



Spring 2018  
**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 handpicked by She Writes Press  
Publisher Brooke Warner.

Celebrating five years of publishing in 2017, She Writes Press has signed more than 300 authors. We are an award-winning press whose authors have appeared in publications ranging from *O*, *The Oprah 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 cofounder of the press and leads the editorial and production department along with three talented and dedicated project managers, Cait Levin, Lauren Wise, and Samantha Strom.

She Writes Press is known for its beautiful cover designs and interiors; for this we would like to thank our 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, and Katherine Lloyd.

# 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 publish-ready 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 rendered 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 will 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).

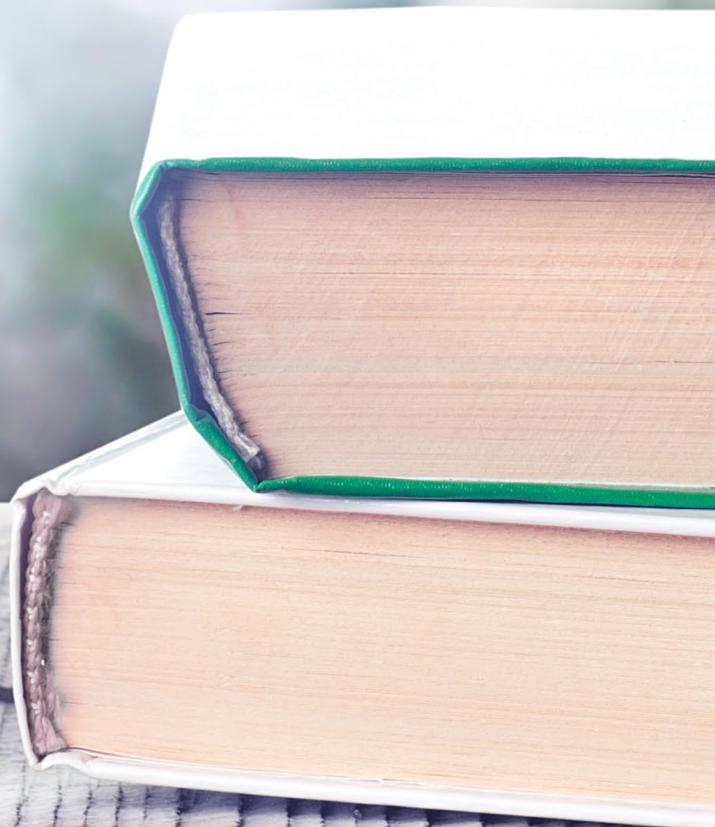


# TABLE OF CONTENTS

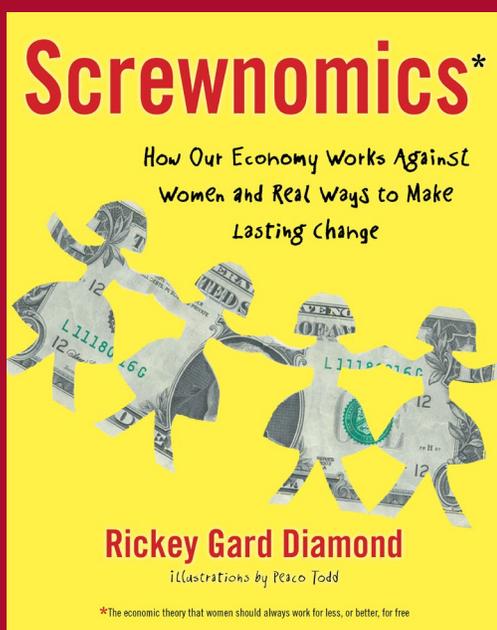
## SPRING 2018

<i>Screwnomics</i> by Rickey Gard Diamond .....	06
<i>Redlined</i> by Linda Gartz .....	07
<i>Raising Myself</i> by Beverly Engel .....	08
<i>A Matter of Chance</i> by Julie Maloney .....	09
<i>Rudy's Rules for Travel</i> by Mary K. Jensen .....	10
<i>Nothing Forgotten</i> by Jessica Levine .....	11
<i>Song of Isabel</i> by Ida Curtis .....	12
<i>To Play Again</i> by Carol Rosenberger .....	13
<i>Shunned</i> by Linda A. Curtis .....	14
<i>A Promise Given</i> by Michelle Cox .....	15
<i>Now I Can See the Moon</i> by Alice Tallmadge .....	16
<i>Reclaiming Home</i> by Lesego Malepe .....	17
<i>Saving Bobby</i> by Renée Hodges .....	18
<i>Beautiful Illusion</i> by Christine Nelson .....	19
<i>Who Are You, Trudy Herman?</i> by B.E. Beck .....	20
<i>The River by Starlight</i> by Ellen Notbohm .....	21
<i>Mating in Captivity</i> by Helen Zuman .....	22
<i>Last Trip Home</i> by Wanda Maureen Miller .....	23
<i>The Trail to Tincup</i> by Joyce Lynnette Hocker .....	24
<i>The Odyssey and Dr. Novak</i> by Ann C. Colley.....	25
<i>Here We Grow</i> by Paige Davis .....	26
<i>Raw</i> by Bella Mahaya Carter .....	27
<i>Manifesting Me</i> by Leah E. Reinhart .....	28
<i>In Search of Pure Lust</i> by Lise Weil .....	29
<i>Sacred &amp; Delicious</i> by Lisa Joy Mitchell.....	30
<i>Midnight Crossing</i> by Diane Shute .....	31
<i>The Sleeping Lady</i> by Bonnie C. Monte .....	32
<i>Implosion</i> by Elizabeth W. Garber .....	33
<i>Entangled Moon</i> by E.C. Frey .....	34
<i>The Silver Shoes</i> by Jill G. Hall .....	35
<i>The Tell</i> by Linda I. Meyers .....	36
<i>Under the Birch Tree</i> by Nancy Chadwick .....	37
<i>Beyond Jesus</i> by Patricia A. Pearce .....	38
<i>Montana Rhapsody</i> by Susanna Solomon .....	39
<i>Artist Portrait Project</i> by Jennifer G. Spencer .....	40
<i>The Business of Being</i> by Laurie Buchanan, PhD .....	41
<i>Awaken</i> by Denese Shelton .....	42
<i>Winter's Graces</i> by Susan Avery Stewart, PhD .....	43
<i>Hoosier Hysteria</i> by Meri Henriques Vahl .....	44

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# SCREWNOMICS

HOW OUR ECONOMY WORKS AGAINST WOMEN  
AND REAL WAYS TO MAKE LASTING CHANGE

**RICKEY GARD DIAMOND**

## DESCRIPTION:

The personal is not only political, it's also economic and sexual. As a society, we're encouraged to view economics as objective science far removed from us—when in reality it has concrete and far-reaching effects on our everyday lives.

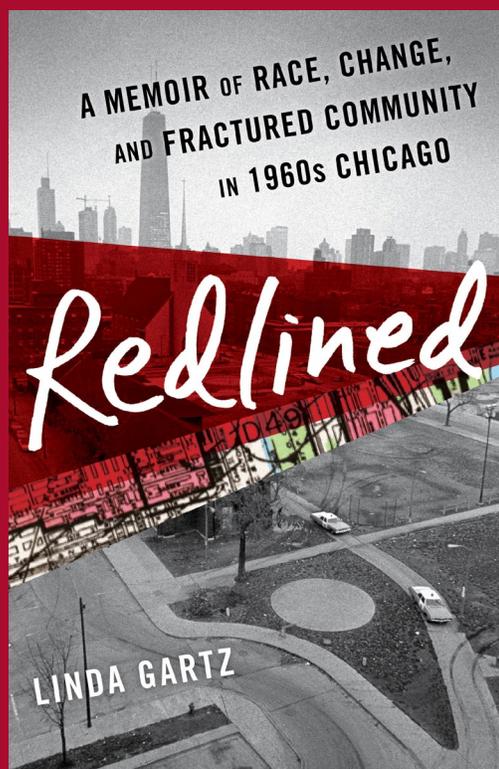
In *Screwnomics*, Rickey Gard Diamond shares personal stories, cartoons, and easy-to-understand economic definitions in her quest to explain the unspoken assumptions of 300 years of EconoMansplaining—the economic theory that women should always work for less, or better for free. It unpacks economic definitions, turns a men-only history on its head, and highlights female experiences and solutions, encouraging female readers to think about their own economic memoir and confront our system's hyper-masculine identity.

In the past fifty years, the US has witnessed a major shift in economic theory, and yet few women can identify or talk about its influence in their own lives. Accessible and inspiring, *Screwnomics* offers female readers hope for a better, more inclusive future—and the tools to make that hope a reality.

## ABOUT THE AUTHOR:

Rickey Gard Diamond began writing in the midst of big political change and growing American differences. In 1985, she became founding editor of *Vermont Woman*, where she continues today as a contributing editor. She taught writing and literature, feminist and media studies at Vermont College of Norwich University for more than twenty years, while publishing articles and short fiction. In 1999, Calyx Books published her novel *Second Sight*, which was reissued by HarperCollins in 2000. Her short fiction, published in literary journals, was recently issued as a collection titled *Whole Worlds Could Pass Away*. She was awarded a Hedgebrook fellowship in 2014 to create a book on economics that she envisioned would include cartoons and be readable and even humorous.

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“Gartz’s unflinching family memoir offers both intimacy and insight into personal and historical injustices. She traces her parents’ marriage through joyful and troubled times in their Chicago neighborhood as they confronted rapid racial change in the 1960s. She deftly interweaves a story of family striving, domestic resentments, and individual decency with the seismic cultural shifts of America’s social and sexual revolutions.”

— Amanda I. Seligman, Chair, Department of History, University of Wisconsin-Milwaukee and author of *Block by Block: Neighborhoods and Public Policy on Chicago’s West Side*

# REDLINED

A MEMOIR OF RACE, CHANGE, AND FRACTURED COMMUNITY IN 1960S CHICAGO

LINDA GARTZ

## DESCRIPTION:

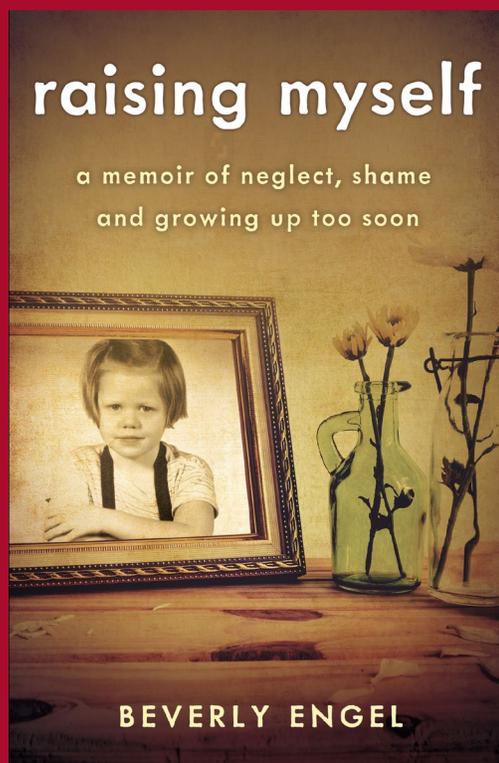
Set against the backdrop of the Civil Rights Movement, *Redlined* exposes the racist lending rules that refuse mortgages to anyone in areas with even one black resident. As blacks move deeper into Chicago’s West Side during the 1960s, whites flee by the thousands. But Linda Gartz’s parents, Fred and Lil, choose to stay in their integrating neighborhood, overcoming previous prejudices as they meet and form friendships with their African American neighbors. The community sinks into increasing poverty and crime after two race riots destroy its once vibrant business district, but Fred and Lil continue to nurture their three apartment buildings and tenants for the next twenty years in a devastated landscape—even as their own relationship cracks and withers.

