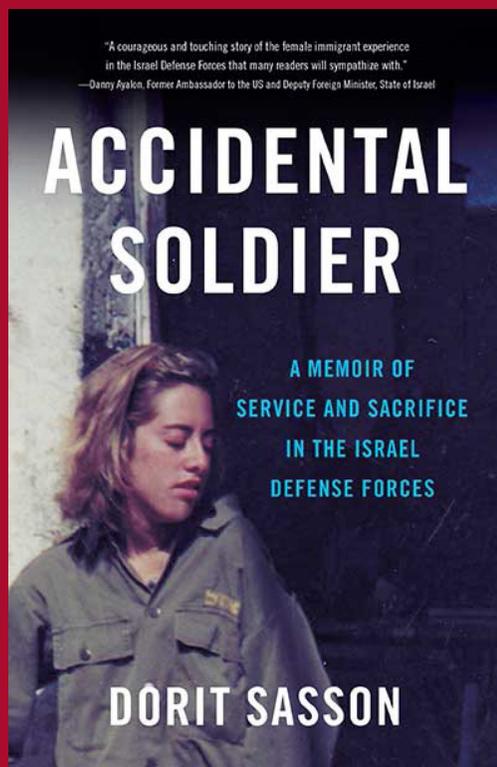
In *Stay, Breathe with Me*, the authors make the argument that it's time to revive the art of care. If we fully embrace the human side of illness—if we remove the false barriers separating caregivers from the seriously ill—we can meet in that space of shared humanity and universal human needs. This is the space of heart and compassion, where healing hands can be guided by the wisdom of the patient and where suffering can be eased.

Informed by the voices of the seriously ill, their families, and the lifelong experience of a pioneer in palliative care, *Stay, Breathe with Me* illustrates how to bring heart back into health care, and to provide compassion for those who need it most.

### ABOUT THE AUTHOR:

Scottish highlander by birth, Canadian by home, Helen Allison, RN, MSW, was born with healing hands and a caregiving heart. During her long career as a palliative nurse and medical social worker, she pursued a person-centered approach to championing the ill and their families. She is senior author of *Social Work Services as a Component of Palliative Care with Terminal Cancer Patients* (Haworth Press). She now shares her life's learning that to ease suffering, the art of care must embody patient wisdom. Irene Allison is Helen's daughter and coauthor. Both authors live in Vancouver, Canada.

JUNE 2016



Publication Date: June 14, 2016

\$17.95/\$9.95

360 pages | 5.5" x 8.5" paperback

Print ISBN: 978-1-63152-035-8

e-ISBN: 978-1-63152-036-5

Distributed by:

Ingram Publisher Services

866-770-3022

"A young woman finds her voice and her inner strength by challenging herself to step outside her comfort zone and volunteer for the Israel Defense Forces. With raw honesty and vivid prose, Sasson brought me so close to the experience I could taste the ethnic food, see the beautiful landscape, and feel both the pain of her struggles and the triumph of her growth and transformation."

— Kathy Pooler, author of *Ever Faithful to His Lead: My Journey Away from Emotional Abuse*

# ACCIDENTAL SOLDIER

## A MEMOIR OF SERVICE AND SACRIFICE IN THE ISRAEL DEFENSE FORCES

DORIT SASSON

### DESCRIPTION:

*When nineteen-year-old Dorit Sasson realized she had no choice but to distance herself from her neurotic mother in order to become her own person, she volunteered for the Israel Defense Forces—and found her path to freedom.*

At age nineteen, Dorit Sasson, a dual American-Israeli citizen, was trying to make the status quo work as a college student—until she realized that if she didn't distance herself from her neurotic, worrywart of a mother, she would become just like her. *Accidental Soldier* is Sasson's story of how she dropped out of college and volunteered for the Israel Defense Forces in an effort to change her life—and how, in stepping out of her comfort zone and into a war zone, she discovered courage and faith she didn't know she was capable of.

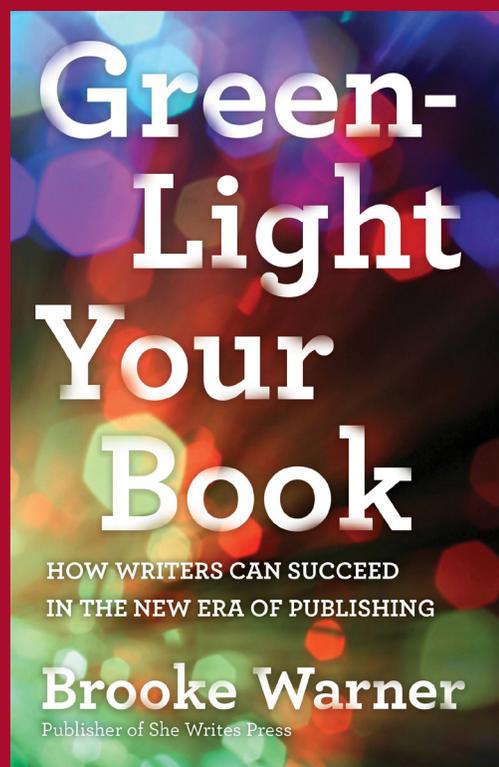
### ABOUT THE AUTHOR:

Dorit Sasson writes for a wide range of print and online publications, including *The Huffington Post* and *The Writer*, and speaks at conferences, libraries, and community centers. She is the author of a featured chapter in *Pebbles in the Pond: Transforming the World One Person at a Time*, the latest installment of that best-selling series, and the host of the global radio show *Giving Voice to Your Story*. She lives in Pittsburgh, PA with her husband and two children. Visit her at [www.givingavoicetothevoicelessbook.com](http://www.givingavoicetothevoicelessbook.com)

### AWARDS:

2015 Next Generation Awards: Military, Finalist

JUNE 2016



Publication Date: June 14, 2016

\$16.95/\$9.95

258 pages | 5.5" x 8.5" paperback

Print ISBN: 978-1-63152-802-6

e-ISBN: 978-1-63152-803-3

Distributed by:

Ingram Publisher Services

866-770-3022

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*"In Green-Light Your Book, Brooke Warner makes an argument for indie authorship that helps legitimize the field. Her voice is an important one in the conversation about what matters when it comes to modern-day publishing."*

— Angela Bole, CEO and Executive Director  
of the Independent Book Publishing  
Association

# GREEN-LIGHT YOUR BOOK

## HOW WRITERS CAN SUCCEED IN THE NEW ERA OF PUBLISHING

**BROOKE WARNER**

### DESCRIPTION:

*A straight-shooting guide to a changing industry, Green-Light Your Book gives indie publishers and authors insight into the current state of publishing, as well as the tools they need to make their books a smashing success.*

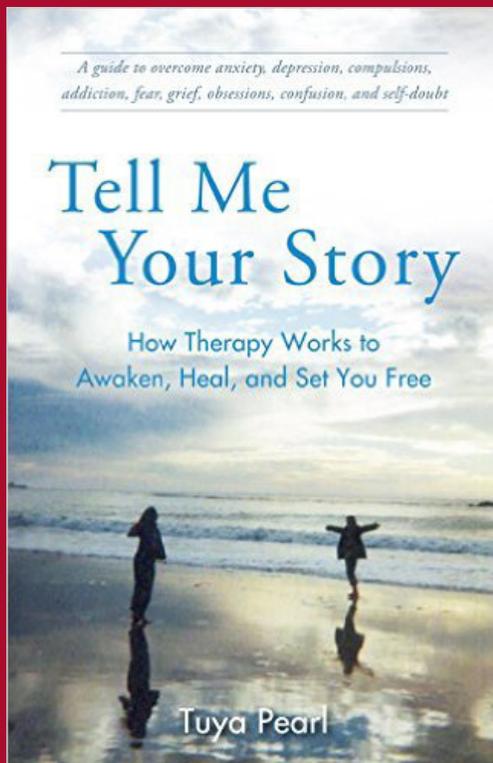
*Green-Light Your Book* is a straight-shooting guide to a changing industry. Written for aspiring authors, previously published authors, and independent publishers, it explains the ever-shifting publishing landscape and helps indie authors understand that they're up against the status quo, and how to work within the system but also how to subvert the system in order to succeed.

Publishing expert and independent publisher Brooke Warner is fearless in her critique of an industry that's lost its mandate, and in so doing has opened the door wide for indie publishers to thrive. While she does not shy away from calling out the bias against indie authors, she also asserts that it's never been a more exciting time to be in book publishing—and her passion and enthusiasm are contagious. "If you're going to green-light your work, you have to wow," Warner writes. But to surpass expectations, you also need to be a student of publishing and to be able to hold your own with book buyers, event coordinators, librarians, wholesalers, distributors, and reviewers. *Green-Light Your Book* seeks to equip authors and publishers with the language, knowledge, and skill sets they need to play big.

### ABOUT THE AUTHOR:

Brooke Warner is the publisher of She Writes Press, president of Warner Coaching Inc., author of *What's Your Book?* and *How to Sell Your Memoir*, and coauthor of *Breaking Ground on Your Memoir*. She is also a regular *Huffington Post* blogger and a master teacher of memoir who co-leads the popular course "Write Your Memoir in Six Months." Warner lives and works in Berkeley, California.

**JUNE 2016**



**Publication Date: June 21, 2016**

**\$16.95/\$9.95**

**336 pages | 5.5" x 8.5" paperback**

**Print ISBN: 978-1-63152-066-2**

**e-ISBN: 978-1-63152-067-9**

**Distributed by:**

**Ingram Publisher Services**

**866-770-3022**

# **TELL ME YOUR STORY**

## **HOW THERAPY WORKS TO AWAKEN, HEAL, AND SET YOU FREE**

**TUYA PEARL**

### **DESCRIPTION:**

*Guided through sessions by therapist author Tuya Pearl—listening to others' stories and telling their own—readers of *Tell Me Your Story* will gain the tools and clarity they need to overcome personal challenges, discover greater freedom and serenity, and enjoy an authentic life.*

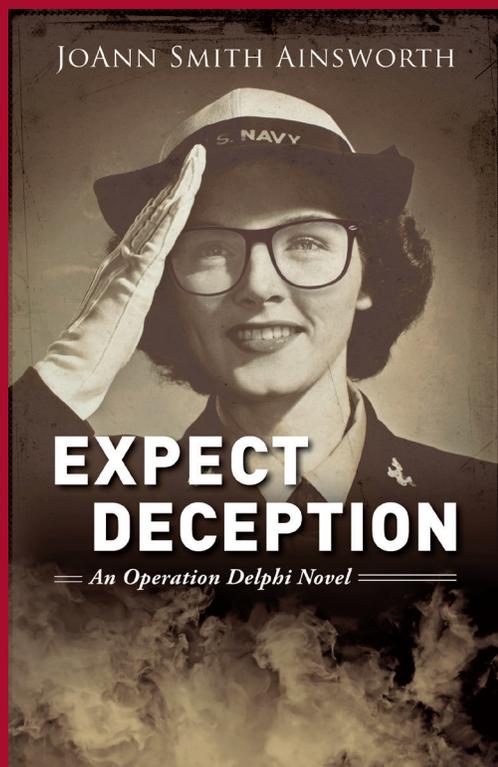
If you're feeling stuck, overwhelmed by personal challenges, need more joy and serenity, or simply wonder what happens in therapy, step inside Tuya Pearl's office to experience the transformational process. With keys and a professional therapist to guide you, you'll unlock your story with clarity that will astound, heal, and set you free.

Participate in sessions that get to the source of anxiety, depression, compulsions, self-doubt, and other emotional issues—listening to others' real-life stories and telling your own—with prompts to inspire and awaken you. From the privacy of a confidential read, and with the perspective of both client and healer, *Tell Me Your Story* moves you through the stages of therapy—from the initial phone call to the final goodbye—connecting body, mind, and spirit with inner wisdom to reclaim and enjoy your most authentic life.

### **ABOUT THE AUTHOR:**

Tuya Pearl is a psychotherapist from Southern California. With twenty years of clinical experience, and many more as a wife and mother of a growing family, Pearl is a masterful therapist, skilled at helping people develop and find personal freedom. She has treated individuals and facilitated groups and retreats, and in *Tell Me Your Story*, she has opened the door to showcase the healing process that happens within and beyond the walls of therapy.

JUNE 2016



Publication Date: June 21, 2016

\$16.95/\$9.95

240 pages | 5.5" x 8.5" paperback

Print ISBN: 978-1-63152-060-0

e-ISBN: 978-1-63152-061-7

Distributed by:

Ingram Publisher Services

866-770-3022

*"Expect Deception starts off with a bang and never lets up as a psychic defense team matches wits with a Nazi operative bent on destroying the US Navy. The pacing is brisk, the wizardry warfare unique. Readers will be swept away by this spellbinding tale of espionage and illusion."*

— Patricia Simpson, award-winning author of *Gabriel's Daughter*, *Imposter Bride*, and *Spellbound*

# EXPECT DECEPTION

## AN OPERATION DELPHI NOVEL

JOANN SMITH AINSWORTH

### DESCRIPTION:

*When the US government recruits Livvy Delacourt and a team of fellow psychics to find Nazi spies on the East Coast during WWII, she must sharpen her skills quickly—or risk dying.*

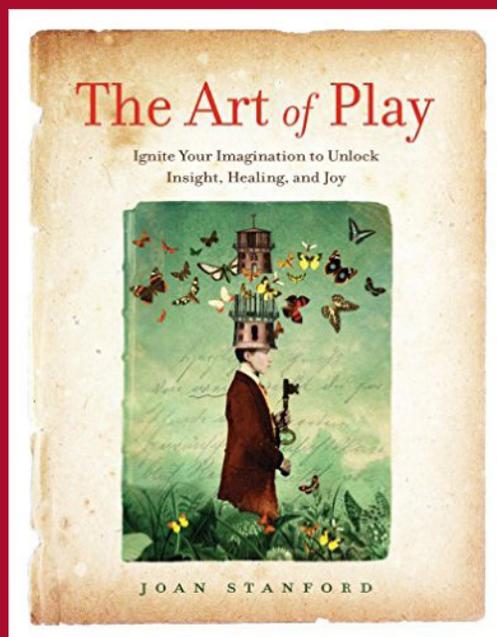
Just when US WAVE Livvy Delacourt thinks she and her team of psychic Nazi hunters are ready for whatever The Reich can throw at them, Hitler adds a spy who also happens to be a wizard to the mix. Now dark magic is being used to attack US facilities, and Livvy must match wits with the evil wizard, whose objective is to destroy Operation Delphi and all her team. If she fails to ramp up her psychic powers, she may perish—and perhaps cause the US to lose the war with Germany while she's at it.

An emotional journey through paranormal realms, *Expect Deception* is a fast-paced, suspenseful tale of what happens when US Navy psychics are forced to pit themselves against their Nazi counterparts.

### ABOUT THE AUTHOR:

JoAnn Smith Ainsworth experienced WWII food ration books, Victory Gardens, and blackout sirens as a child. She lived in Philadelphia during the fifties and she attended the Berkeley Psychic Institute in the late seventies. She is the author of five published novels: *Expect Trouble* (Oak Tree Press), Book 1 of the Operation Delphi series; two historical western romances released from Whiskey Creek Press; and two medieval romantic suspense novels released from Samhain Publishing, Ltd. Ainsworth lives in California. To learn more, visit [www.joannsmithainsworth.com](http://www.joannsmithainsworth.com).

**JUNE 2016**



**Publication Date: June 28, 2016**

**\$19.95/\$9.95**

**208 pages | 7" x 9" paperback**

**Four-color interior with French flaps**

**Print ISBN: 978-1-63152-030-3**

**e-ISBN: 978-1-63152-031-0**

**Distributed by:**

**Ingram Publisher Services**

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*"The Art of Play* is an invitation to a surprise party celebrating your own creativity. Joan Stanford's whimsical and wise exercises will walk you through thresholds you've been waiting to cross. I recommend it wholeheartedly!"

— Jan Phillips, author of *Marry Your Muse* and *The Art of Original Thinking*

# **THE ART OF PLAY**

## **IGNITE YOUR IMAGINATION TO UNLOCK INSIGHT, HEALING, AND JOY**

**JOAN STANFORD**

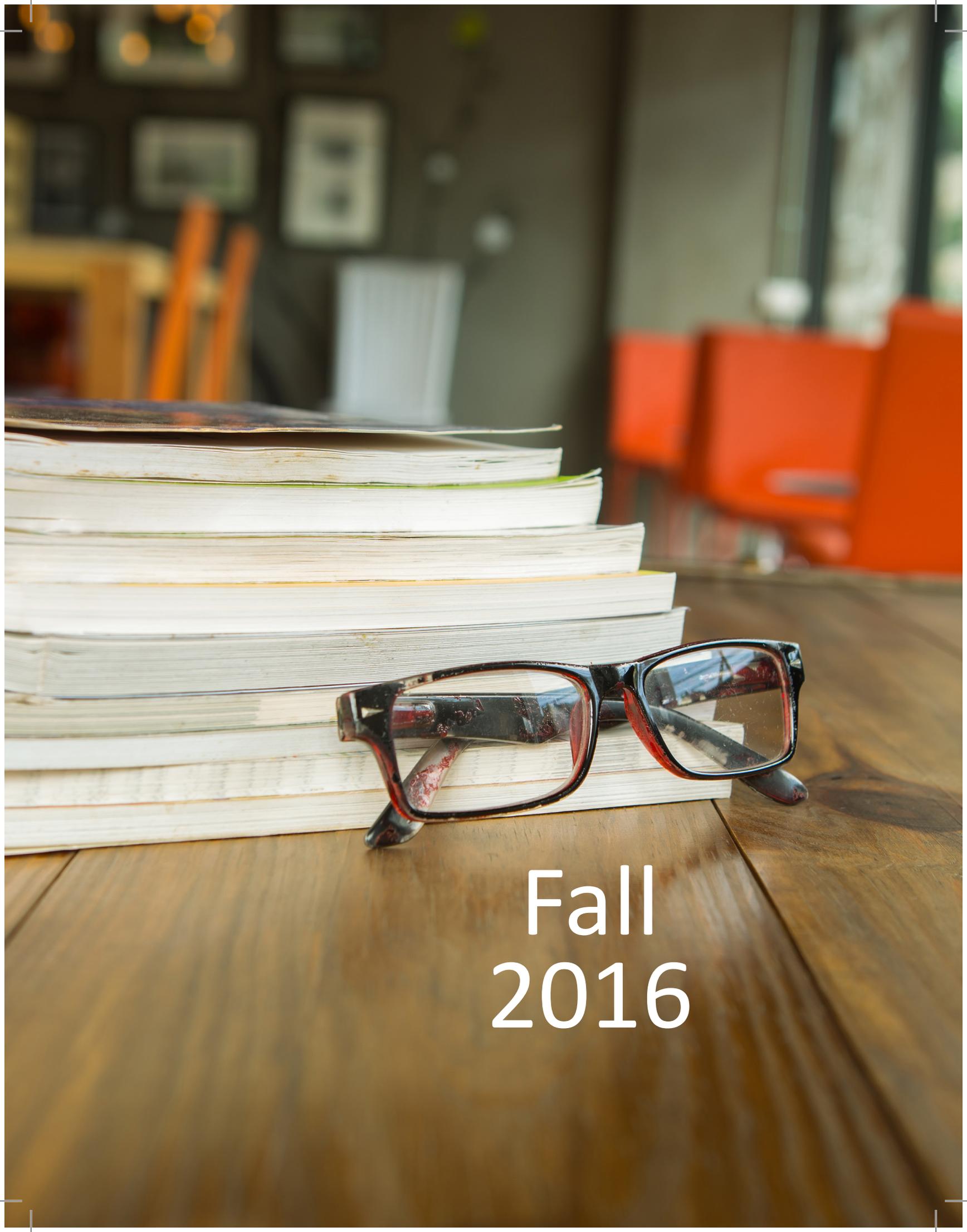
### **DESCRIPTION:**

*Lifelong "non-artist" Joan Stanford shares the creative process that led her to insight and healing, and shares ways for others to do the same.*

At forty-two, Joan Stanford—a busy mother and innkeeper—discovered, to her surprise and delight, a creative process for insight and healing that allowed even her, a self-proclaimed “non-artist,” to start making art. In *The Art of Play*, Stanford shares her journey through art and poetry as an example of how taking—or, more appropriately, making—time to pay attention to the imagery we encounter in our daily lives can expand our awareness and joy, and she offers readers suggestions for how to do this for themselves, inviting them to embark on their own journey.

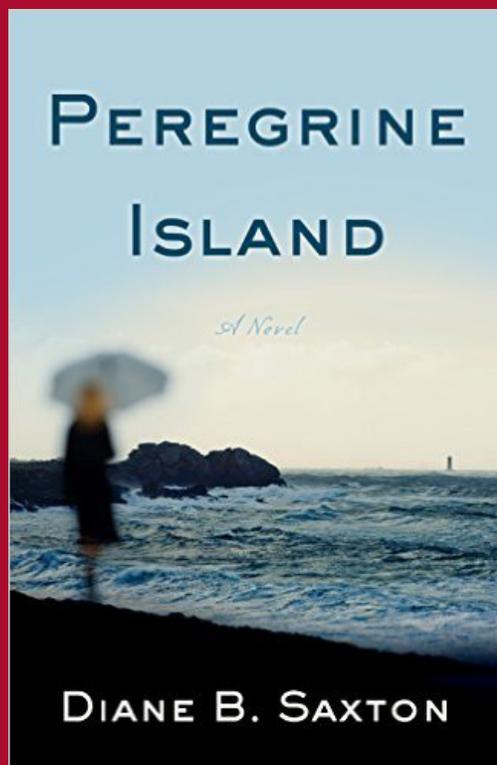
### **ABOUT THE AUTHOR:**

Joan Stanford is a board-certified art therapist and full-time innkeeper who has been facilitating creativity groups for over twenty years, encouraging people of all ages, especially non-artists, to expand their awareness through playing with art materials. She has been recognized with the Soroptimist “Making a Difference For Women” award for an art-based curriculum she cocreated and taught in local schools. Her poems have been published and her art exhibited. She lives in Mendocino, California with her husband, and offers imagination playshops and creativity retreats at their inn and wellness center.



Fall  
2016

**AUGUST 2016**



**Publication Date: August 2, 2016**

**\$16.95/\$9.95**

**282 pages | 5.5" x 8.5" paperback**

**Print ISBN: 978-1-63152-151-5**

**e-ISBN: 978-1-63152-152-2**

**Distributed by:**

**Ingram Publisher Services**

**866-770-3022**

**"Vanity Fair and Huffington Post journalist Saxton keeps the reader guessing until the novel's conclusion, which reveals the unexpected ways in which the two families are intertwined in the past as well as the present."**

**— Booklist Reviews**

**"A rich tale of lust and avarice, love and longing, Saxton's novel is a beguiling page-turner. The story unfolds through the voices of its three related narrators, each with a unique temperament, each propelling the action to its mesmerizing conclusion. The book, at once a mystery and a love story, is nothing short of spellbinding."**

**— Jean P. Moore, author of *Water on the Moon***

# **PEREGRINE ISLAND**

## **A NOVEL**

**DIANE B. SAXTON**

### **DESCRIPTION:**

*Peregrine Island delves into the mystery behind an heirloom painting and what it reveals about the clashing relationships within a troubled family.*

Have you ever wondered what the impetus was to start a certain painting? Why the artist chose to immortalize a particular subject? What if you suddenly discovered that the painting in question—your painting—was valuable?

On *Peregrine Island*, the Peregrine family's lives are turned upside down one summer when so-called "art experts" appear on the doorstep of their Connecticut island home to appraise a favorite heirloom painting. When incriminating papers—and other paintings—are discovered behind the painting in question, the appraisal turns into a full-fledged investigation. Flattered at first by the art museum's unanticipated interest, the family members quickly change their attitudes with the arrival of detectives on their terrace and the illusory but repeated appearance of a stranger reported to be concealed in a cove. The now-antagonistic family—grandmother, mother, and child—consequently begin to suspect one another, as well as the shady newcomers in their midst. As the summer progresses and the investigation reveals facts about the Peregrines' past that even they didn't know, they learn that people are not always who they appear to be—themselves not excluded—and art is often a reflection of their own lives. More important, in uncovering the secret of the painting, they come to realize that the love each has unconsciously sought has been right in front of them all along.

### **ABOUT THE AUTHOR:**

As a journalist for *Vanity Fair*, *The Huffington Post*, *Holiday Magazine*, and *Greenwich Review*, Diane B. Saxton covered everything from torture victims to psychics, animal rights activists, exotic travel, and movie producers. A new chapter opened up for her after she interviewed Amnesty International US founder Hannah Grunwald. Alarmed that the stories of incredible and influential lives such as Grunwald's could be lost as the Greatest Generation passes, Saxton began capturing their histories and compiled them into a 1,000-page biographical collection, which became the inspiration for her next novel. She brings the same gift for storytelling with illuminating subtext to her debut novel, *Peregrine Island*. Saxton divides her time between New York City and the Berkshires, where she lives with her husband, dogs and horses.

**AUGUST 2016**



**Green Shoots  
of Democracy**

*in the Philadelphia Democratic Party*

**Karen Bojar**

**Publication Date: August 2, 2016**

**\$18.95**

**288 pages | 5.5" x 8.5" paperback**

**Print ISBN: 978-1-63152-141-6**

**e-ISBN: 978-1-63152-142-3**

**Distributed by:**

**Ingram Publisher Services**

**866-770-3022**

**“Every Philadelphian—make that anyone interested in democratic engagement and transparent governance—should read this book by a veteran Democratic Party committeeperson. A rigorous, completely absorbing case study of Philadelphia’s political structure, the book is both an insider’s guide and a primer on taking back the party. Frank in her assessments of the past and present, Bojar offers a seductive vision of a future party, transformed from the bottom up, and entreats readers to put down the book and make it happen.”**

**— Belinda Davis, Professor of History,  
Rutgers University**

## **GREEN SHOOTS OF DEMOCRACY IN THE PHILADELPHIA DEMOCRATIC PARTY**

**KAREN BOJAR**

### **DESCRIPTION:**

*Based on interviews with longtime and newly elected committee people and ward leaders speaking candidly about their experiences in the ward system, **Green Shoots of Democracy within the Philadelphia Democratic Party** is an in-depth analysis of partisan politics on the grassroots level.*

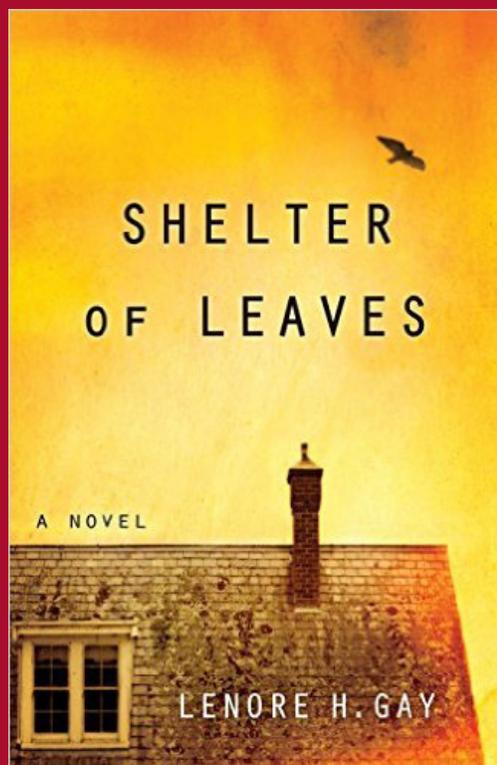
Drawing on the experiences of grassroots political activists from different socio- economic and ethnic backgrounds, *Green Shoots of Democracy* explores how self-identified progressives manage (or fail to manage) to work within a big city political machine. Although the book focuses on the work of progressives to foster democracy and transparency within the Philadelphia Democratic Party, lessons gleaned from their experiences are applicable beyond Philadelphia.

Americans have long had a history of volunteerism; however, grassroots partisan politics is often not considered a worthy volunteer endeavor—not as worthy as, for example, working in a homeless shelter or a literacy center. *Green Shoots of Democracy* argues for a more democratic, transparent party structure—one that is sorely needed to counter the widespread perception that electoral politics is dirty business rather than an honorable civic project.

### **ABOUT THE AUTHOR:**

Dr. Karen Bojar is Professor Emerita of English and women’s studies at the Community College of Philadelphia. She is a longtime Democratic Party activist and has served as a Democratic committeeperson for the past thirty years. She also has a long history as a feminist activist and served as President of the Philadelphia chapter of the National Organization for Women from 2001 to 2009. She continues to be involved in Philadelphia NOW and in Philadelphia politics. Bojar has written numerous articles on feminist activism, and is the co-editor of *Teaching Feminist Activism* (Routledge, 2002); she also recently published *Feminism in Philadelphia: The Glory Years, 1968–1982*, which interweaves the history of feminism in Philadelphia with the broad themes and trajectory of the “second wave” feminist movement.

**AUGUST 2016**



**Publication Date: August 9, 2016**

**\$16.95/\$9.95**

**346 pages | 5.5" x 8.5" paperback**

**Print ISBN: 978-1-63152-101-0**

**e-ISBN: 978-1-63152-102-7**

**Distributed by:**

**Ingram Publisher Services**

**866-770-3022**

**"Against this backdrop, Gay reveals the chaos of Sabine's battle against both internal and external horrors, with mysteries multiplying page by page ... danger is ever present in the threat of intruders; the ongoing, nameless war; and the return of Sabine's memories. Gay's fastpaced, thrilling debut novel is ideal for lovers of postapocalyptic fiction and *The Walking Dead*."**

**— Booklist Reviews**

# **SHELTER OF LEAVES**

## **A NOVEL**

**LENORE H. GAY**

### **DESCRIPTION:**

*When a series of bomb explosions hit on Memorial Day, Sabine flees Washington DC on foot and eventually finds safety at an abandoned farmhouse with other refugees—but surrounded by chaos, and unable to remember her family or her last name, who can she trust?*

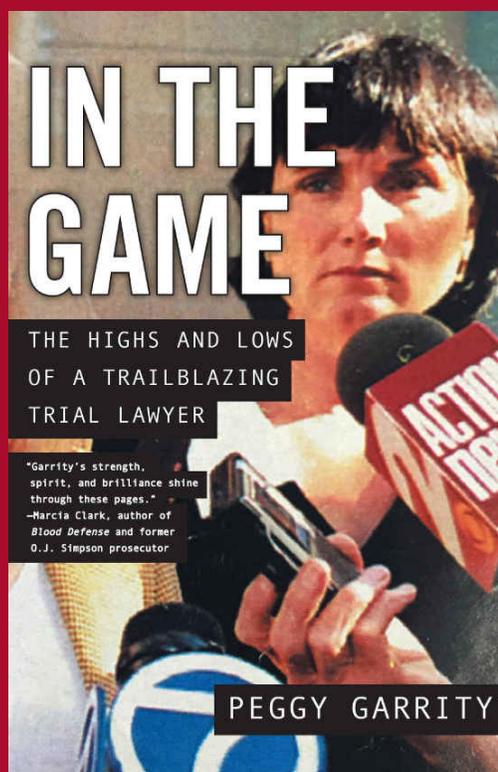
On Memorial Day, a series of bomb explosions shuts down major cities across the US. Her apartment in ruins, Sabine flees Washington DC and begins a grueling journey on foot that brings her to West Virginia, where she finds safety at an abandoned farmhouse with other refugees.

For Sabine, family is a vague memory—she can't even remember her last name. Without an identity, she hides—although thirty-five, she pretends to be twenty-eight, even to the refugee she falls in love with. But Sabine wants to recover her identity, and despite gangs, bombings, riots, and spreading disease, she longs to return to a family she has begun to recall—a mother, a father, and a brother. Are they alive, surviving, in hiding as she is? Do they await news of her, and hope to reconcile? Even in these harrowing times, Sabine's desires to belong and to be loved pull her away from shelter—and into danger.

### **ABOUT THE AUTHOR:**

Lenore H. Gay is a Licensed Professional Counselor with master's degrees in sociology and rehabilitation counseling. She has worked in agencies and psychiatric hospitals, and for ten years she maintained a private practice. The Virginia Center of the Creative Arts (VCCA) has awarded her two writing fellowships. Her poems and short stories have appeared in several journals. Her essay "Mistresses of Magic" was published in the anthology *In Praise of Our Teachers* (Beacon Press). Her story "The Hobo" won first place in *Style Weekly's* annual fiction contest. She is a volunteer reader at *Blackbird, An Online Journal for Literature & The Arts*. *Shelter of Leaves* is her first book.

AUGUST 2016



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\$16.95/\$9.95

252 pages | 5.5" x 8.5" paperback

Print ISBN: 978-1-63152-105-8

e-ISBN: 978-1-63152-106-5

Distributed by:

Ingram Publisher Services

866-770-3022

"When Peggy Garrity began her career, fewer than 3 percent of lawyers were women, and fewer than 1 percent of lawyers were brilliant—and she was in both categories. A single mother, and a singular force in the courtroom, Garrity litigated cases with one would-be assassin, several murderers, many movie stars, and far too many domestic violence perpetrators. *In the Game* tells her stories the way Garrity does everything: compellingly."