After her parents’ deaths, Gartz discovers long-hidden letters, diaries, documents, and photos stashed in the attic of her former home. Determined to learn what forces shattered her parents’ marriage and undermined her community, she searches through the family archives and immerses herself in books on racial change in American neighborhoods. Told through the lens of Gartz’s discoveries of the personal and political, *Redlined* delivers a riveting story of a community fractured by racial turmoil, an unraveling and conflicted marriage, a daughter’s fight for sexual independence, and an up-close, intimate view of the racial and social upheavals of the 1960s.

## ABOUT THE AUTHOR:

Six-time Emmy-honored Linda Gartz is a documentary producer, author, blogger, educator, and archivist. Her documentaries and TV productions have been featured on ABC, NBC, CBS, PBS, and *Investigation Discovery*, syndicated nation-wide. Her educational videos include *Begin with Love* and *Grandparenting*, which were hosted respectively by Oprah Winfrey and Maya Angelou. Gartz’s articles and essays have been published in literary journals, online, and in local and national magazines and newspapers, including *The Chicago Tribune*. Born in Chicago, she studied at both Northwestern and the University of Munich and has lived most of her adult life in Evanston, IL. She earned her BA and MAT degrees from Northwestern.

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# RAISING MYSELF

A MEMOIR OF NEGLECT, SHAME, AND GROWING UP TOO SOON

BEVERLY ENGEL

## DESCRIPTION:

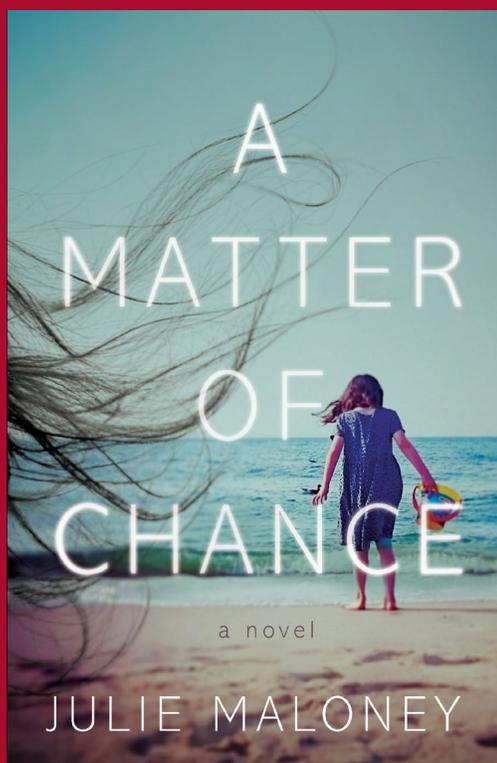
No one who knew Beverly Engel as a child could have imagined that she would become who she is today: an internationally known expert on abuse recovery and the best-selling author of twenty-two self-help books. This is the raw, candid story of how she made her way in the world in spite of her mother's neglect, unreasonable expectations and constant criticism; in spite of being sexually abused, first at four years old and then at nine; and in spite of being raped at twelve.

*Raising Myself* takes readers on a remarkable journey, showing us how Engel, who was basically on her own from the age of four, learned how to cope with a neglectful, narcissistic mother while being surrounded by a cast of characters that included eccentrics and misfits, a religious fanatic, child molesters, rapists, and hoodlums. It is a soul-searching memoir about how she came dangerously close to the edge of becoming a child molester, a criminal, and a suicide, and how she battled her inner demons and struggled to keep her heart open and to "reinvent" herself so she could follow her dream of making something of herself. Powerfully inspiring and unflinchingly honest, *Raising Myself* is a story of remarkable resilience and insight.

## ABOUT THE AUTHOR:

Beverly Engel has been a practicing psychologist for thirty-five years and is an internationally recognized psychotherapist and acclaimed advocate for victims of sexual, physical, and emotional abuse. She is the author of twenty-two self-help books, including the best-selling *Healing Your Emotional Self* and *The Right to Innocence*. In addition to her professional work, Engel frequently lends her expertise to national television talk shows. She has appeared on *Oprah*, *CNN*, and *Starting Over*, and many other TV programs. She has a blog on the *Psychology Today* website, regularly contributes to *Psychology Today* magazine, and has been featured in a number of newspapers and magazines, including *O*, *the Oprah Magazine*, *Cosmopolitan*, *Ladies Home Journal*, *Redbook*, *Marie Claire*, *The Chicago Tribune*, *The Washington Post*, *The Los Angeles Times*, *The Plain Dealer*, and *The Denver Post*.

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# A MATTER OF CHANCE

A NOVEL

JULIE MALONEY

## DESCRIPTION:

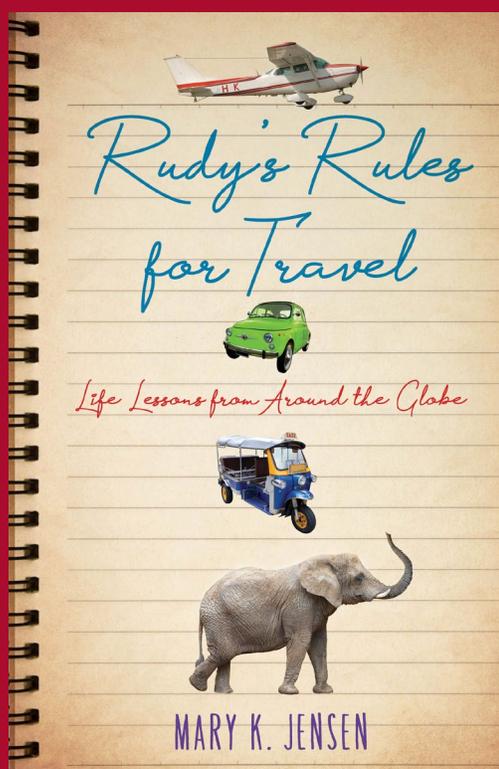
When eight-year-old Vinni Stewart disappears from a Jersey shore town, Maddy, her distraught single mother, begins a desperate search for her daughter. Maddy's five-year journey leads her to a bakery in Brooklyn, where she stumbles upon something terrifying. Ultimately, her artist neighbor Evelyn reconnects Maddy to her passion for painting and guides her to a life transformed through art.

Detective John D'Orfini sees more than a kidnapping in the plot-thickening twists of chance surrounding Vinni's disappearance, but his warnings to stay away from the investigation do not deter Maddy, even when her search puts her in danger. When the Russian Mafia warns her to stop sniffing into their business, Maddy must make a choice whether to save one child—even if it might jeopardize saving her own.

## ABOUT THE AUTHOR:

Julie Maloney is a former dancer/choreographer and artistic director of her own modern dance company. She is a poet whose work has been published in many literary journals. Her book of poems, *Private Landscape*, was published in 2007. As Founder/Director of Women Reading Aloud, a non-profit organization dedicated to the support of women writers, she has been leading workshops and writing retreats in the US, Greece, and France since 2003. *A Matter of Chance* is her debut novel. She lives outside of New York City in Morris County, NJ.

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“Among the reasons people ride on roller coasters are experiencing thrills and surprise and testing personal boundaries, but, unlike traveling independently overseas, roller coasters are basically predictable. Mary K. Jensen, while crafting warm, vivid pictures of the places she and her fearless husband, Rudy, visited, makes it possible for us to feel what it is like to be pulled along, always wondering what’s coming next on trips to new destinations. While rewarding readers with insights gained from the encounters that she and Rudy had, this book inspires stepping into the unknown.”

— David Tykol, Editor of  
*International Travel News*

# RUDY’S RULES FOR TRAVEL

LIFE LESSONS FROM AROUND THE GLOBE

MARY K. JENSEN

## DESCRIPTION:

Most honeymoons, Mary knows, do not start this way. Lying outside on the sloping attic roof in Edinburgh, listening to the soft snores of her groom, she realizes that Rudy’s number one rule, “adapt,” once again reigns.

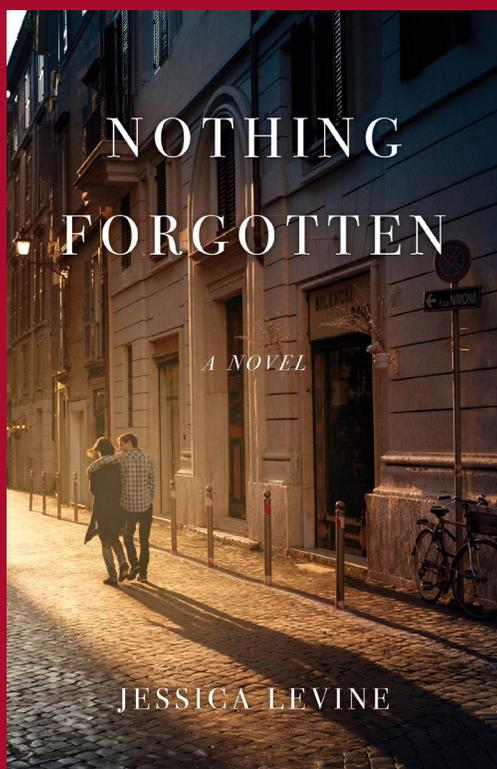
*Rudy’s Rules for Travel* takes you across the twentieth-century globe with intrepid, frugal Rudy and his spouse, Mary, a catastrophic thinker seeking comfort. Whether stalled in a Spanish car tunnel, stranded atop a runaway elephant, or held at rifle-point at a Soviet border, Rudy has a rule for every occasion—for example, “Relax, some kind stranger will appear.” Mary, meanwhile, has her deep breathing and her own commandment: “Expect the worst.”

The two are a picture of contrast. As Mary was being born, Rudy was a new American citizen flying US Air Force missions over his homeland, Germany. His father was a seaman, hers an accountant. And when this marriage of opposites goes traveling, their stories combine laugh-out-loud humor with poignant lessons from the odyssey of a World War II veteran. So start packing—you’ll want to join these two.

## ABOUT THE AUTHOR:

Mary K. Jensen, PhD is a recovering grants writer. After retiring as Professor Emerita from California State University, Chico, she ventured into her attic and pulled out boxes of trip diaries—raw material for her memoir. Jensen earned her master’s degree at Loyola Marymount University and her doctorate at the University of Oregon, where she was an analyst and author for the federal research clearinghouse ERIC. With experience in teaching, school psychology, administration, and teacher preparation, she has been a popular writer and conference speaker, skilled in translating research findings to school practice. She is a survivor—of cancer twice, and of decades of travel with her irrepressible spouse. She lives in Northern California, where she relishes her writing group, book clubs, poetry group, walks and friendships. Visit her at [www.marykjensen.com](http://www.marykjensen.com).