— Gavin de Becker, best-selling author of *The Gift of Fear*

# IN THE GAME

## THE HIGHS AND LOWS OF A TRAILBLAZING TRIAL LAWYER

PEGGY GARRITY

### DESCRIPTION:

*Admitted to the California State Bar in 1975—when less than 3 percent of lawyers were women—Peggy Garrity refused to choose between family and profession, and succeeded at both beyond anything she could have imagined.*

Peggy Garrity began her life as a small-town Irish Catholic girl in the Midwest. Initially convent-bound, she became determined to escape a life like her mother's, and in the mid-1970s she reinvented herself as a high-profile Los Angeles trial lawyer and single mother of four. At a time when there were virtually no women solo practitioners, she represented David against Goliath—and risked it all in the process.

Including compelling courtroom dramas featuring would-be presidential assassin Sara Jane Moore, celebrities Clint Eastwood, Sondra Locke, and Cheryl Tiegs, and some of Los Angeles's most notorious murder cases, *In the Game* is the groundbreaking story of a thrill-seeking solo trial lawyer—and single mother—who beat the odds at a time when working mothers, especially those in male-dominated professions like the law, faced the gauntlet of discrimination.

### ABOUT THE AUTHOR:

Peggy Garrity grew up in the Mississippi River hamlet of Prairie du Chien, Wisconsin, population 6,000—a town with two Catholic churches, four Catholic schools, and fifty bars and pubs. After attending night law school for five years and having three babies, she was admitted to the California State Bar in December 1975, after which she launched a solo practice. She retired from the full-time practice of law in December 2004, but remains committed to the law through her writing, consulting, and legal commentary, and by handling select civil rights cases. Garrity also teaches yoga and meditation privately. The *LA Times* published her op-ed about the Halliburton rape cases, "About that Day In Court," in 2008. Garrity is a doting grandmother of six.

**AUGUST 2016**



**Publication Date: August 9, 2016**

**\$16.95/\$9.95**

**234 pages | 5.5" x 8.5" paperback**

**Print ISBN: 978-1-63152-117-1**

**e-ISBN: 978-1-63152-118-8**

**Distributed by:**

**Ingram Publisher Services**

**866-770-3022**

**“A provocative book. Viewed through the lens of her own experience of homelessness, Josephine Ensign challenges us to view the homeless as real, complex people rather than social issues—or, worse, problems. Her committed vision as a clinician and author makes this a powerful narrative of one of the pressing social issues of our time.”**

**— Theresa Brown, *New York Times* best-selling author of *The Shift: One Nurse, Twelve Hours, Four Patients' Lives***

# **CATCHING HOMELESSNESS**

## **A NURSE'S STORY OF FALLING THROUGH THE SAFETY NET**

**JOSEPHINE ENSIGN**

### **DESCRIPTION:**

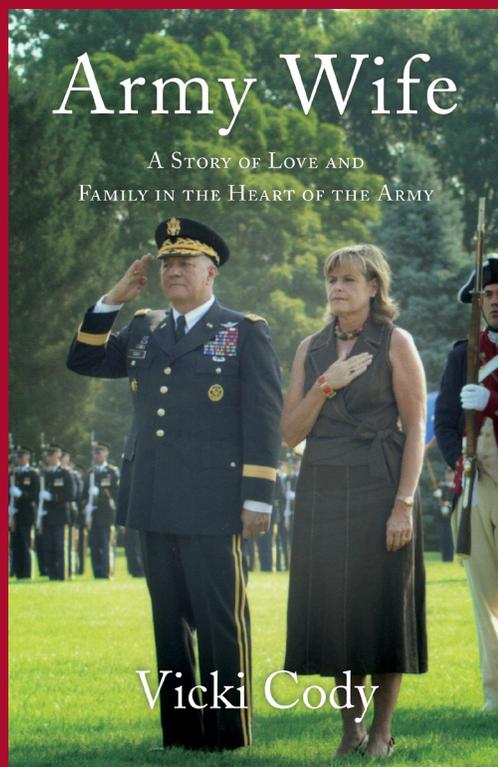
*Catching Homelessness is the compelling true story of a nurse's work with—and young adult passage through—homelessness.*

At the beginning of the homelessness epidemic in the 1980s, Josephine Ensign was a young, white, Southern, Christian wife, mother, and nurse running a new medical clinic for the homeless in the heart of the South. Through her work and intense relationships with patients and coworkers, her worldview was shattered—and after losing her job, family, and house, she became homeless herself. She reconstructed her life with altered views on both homelessness and the health care system. In *Catching Homelessness*, Ensign reflects on how this work has changed her, and how her work has changed through the experience of being homeless—providing a piercing look at the homelessness industry, nursing, and our country's health care safety net.

### **ABOUT THE AUTHOR:**

Josephine Ensign is an associate professor at the University of Washington, Seattle, where she teaches community health, health policy, and narrative medicine. A graduate of Oberlin College, the Medical College of Virginia, and Johns Hopkins University, she has been a nurse for over thirty years, providing health care for homeless and marginalized populations. She is an alumna of Hedgebrook and the Community of Writers at Squaw Valley. Her essays have appeared in *The Sun*, *The Oberlin Alumni Magazine*, *Pulse*, *Silk Road*, *The Intima*, *The Examined Life Journal*, *Johns Hopkins Public Health Magazine*, and the nonfiction anthology *I Wasn't Strong Like This When I Started Out: True Stories of Becoming a Nurse*, edited by Lee Gutkind. *Catching Homelessness* is Ensign's first book. She lives in Seattle.

**AUGUST 2016**



**Publication Date: August 16, 2016**

**\$16.95/\$9.95**

**281 pages | 5.5" x 8.5" paperback**

**Print ISBN: 978-1-63152-127-0**

**e-ISBN: 978-1-63152-128-7**

**Distributed by:**

**Ingram Publisher Services**

**866-770-3022**

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**“Written in an unencumbered, conversational style, this book is partly a personal memoir and partly a study of the ways in which civilians make noble sacrifices out of patriotic commitment. Especially given the United States’ many military engagements around the world, this is a timely and thoughtful offering . . . An Army wife’s absorbing testament to the power of family and faith to weather difficult times.”**

**— Kirkus Reviews**

# **ARMY WIFE**

## **A STORY OF LOVE AND FAMILY IN THE HEART OF THE ARMY**

**VICKI CODY**

### **DESCRIPTION:**

*This book is a rare glimpse into the heart of the Army, as seen through the eyes of Vicki Cody, an Army wife of thirty-three years who fell in love with a lieutenant and stayed by his side as he rose up through the ranks, all the way to four-star general and Vice Chief of Staff of the Army.*

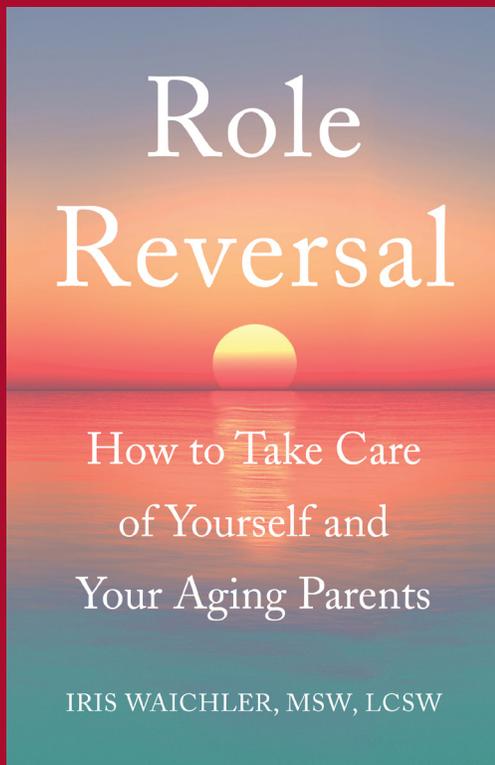
From the last days of the Vietnam War to the present-day war on terrorism, this story is a moving and poignant tribute to love, marriage, family, and the men and women who serve this nation. In describing her thirty-three-year journey as an Army wife, Vicki Cody gives an in-depth look at what it takes to keep a marriage strong; raise a family, oftentimes as a single parent; create a home; and face separations and loneliness amid the uncertainty and stresses that are so much a part of Army life.

Over the years, Cody learns to embrace the uniqueness of her circumstances, and she finds joy, self-fulfillment, and pride in her role. But when both her sons follow in their dad’s footsteps, becoming Army Aviators and flying Apache helicopters in combat zones in Afghanistan and Iraq, Cody faces her greatest challenges as a mother, and again must balance the needs of her family with her husband’s position. Full of humor and honesty, *Army Wife* brings the reader into Cody’s private life in a very personal way, and in doing so opens the lens for a broader view of world events.

### **ABOUT THE AUTHOR:**

Vicki Cody grew up in Burlington, Vermont and graduated from the University of Vermont with a BS degree in education in 1975. For the next thirty-three years she was an Army wife, supporting her husband in his career. While raising their two sons and moving all over the United States and overseas, she served as a coach and mentor for other Army spouses, and as an advocate for Army families. Her first book, *Your Soldier, Your Army: A Parents’ Guide* was published by the Association of the United States Army in 2005. Her articles have appeared in numerous military magazines and publications. This is her first memoir. She and her husband of forty years live in the Washington, DC area.

**AUGUST 2016**



**Publication Date: August 16, 2016**

**\$16.95/\$9.95**

**310 pages | 5.5" x 8.5" paperback**

**Print ISBN: 978-1-63152-091-4**

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**Ingram Publisher Services**

**866-770-3022**

*“Role Reversal does a beautiful job of intertwining personal experience with professional guidance. Waichler’s professional background working with older adults, combined with her long and loving relationship with her father, make her uniquely qualified to provide insight and support. With every page her father comes alive as the spirited, driven, and devoted person that he was. His story is an inspiration. This highly readable book will leave you feeling like you know Waichler and her father well. It will also gift you with resources and guidance as you engage with your parent in later life.”*

— Susan Alterman, Psy/D, licensed clinical psychologist

# **ROLE REVERSAL**

## **HOW TO TAKE CARE OF YOURSELF AND YOUR AGING PARENTS**

**IRIS WAICHLER, MSW, LCSW**

### **DESCRIPTION:**

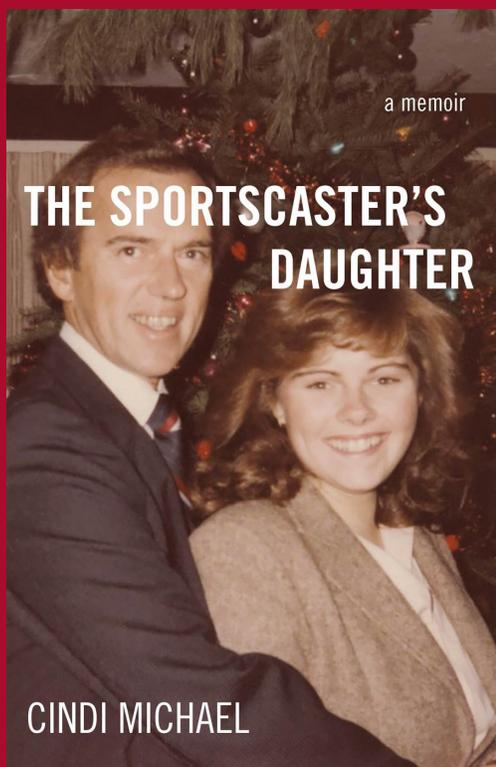
*A comprehensive guide for the 45 million people currently taking care of family members who need assistance because of health-related problems.*

Designed to help caregivers understand how to cope with and overcome the overwhelming challenges that arise while caregiving for a loved one—especially an aging parent—*Role Reversal* is a comprehensive guide to navigating the enormous daily challenges faced by caregivers. In these pages, Waichler blends her personal experience caring for her beloved father with her forty years of expertise as a patient advocate and clinical social worker. The result is a book offering invaluable information on topics ranging from estate planning to grief and anger to building a support network and finding the right level of care for your elderly parent.

### **ABOUT THE AUTHOR:**

Iris Waichler, MSW, LCSW has been a licensed clinical social worker and patient advocate for over forty years. She worked as a medical social worker in three major teaching hospitals. This is her third book; her last book, *Riding the Infertility Roller Coaster*, won four book awards, including “Best Book of the Year” from the National Association of Parenting Publications (NAPPA) and a Mom’s Choice Award. She has also been a *Foreword Magazine* and *USABookNews* finalist for best book of the year. Waichler has led workshops and done group, family, and individual counseling with people struggling with a variety of medical problems. She lives in Chicago with her husband, Steve, and her daughter, Grace.

AUGUST 2016



Publication Date: August 23, 2016

\$16.95/\$9.95

348 pages | 5.5" x 8.5" paperback

Print ISBN: 978-1-63152-107-2

e-ISBN: 978-1-63152-108-9

Distributed by:

Ingram Publisher Services

866-770-3022

**“As the daughter of a celebrity sportscaster, Michael engages the written page as if it were her last chance. Woven delicately, this memoir will break your heart until understanding and forgiveness emerge. Then you will cheer.”**

— Julie Maloney, Director, Women Reading Aloud

# THE SPORTSCASTER'S DAUGHTER

## A MEMOIR

CINDI MICHAEL

### DESCRIPTION:

*Despite being disowned by her father—sportscaster George Michael, said to be the man who inspired ESPN's SportsCenter—Cindi Michael manages financially and heals emotionally, ultimately finding confidence from within.*

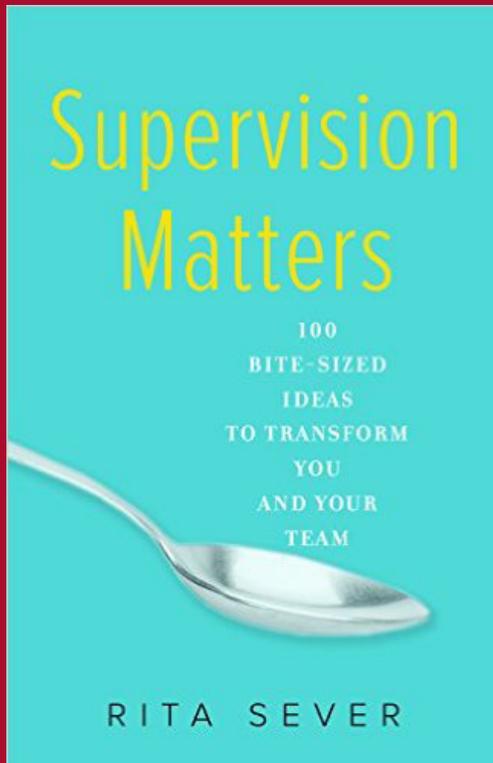
Cindi Michael appears to live a charmed life: she's happily married, has a successful career, and is a loving mom to two wonderful children. Yet she longs for a father who hasn't spoken to her in twenty years, and even secretly watches him on TV when the longing becomes unbearable.

When Cindi was eleven, her father fought for sole custody of her and her siblings, raising three children on his own despite being a bachelor and rock 'n' roll DJ in New York. But with his rising fame as the host of the popular show *Sports Machine*, his eighty-hour-a-week work schedule, and his second marriage, the close relationship Cindi shared with her father began to crack. She did everything to earn his love and attention, but for perfectionist George, it was never enough—and when she was eighteen and a freshman in college, in a burst of anger, he told her never to come home again. As the years went on, Cindi struggled to steel her heart while still remaining hopeful that they would one day reconcile, just as her father had with his own dad, and transcend painful family patterns that span generations. Candid, moving, and ultimately hopeful, *The Sportscaster's Daughter* is a family story of forgiveness, faith, and strength.

### ABOUT THE AUTHOR:

After moving from Maryland to Switzerland to Texas to Michigan, Cindi Michael now lives in rural New Jersey, not far from where she spent the golden years of her childhood. She's happily married to an Englishman and is a die-hard football and swim team mom. Her day job as a technology and big data expert takes her to clients around the world, and she is the author of five business and technology books. She holds a BA in English from the University of Maryland and an MBA from Rice University. She has won two creative writing awards for her short stories.

**AUGUST 2016**



**Publication Date: August 23, 2016**

**\$16.95/\$9.95**

**350 pages | 5.5" x 8.5" paperback**

**Print ISBN: 978-1-63152-145-4**

**e-ISBN: 978-1-63152-146-1**

**Distributed by:**

**Ingram Publisher Services**

**866-770-3022**

# **SUPERVISION MATTERS**

## **100 BITE-SIZED IDEAS TO TRANSFORM YOU AND YOUR TEAM**

**RITA SEVER**

### **DESCRIPTION:**

*A collection of practical, accessible, and concise essays offering a comprehensive approach to effective supervision.*

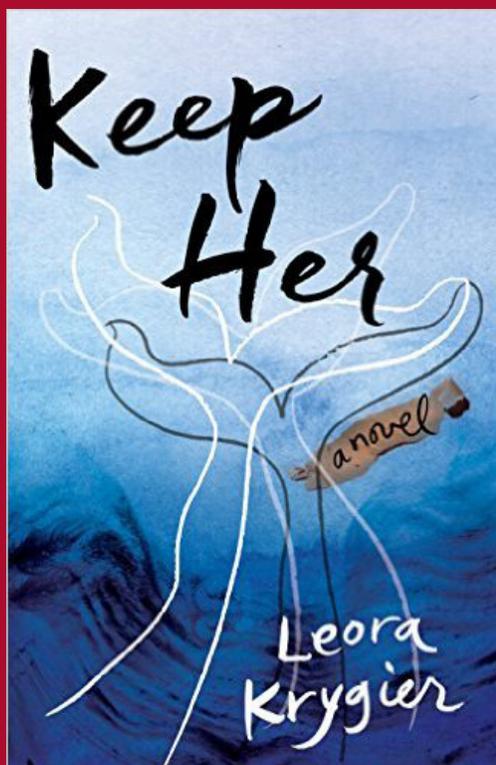
Supervision is a critical function of leadership that is often overlooked, and yet the quality of supervision is often what makes or breaks a leader—and an organization. *Supervision Matters* is full of bite-sized ideas for how to become a more effective supervisor, including advice on how to be clear about expectations, giving helpful feedback, manage yourself, and more. Each chapter is structured around how you approach a part of your work as a supervisor—how you talk, how you think about others, how you run meetings, how you lead, and more.

Whether you're a front-line supervisor or a CEO, this book will help you sharpen your skills and improve morale by transforming your supervision skills into user-friendly tactics that work.

### **ABOUT THE AUTHOR:**

Rita Sever works with individuals, teams, leaders, and organizations to improve the culture and practice of supervision, thereby helping organizations to be more effective. Sever worked as an HR Director for more than twenty years before she started her consulting practice, *Supervision Matters*. She has an MA in organizational psychology and is a professional coach. She has taught at the University of San Francisco and Sonoma State University in California, and has published a monthly newsletter entitled *Matters of Supervision* for over ten years. Sever lives in the San Francisco Bay Area and in Portland, OR.

SEPTEMBER 2016



Publication Date: September 6, 2016

\$16.95/\$9.95

220 pages | 5.5" x 8.5" paperback

Print ISBN: 978-1-63152-143-0

e-ISBN: 978-1-63152-144-7

Distributed by:

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866-770-3022

"Leora Krygier weaves an eloquent story about two star-crossed lovers. I absolutely loved this heartbreaking but uplifting tale."

— Linda Schreyer, author of *Tears and Tequila*

"A riveting, complex tale of adventure and love. Maddie and Aiden, both unmoored by loss, make their way— together."

— Sarah Lamstein, author of *Hunger Moon*

# KEEP HER

## A NOVEL

LEORA KRYGIER

### DESCRIPTION:

*When a water main bursts in rain-starved Los Angeles, seventeen-year-old artist Maddie and filmmaker Aiden's worlds collide in a whirlpool of love and loss. Is it meant to be?*

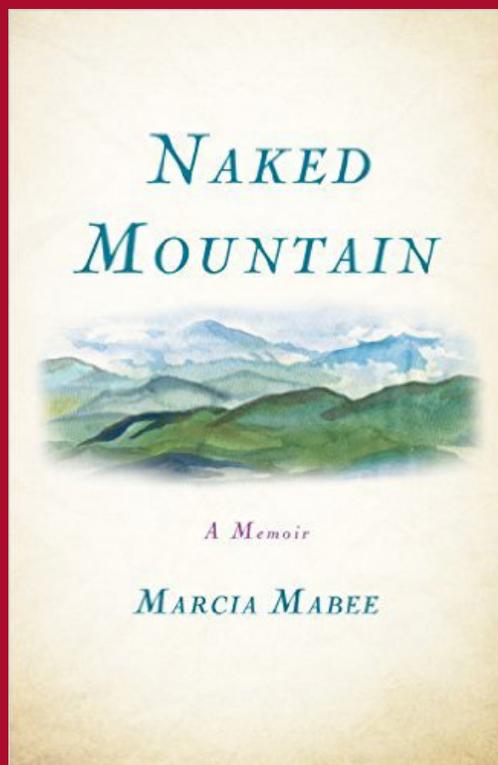
Destiny doesn't factor into seventeen-year-old adoptee Maddie's rational world, where numbers and scientific probability have always proven to be the only things she can count on as safe and reliable. Still, Maddie is also an artist who draws on instinct and intuition to create the collages she makes from photographs and the castoff scraps she saves. But when her brother falls in with a Los Angeles street gang, Maddie loses her ability to create art.

Then fate deals Maddie a card she can't ignore: Aiden, a young filmmaker she meets when a water main bursts inside a camera store. Aiden is haunted by the death of his younger brother, and by a life-changing decision he must now make— whether or not to keep his baby daughter. Caught in a whirlpool of love and loss, Maddie and Aiden find that art and numbers, a mission to save endangered whales, and a worn-out copy of *Moby Dick* all collide to heal and save them both.

### ABOUT THE AUTHOR:

Leora Krygier is the author of *When She Sleeps* (Toby Press), a New York Public Library Selection for "Best Books for the Teen Age," and about which *Newsweek* raved, "Krygier's luminous prose transports the reader." She is also a former Los Angeles Superior Court judge and the author of *Juvenile Court: A Judge's Guide for Young Adults and their Parents* (Scarecrow Press). She lives in Los Angeles with her husband. When she's not writing, she loves to go to the beach, walk the Santa Monica Mountain trails, and snap lots and lots of photographs.

SEPTEMBER 2016



Publication Date: September 6, 2016

\$16.95/\$9.95

282 pages | 5.5" x 8.5" paperback

Print ISBN: 978-1-63152-097-6

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866-770-3022

"A highly engaging memoir, a fine blend of life's images and passages. Marcia Mabee's redeeming discovery of the Southeast's remote Blue Ridge outback enfolds a journey through joy and family tragedy. Her pace doesn't falter, but she knows when to slow the story, for vivid details about both personal and natural history. Deeply felt, well told."

— Stephen Nash, 2015 winner, American Institute of Physics Science Writing Award for *Virginia Climate Fever: How Global Warming Will Transform Our Cities, Shorelines, and Forests.*

# NAKED MOUNTAIN

## A MEMOIR

MARCIA MABEE

### DESCRIPTION:

*After buying a mountain in a forgotten corner of rural Virginia as a weekend getaway, Marcia Mabee and her husband Tim become passionate conservationists. When both are diagnosed with particularly deadly cancers, only Marcia survives—but surprising twists provide her with a path forward to new love.*

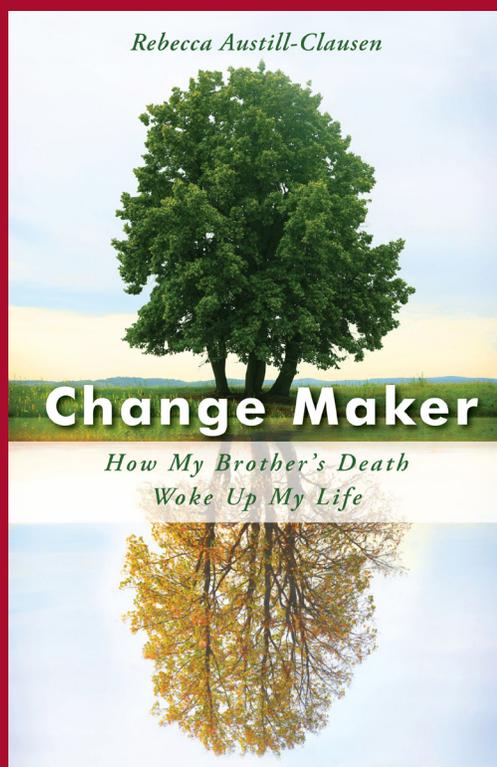
Marcia Mabee and her husband are a clueless suburban couple when they buy a mountain in a forgotten corner of rural Virginia as a weekend getaway—but after enchanting wildlife encounters, and a spectacular botanical discovery, they become passionate conservationists. Shortly after their property is dedicated as the Naked Mountain Natural Area Preserve, Marcia is diagnosed with ovarian cancer; and before she finishes chemotherapy, Tim is struck down with pancreatic cancer. Each has promised the other to scatter their ashes among the wildflowers on their beloved mountain, but it is Marcia who survives.

In the midst of grieving so deeply she nearly loses her grip on life, Marcia meets David at Tim's memorial service. He is there on his wife's behalf—a woman who was Tim's high school sweetheart, and who is now divorcing David. Months later, David calls Marcia, and they enter into an intimate relationship, compelling Marcia to struggle with the twin forces of deep grief and new love.

### ABOUT THE AUTHOR:

Marcia Mabee is a retired Washington, DC "lobbyist." After serving as professional staff for a committee of Congress, she represented nonprofit public health associations before the Administration and Congress for twenty-five years. She holds multiple advanced degrees, including a PhD in health policy, an MPH, and an MSW. She has been published in *The American Journal of Surgery* and *The Journal of the American College of Surgeons*, and has written chapters for medical and nursing textbooks. She currently writes a blog about living in the middle of the Naked Mountain Natural Area Preserve, a property she and her deceased husband, Timothy Bell, purchased in Virginia in 1988. An ovarian cancer survivor, she also writes about cancer and grief recovery.

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\$16.95/\$9.95

274 pages | 5.5" x 8.5" paperback

Print ISBN: 978-1-63152-130-0

e-ISBN: 978-1-63152-129-4

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"Well written and insightful, this book would be extremely helpful for anyone wondering if after-death communication is possible, and if grief can be inspiring as well as heartbreaking."

— Terri Daniel, founder of the Afterlife Conference

"*Change Maker* explores Clausen's spiritually transformative experience and her profound acceptance that the soul's journey is longer than she ever imagined."

— Brit + Co, "8 New Age Self-Help Books to Inspire Your Own Fall Awakening"

# CHANGE MAKER

## HOW MY BROTHER'S DEATH WOKE UP MY LIFE

REBECCA AUSTILL-CLAUSEN

### DESCRIPTION:

*Change Maker* is Rebecca Austill-Clausen's story of her discovery that she could communicate with her brother after he died. Following this realization, a world she never imagined opened up to her—even as she doubted her sanity and feared she would lose the respect of her colleagues, as well as the love and support of her family. Austill-Clausen struggled with how her spiritual awakening and eventual spiritual transformation could mesh with the practical everyday world—the one where she had a rapidly growing rehabilitation business to run, and where she was known as a knowledgeable, science-based expert in the field of occupational therapy.

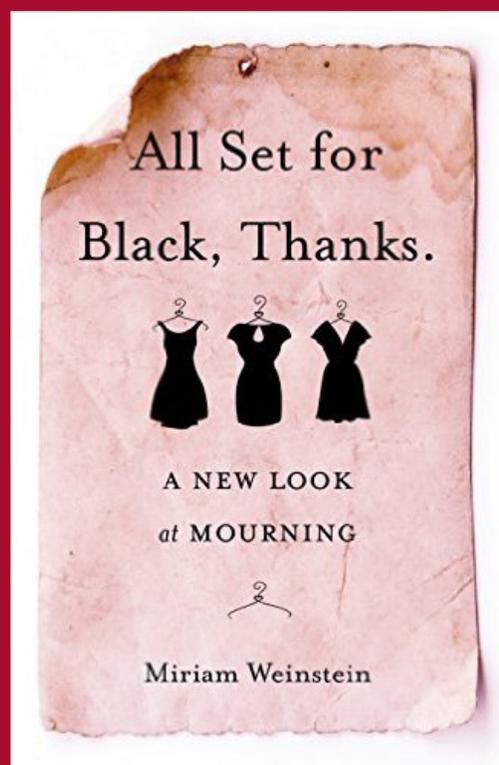
Each chapter of *Change Maker* explores spiritual beliefs and understanding, includes an original black-and-white illustration by Micki McAllister, and ends with an "Illumination"—guidance, suggestions, encouragement, and inspiration for readers who wish to pursue their own spiritual journey. The end result is a book that blends the best of memoir, self-help, new age philosophy, and inspiration.

### ABOUT THE AUTHOR:

Rebecca Austill-Clausen grew up in New England, north of Boston, and now lives amongst the rolling hills of Chester County, PA. She graduated summa cum laude with an advanced master's degree in occupational therapy from Boston University, and holds a BS in Occupational Therapy from Utica College of Syracuse University. She has initiated hundreds of occupational therapy programs nationwide, serviced over 100,000 clients, and founded highly successful rehabilitation private practices in PA, DE, NJ, LA, and NM. Austill-Clausen has written for eleven professional publications. *Change Maker* is her first book.

Illustrator Micki McAllister has created art for over twenty years. She holds a BFA from West Chester University, a teaching certificate from Moore College of Art and Design, and a master's in Art Education at Kutztown University.

SEPTEMBER 2016



Publication Date: September 13, 2016

\$16.95/\$9.95

224 pages | 5.5" x 8.5" paperback

Print ISBN: 978-1-63152-109-6

e-ISBN: 978-1-63152-110-2

Distributed by:

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866-770-3022

“Who knew I’d find a collection of essays about death to be shockingly funny? I should have known—given the collection’s title, and the cover, which is a *Vogue*-ish drawing of some little-black-going-to-a-funeral dresses. But of course Miriam Weinstein’s new book is also touching, for the what-to-wear dilemmas she addresses are surrounded by evocative descriptions of how loved ones react to life’s passing. These are intensely personal essays about death written by an introspective woman with a keen gift for *outré* and, dare I say ‘cheering,’ *gab*.”

— Rebecca Coffey, author of *Hysterical*

# ALL SET FOR BLACK, THANKS.

## A NEW LOOK AT MOURNING

### MIRIAM WEINSTEIN

#### DESCRIPTION:

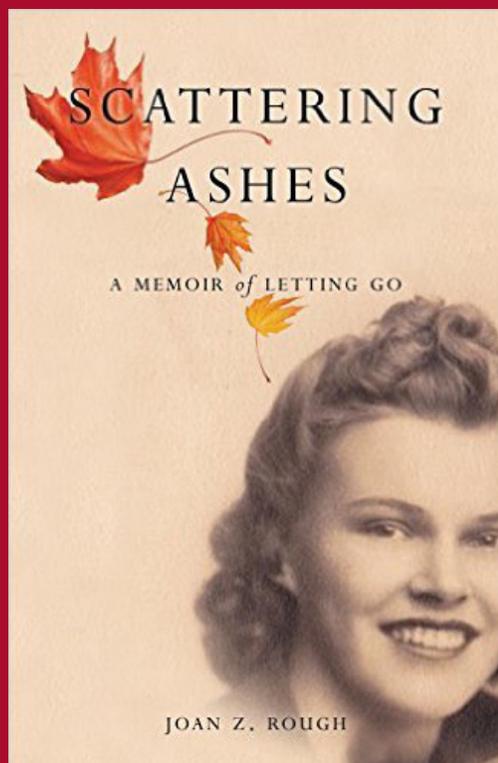
*A wry, irreverent take on how we mourn, how we remember, and how we keep our dead with us even as we (sort of) let them go.*

When Miriam Weinstein’s good friend died unexpectedly—and other losses followed close behind—it led to a year of introspection and black outfits. *All Set For Black, Thanks* features the practical concerns that go along with funerals, from how to write and deliver a eulogy (endearing, down-to-earth details like “she always burned the garlic bread” or “he never could figure out the remote,” for example, bring the subject to closer to life) to larger questions, like why we bring casseroles to the grieving—and what might be a better response. With wit and deep feeling, Weinstein confronts the rough bargain of human existence: no one gets out of here alive, but we live as if the lives of our loved ones have no end. In stories and portraits, she shows how we can both let our dead go and keep them with us as we go on living.

#### ABOUT THE AUTHOR:

Miriam Weinstein writes about family, friendship, and how we navigate time and make meaning in our lives. Starting as a documentary filmmaker, then moving into print journalism, she has won awards in many categories. Her book *Yiddish: A Nation of Words* won the *National Jewish Book Award*. Her next book, *The Surprising Power of Family Meals: How Eating Together Makes Us Smarter, Stronger, Healthier and Happier*, opened a national conversation, with quotes on the front page of *The New York Times* and in *Time* magazine. Weinstein lives in Gloucester, MA with her husband.