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# NOTHING FORGOTTEN

A NOVEL

JESSICA LEVINE

## DESCRIPTION:

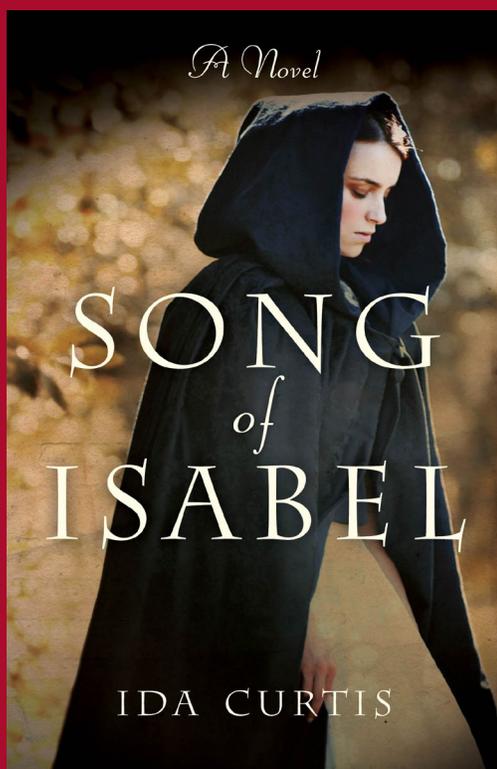
When Anna, now living in California, is contacted by the Italian lover she knew decades before, she recalls their affair and the child she gave up for adoption. As the episode returns to haunt her—threatening the life she's built, including her marriage—the story moves back in time to her youth in Europe.

Rome, 1979. Anna, twenty-two and living abroad, is involved with a man already engaged to be married. When she meets and befriends his fiancée, she is forced to confront the moral consequences of her actions. But an unexpected pregnancy, an anonymous letter, and threatening relatives complicate the picture. Layered and provocative, this is a novel in which an unconventional heroine, far from home, is forced to reckon with the judgment of others.

## ABOUT THE AUTHOR:

Jessica Levine is the author of *The Geometry of Love*, a Booklist Top 10 Women's Fiction Title (2015), and *Delicate Pursuit: Discretion in Henry James and Edith Wharton*, as well as several translations from French and Italian. Her writing has appeared in many publications, including *The Huffington Post* and *The Southern Review*. She lives in Northern California.

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# SONG OF ISABEL

A NOVEL

IDA CURTIS

## DESCRIPTION:

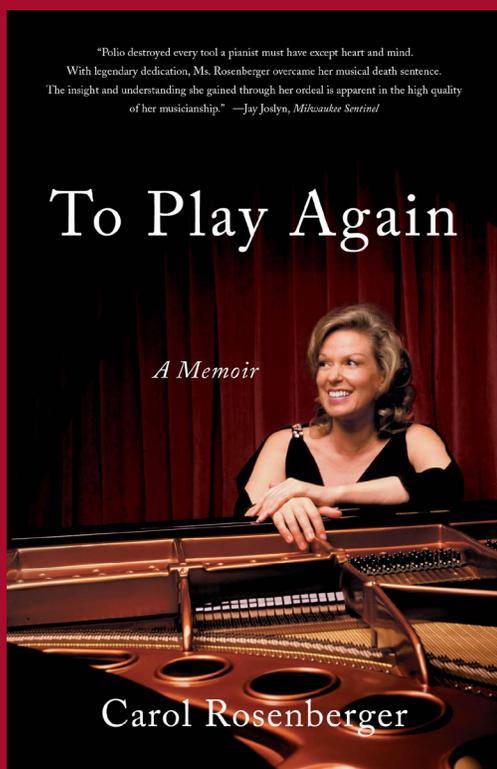
Lady Isabel is just twelve years old when Lord Chetwynd rescues her from being raped by warriors in his company. When they meet eight years later, each has a good reason for entering an arranged marriage. Together, they embark on a perilous journey to the court of King Louis. On the way, danger from enemies on the journey brings them closer together; when they arrive at court, rivalry and intrigue nearly parts them. Ultimately, however, they survive these trials through their own native wit and charm—and gain new respect and love for one another.

Rich with historical detail and drama, *Song of Isabel* is a compelling novel of love, sex, ambition, and intrigue.

## ABOUT THE AUTHOR:

Born in New Haven, CT, in April 1935, Ida Curtis grew up in a small town near Hartford, CT. After marriage, she and her husband raised a family of two children, moving around the United States as his academic career dictated, living for the longest period in Vancouver, British Columbia. After retirement, they moved to Seattle to be near their son and daughter. Based on a handbook written by a ninth-century widow of a wealthy landowner to educate her sons, *Song of Isabel* captures what life was like for a young noblewoman of that period.

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“In addition to being one of the finest pianists of her generation, Carol Rosenberger is also one of the most eloquent—as her new book triumphantly attests. Hers is an important and inspiring story, and she tells it superbly.”

— Jim Svejda, commentator on KUSC radio, called “The High Priest of Classical Music” by the *Los Angeles Times*

# TO PLAY AGAIN

A MEMOIR

CAROL ROSENBERGER

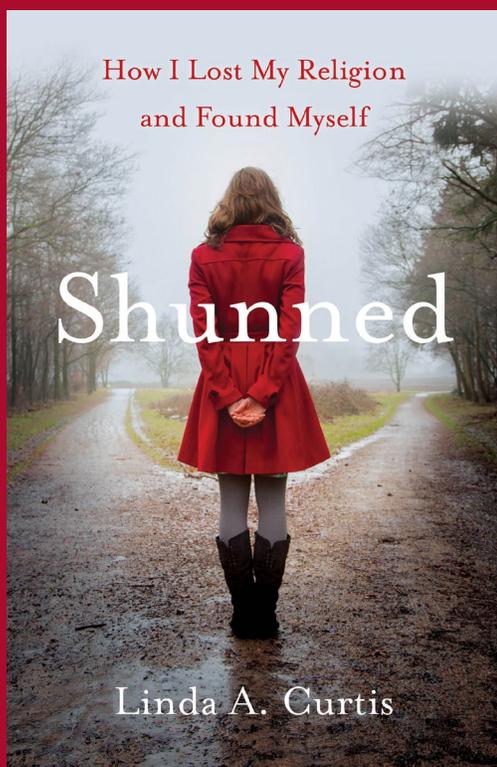
## DESCRIPTION:

At age twenty-one, while she was working with the legendary Nadia Boulanger in France, concert pianist Carol Rosenberger was stricken with paralytic polio—a condition that knocked out the very muscles she needed in order to play. But Rosenberger refused to give up. Over the next ten years, against all medical advice, she struggled to rebuild her technique and regain her life as a musician—and went on to not only play again but to receive critical acclaim for her performances and recordings. Beautifully written and deeply inspiring, *To Play Again* is Rosenberger’s chronicle of making possible the seemingly impossible: overcoming career-ending hardships to perform again.

## ABOUT THE AUTHOR:

“Ravishing, elegant pianism” wrote *The New York Times* of American pianist Carol Rosenberger, whose four-decade concert career is represented by over thirty recordings on the Delos label. Many are enduring favorites worldwide, and have brought her a Grammy Award nomination, *Gramophone’s* Critic’s Choice Award, *Stereo Review’s* Best Classical Compact Disc, and *Billboard’s* All Time Great Recording. Rosenberger has been the subject of articles in many leading newspapers and magazines, has been a faculty member of the University of Southern California, and has given performance workshops nationwide. With Delos founder Amelia Haygood, Carol coproduced many recordings by world-class artists. After Haygood’s death in 2007, Carol became the label’s director.

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“This is an unforgettable story from a brave and beautiful woman who has turned her tragic experience of being shunned into an inspiring opportunity to create and claim a life of integrity, joy, and purpose. Her pain and grief, courage and compassion, strength and insight will deeply touch every reader and have them rethink who they are and what they stand for. This is a riveting story, a page-turner, a magnificent contribution, and a book you will never forget.”

—Lynne Twist, global activist and author of *The Soul of Money: Transforming Your Relationship with Money and Life*

# SHUNNED

HOW I LOST MY RELIGION AND FOUND MYSELF

LINDA A. CURTIS

## DESCRIPTION:

Raised as a Jehovah’s Witness, Linda Curtis is an unquestioning true believer who has knocked on doors since she was nine years old. Like other Witnesses, she has been discouraged from pursuing a career, higher education, or even voting, and her friendships are limited to the Witness community.

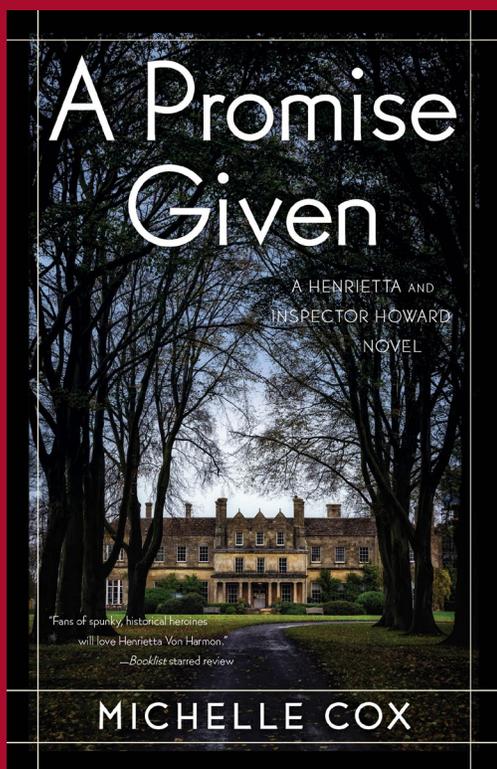
Then one day, at age thirty-three, she knocks on a door—and a coworker she deeply respects answers the door. To their mutual consternation, she launches into her usual spiel, but this time, for the first time ever, the message sounds hollow. In the months that follow, Curtis tries hard to overcome the doubts that spring from that doorstep encounter, knowing they could upend her “safe” existence. But ultimately, unable to reconcile her incredulity, she leaves her religion and divorces her Witness husband—a choice for which she is shunned by the entire community, including all members of her immediate family.

*Shunned* follows Linda as she steps into a world she was taught to fear and discovers what is possible when we stay true to our hearts, even when it means disappointing those we love.

## ABOUT THE AUTHOR:

Linda Curtis is an executive consultant, speaker, and mindfulness teacher who lives in the San Francisco Bay Area. Since 2003 she has consulted with hundreds of successful entrepreneurs, leaders, C-suite executives, and their teams. Her client list includes MasterCard, RSF Social Finance, NASDAQ, and KPMG. She serves on the core faculty of the Search Inside Yourself Leadership Institute (SIYLI.org), the groundbreaking mindfulness and emotional intelligence program developed at Google. She teaches their Search Inside Yourself course around the world at organizations including Google, Red Bull, L’Oreal, Vanderbilt University, Genentech, and LinkedIn.

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# A PROMISE GIVEN

A HENRIETTA AND INSPECTOR HOWARD NOVEL

MICHELLE COX

## DESCRIPTION:

A delightful romp through the English countryside and back.

Anxious to be married, Henrietta and Clive push forward with their wedding plans despite their family differences, made worse now by Oldrich Exley's attempts to control the Von Harmons. When the long-awaited wedding day arrives, more than just Clive and Henrietta's vows is unfolding. Stanley and Elsie's relationship is sorely tested by the presence of the dashing Lieutenant Harrison Barnes-Smith and by Henrietta's friend Rose—a situation that grows increasingly dark and confused as time goes on.