SEPTEMBER 2016



Publication Date: September 20, 2016

\$16.95/\$9.95

256 pages | 5.5" x 8.5" paperback

Print ISBN: 978-1-63152-095-2

e-ISBN: 978-1-63152-096-9

Distributed by:

Ingram Publisher Services

866-770-3022

"In this well-wrought memoir, Joan Rough shows us the beauty of becoming the alchemist of one's own life. What happens after she invites her elderly, narcissistic mother to move in to her home will often set your teeth on edge. The amazing ending, however, will leave you standing in awe at the power of love."

— Shirley Hershey Showalter, author of *Blush: A Mennonite Girl Meets a Glittering World*

# SCATTERING ASHES

## A MEMOIR OF LETTING GO

JOAN Z. ROUGH

### DESCRIPTION:

*A daughter's chronicle of what happens when she invites her alcoholic and emotionally abusive mother to move in with her in hopes of helping her through the final stages of life—and her dream of mending their tattered relationship fails miserably.*

When her alcoholic and emotionally abusive mother's health declines, Joan Rough invites her to move in with her—and for the next seven years, they both struggle to maintain their own privacy and independence. Rough longs to be the "good daughter," helping her narcissistic mother face the reality of her coming death. But her mom, convinced she will live forever, does everything she can to remain in control of her own life. When repressed memories of childhood abuse by her mother arise, Rough is filled with deep resentment and hatred toward the woman who birthed her; and then her mother finally dies, and she is left with a plastic bag of her mother's ashes and a diagnosis of PTSD. What will she do with them?

Courageous and unflinchingly honest, *Scattering Ashes* is a powerful chronicle of letting go of a loved one, a painful past, and fear—a journey that will bring hope to others who grapple with the pain and repercussions of abuse.

### ABOUT THE AUTHOR:

Joan Z. Rough is a visual artist, poet, and nonfiction writer. Her poems have been published in a variety of journals, and are included in the anthology *Some Say Tomato*, edited by Mariflo Stephens. Her first book, *Australian Locker Hooking: A New Approach to a Traditional Craft*, was published in 1980. Her blog can be found at [www.joanzrough.com](http://www.joanzrough.com).

SEPTEMBER 2016

# PIECES OF ME

RESCUING MY  
KIDNAPPED DAUGHTERS

LIZBETH MEREDITH



Publication Date: September 20, 2016

\$16.95/\$9.95

280 pages | 5.5" x 8.5" paperback

Print ISBN: 978-1-63152-834-7

e-ISBN: 978-1-63152-835-4

Distributed by:

Ingram Publisher Services

866-770-3022

*"Pieces of Me is an important, honest, and heartrending story of a brave young mother's struggle to save her precious daughters—no matter the toll it takes on her—as she through it all carries the double burden of reliving her own childhood trauma."*

— Lene Fogelberg, author of *The Wall Street Journal* bestseller *Beautiful Affliction*

## PIECES OF ME RESCUING MY KIDNAPPED DAUGHTERS

LIZBETH MEREDITH

### DESCRIPTION:

*When her daughters are kidnapped and taken to Greece by their non-custodial father, single mom Lizbeth Meredith vows to bring her them home—and give them a better childhood than her own.*

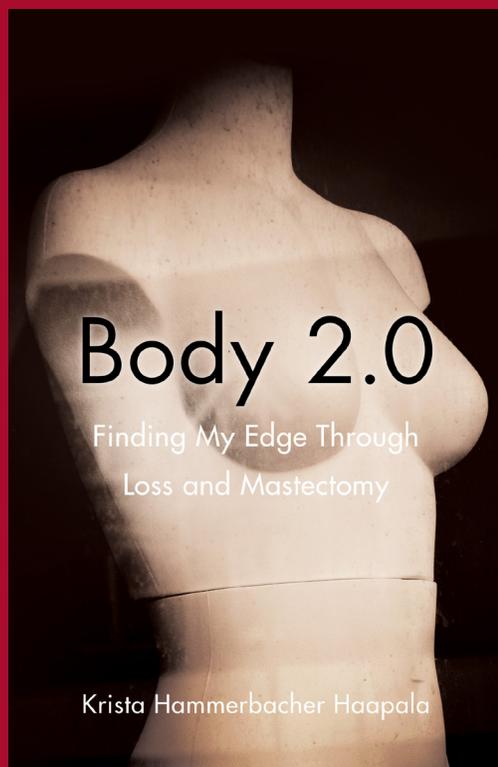
In 1994, Lizbeth Meredith said good-bye to her four- and six-year-old daughters for a visit with their non-custodial father—only to learn days later that they had been kidnapped and taken to their father's home country of Greece.

Twenty-nine and just on the verge of making her dreams of financial independence for her and her daughters come true, Lizbeth now faced a \$100,000 problem on a \$10-an-hour budget. For the next two years—fueled by memories of her own childhood kidnapping—Lizbeth traded in her small life for a life more public, traveling to the White House and Greece and becoming a local media sensation in order to garner interest in her efforts. The generous community of Anchorage became her makeshift family—one that was replicated by a growing number of Greeks and expats overseas who helped her navigate the turbulent path leading back to her daughters.

### ABOUT THE AUTHOR:

Lizbeth Meredith is a writer with a bachelor's degree in journalism and a master's degree in psychology. She has worked as a domestic violence advocate and a child abuse investigator, and with at-risk teens as a juvenile probation supervisor. She blogs at [www.lameredith.com](http://www.lameredith.com), is a contributor to *A Girls' Guide To Travelling Alone* by Gemma Thompson, and is the author of *When Push Comes to Shove: How to Help When Someone You Love Is Being Abused*. She lives in Anchorage, Alaska near her two adult daughters.

SEPTEMBER 2016



Publication Date: September 20, 2016

\$16.95/\$9.95

280 pages | 5.5" x 8.5" paperback

Print ISBN: 978-1-63152-131-7

e-ISBN: 978-1-63152-132-4

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866-770-3022

"From redefining her body image to sustaining a steamy intimate relationship in the face of health drama, the scenes of this moving memoir will reawaken every woman's soul to the power of existence and stir a yearning to hold on to it forever."

— *Working Mother Magazine*

"A little transcendentalist, a little bit rock and roll, Haapala made her decision and stuck with it...Recommended for most patient health collections."

— *Library Journal*

# BODY 2.0

## FINDING MY EDGE THROUGH LOSS AND MASTECTOMY

KRISTA HAMMERBACHER HAAPALA

### DESCRIPTION:

*An authentic, inspiring guide to reframing adversity that provides a new perspective on preventative mastectomy, told through the lens of the author's personal experience.*

To honor her mother's deathbed advice to head off breast cancer and "be there" for her boys, Krista Hammerbacher Haapala chose to trade healthy breasts for longevity and peace of mind. In *Body 2.0*, Haapala chronicles the personal research, medical process, bodily changes, and emotional toll involved in the more than two-year odyssey she refers to as her "Body 2.0 vision quest."

Through it all, Haapala shares her insights for living awake during even the darkest times, and captures the raw ebbs and flows she and her family experienced in the face of her wrenching decision. She takes on body image, the sexualization of breast cancer, motherhood, and maternal relationships, as well as how to sustain an intimate, loving partnership. An unflinching, irreverent take on preventative double mastectomy, *Body 2.0* is a guide to reframing adversity, finding inspiration, and shaping your own life.

### ABOUT THE AUTHOR:

Krista Hammerbacher Haapala is a passion instigator. As a personal, relationship, and sexuality coach, she supports humans of every stripe in creating fiercely fulfilling lives. Haapala finds her own edge daily as a mountain biker, CrossFitter, sailor, and poet. She lives a few steps from the woods in Maine, and is the mama of two sons and partner to her love, Brian.

SEPTEMBER 2016

STEPMOTHER



A MEMOIR

MARIANNE LILE

Publication Date: September 27, 2016

\$16.95/\$9.95

224 pages | 5.5" x 8.5" paperback

Print ISBN: 978-1-63152-089-1

e-ISBN: 978-1-63152-090-7

Distributed by:

Ingram Publisher Services

866-770-3022

"This is a genuine love story that thoughtfully considers all the ways real-world obstacles conspire against a simple romance. A beautiful examination of a family and the sometimes-fragile ligatures that bind its members."

— *Kirkus Reviews*, selected by Indie Editors as a review in the Oct 2016 issues

"As it wends from battling resentment to persevering to redefining the foundations of family, this memoir is an emotionally raw celebration of motherhood and all its forms."

— *Working Mother*, "21 New Books to Fall for This Autumn"

# STEPMOTHER

## A MEMOIR

MARIANNE LILE

### DESCRIPTION:

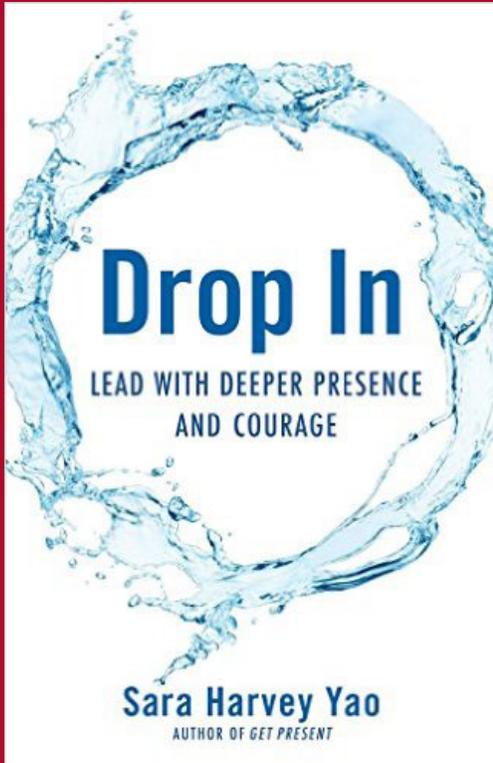
*For the estimated 14 million stepmothers living in the United States, this memoir provides an honest reflection of the stepmom experience, highlighting both the love and the loneliness that encircles it.*

Stepmother tells the story of Marianne Lile, who met a man, fell in love, got married, and arrived home from the honeymoon with a new label: stepmom. It was a role she initially embraced—but she quickly discovered she was alone in a difficult situation, with no handbook and no mentor. Here, Lile describes the complexities of the stepmom position, in a family and in a community, and shares her experience wearing a tag that is often misunderstood and weighed down by the numerous myths in society. Candid and poignant, *Stepmother* is a story of love and like, resentments and exasperation, resignation and hope—and a story, ultimately, of family.

### ABOUT THE AUTHOR:

Marianne Lile lives in Seattle, WA. She has been a stepmother and mother of three children for over twenty years.

OCTOBER 2016



Publication Date: October 4, 2016

\$14.95/\$9.95

220 pages | 5" x 7" paperback

Print ISBN: 978-1-63152-161-4

e-ISBN: 978-1-63152-162-1

Distributed by:

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*"Drop In is a potent and practical guide for the journey of turning inward, but there is an even more powerful aspect to this book. Sara Harvey Yao warmly and continually points the reader to foundational truths about the human experience and offers perspectives that have the potential to radically and positively shift your orientation to leadership and life."*

— Cy Wakeman, *New York Times* Best-Selling Author of *Reality Based Leadership*

# DROP IN

## LEAD WITH DEEPER PRESENCE AND COURAGE

SARA HARVEY YAO

### DESCRIPTION:

*A compelling exploration of why being present is so challenging and how leaders can access clarity, connection, and courage in the midst of their chaotic lives, inside and outside of work.*

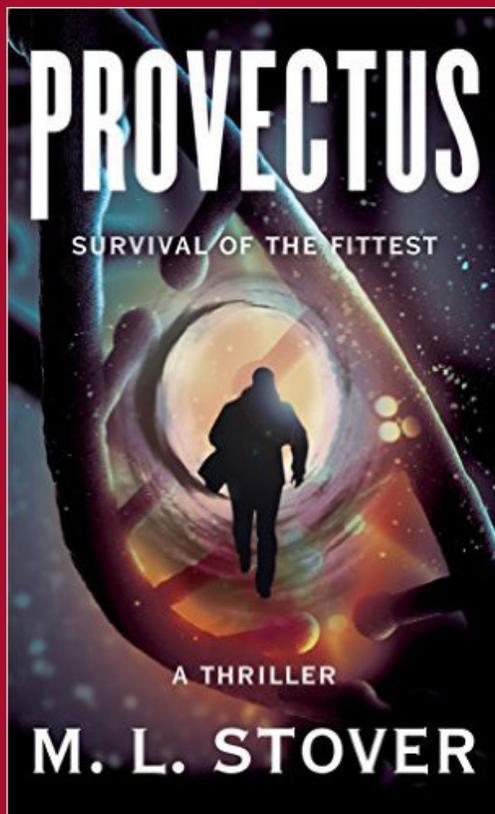
In a society that deeply values productivity, speed, and external rewards, we often find ourselves with less of what we really long for: space, clarity, connection with others, and a sense of well-being. Our attempts to improve our lives and bottom lines by adding more to our calendars, expanding our to-do lists, and constantly being plugged in to technology is backfiring. Instead of getting more done, our minds are spinning, leaving us stressed, disconnected, and unable to focus.

*Drop In* challenges our assumptions about the effectiveness of our busy lives and offers a compelling alternative approach to success by inviting people to learn how to "drop in" to the present moment. Deepening our awareness of the present moment, asserts Sara Harvey Yao, is the most efficient and sustainable way to navigate the complexities of work and life and to access our clarity, connection, and courage so we can lead more powerfully. Full of practical tools, *Drop In* will help busy professionals get out of the spin cycle of their minds and tune in to their already-existing wisdom and clarity.

### ABOUT THE AUTHOR:

Sara Harvey Yao is an executive leadership consultant who specializes in helping leaders strengthen their presence and improve their impact. She is the founder of Yao Consulting Group, and has personally developed more than 4,000 leaders across the globe, including executives from Microsoft, Brooks Athletics, and Smuckers. Her work has been seen on CNBC, NPR's *Marketplace*, and Bloomberg's *Business Week*, and she is the author of the book *Get Present: Simple Strategies to Get Out of Your Head and Lead More Powerfully*. Yao is the mother of two school-aged boys, Ethan and Logan, and has been married to her husband, Jesse, since 1998.

OCTOBER 2016



Publication Date: October 4, 2016

\$12.95/\$9.95

400 pages | 4.25" x 7.5" paperback

Print ISBN: 978-1-63152-115-7

e-ISBN: 978-1-63152-116-4

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866-770-3022

# PROVECTUS

**SURVIVAL OF THE FITTEST, A THRILLER**

**M. L. STOVER**

## DESCRIPTION:

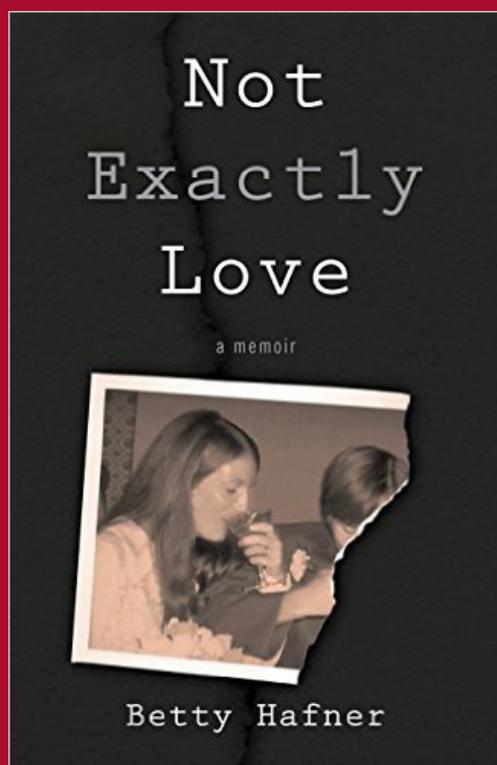
*A science-based thriller that explores the potential effects of climate change on human evolution, *Provectus* asks a compelling question: What if human beings were on the endangered species list—were, in fact, living right alongside our replacements—but didn't know it yet?*

David Mariani is a successful doctor in Beverly Hills. Just as he begins to suspect a big-pharma conspiracy related to a number of his young patients, a mysterious and beautiful woman sweeps into his life, turning it upside down—and then, just as quickly as she appeared, she disappears, along with her young daughter. Soon the mild-mannered doctor finds himself pulled into the adventure of his life . . . unraveling a world of international intrigue and government conspiracies, and immersed in a genetic code mystery that could affect the future of the entire human race.