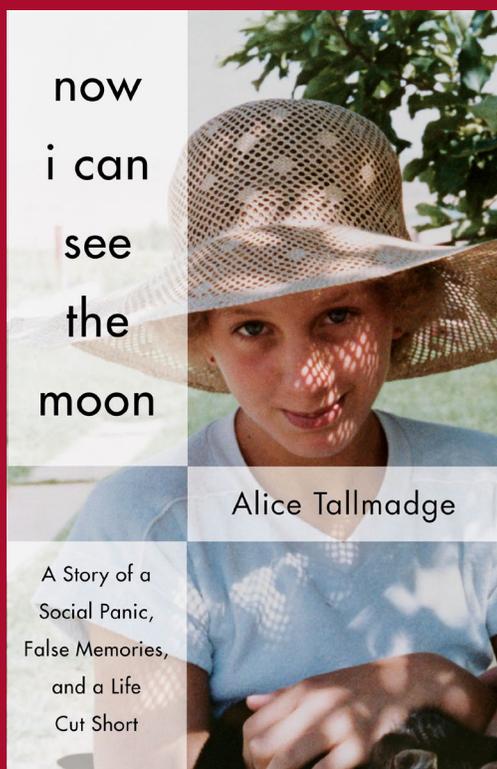
As Clive and Henrietta begin their honeymoon at Castle Linley, the Howards' ancestral estate in England, they encounter a whole new host of characters, including the eccentric Lord and Lady Linley and Clive's mysterious cousin, Wallace. When a man is murdered in the village on the night of a house party at the Castle, Wallace comes under suspicion—and Clive and Henrietta are reluctantly drawn into the case, despite Clive's anxiety at involving his new bride and Henrietta's distracting news from home.

Delicately attempting to work together for the first time, Clive and Henrietta set out to prove Wallace's innocence, uncovering as they do so some rather shocking truths that will shake the Linley name and estate forever.

## ABOUT THE AUTHOR:

Michelle Cox holds a BA in English literature from Mundelein College, Chicago, and is the author of the award-winning Henrietta and Inspector Howard series. Book two of the series, *A Ring of Truth*, was released April 2017 with She Writes Press. Cox is also known for her charming and popular *Novel Notes of Local Lore*, a blog dedicated to Chicago's forgotten residents. She lives with her husband and three children in the Chicago suburbs.

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“In *Now I Can See the Moon*, Alice Tallmadge tells the story of a beloved niece lost to suicide. She weaves together strands of family love, false memories, mental illness, faith, and our inability to speak in a haunting story about what we need to be whole and what we are willing to give those we love.”

—Sallie Tisdale, author of *Violation: Collected Essays*

# NOW I CAN SEE THE MOON

A STORY OF A SOCIAL PANIC, FALSE MEMORIES, AND A LIFE CUT SHORT

ALICE TALLMADGE

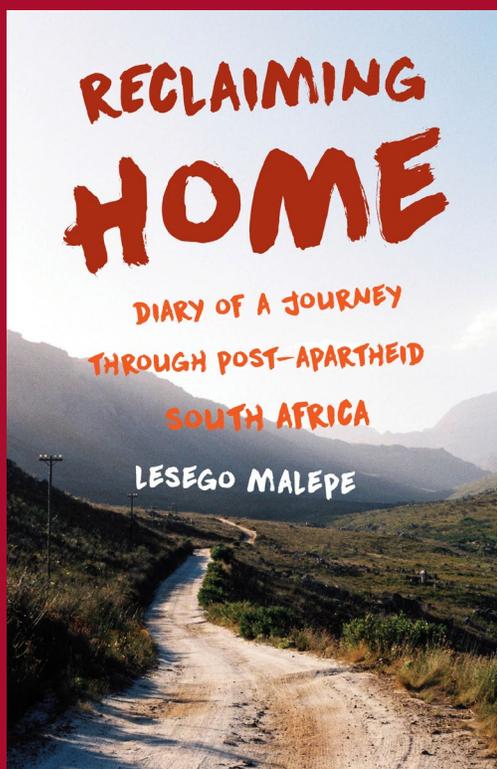
## DESCRIPTION:

In the 1980s and 1990s, a mind-boggling social panic over child sex abuse swept through the country, landing childcare workers in prison and leading hundreds of women to begin recalling episodes of satanic ritual abuse and childhood abuse by family members. *Now I Can See the Moon: A Memoir* is a deeply personal account of the devastating impact these events had on one family. In trying to understand the suicide of her twenty-three-year-old niece, a victim of the panic, the author discovers that what she thought was an isolated tragedy was, in fact, part of a much larger social phenomenon that sucked in individuals from all walks of life, convincing them to believe the unbelievable and embrace the most aberrant claims as truth.

## ABOUT THE AUTHOR:

Alice Tallmadge has been a reporter, writer, and editor since receiving her master’s degree from the University of Oregon’s School of Journalism in 1987. She was a correspondent for *The Oregonian* newspaper from 1999 to 2005, and a reporter and assistant editor for the *Eugene Weekly* in the 1990s. Her essays and stories have appeared in *Portland Magazine*, *Forest Magazine*, *Oregon Humanities*, the *Register-Guard*, *Oregon Quarterly*, and *The New York Times*. Her guidebook for juvenile sex offenders, *Tell It Like It Is*, was published by Safer Society Press in 1998. She was an adjunct instructor at the University of Oregon School of Journalism and Communication from 2008 to 2014. She is currently a freelance editor.

MAY 2018



Publication Date: May 1, 2018

Collections: Memoir

Price: \$16.95 paperback, \$9.95 ebook

Distributed by Ingram Publisher Services

Print ISBN: 978-1-63152-332-8

E-ISBN: 978-1-63152-333-5

# RECLAIMING HOME

DIARY OF A JOURNEY THROUGH  
POST-APARTHEID SOUTH AFRICA

LESEGO MALEPE

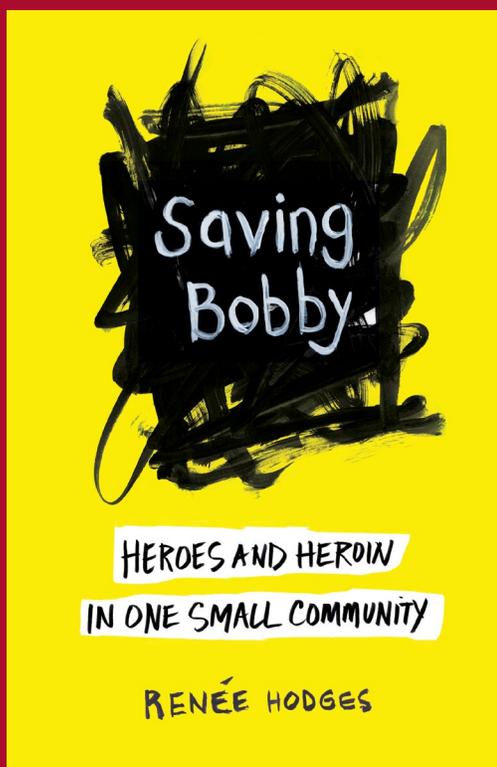
## DESCRIPTION:

*Reclaiming Home* is the diary of Lesego Malepe's travels in South Africa in 2004, the tenth anniversary of South Africa's democracy. The book begins with Malepe taking the bus from Pretoria, where she grew up, to Cape Town, where she visits Robben Island—the prison where her brother served a life sentence during apartheid days. She interrupts her travels to return to Pretoria, where she attends the ceremony marking the official settlement of land claims for her parents' property and her grandmother's property in Kilnerton, Pretoria, which were confiscated by the apartheid government when Malepe was four, forcing her family—along with the rest of their community—to move to Mamelodi township for Africans. Over the course of her travels, Malepe traverses much of her home country, visiting locales including Pietermaritzburg, Durban, Port Elizabeth, Thohoyandou, the University of Venda, and Giyani. Ultimately, hers is a sprawling, revealing journey that illuminates the ways South Africa has changed—and the ways it has remained the same—since the end of apartheid.

## ABOUT THE AUTHOR:

Lesego Malepe left apartheid South Africa with a Fulbright scholarship to study in the US in 1978. After completing her graduate work in political science at Boston University, she taught political science at a college near Boston for many years. She is the author of the novel *Matters of Life and Death*, published in 2005, about the family of a high school student who was sentenced to life on Robben Island in 1963. She has also contributed op-ed articles to national newspapers, including *USA Today*, the *Baltimore Sun*, the *San Francisco Chronicle*, and the *St. Louis Post Dispatch*. Malepe has served for many years as a judge for the Children's Africana Book Awards of the Outreach Council of the African Studies Association and leads workshops for teachers about how to teach about Africa in general and how to use African literature in the classroom.

MAY 2018



Publication Date: May 1, 2018

Collections: Memoir

Price: \$16.95 paperback, \$9.95 ebook

Distributed by Ingram Publisher Services

Print ISBN: 978-1-63152-375-5

E-ISBN: 978-1-63152-376-2

“As a practicing pediatrician facing the challenges of a growing number of ever-younger opioid abusers, and the ripple effect it has on the families and the communities they live in, I find Renée Hodges’s book couldn’t be more timely. Hodges’s straightforward approach, common sense, humor, and honesty bring a heartfelt reality to a growing problem faced by far too many. This book is a must-read for all of us.”

—Kim Leversedge, MD, Board Certified Pediatrician

# SAVING BOBBY

HEROES AND HEROIN IN ONE SMALL COMMUNITY

RENÉE HODGES

## DESCRIPTION:

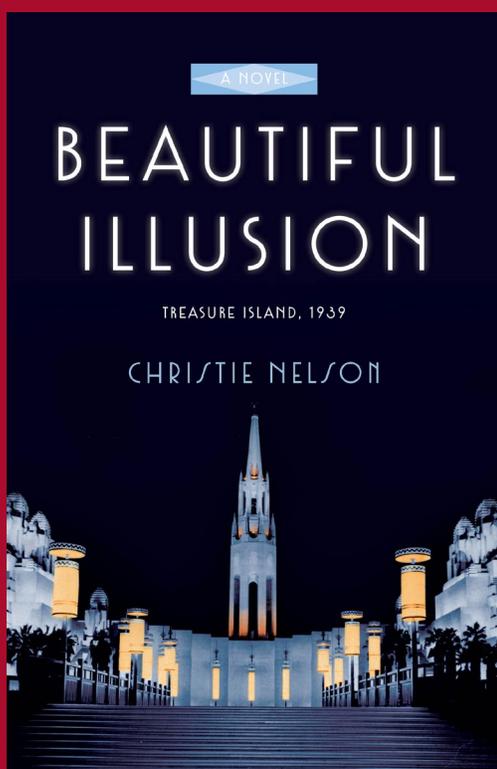
When Renée Hodges invited her nephew, Bobby, to come stay with her for a few weeks so he could visit a doctor about his back pain, she knew he was recovering from an addiction to prescription painkillers. She believed that if he could address his back problems, he would have a better chance of staying clean—but she had no idea what a roller coaster ride she was getting on. Unlike other books about addiction, *Saving Bobby* begins after rehab is over. Told in part through journal entries, e-mails, and personal recollections, this raw, honest, deeply moving memoir—begun to keep the family accountable—describes the sixteen months that Hodges, her husband, and their community struggled alongside Bobby as he attempted to successfully re-enter the day-to-day world. Using a holistic and open approach, the shame and stigma associated with addiction was lessened—and ultimately, Bobby learned he had to save himself.