## ABOUT THE AUTHOR:

M. L. Stover holds a master's degree in anthropology and is certified in forensic identification. Stover brings her real-life interests and experiences, including work at the Ventura County Crime Lab, to the novels she writes. She lives in Southern California with her music producer husband.

OCTOBER 2016



Publication Date: October 11, 2016

\$16.95/\$9.95

256 pages | 5.5" x 8.5" paperback

Print ISBN: 978-1-63152-149-2

e-ISBN: 978-1-63152-150-8

Distributed by:

Ingram Publisher Services

866-770-3022

"For the literally millions of women who are physically abused and emotionally terrorized, *Not Exactly Love* clearly explains the attachments, fears, and rationalizations that keep a woman trapped in a toxic relationship. Better yet, Betty Hafner writes beautifully about how she took charge of her life and grew strong enough to break free. Both a gripping story and a manual for survivors."

— Barbara Esstman, author of *The Other Anna*, *Night Ride Home*, and *Sure Thing*

# NOT EXACTLY LOVE

## A MEMOIR

BETTY HAFNER

### DESCRIPTION:

*At twenty-five, Betty Hafner, thought she'd found the man to make her dream of a family and cozy home come true—but after they married, his rages turned the dream into a nightmare, and Betty had to decide: stay with the man she loved, or find a way to leave?*

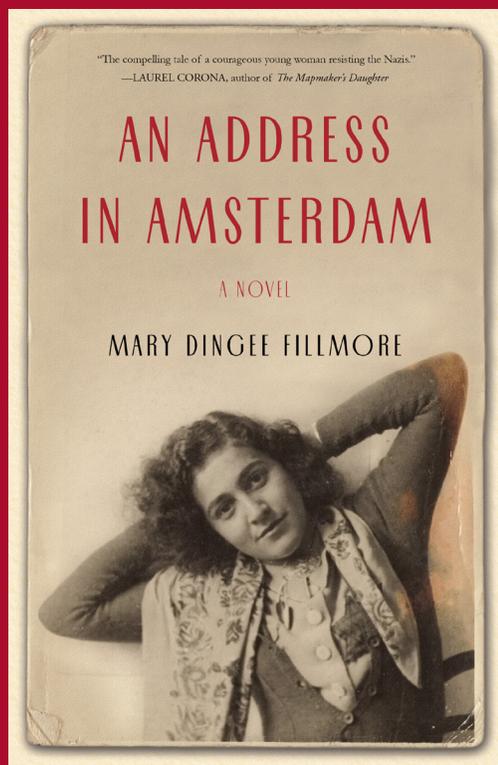
It was 1969, and all the rules were changing, when Betty, a woefully single French teacher on Long Island, met the handsome but edgy new teacher at her school, a hippie just back from Woodstock. His vitality opened up a new world to her—but when they married, his rages turned against her, and often ended with physical violence. Like millions of women who discover they've married an abusive man, Betty was forced to make daily decisions—to suppress her feelings or risk confrontation, to keep it secret or report, and ultimately, to live with it or leave.

Part memoir, part warm-hearted look at the '70s, and part therapeutic journey, *Not Exactly Love: A Memoir* is an intense and inspirational story of a woman who grew from her experience.

### ABOUT THE AUTHOR:

Betty Hafner has written monthly book reviews for more than a decade in *The Town Courier* in Montgomery County, MD. She has written two practical career-change books that stemmed from her workshops for adults—*Where Do I Go From Here?* (Lippincott, 2001) and *The Nurse's Guide to Starting a Small Business* (Pilot Books, 1992). Hafner, who has an MS in counseling, considers herself a teacher and counselor by trade and by nature, but she also loves telling stories through her artwork, photographs, and writing. She lives outside Washington, DC with her husband.

OCTOBER 2016



Publication Date: October 11, 2016

\$16.95/\$9.95

360 pages | 5.5" x 8.5" paperback

Print ISBN: 978-1-63152-133-1

e-ISBN: 978-1-63152-134-8

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866-770-3022

*"An Address in Amsterdam is the biggest literary event for the historical fiction genre this year..."*

— *Redbook Magazine*

"Fillmore's tale of powerlessness and defiance, of death and love during the years of Occupation is woven into the rich tapestry of sights and sounds of the inner city of Amsterdam. Her language is that of a poet: sensuous and rich in metaphors and similes that reach deep. That is why I could not put the book down!"

— Laureen Nussbaum, Professor emerita,  
Portland State University, Department of  
Foreign Languages and Literatures

# AN ADDRESS IN AMSTERDAM

## A NOVEL

MARY DINGEE FILLMORE

### DESCRIPTION:

*After facing relentless danger and escalating raids for eighteen months, Rachel Klein—a well-behaved young Jewish woman who transformed herself into a courier for the underground when the Nazis invaded her country—persuades her parents to hide with her in a dank basement, where much is revealed.*

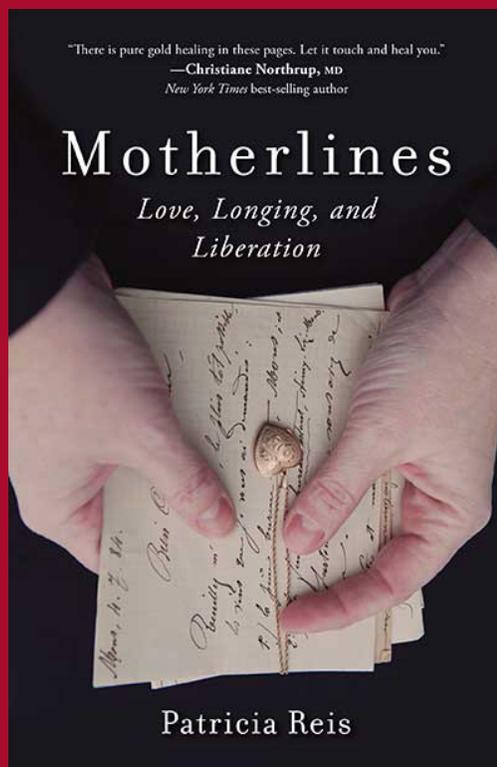
Rachel Klein hopes that she can ignore the Nazis when they roll into Amsterdam in May 1940. She's falling in love, and her home has been the safest place in the world for Jewish people since the Spanish Inquisition. But when Rachel's Gentile boyfriend is forced to disappear rather than face arrest, she realizes that everything is changing, and so must she—so, although she is often tired and scared, she delivers papers for the underground under the Nazis' noses. But after eighteen months, afraid of discovery, she pushes her parents to go into hiding with her. The dank basement where they take refuge seems like the last place where Rachel would meet a new man—but she does.

*An Address in Amsterdam* shows that, even in the most hopeless situation, an ordinary young women can make the choice to act with courage—and even love.

### ABOUT THE AUTHOR:

Mary Dingee Fillmore fell in love with Amsterdam in 2001 and has been returning there and pondering its complex history ever since. A longtime professional facilitator for nonprofits and government, she gives talks for the Vermont Humanities Council titled "Anne Frank's Neighbors: What Did They Do?" and writes at [www.seehiddenamsterdam.com](http://www.seehiddenamsterdam.com).

OCTOBER 2016



Publication Date: October 11, 2016

\$16.95/\$9.95

320 pages | 5.5" x 8.5" paperback

Print ISBN: 978-1-63152-121-8

e-ISBN: 978-1-63152-122-5

Distributed by:

Ingram Publisher Services

866-770-3022

*"Motherlines is a deep treasure, written in the inimitable voice of a woman whose work was a lighthouse for me when I first wrote Women's Bodies, Women's Wisdom. There is pure gold healing in these pages. Let it touch and heal you."*

— Christiane Northrup, MD, OB/GYN physician, and author of the *New York Times* bestsellers *Goddesses Never Age*; *Women's Bodies*, *Women's Wisdom*; and *The Wisdom of Menopause*

# MOTHERLINES

## LOVE, LONGING, AND LIBERATION

PATRICIA REIS

### DESCRIPTION:

*In her midlife search for meaning, and longing for maternal connection, Patricia Reis encounters uncommon women who inspire her journey and discovers an unlikely confidante in her aunt, a free-spirited Franciscan nun.*

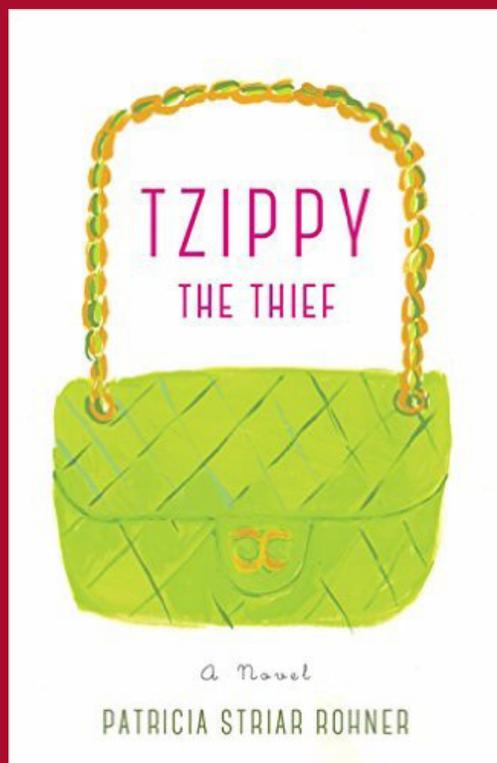
When Patricia Reis is twenty and living a bohemian life, her mother asks, "What about your spiritual life?" Years later, this question drives Reis's midlife quest to reconcile the desires of her body with the mandates of her spirit. During the 1980s—a rich and turbulent period in American history when feminism and the women's spirituality movement were all very much alive—Reis encounters a number of uncommon women who witness, encourage, and nourish her potential, and discovers an unlikely confidante in her maternal aunt, Ruth, a free-spirited Franciscan nun. Their many letters, and a handful of pivotal visits, bring immediacy and intimacy as they each become radicalized by feminism and a new theology of liberation.

Candid and compelling, *Motherlines* is a story of sex (with men and with women, and of abstaining altogether), illegal abortions, making vows and breaking them, spiritual practices, and creative ambition—and, at its heart, one woman's quest for a place in her maternal lineage and a spiritual maturity outside religious concepts.

### ABOUT THE AUTHOR:

Patricia Reis is passionately interested in how creativity, depth psychology, and the natural world inform a woman's spiritual life. Along with numerous essays and reviews, Reis is the author of four books: *Women's Voices* (coedited with Nancy Cater), which includes her in-depth interview with naturalist and writer Terry Tempest Williams; *The Dreaming Way: Dreamwork and Art for Remembering and Recovery*; *Daughters of Saturn: From Father's Daughter to Creative Woman*; and *Through the Goddess: A Woman's Way of Healing*. Reis holds a BA in English literature from the University of Wisconsin, an MFA from UCLA, and a degree in depth psychology from Pacifica Graduate Institute in Santa Barbara. She conducts a private psychotherapy practice, primarily for female artists and writers. Currently, she divides her time between Maine and Nova Scotia. Learn more at [www.patriciareis.net](http://www.patriciareis.net).

OCTOBER 2016



Publication Date: October 18, 2016

\$16.95/\$9.95

380 pages | 5.5" x 8.5" paperback

Print ISBN: 978-1-63152-153-9

e-ISBN: 978-1-63152-154-6

Distributed by:

Ingram Publisher Services

866-770-3022

*"Tzippy, The Thief marks the introduction of a major new voice in American fiction. Every day, we are buried below an avalanche of consumerism that validates only the young. Keenly observant and humane, Rohner explores the tucked-away realities of aging: the fears of approaching twilight, the regret at loss of beauty and health, the examination of family and emotional legacy. This is an important book, and the debut of a clarion voice."*

— Charles Bane, Jr., Pushcart Prize Nominee  
and author of *The Chapbook*

# TZIPPY THE THIEF

## A NOVEL

PATRICIA STRIAR ROHNER

### DESCRIPTION:

*Tzippy has lived her life as a selfish, materialistic woman and mother—and now that she is turning eighty, there is not an infinite amount of time left to repair the damage to her family that she's taken a lifetime to do.*

Tzippy is a wealthy widow—feisty, determined, vain, and living in Florida. Her three children will be visiting for her 80th birthday celebration, and will be bringing with them the old wounds that Tzippy did more than her fair share to inflict. As her birthday approaches, the death of a close friend as well as the aches, pains and daily indignities of aging are preying on her mind, and Tzippy wonders: How she will be remembered?

On the day of the party, on edge and anxious, Tzippy decides on a shopping trip to Saks, which is always her quick fix. While there, she sees a brooch she wants . . . but not enough to pay for it. It finds its way into her purse, and as she is making her getaway, she is caught and hauled off to the police station.

Tzippy knows she doesn't an infinite amount of time left to make amends with her children. Will she be able to repair the damage she has taken a lifetime to create?

### ABOUT THE AUTHOR:

Patricia Striar Rohner is a writer, oil painter, and therapist. She has written and published short stories, and is working on her second novel. A graduate of Brandeis University and Simmons School of Social Work, Rohner is a mother and a grandmother. In her free time she goes to Boston Red Sox games.

OCTOBER 2016



**UNEXPECTED BRIDE**  
*in the Promised Land*



*My Journey in Palestine and Israel*



Iris Keltz

Publication Date: October 18, 2016

\$16.95/\$9.95

320 pages | 5.5" x 8.5" paperback

Print ISBN: 978-1-63152-155-3

e-ISBN: 978-1-63152-156-0

Distributed by:

Ingram Publisher Services

866-770-3022

"Mesmerizing! With the ease of a bard and the rigor of a historian, Iris Keltz tells a deeply personal love story tragically set in a world on the brink of a war, the ripples of which have spanned the decades and left the Holy Land bleeding. I learned a great deal about the dynamics of Israel and Palestine from this book, and will refer to it often for intellectual clarity and political inspiration."

— Mirabai Starr, Translator, *Dark Night of the Soul*, Author, *Caravan of No Despair*

# UNEXPECTED BRIDE IN THE PROMISED LAND

MY JOURNEY IN PALESTINE AND ISRAEL

IRIS KELTZ

## DESCRIPTION:

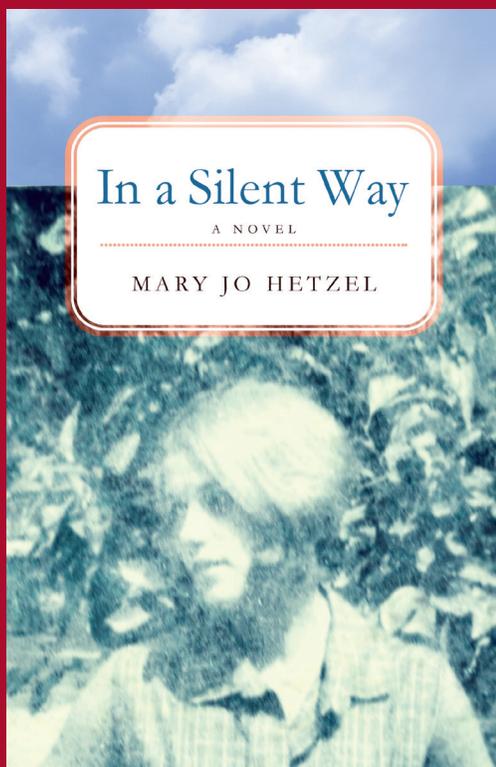
*Iris Keltz may be the only Jew, American or Israeli, to have found sanctuary with the Palestinians during the Six Day War. Her story of self-discovery takes her from the streets of Paris, where she dreamed of becoming a writer, to the volatile Middle East, where she learned that the so-called "enemy of her people" were friends.*

After hitchhiking from Paris to Jerusalem, Jordan in 1967, Keltz had to wait three days for permission to cross a U.N. checkpoint into Jerusalem, Israel. That was enough time for this young Jewish woman from New York to meet a Palestinian poet, musician, and world traveler. After a whirlwind courtship of less than three weeks, they married and were planning their honeymoon—and then the Six Day War broke out. The day Israeli soldiers barged into the basement apartment where the newlyweds had found sanctuary with other Palestinians, Iris was frozen with fear. She meant to cry out, "I'm Jewish American, and these are my friends." Her silence that day compelled her to write this book.

## ABOUT THE AUTHOR:

Iris Keltz was raised in NYC on the Jewish narrative of suffering in a two-thousand-year diaspora. She recently retired from a forty-year teaching career that began in Harlem, NY. Her first book, *Scrapbook of a Taos Hippie* (2000, Cinco Puntos Press) is an award-winning memoir documenting the counterculture in Northern New Mexico, where she has lived since the early seventies. Keltz's articles, op-eds, and essays have appeared in print and electronic media. She has spoken in universities, synagogues, churches, high schools, and civic centers, and has represented her district in a national Tikkun lobby. A member of Jewish Voice for Peace, Keltz has spent decades working to support human rights for Palestinians.

OCTOBER 2016



Publication Date: October 18, 2016

\$16.95/\$9.95

400 pages | 5.5" x 8.5" paperback

Print ISBN: 978-1-63152-135-5

e-ISBN: 978-1-63152-136-2

Distributed by:

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866-770-3022

*"In A Silent Way* is a deeply personal historical novel of importance, because it reveals what happens when the convergence of race, gender, and class struggles intersect inside people's lives and communities. Mary Jo Hetzel has written an unconventional coming of age story of a young white woman swept up into the political whirlwind of urban America in the late sixties. A must-read for those who want to know the roots of today's #BlackLivesMatter Movement, as well as the contemporary offshoots of the Occupy Walls Street Movement."

— Sam E. Anderson, co-editor of *The Black Activist Journal*, writer, and education activist

# IN A SILENT WAY

## A NOVEL

MARY JO HETZEL

### DESCRIPTION:

*When Jeanna Kendall—a young white teacher at a progressive urban school—becomes involved with a community activist group, she finds herself grappling with issues of racism, sexism, and oppression of various shades in both her professional and personal life.*

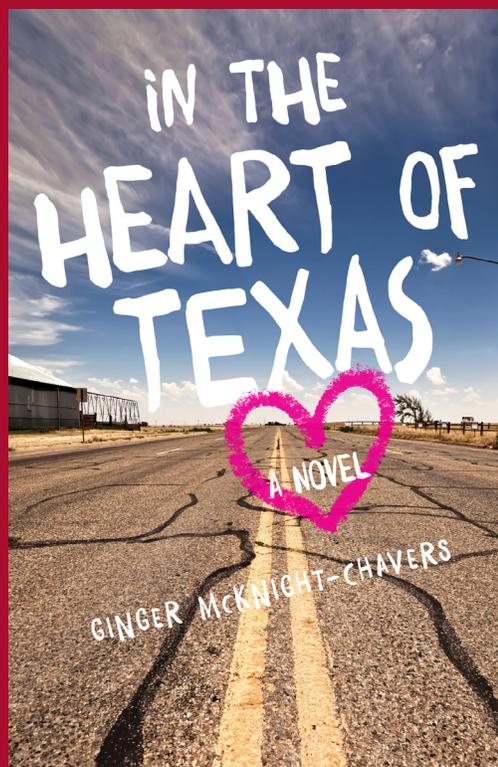
*In a Silent Way* chronicles the coming of age in the late sixties of young Jeanna Kendall as she quietly facilitates a close-knit community of learners in a progressive urban school, grapples with racism and sexism within her community activist group, and experiences the extreme highs and lows of her first intimate relationship—which happens to be with a revered and powerful community leader.

Jeanna encounters all the same issues we confront today: youth of color demeaned and destroyed, wise community elders discounted by leaders who "know better," and the "sexploitation" of women in the movement. Gradually overwhelmed by the mounting challenges she faces on all fronts, and on the verge of a breakdown, a crisis emerges within her movement group that transforms everything and everyone and opens up a new world of possibilities—ones deeply relevant to us today.

### ABOUT THE AUTHOR:

*In a Silent Way* emerged out of Mary Jo Hetzel's experience teaching in one of the first alternative high schools in the late 1960s, and from her lifelong involvement in grassroots social movements for racial, economic, and sexual justice. She was the founding director, and then a faculty member, of the Boston Campus of Springfield College School of Human Services for twenty-seven years. She is currently active in the struggle for justice and quality in urban public education, and in cohosting Circle processes, rooted in indigenous principles, in an effort to break down hierarchies of power and oppression and cocreate conditions for community self-empowerment and institutional transformation. She enjoys jazz, creative writing, film, drama, athletics, nature, spirit, and friendship. Hetzel lives in Jamaica Plain, a community of Boston, Massachusetts.

OCTOBER 2016



Publication Date: October 25, 2016

\$16.95/\$9.95

280 pages | 5.5" x 8.5" paperback

Print ISBN: 978-1-63152-159-1

e-ISBN: 978-1-63152-160-7

Distributed by:

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866-770-3022

"Funny, smart and compulsively readable! Ginger McKnight has a hit on her hands. And Terry McMillan fans can rejoice that they can add a new favorite writer to their list!"

— Heidi W. Durrow *New York Times* best-selling author of *The Girl Who Fell From the Sky*

"Ginger McKnight-Chavers expertly fuses politics, pop culture and hot topics surrounding race to create one of the most rousing reads of fall."

— *Redbook Magazine*

# IN THE HEART OF TEXAS

## A NOVEL

GINGER MCKNIGHT-CHAVERS

### DESCRIPTION:

After spicy, forty-something soap star Jo Randolph manages in twenty-four hours to burn all her bridges in Hollywood, along with her director/boyfriend's beach house, she spends a crazy summer back in her West Texas hometown—and it makes her question whether her life in the limelight is worth reclaiming.

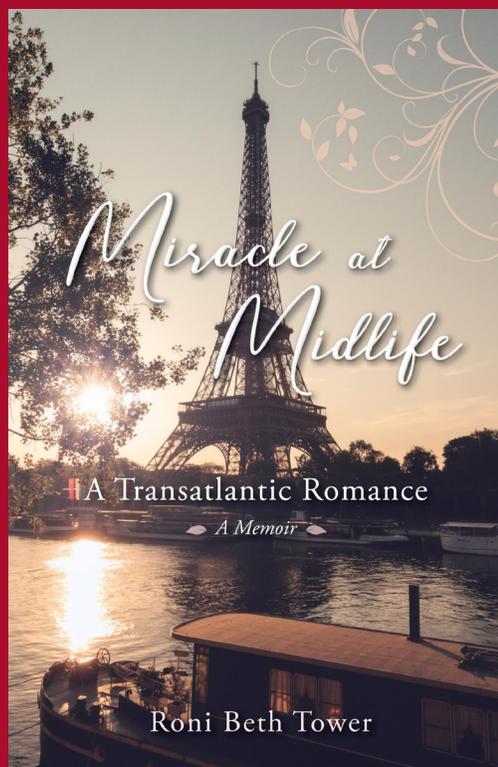
Pitched as "a poor man's Halle Berry," forty-one-year-old soap star Jo Randolph, has successfully avoided waiting tables since she left Midland, Texas at eighteen. But then, in the span of twenty-four hours, Jo manages to lose her job, burn her bridges in Hollywood, and accidentally burn down her lover/director's beach house—after which she is shipped home to Texas by her agent to stay out of sight while she sorts out her situation.

The more Jo reluctantly reconnects with her Texas "roots" and the family and friends she left behind, the more she regains touch with herself as an artist and with what is meaningful in life beyond the limelight. The summer of 2007 is cathartic for Jo, whose career and lifestyle have allowed her to live like a child for forty years, but who now must transition to making grown-up decisions and taking on adult responsibilities. In the *Heart of Texas* is a wry, humorous commentary on the complexities of race, class, relationships, politics, popular culture, and celebrity in our current society.

### ABOUT THE AUTHOR:

A native of Dallas, Texas, Ginger McKnight-Chavers is a graduate of Georgetown's School of Foreign Service and Harvard Law School. She was a Kathryn Gurfein Writing Fellow at Sarah Lawrence College. McKnight-Chavers currently blogs for the Huffington Post and The TexPatch, and she lives in Westchester County, New York with her husband, daughter, and an overweight West Highland White Terrier.

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Publication Date: October 25, 2016

\$16.95/\$9.95

360 pages | 5.5" x 8.5" paperback

Print ISBN: 978-1-63152-123-2

e-ISBN: 978-1-63152-124-9

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866-770-3022

"A wonderful, thoughtful and inspiring story of love and courage—the kind of tale that teaches us to take chances, and that we CAN overcome our own obstacles."

— Betsy Stone, PhD, clinical psychologist and author of *Happily Ever After*

"Roni Beth Tower shares her journey through life with wit, warmth, and insight. *Miracle at Midlife* is written with an eye for detail and for the ability to make the reader feel like a participant in this adventure. Following a romantic meeting in Paris, the author describes events that involve two continents. Subsequently, she was able to overcome many obstacles, and to reinvent herself as someone open to love and affection."

— Dorothy and Jerome L. Singer, Yale University

# MIRACLE AT MIDLIFE

## A TRANSATLANTIC ROMANCE

RONI BETH TOWER

### DESCRIPTION:

*An inspiring memoir chronicling the sudden, unexpected, and life-changing two-year courtship between a divorced American lawyer living on a houseboat in the center of Paris and an empty-nested clinical psychologist living in Connecticut.*

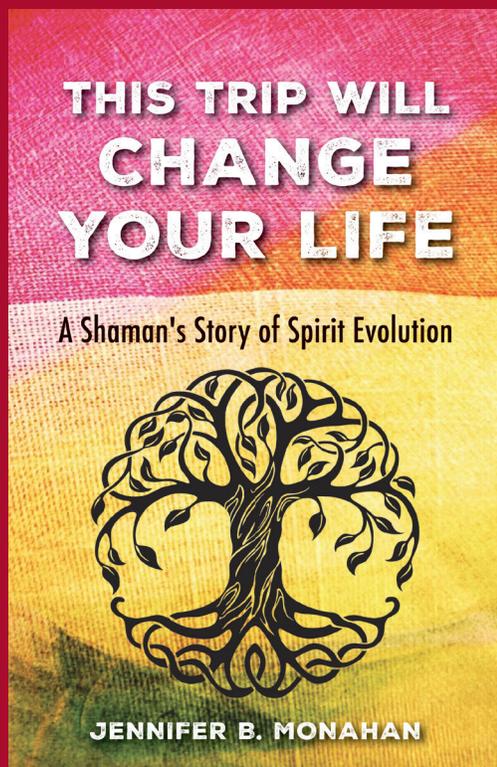
They first meet in Paris in the spring of 1996. David is a divorced American attorney living on a converted barge moored on the banks of the Seine; Roni Beth is an empty-nested clinical and research psychologist working from her home in Connecticut. Now in their fifties, both have signed off on loving again—until they meet each other.

*Miracle at Midlife* tells the inspiring story of Roni Beth and David's intense and transformative transatlantic courtship. Along the way, David the loner, living amid the beauty, freedom, and pleasures of Paris, brings Roni Beth, a responsible and overextended professional haunted by earlier loss and trauma, back to her core as a woman, while she helps him reclaim connections that tie him to a larger world. They wrestle internal demons (mostly hers) and external threats (friends, family and different perspectives) as they share adventures in their respective worlds. The tensions of a romance played out across six time zones are captured through fanciful and reflective letters and fax correspondence—flirting, musing, laughing, arguing, and whining. Over the course of twenty-four Atlantic crossings, they navigate the clutter on their paths and bridge the geographic distance between them with courage, joy, and integrity.

### ABOUT THE AUTHOR:

Roni Beth Tower grew up in Akron, Ohio, majored in religion at Barnard College, and earned her doctoral degree in clinical psychology from Yale University. Later in life she taught clinical psychology to graduate students at Teachers College, Columbia University. As a psychologist, she published seventeen articles in peer-reviewed scientific journals, six book chapters, three entries in Blackwell's *The Encyclopedic Dictionary of Psychology*, work for hire in three books edited by Mark Levine and Stephen Pollan, and one book review; presented her work at national and international professional conferences; was President of American Association for the Study of Mental Imagery; and served on the boards of Connecticut Psychological Association and Yale Alumni Fund.

SEPTEMBER 2016



Publication Date: September 26, 2016

\$16.95/\$9.95

280 pages | 5.5" x 8.5" paperback

Print ISBN: 978-1-63152-111-9

e-ISBN: 978-1-63152-112-6

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866-770-3022

“Monahan’s personal story weaves a rich tapestry filled with vibrant dreams and shamanic journeys, spirit intelligences, ancient Mayan temples and wisdom teachings. She shares her metamorphosis from modern western professional to Mayan-centered shaman with a level of honesty and accessibility that is both endearing and inspiring.”

— Shonagh Home, author of *Love and Spirit Medicine and Ix Chel Wisdom: 7 Teachings from the Mayan Sacred Feminine*

# THIS TRIP WILL CHANGE YOUR LIFE

A SHAMAN’S STORY OF SPIRIT EVOLUTION

JENNIFER B. MONAHAN

## DESCRIPTION:

*One woman’s inspirational story of finding her life purpose, and of the messages and training she received from the spirit world as she became a shamanic healer.*

While Jennifer Monahan had always felt connected to the spirit world, she didn’t fully realize how it had been orchestrating her life until a spur-of-the-moment trip to Yucatan, Mexico and a chance meeting with a Mayan shaman changed her life forever.

This is the true story of Monahan’s journey to finding and living her life purpose as a shaman. Filled with wisdom from her spirit guides and teachers—wisdom that can benefit others looking for their life purpose—*This Trip Will Change Your Life* shows how finding her true path made all the synchronistic “threads” in Monahan’s life come together into a beautifully woven tapestry and life purpose that she could have never imagined on her own.

## ABOUT THE AUTHOR:

Jennifer B. Monahan is a business strategy consultant turned Mayan-trained shaman who incorporates natural health and life coaching in her shamanic practices. She travels to the Yucatan several times a year to continue her training and more deeply connect with the magic and mystery of the Mayan ruins. Originally from New England, she currently lives in San Francisco, CA and provides shamanic services to clients in the United States and internationally.

NOVEMBER 2016

A Seven-Step Path  
to Gratitude and Growth



"One of the best gifts I can give my clients is to share the wisdom of this book."  
—Susan Wisheart, MS, LMFT, author of *Soul Visioning: Clear the Past, Create Your Future*

Laurie Buchanan, PhD

Publication Date: November 1, 2016

\$16.95/\$9.95

360 pages | 7.5" x 9.25" paperback

Print ISBN: 978-1-63152-113-3

e-ISBN: 978-1-63152-114-0

Distributed by:

Ingram Publisher Services

866-770-3022

**"Laurie Buchanan has a knack for helping others find positive, creative, and clear solutions to life's challenges. Reading this book was like watching the sun rise for me; every page had bright rays of wisdom that made me smile. Delightful indeed!"**

— Christine DeSmet, author, screenwriter, and writing teacher at University of Wisconsin-Madison Continuing Studies

# NOTE TO SELF

## A SEVEN-STEP PATH TO GRATITUDE AND GROWTH

Laurie Buchanan, PhD

### DESCRIPTION:

*Transforming intention into action, Note to Self equips you to shed your baggage, bridging the gap between where you are and where you want to be—body, mind, and spirit—and empowering you to step into joy-filled living now!*

Baggage! We all carry it with us through life. It comes in a wide variety of styles, shapes, and colors—more than enough to accommodate the stuff that we accumulate through life. And no matter how we dress it up, it's frustrating, inconvenient, and slows us down. In fact, it's downright disruptive.

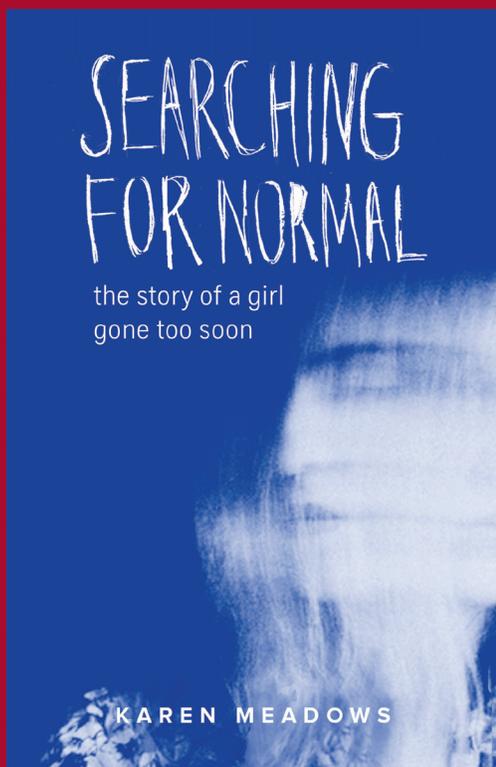
This book is about offloading emotional baggage—something that's especially important when we realize that we don't just pack for one; we pack for seven. Each of the seven selves—self-preservation, self-gratification, self-definition, self-acceptance, self-expression, self-reflection, and self-knowledge—has characteristics, wellness types, and shadows. Each plays a vital role in our harmony, health, and well-being.