A gripping and heartrending story of survival, *Saving Bobby* is an essential, timely read for those concerned about America’s most pressing epidemic.

## ABOUT THE AUTHOR:

Although her Louisiana roots run deep, Renée Hodges and her husband have called North Carolina home for the past thirty years. Hodges has worked as a campaign manager for a candidate for the Texas State House of Representatives (she won); front desk person at a ski resort; and volunteer recruiter and registration head during a presidential campaign in New York City. She also cowrote and self-published the Best Kept Secrets series of guides in the 1980s. Settling into motherhood and raising a family has been her most satisfying work, however, and today she is a wife, mother of three, writer, investor, community volunteer, and avid tennis player. Learn more at [www.ReneeHodgesAuthor.com](http://www.ReneeHodgesAuthor.com).

MAY 2018



**Publication Date: May 1, 2018**

**Collections: Women's Fiction**

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**Distributed by Ingram Publisher Services**

**Print ISBN: 978-1-63152-334-2**

**E-ISBN: 978-1-63152-399-1**

# BEAUTIFUL ILLUSION

A NOVEL

CHRISTIE NELSON

## DESCRIPTION:

As the march of boots echoes from overseas, all nations that border the Pacific and beyond are invited to build pavilions on Treasure Island at the Golden Gate International Exposition, an event dedicated to the pursuit of world peace and brotherhood—and Lily Nordby, smart, strong-willed, and feisty, is given a once-in-a-lifetime assignment covering the Exposition for the *Examiner*. There she meets Tokido Okamura, the host of the Japanese Pavilion—and despite being highly suspicious of his true purpose on the island, she's swept up in a whirlwind of powerful emotions that lead her into unknown territory.

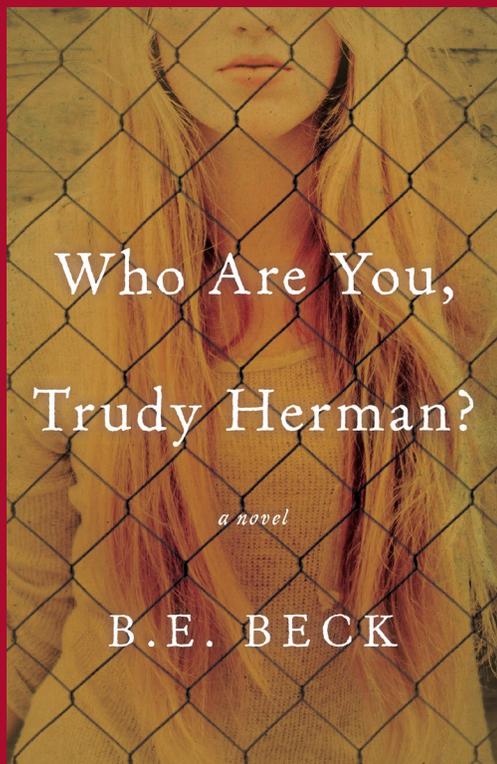
Brilliant and enigmatic Woodrow Packard, a Mayan art scholar at the Expo, prefers remaining aloof and alone. But his infatuation and deepening relationship with Lily thrusts him into the limelight. He asks himself, could someone as smart and beautiful as she return the love of a man who is a dwarf?

In an attempt to prevent Lily from spiraling into danger, Woodrow intercedes to help her uncover her family's past—but when fate intervenes, they are both pulled into a destiny they could never have imagined. Mixing fact and fiction with a dash of noir, *Beautiful Illusion* is a story of love and deception that explores what happens when human hearts collide as the world is plotting war.

## ABOUT THE AUTHOR:

Christie Nelson is a third-generation San Franciscan, longtime Marin resident, and the author of *Woodacre*, *Dreaming Mill Valley*, and *My Moveable Feast*. She lives in the 1880s brewmeister's home of the San Rafael Brewery with her husband.

**MAY 2018**



**Publication Date: May 8, 2018**

**Collections: Literary Fiction**

**Price: \$16.95 paperback, \$9.95 ebook**

**Distributed by Ingram Publisher Services**

**Print ISBN: 978-1-63152-377-9**

**E-ISBN: 978-1-63152-378-6**

# WHO ARE YOU, TRUDY HERMAN?

A NOVEL

**B.E. BECK**

## DESCRIPTION:

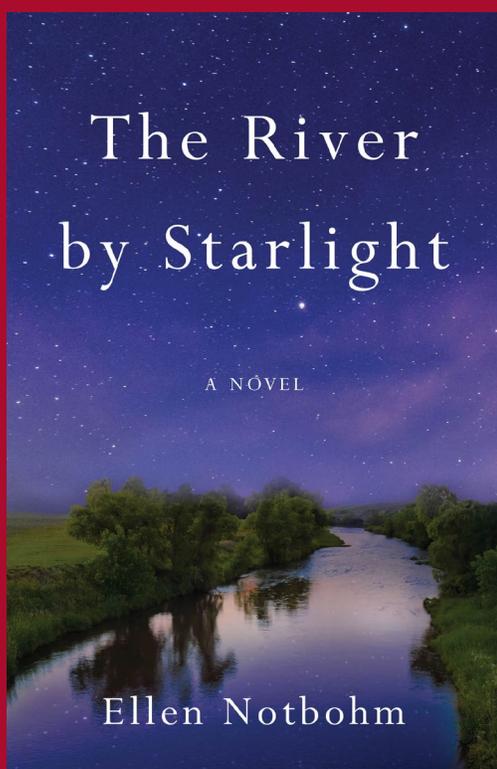
As a little girl, Trudy Herman is taught to stand up for truth by her much-loved grandfather. Then in 1943, her family is sent to a German-American Internment Camp in Texas, and her childhood changes drastically. On the journey to the camp, Trudy meets Ruth, who tells her and her friend Eddie the legend of the Paladins—knights of Emperor Charlemagne who used magic gifted to them by the heavens to stand up for virtue and truth. Ruth insists both Trudy and Eddie will become modern-day Paladins—defenders of truth and justice—but Trudy’s experiences inside the camp soon convince her that she doesn’t have what it takes to be a knight.

After two years, her family is released from the camp and they move to Mississippi. Here, Trudy struggles to deal with injustice when she comes face to face with the ingrained bigotries of the local white residents and the abject poverty of the black citizens of Willow Bay. Then her family’s black housekeeper—a woman Trudy has come to care for—finds herself in crisis, and Trudy faces a choice: look the other way, or become the person her grandfather and Ruth believed she could be?

## ABOUT THE AUTHOR:

B.E. Beck is an educator and writer. She taught at the University of Minnesota, Duluth, before moving to the Seattle College District. She is a member of Pacific Northwest Writers Association and is active in two writers’ group. She and her husband live in the Seattle area.

MAY 2018



**Publication Date: May 8, 2018**

**Collections: Literary Fiction**

**Price: \$16.95 paperback, \$9.95 ebook**

**Distributed by Ingram Publisher Services**

**Print ISBN: 978-1-63152-335-9**

**E-ISBN: 978-1-63152-336-6**

“A ten for voice and originality . . . some of the best dialogue I’ve read . . . a voice that held me spellbound and a story that kept me turning the page.”

—Elizabeth Lyon, author of *Manuscript Makeover*

# THE RIVER BY STARLIGHT

A NOVEL

ELLEN NOTBOHM

## DESCRIPTION:

Her brother’s letter touched a match to the wick of Annie’s doused dreams. Dream enough for her, to stroll the length of a town without the abortive glances, the stilted greetings, the wider berth given her on the sidewalk. “I could use some help out here,” he wrote. “What’s holding you to Iowa anyway?”

Annie Rushton leaves behind an unsettling past to join her brother on his Montana homestead and make a determined fresh start. There, sparks fly when she tangles with Adam Fielding, a visionary businessman-farmer determined to make his own way and answer to no one. Neither is looking for a partner, but they give in to their undeniable chemistry.

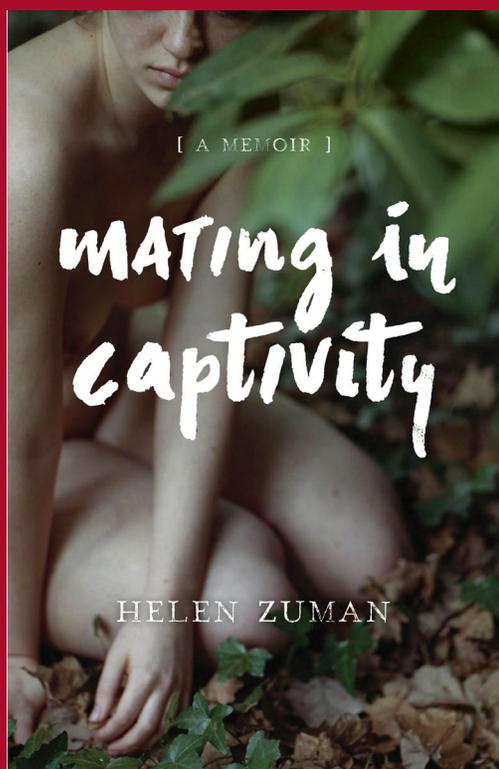
Annie and Adam’s marriage brims with astounding success and unanticipated passion, but their dream of having a child eludes them as a mysterious illness of mind and body plagues Annie’s pregnancies. Amidst deepening economic adversity, natural disaster, and the onset of world war, their personal struggles collide with the societal mores of the day. Annie’s shattering periods of black depression and violent outbursts exact a terrible price. The life the Fieldings have forged begins to unravel, and the only path ahead leads to unthinkable loss.

Based on true events, this sweeping novel weaves a century-old story, timeless in its telling of love, heartbreak, healing, and redemption embodied in one woman’s tenacious quest for control over her own destiny in the face of devastating misfortune and social injustice.

## ABOUT THE AUTHOR:

An internationally renowned author, Ellen Notbohm’s work has informed and delighted millions in more than twenty languages. In addition to her award-winning books on autism, her articles and columns on such diverse subjects as history, genealogy, baseball, and politics have appeared in major publications and captured audiences on every continent. A lifelong resident of Oregon, Ellen is an avid genealogist, knitter, beachcomber, and thrift store hound who has never knowingly walked by a used bookstore without going in and dropping coin.

MAY 2018



Publication Date: May 8, 2018

Collections: Memoir

Price: \$16.95 paperback, \$9.95 ebook

Distributed by Ingram Publisher Services

Print ISBN: 978-1-63152-337-3

E-ISBN: 978-1-63152-338-0

# MATING IN CAPTIVITY

A MEMOIR

HELEN ZUMAN

## DESCRIPTION:

When recent Harvard grad Helen Zuman moved to Zendik Farm in 1999, she was thrilled to discover that the Zendiks used go-betweens to arrange sexual assignations, or “dates,” in cozy shacks just big enough for a double bed and a nightstand. Here, it seemed, she could learn an honest version of the mating dance – and form a union free of “Deathculture” lies. No one spoke the truth: Arol, the Farm’s matriarch, crushed any love that threatened her hold on her followers’ hearts. An intimate look at a transformative cult journey, *Mating in Captivity* shows how stories can trap us and free us, how miracles rise out of crisis, how coercion feeds on forsaken self-trust.