Chock full of real-life emotional examples, as well as "keys" at the end of each chapter offering actionable tips, techniques, and exercises designed to help you unlock baggage, examine it, and offload it permanently, *Note to Self* will help you discover a lighter, joy-filled you!

### ABOUT THE AUTHOR:

For the past fifteen years, Laurie Buchanan, PhD has worked as a holistic health practitioner and transformational life coach. Embracing the philosophy that "whatever you are not changing, you are choosing," Buchanan has helped hundreds of clients turn intention into action, bridging the gap between where they are and where they want to be—body, mind, and spirit. A longtime magazine writer, her articles and essays have appeared in *Sibyl*, *Evolving Your Spirit*, *Power of Positivity*, and other print and online publications. Globally, readers visit her blog, *Tuesdays with Laurie* ([www.tuesdayswithlaurie.com](http://www.tuesdayswithlaurie.com)), to enjoy a healthy dose of positivity served with an "internal inventory" question posed as food for thought. A minimalist at heart, Buchanan lives with her husband in a 600-square-foot carriage house (circa 1865) in the Pacific Northwest.

NOVEMBER 2016



Publication Date: November 8, 2016

\$16.95/\$9.95

280 pages | 5.5" x 8.5" paperback

Print ISBN: 978-1-63152-137-9

e-ISBN: 978-1-63152-138-6

Distributed by:

Ingram Publisher Services

866-770-3022

**“Karen’s intensely human exploration of her daughter’s depression and subsequent suicide is representative of the private battle millions of families are engaged in. She delivers a line in *Searching for Normal* that stunned me with its simplicity and directness—‘I want the world to take note that we cannot afford to lose people like Sadie. I want society to stand up and say, This is unacceptable.’”**

— Sheila Hamilton, author of *All the Things We Never Knew: Chasing the Chaos of Mental Illness*

# SEARCHING FOR NORMAL

## THE STORY OF A GIRL GONE TOO SOON

KAREN MEADOWS

### DESCRIPTION:

*Karen Meadows intertwines her own story with excerpts from her daughter Sadie’s journals to describes their roller coaster ride through Sadie’s depression and a maze of inadequate mental health treatment and services—one that ended with Sadie’s suicide at age eighteen.*

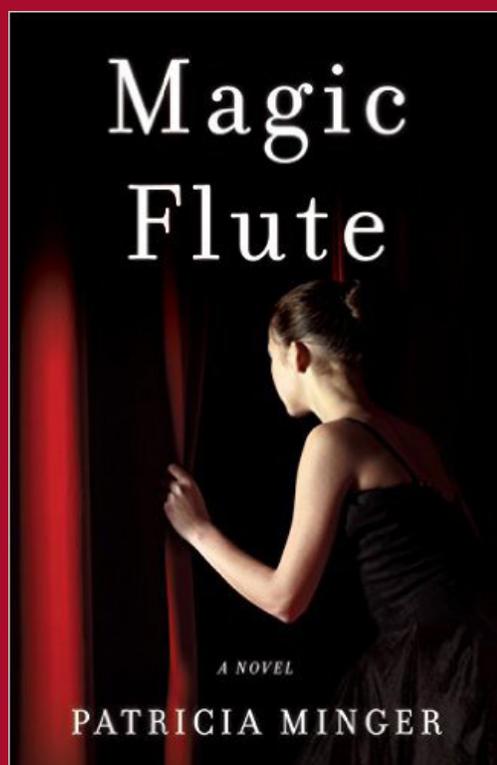
Karen Meadows had a normal, happy family until depression consumed her daughter, Sadie—a struggle that ended with Sadie’s suicide at age eighteen. In *Searching for Normal*, Meadows shares her family’s journey as she tries to help her daughter Sadie cope with her mental illness, expertly intertwining her own storyline with excerpts from her daughter’s diaries. The years Meadows chronicles are characterized by Sadie’s heartbreaking bouts of running away, cutting, and living with Portland street families while Karen and her husband desperately search for solutions—trying medication, hospitals, therapy, wilderness and residential treatment programs, and more. Ultimately, however, they find themselves the victims of the devastating shortcomings of the US’s mental health system.

Including hindsight advice from Meadows, along with an extensive list of resources that she wishes someone had provided her when she was trying to help Sadie, this book will help parents of struggling teens feel less isolated and better equipped to navigate their teenager’s mental illness.

### ABOUT THE AUTHOR:

After a six-year battle with her teenage daughter’s depression and subsequent suicide, Karen Meadows left behind her successful career in the energy industry to immerse herself in mental health issues. She spent years reading about mental illness and reading her daughter’s extensive writing. She has also volunteered on a crisis line and at homeless youth centers, and serves on the Oregon Chapter of the American Foundation for Suicide Prevention Board of Directors. She holds an Executive MBA from UW-Madison, an MS in Engineering from UC Boulder, and a BS in Mechanical Engineering from UC Berkeley. Meadows lives with her husband and two cats in Portland, Oregon.

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"This beautifully crafted novel is so close to an artist's heart, and the heart of any true lover of music, that it defies description. *The Magic Flute* is such a mystical story in just the opera alone, that to merge it with a true love story is amazing for the reader. I felt my head actually falling in love again just with the beauty of the music along with the story."

— Carol Vaness, soprano

# MAGIC FLUTE

## A NOVEL

PATRICIA MINGER

### DESCRIPTION:

*When a car accident puts an end to ambitious flutist Liz Morgan's dreams, she returns to her childhood hometown in Wales in an effort to reinvent her path.*

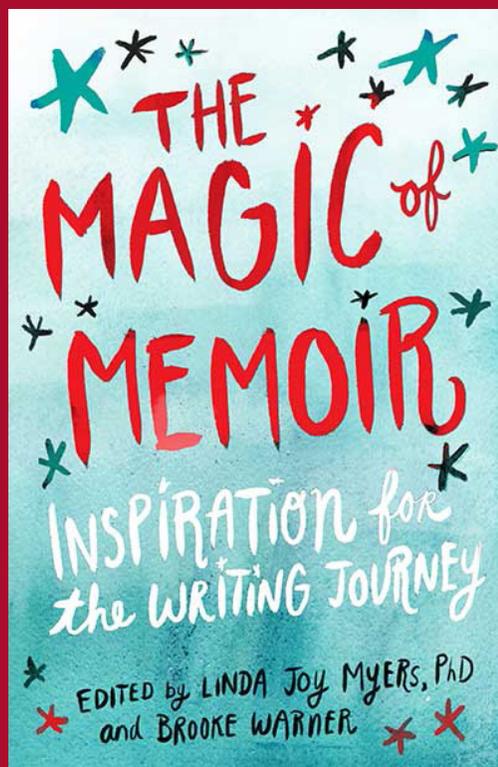
Liz Morgan is a talented, ambitious flutist headed for a brilliant career. But before she can achieve the world-class recognition she craves, an accident puts an end to her dreams. Desperate to fulfill her mother's musical legacy, she fights to reinvent her path, and settles on a new passion: singing. She even leaves San Francisco and returns to the town in Wales where she spent her early childhood to do it. But as Liz works to perfect her voice and launch a new career, she is confronted with her mother's other legacy: the choice between the seduction of fame and the constancy of an ordinary life.

*Magic Flute* is an intimate exploration of the world of grand opera. Amid the backstage detail is a story of passions and choices that explores the humanity behind the most dramatic of art forms.

### ABOUT THE AUTHOR:

Patricia Minger grew up in Oakland, California. She earned her BA in English from UC Berkeley, and spent her junior year abroad in Stirling, Scotland. Her articles have appeared in national periodicals in the pharmacy industry and in local dog club newsletters. Minger spent over twenty-five years singing with the Lamplighters Music Theater of San Francisco and other Bay Area musical groups. She currently lives in Northern California with two cats and one dog, and is working on her second novel, about a small town at the foot of a big mountain.

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Includes interviews with:

- Elizabeth Gilbert, author of *Eat, Pray, Love*
- Mary Karr, author of *The Liars' Club*
- Dani Shapiro, author of *Devotion*

# THE MAGIC OF MEMOIR

## INSPIRATION FOR THE WRITING JOURNEY

EDITED BY LINDA JOY MYERS, PHD, AND BROOKE WARNER

### DESCRIPTION:

*The Magic of Memoir is food for the journey and comfort for the soul for memoirists who find themselves in the thick of it, offering interviews with best-selling memoirists and contributions from writers who've gone the distance.*

*The Magic of Memoir is a memoirist's companion for when the going gets tough. Editors Linda Joy Myers and Brooke Warner have taught and coached hundreds of memoirists to the completion of their memoirs, and they know that the journey is fraught with belittling messages from both the inner critic and naysayers who don't understand or support the idea of writing a memoir. These voices make it hard to stay on course with the writing and completion of a book. The inherent challenges presented by the emotional journey itself often stalls memoirists from completing their dream of finishing and publishing a book.*

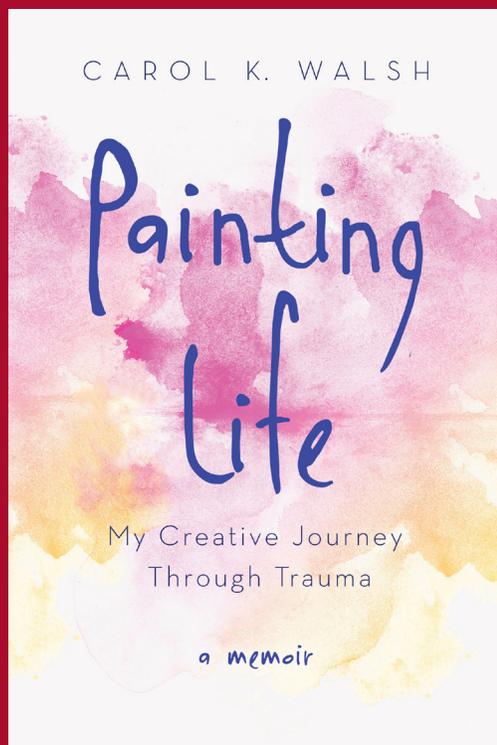
In this collection, writers share their stories of hard-earned wisdom, including tips for dealing with the inner critic, practical strategies that provided motivation in dark times, and lessons learned from mistakes made and overcome.

### ABOUT THE AUTHOR:

Linda Joy Myers, PhD, is president and founder of the National Association of Memoir Writers. Her memoir, *Don't Call Me Mother—A Daughter's Journey from Abandonment to Forgiveness*, was a finalist in the ForeWord Book of the Year Award, a finalist in the IndieExcellence Awards, and received Honorable Mention in the New York Book Awards. She's the author of three books on memoir writing: *The Power of Memoir—How to Write Your Healing Story*, *Journey of Memoir*, and *Becoming Whole*. She writes for the Huffington Post, and co-teaches the program *Write Your Memoir in Six Months* with Brooke Warner. Together, Myers and Warner coauthored *Breaking Ground on Your Memoir*. A therapist for thirty-six years, Myers speaks about memoir, healing, and the power of writing the truth.

Brooke Warner is publisher of She Writes Press, president of Warner Coaching Inc., author of *What's Your Book?*, *Green-Light Your Book*, and *How to Sell Your Memoir*, and the coauthor with Myers of *Breaking Ground on Your Memoir*. Warner's expertise is in traditional and new publishing. She is the former executive editor of Seal Press and currently sits on the boards of the Independent Book Publishers Association, the Bay Area Book Festival, and the National Association of Memoir Writers. She co-teaches the program *Write Your Memoir in Six Months* with Linda Joy Myers. Together, she and Myers co-authored *Breaking Ground on Your Memoir*. Warner blogs actively at Huffington Post Books and SheWrites.com.

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**“Carol Walsh uses her amazing creative talents to paint a picture with her words. This book itself is a work of art; it is engaging, compelling, and highly readable. But most importantly, it is helpful. Carol’s own journey helps us through our own pain. The book gives us hope, and indeed this memoir is a brilliant example of using creativity to move through trauma, pain, and grief to find renewed empowerment on the other side.”**

— Patti Clark, author of *This Way Up: Seven Tools for Unleashing Your Creative Self and Transforming Your Life*

# PAINTING LIFE

## MY CREATIVE JOURNEY THROUGH TRAUMA

CAROL K. WALSH

### DESCRIPTION:

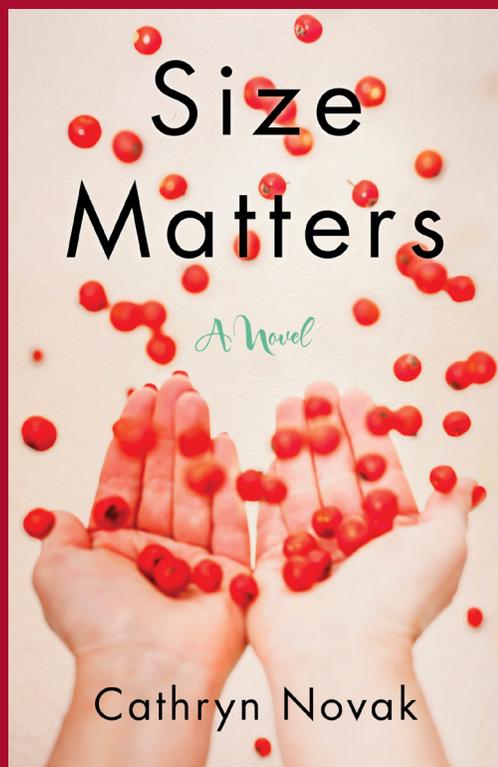
*Carol Walsh was a psychotherapist working with traumatized clients when she encountered her own traumatic experience; this is the story of how she used creativity and artistic expression to heal, recreate her life, and ultimately thrive.*

When Carol Walsh pulled her fiancé from the bottom of a diving well—dead from a massive heart attack—her life was turned upside down. Even though she was a psychotherapist working with clients suffering from trauma, this personal shock felt unbearable. Nonetheless, she had to heal herself while supporting clients—and, as a single mother, her two children. Using the creative interests she’d developed during childhood in order to emotionally save herself from a difficult mother, she fully recovered from her grief and PTSD symptoms—and as she recreated her personal, artistic, and professional life, she began to thrive.

### ABOUT THE AUTHOR:

Carol K. Walsh graduated from Carnegie Mellon University with a BFA. As a serious artist, she wrote and illustrated a hardcover book for fiber artists, *Design for Weaving*, published by Hastings House of New York and reprinted in paperback by Interweave Press; was a part of numerous exhibits; won international prizes; and lectured nationally. Later, Walsh graduated from Catholic University of America with an MSW and opened a private practice. As a therapist, she wrote and self-published *The Art of Awakening Spirit*; she also wrote and illustrated forty articles for *Pathways*, a Washington DC publication, and subsequently consolidated her articles into a paperback book, *Break Through: Coping Skills for Chaotic Times*. Walsh has been happily married for twenty-two years; she is the proud mother of two daughters and grandmother of four grandchildren. She lives in Maryland.

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Distributed by:

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866-770-3022

# SIZE MATTERS

## A NOVEL

CATHRYN NOVAK

### DESCRIPTION:

*If you take one very large, reclusive, and eccentric man who lives to eat, add one young woman fresh out of culinary school who lives to cook, and then stir in a love of musical comedy and fresh-brewed exotic tea, with just a hint of magic, will the result be a soufflé—or a charred, inedible mess?*

John Frederick is a man of considerable substance, in every sense of the word. Rich, intelligent, reclusive, and very large, John Frederick lives to eat. His everyday needs are tended to by Mrs. Floyd, his house manager, and by a never-ending parade of personal chefs.

Enter Lexie Alexander, the latest applicant for that once-again vacant position. A young woman of magical sensibilities, fresh out of culinary school and still recovering from a recent personal tragedy, Lexie lives to cook. As time passes, a love of food, musical comedy, and tea begins to weave a connection between John Frederick and his new chef—but then a major medical crisis completely turns life at Frederick House upside down, threatening the bond John Frederick and Lexie have forged.

### ABOUT THE AUTHOR:

Cathryn Novak has had a years-long love affair with words that began as soon as she could read. After graduating with a degree in communications and public policy from UC Berkeley, she did a stint in advertising before devoting the rest of her professional career to public service. During that period she wore many hats, including speech writer, policy analyst, and investigative report writer. Her monograph on the Los Angeles Police Commission, *The Years of Controversy*, was published by the Police Foundation in Washington, DC. Now retired, Novak has returned to her first love: the world of fiction. *Size Matters* is her first published novel.

# CONTACT INFORMATION

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