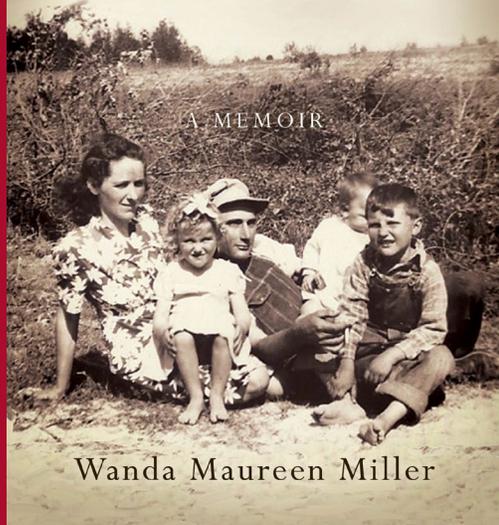
## ABOUT THE AUTHOR:

Helen Zuman is a tree-hugging dirt worshipper devoted to turning waste into food and the stinky guck of experience into fertile, fragrant prose. She holds a BA in visual and environmental studies from Harvard and a Half-FA in memoir from Hunter College. Raised in Brooklyn, she lives in Beacon, NY and Black Mountain, NC with her husband, Gregg, and blogs—on gift, coercion, social nourishment, and the catastrophe of industrial civilization—at [www.helenzuman.com](http://www.helenzuman.com) *Mating in Captivity* is her first book.

MAY 2018

# Last Trip Home

A MEMOIR



Wanda Maureen Miller

Publication Date: May 15, 2018

Collections: Memoir

Price: \$16.95 paperback, \$9.95 ebook

Distributed by Ingram Publisher Services

Print ISBN: 978-1-63152-339-7

E-ISBN: 978-1-63152-340-3

**“With a writer’s voice that is sassy and vibrant, Miller’s gripping narrative took me by the heart and the scruff of my neck into regions I would never otherwise have explored.”**

—Nancy Bacal, creator/leader of The Writer’s Way workshops, editor of Leonard Cohen’s anthology, *Stranger Music*, and writer/producer of *RAGA*, starring Ravi Shankar and George Harrison

# LAST TRIP HOME

A MEMOIR

WANDA MAUREEN MILLER

## DESCRIPTION:

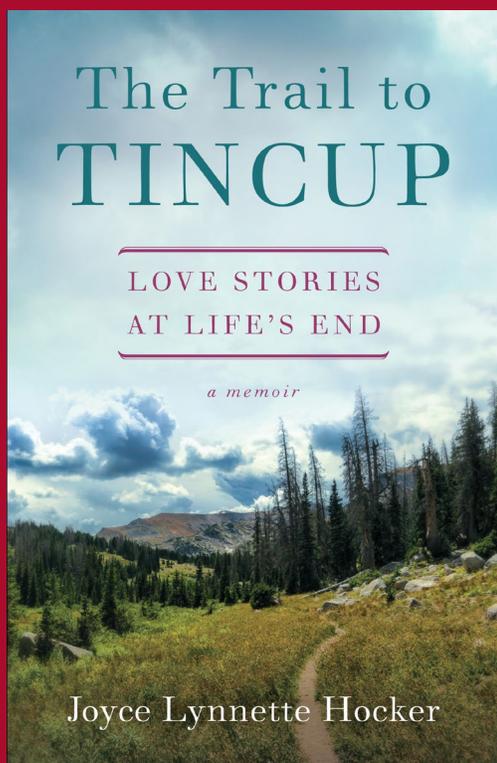
*“Who do you thank you are, the Quane of Anglund?”* That’s what Grace Marie Miller’s father to say to her whenever he thought she was getting out of her place. In her fifties now, Wanda is a college professor living in a beach town in California, and when she gets a phone call telling her that her father is dead, she is glad. She hopes her return for his funeral will be her “last trip home.”

As a young girl Wanda struggled to escape from poverty, her father’s lecherous, controlling grip, and a husband in the Klan. Determined to get an education, she clawed her way to a comfortable life and a home with indoor toilets—but her most unexpected struggle turned out to be survivor’s guilt, so she kept returning home to “fix” her family and the sharecropper shack they lived in. After her father’s funeral, Wanda burns down the family home. After doing so, however, she discovers that she has unexpected ties to both the land and the people in her community--and finally realizes she will never have a “last trip home.”

## ABOUT THE AUTHOR:

Wanda Maureen Miller grew up on an Arkansas farm, read and wrote for escape, got an education, and moved to California. She taught college English and published four other books. She is retired now and lives in Manhattan Beach, CA, with a retired doctor. She has a daughter and granddaughter living in North Carolina and still owns the farm she grew up on.

MAY 2018



**Publication Date: May 15, 2018**

**Collections: Memoir**

**Price: \$16.95 paperback, \$9.95 ebook**

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**Print ISBN: 978-1-63152-341-0**

**E-ISBN: 978-1-63152-342-7**

# THE TRAIL TO TINCUP

LOVE STORIES AT LIFE'S END

JOYCE LYNNETTE HOCKER

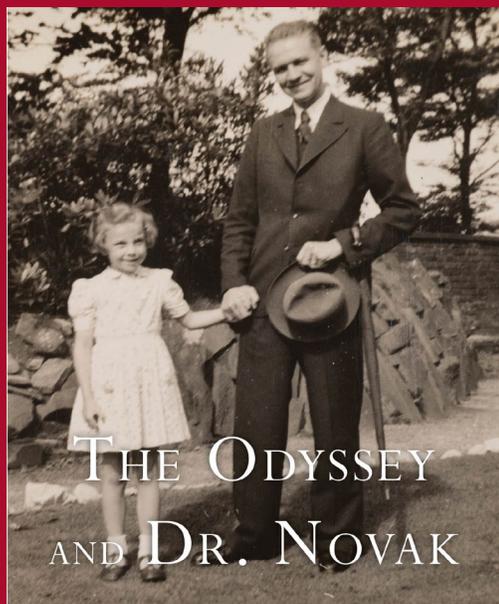
## DESCRIPTION:

In *The Trail to Tincup: Love Stories at Life's End*, a psychologist reckons with the loss of four family members within a span of two years. Hocker works backward into the lives of these people and forward into the values, perspective, and qualities they bestowed before and after leaving. Following the trail to their common gravesite in Tincup, Colorado, she remembers and recounts decisive stories and delves into artifacts, journals, and her own dreams. In the process, the grip of grief begins to lessen, death braids its way into life, and life informs the losses with abiding connections. Gradually, she begins to find herself capable of imagining life without her sister and best friend. Toward the end of the book, Hocker's own near-death experience illuminates how familiarity with her individual mortality helps her live with joy, confidence, and openness.

## ABOUT THE AUTHOR:

Joyce Lynnette Hocker grew up in Texas and is a descendent of four generations of Texans on both sides. She obtained a PhD in communication from the University of Texas–Austin, and later received a PhD in clinical psychology from the University of Montana. Her academic career as a communication studies professor brought her to Missoula, Montana in 1976, where she began her private practice in 1985. Hocker is the author of *Interpersonal Conflict*, a best-selling text used in more than 250 colleges and universities, now in its 10th edition. Now in semi-retirement, Joyce teaches in the Lifelong Learning Institute at the University of Montana and at Red Willow Learning Center, a nonprofit in Missoula, which supports resilience in people who suffer difficult life experiences. She lives with her husband, Gary Hawk, and their tuxedo cat, Lonestar.

MAY 2018



A MEMOIR

ANN C. COLLEY

Publication Date: May 22, 2018

Collections: Memoir

Price: \$18.95 paperback, \$9.95 ebook

Distributed by Ingram Publisher Services

Print ISBN: 978-1-63152-343-4

E-ISBN: 978-1-63152-344-1

“Often lyrical, Ann C. Colley’s personal Odyssey exposes the reader to historical and political facts as well as to other aspects of East European cultures. Her sharp eye for detail, her candor, and her illuminating insights will benefit readers interested in studying and traveling to that part of Europe.”

—Regina Grol, Professor Emerita of Comparative Literature, SUNY-Empire State College

# THE ODYSSEY AND DR. NOVAK

A MEMOIR

ANN C. COLLEY

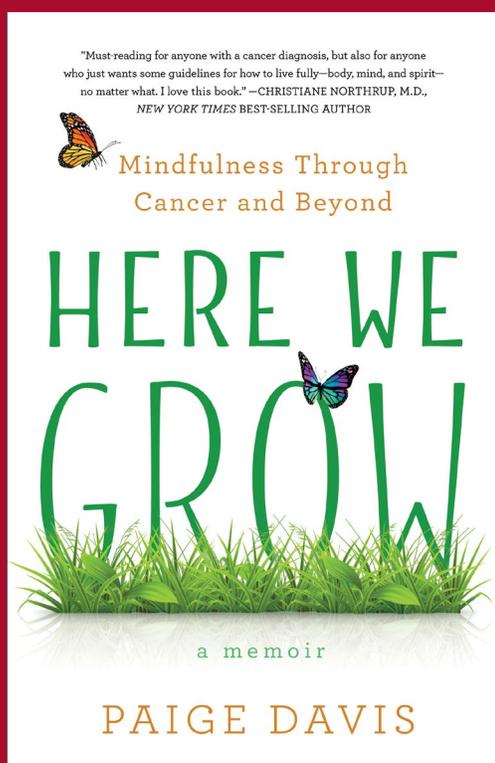
## DESCRIPTION:

One summer afternoon in northern England in 1946, when Ann Colley was a child, she met a man from Czechoslovakia named Dr. Novak. This encounter launched her lifelong fascination with Central and Eastern Europe, one that resulted in her spending two years, in 1995 and 2000, teaching at universities in Poland and Ukraine. In *The Odyssey and Dr. Novak*, Colley records personal experiences, interactions with colleagues, and descriptions of the landscape, creating a composite portrait of these countries at a time when each is struggling to chart its course after the collapse of the Soviet Union in 1991. She recalls moments that are disturbing, absurd, discordant, frustrating, humorous, and endearing—a missing parrot flying in through the window; a robber on a train threatening her life; clouds of smoke from Chernobyl hanging over Kiev. Colley’s journey ends with her return to the figure of Dr. Novak when she searches in the archives of the Harvard Divinity School Library for letters sent from Prague in 1945—letters that, just like her memoir, speak of a past that pursues the present.

## ABOUT THE AUTHOR:

Ann C. Colley is a SUNY Distinguished Professor at the State University College of New York in Buffalo. She has written extensively on nineteenth-century British literature and culture and has published with presses including Harcourt, Brace, Jovanovich, the University of Georgia Press, Macmillan, Ashgate, Palgrave, and the Cambridge University Press. She has taught abroad on Fulbright Fellowships in Poland and Ukraine. With Irving Massey she has traveled throughout South America, Central America, Nepal, Turkey, Morocco, Africa, Cape Verde, New Zealand, Armenia, Belarus, Hungary, the Soviet Union, Czechoslovakia, Poland, and Ukraine. Always nostalgic for the landscape of home, she often returns to England, where she spent the first thirteen years of her life. In the summers she lives in the wilderness of Nova Scotia.

MAY 2018



Publication Date: May 22, 2018

Collections: Memoir

Price: \$16.95 paperback, \$9.95 ebook

Distributed by Ingram Publisher Services

Print ISBN: 978-1-63152-381-6

E-ISBN: 978-1-63152-382-3

"Davis's honest account of her heart-wrenching and redemptive journey moved me deeply. *Here We Grow* left me with hope and encouragement for the human spirit and the reminder that if I'm willing to keep opening up to what's possible, I just might find myself in a place more beautiful than I could have imagined. It was a privilege to accompany Davis on her journey and I am grateful she chose to share her inspiring story. Beautiful!"

—Renée Peterson Trudeau, life-balance coach, speaker, and author of *The Mother's Guide to Self-Renewal* and *Nurturing the Soul of Your Family*

## HERE WE GROW

MINDFULNESS THROUGH CANCER AND BEYOND

PAIGE DAVIS

### DESCRIPTION:

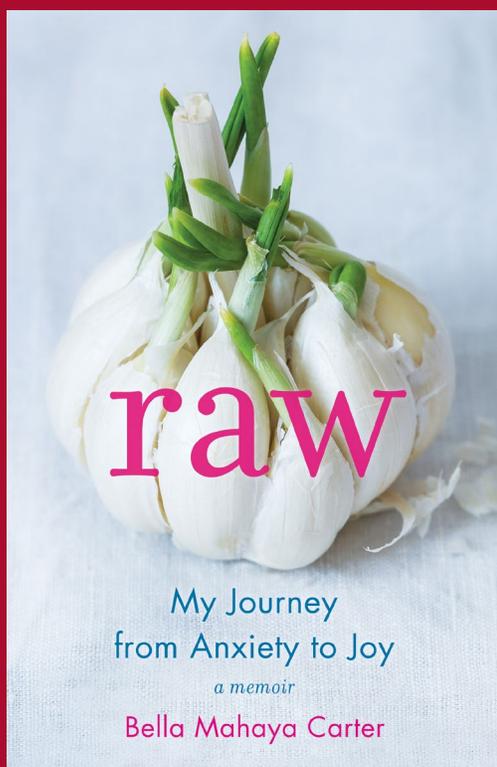
After a lifetime of seeking all things spiritual, wellness, and at times woo-woo, Paige Davis finds herself facing a breast cancer diagnosis at thirty-eight years old. But she quickly realizes that cancer isn't her crisis point; rather, it is a landing pad of experiences inviting her to integrate her mind, body, and spirit, find peace in the present moment, and heal from the inside out. She embraces cancer through a lens of love rather than as a battle to be fought.

In *Here We Grow*, Davis provides a refreshing new paradigm of integrative living that doesn't deny the hardship of a situation, but instead encourages meeting difficulty through embodied heart-centered presence. Utilizing mindfulness, meditation, and mind-body disciplines, she shares a tool kit for transformation as she learns to befriend her body, cope through compassion, face survivor's guilt, create a "new normal" post treatment, and discover the unexpected awakening of intuition and open-heartedness in the healing journey. Filled with honesty, humor, and present-moment awareness that reveals our true capacity for joy, connection, grace, and resilience, *Here We Grow* is Davis's story of meeting fear and uncertainty with mindfulness, meaning, and the unconditional love inherent in us all.

### ABOUT THE AUTHOR:

Paige Davis is an entrepreneur, writer, cancer survivor, mindfulness facilitator, and meditation teacher, and the founder of Soul Sparks [www.soulsparks.com](http://www.soulsparks.com), where she leads and facilitates meditation and mindfulness programming for companies, teams, and individuals seeking more patience, productivity, and present-moment awareness. She is a contributor to the cancer anthology *I Am With You: Love Letters to Cancer Patients*. Her work has been featured in the *Huffington Post* and MindBodyGreen. She currently lives in Austin, Texas.

MAY 2018



Publication Date: May 22, 2018

Collections: Memoir

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E-ISBN: 978-1-63152-346-5

“Bella understands internal landscapes, which she has learned to navigate with self-forgiveness and compassion. Her transformational, healing memoir will speak to anyone wanting to live a healthier, happier life! A supportive and inspiring read for anyone on the path of consciousness.”

—Christine Hassler, best-selling author of *Expectation Hangover*, Master Coach, Speaker

# RAW

MY JOURNEY FROM ANXIETY TO JOY

BELLA MAHAYA CARTER

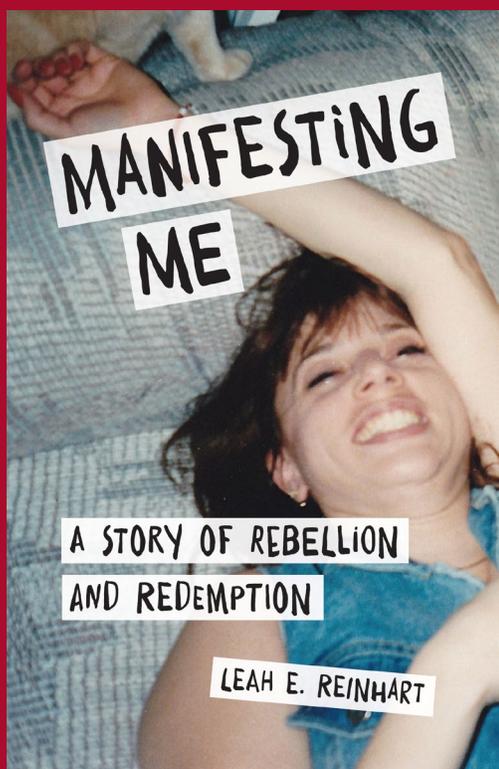
## DESCRIPTION:

In an effort to cure chronic stomach problems, Bella Mahaya Carter adopted a 100 percent raw, vegan diet, which eased her symptoms and produced impressive, unexpected perks—but didn’t completely heal her. So she looked to her mind for answers, and discovered that unconscious negative thoughts, combined with a stressful, hectic life, were sabotaging her health and happiness. Anxiety and a desire to heal it holistically—even before Carter knew what it was—is at the heart of this story, which reveals one writer’s struggle to face her fears, release perfectionism, surrender things beyond her control, and find validation within for her life and work. Divided into three sections—body, mind, and spirit—*Raw* is a chronicle of Carter’s journey, which dragged her, kicking and screaming, into spiritual adulthood.

## ABOUT THE AUTHOR:

Bella Mahaya Carter is a writing teacher, developmental editor, and coach with a lifelong passion for creativity, health, and healing. She is the author of *Secrets of My Sex*, a collection of narrative poems. Her poetry, fiction, and creative nonfiction have appeared in *MindBodyGreen*, *The Sun*, *Lilith*, *Calyx*, *Literary Mama*, and elsewhere. Her work has been anthologized in *The Magic of Memoir: Inspiration for the Writing Journey*, *Grandmothers’ Necklace*, and *Writing Our Way Out of The Dark: An Anthology of Literary Acts of Bravery*. She’s a featured columnist on SheWrites.com and maintains her own blog, *Body, Mind, Spirit: Inspiration for Writers, Dreamers, and Seekers of Health & Happiness*. Visit Bella online: [www.bellamahayacarter.com](http://www.bellamahayacarter.com).

**JUNE 2018**



**Publication Date: June 5, 2018**

**Collections: Memoir**

**Price: \$16.95 paperback, \$9.95 ebook**

**Distributed by Ingram Publisher Services**

**Print ISBN: 978-1-63152-383-0**

**E-ISBN: 978-1-63152-384-7**

# **MANIFESTING ME**

**A STORY OF REBELLION AND REDEMPTION**

**LEAH E. REINHART**

## **DESCRIPTION:**

When Leah Reinhart was six years old, her family moved to an unlikely neighborhood on a hill much like the country—a place where everyone dressed and lived like they were living a real-life *Little House on the Prairie*. Yet their new home was in Oakland, California, and everything surrounding Leah's neighborhood was the polar opposite of their old-fashioned lifestyle. As an already scared little white girl in a predominantly African American city, Leah quickly learned that she would have to face many of her fears—or get eaten alive. And in her search for love and belonging, she also found that things aren't always as they appear. As she got to know her neighbors, most of whom belonged to the neighborhood church, she began to realize that the hood was sometimes much safer than the country.

Over the course of her life—learning from the streets, a cult, trial and error, and many years of therapy—Leah developed an eye for patterns. She learned how the belief system she'd absorbed during her childhood manifested in her teenage years and young adulthood. Ultimately, she learned how to change her thoughts and accept herself—and in doing so, she broke free of the cycle she'd been imprisoned by.

## **ABOUT THE AUTHOR:**

Leah E. Reinhart is a hair stylist and angel card reader turned author. When the market crashed and business was slow, her hair clients encouraged her to write a memoir after hearing some of her stories about her unusual childhood in Oakland, California. She started writing and a whole new journey began as she began to fall in love with writing and reading. Leah E. Reinhart is a mother of two and a wife, and currently works in her not-so-ordinary salon, Wellness Garden Tool Shed.

JUNE 2018

IN SEARCH OF PURE LUST



LISE WEIL

Publication Date: June 5, 2018

Collections: Memoir

Price: \$16.95 paperback, \$9.95 ebook

Distributed by Ingram Publisher Services

Print ISBN: 978-1-63152-385-4

E-ISBN: 978-1-63152-386-1

“Intimate, personal, visionary, *In Search of Pure Lust* is the chronicle of a now vanished golden age of the lesbian feminist movement, a time when we lived the belief that we were reinventing culture and society from root to flower. . . . A page-turner, and a call to remembrance. The reader should expect to stay up all night, and for many nights, reading.”

—Kim Chernin, best-selling author of *In My Mother's House* and *The Hungry Self*

# IN SEARCH OF PURE LUST

A MEMOIR

LISE WEIL

## DESCRIPTION:

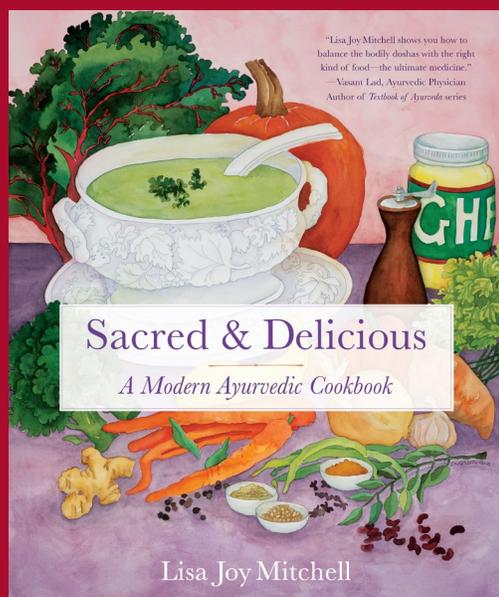
When Lise Weil came out in 1976, she came out into a land that was all on fire. Lesbian desire was the pulsing center of an entire way of life, a culture, a movement. The air throbbed with possibility. At the center of *In Search of Pure Lust* is Weil's immersion in this culture, this movement: the grand experiment of lesbian feminism of the '70s and '80s. She and the women around her lived in a state of heightened erotic intensity that was, she believed, the source of their most vital knowledge. Desire was their guiding light. But after fifteen years of torrid but ultimately failed relationships that tended to mirror the tumultuous political currents swirling around her, she had to admit that desire was also a conduit for childhood wounds. It reared its head when she was feeling wary, estranged—abused, even. It flagged when she was fondest and most trusting. And it tended to trump love, over and over again.

In the mid-'80s, when a friend asked Weil to accompany her on a Zen retreat, she was desperate enough to say yes. Her first day of sitting zazen was mostly hell—but smitten with the (female) roshi, she stuck with it, later returning for sesshin after sesshin. A period of difficult self-examination ensued and, over a period of years, she began to learn an altogether different approach to desire. Ultimately, what her search for pure lust uncovered is something that looks a lot like love.

## ABOUT THE AUTHOR:

Lise Weil founded *Trivium: A Journal of Ideas*, an award-winning radical feminist literary and political magazine, in 1982, which she edited for nine years. She was also editor of its online relaunch, *Trivium: Voices of Feminism*, from 2004 to 2011. In 1990 she translated German writer Christina Thurner-Rohr's collection of essays *Vagabonding: Feminist Thinking Cut Loose (Vagabundinnen)*, which was published by Beacon Press, and founded the online journal *Dark Matter: Women Witnessing* in 2014. Weil's short fiction, essays, reviews, literary nonfiction, and translations have been published widely in journals in both Canada and the US. Her collection of Mary Meigs's writings on aging, *Beyond Recall* (2005), was a finalist for a Lambda Literary Award in biography in 2006. Weil teaches in the Individualized master's program in Goddard College's Graduate Institute. She lives in Montreal and spends summers in a cabin in the woods north of the city, where she hosts annual retreats for women writers centered around dreamwork.

**JUNE 2018**



**Publication Date: June 5, 2018**

**Collections: Cookbooks**

**Price: \$28.95 paperback, \$9.95 ebook**

**Distributed by Ingram Publisher Services**

**Print ISBN: 978-1-63152-347-2**

**E-ISBN: 978-1-63152-348-9**

**“In *Sacred & Delicious*, Mitchell shows you how to balance the bodily doshas through the right kind of food. Because proper food is the ultimate medicine, once you balance these three doshas, the inner healing of body, mind, and soul unfolds.”**

**— Vasant Lad, BAMS, MASc, Ayurvedic physician and author of *Ayurveda: Science of Self-Healing* and the *Textbook of Ayurveda* series**

# SACRED & DELICIOUS

A MODERN AYURVEDIC COOKBOOK

LISA JOY MITCHELL

## DESCRIPTION:

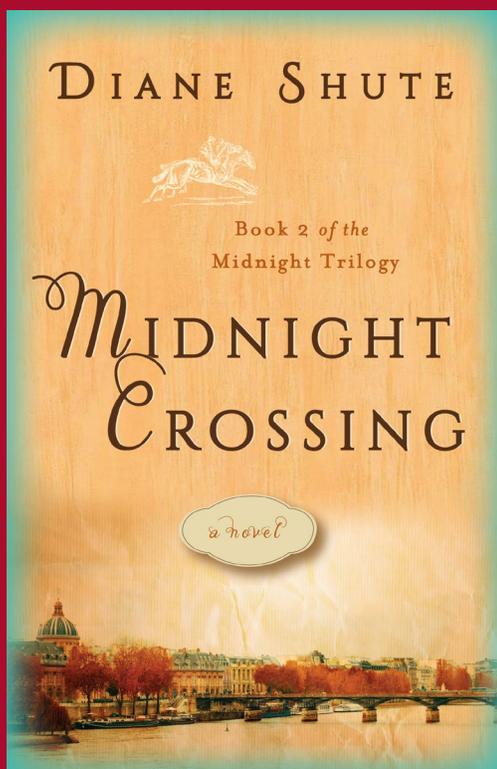
Interest in Ayurvedic cooking has exploded over the past two decades, with Deepak Chopra and other respected teachers popularizing India’s ancient wellness system across North America, Europe, and Australia. *Sacred & Delicious* is a food memoir, a primer on India’s traditional dietary approach to wellness, and a glorious cookbook—with 125 enticing gluten-free and vegetarian recipes (most with vegan options) and more than 30 full-page four-color photos. This book celebrates the healing power of food and spices, embodying ancient Ayurvedic wisdom while appealing to a modern American palate and dietary needs. With this book in hand, readers can sustain or regain their health and vitality . . . deliciously!

## ABOUT THE AUTHOR:

Lisa Joy Mitchell, a busy public relations consultant, was drawn to study Ayurvedic cooking in 1998, when chronic health problems began taking center stage in her fast-paced life. On her road to wellness, Mitchell changed her diet and began an informal study with Ayurvedic physicians Dr. Vasant Lad, Ed Danaher, and Dr. Alpana Bhatt in the US and Dr. Smita Naram in India.

Mitchell is now a wellness mentor and cooking instructor based in Raleigh, North Carolina. She often works in partnership with her husband, Tom Mitchell, a chiropractic physician who practices Ayurvedic pulse assessment and herbal medicine. During the past decade, Mitchell has cooked for hundreds of participants in Ayurvedic clinics and meditation courses.

**JUNE 2017**



**Publication Date: June 5, 2018**

**Collections: Women's Fiction**

**Price: \$16.95 paperback, \$9.95 ebook**

**Distributed by Ingram Publisher Services**

**Print ISBN: 978-1-63152-349-6**

**E-ISBN: 978-1-63152-350-2**

# **MIDNIGHT CROSSING**

**A NOVEL**

**DIANE SHUTE**

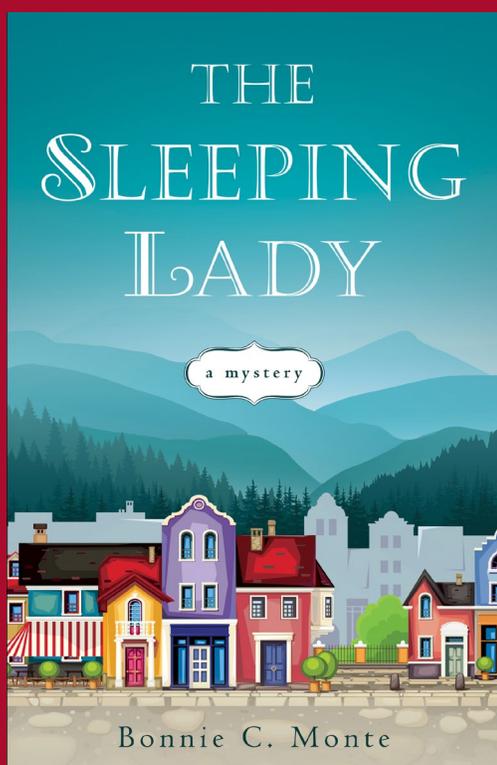
## **DESCRIPTION:**

When Quenton wants to take Alix home to France after years of exile in England, she is torn between the restoration of her fortune and her dream to build her Sterling Wood Stable into a successful racing business. She finds an unlikely friend in her uncle's companion, Nicholas Griffon. Caught by her surprising fondness for him, Alix does not realize shadows from the past are stalking her—until she's trapped by their darkness.

## **ABOUT THE AUTHOR:**

Diane Shute is from Salinas, famous for its creative giants like John Steinbeck and Alfred Hitchcock. Her lifelong love of books was shaped by her father, who inspired her to write before she could read. Her passion for historical fiction led to her first published work, *After Midnight*. She currently resides in Salinas with her grandson and their family of rescued animals.

**JUNE 2018**



**Publication Date: June 12, 2018**

**Collections: Women's Fiction**

**Price: \$16.95 paperback, \$9.95 ebook**

**Distributed by Ingram Publisher Services**

**Print ISBN: 978-1-63152-387-8**

**E-ISBN: 978-1-63152-388-5**

# **THE SLEEPING LADY**

**A NOVEL**

**BONNIE C. MONTE**

## **DESCRIPTION:**

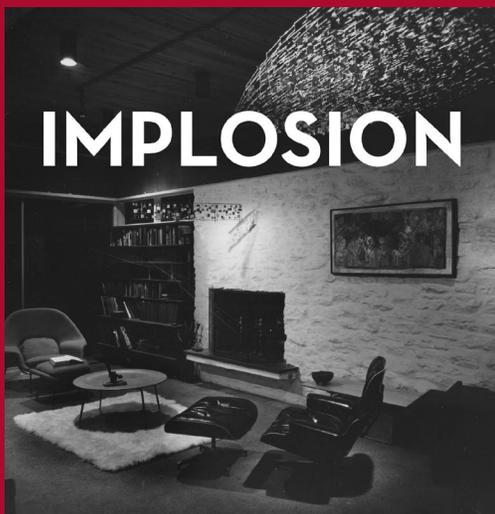
Thirty-five-year-old Rae Sullivan owns a thriving home décor shop in the San Francisco Bay area, near majestic Mt. Tamalpais (to locals, The Sleeping Lady). But when her business partner, Thalia, confides that she has a lover in France, Rae's comfortable life starts to unravel. Soon, an anonymous note-writer threatens to reveal the affair, and Thalia—who, unswayed by Rae's warnings, insists on confronting the blackmailer—turns up dead in Golden Gate Park.

The police, convinced the crime was a random mugging, are dismissive of Rae's story of blackmail. Then a scandal from Rae's past job comes to light, and the police start to eye her as a suspect. To clear her reputation and ensure justice for Thalia, Rae decides to unmask the murderer—despite her husband's objections. Rae's sleuthing leads her to France, where she enlists the help of Thalia's handsome half brother. As they collaborate to catch the killer, sparks fly between them, and Rae has to contend with these newly aroused feelings—even as she strives to outmaneuver a cold-blooded murderer who wants to silence her.

## **ABOUT THE AUTHOR:**

Bonnie C. Monte grew up in Brooklyn before it was the nexus of cool. After graduating from Brooklyn College, she moved to the San Francisco Bay Area, where she has enjoyed a long editorial career that has included a decade on the staff of a national magazine, editing gardening books, and copywriting for major retailers. The mother of two grown daughters, she lives with her husband, a dog of uncertain lineage, and a turtle. When not working, she gardens, writes fiction, hikes, volunteers, and watches British mysteries on TV.

JUNE 2018



A MEMOIR OF  
AN ARCHITECT'S DAUGHTER

ELIZABETH W. GARBER

Publication Date: June 12, 2018

Collections: Memoir

Price: \$16.95 paperback, \$9.995 ebook

Distributed by Ingram Publisher Services

Print ISBN: 978-1-63152-351-9

E-ISBN: 978-1-63152-352-6

“This poignant, very personal memoir by the daughter of one of Cincinnati’s premier modern architects traces his ascent and decline as they parallel those of his style and discipline at the same moments in time. Garber’s exquisite prose compliments the love of art and architecture she learned from her father. Her forthrightness and honesty resemble the direct, unpainted, and undecorated aesthetic her father promoted, but her gentle sensitivity is all her own. This is a book about something even more complicated than the most difficult art—family life.”

—Jayne Merkel, architectural historian and author of *Eero Saarinen*

# IMPLOSION

A MEMOIR OF AN ARCHITECT'S DAUGHTER

ELIZABETH W. GARBER

## DESCRIPTION:

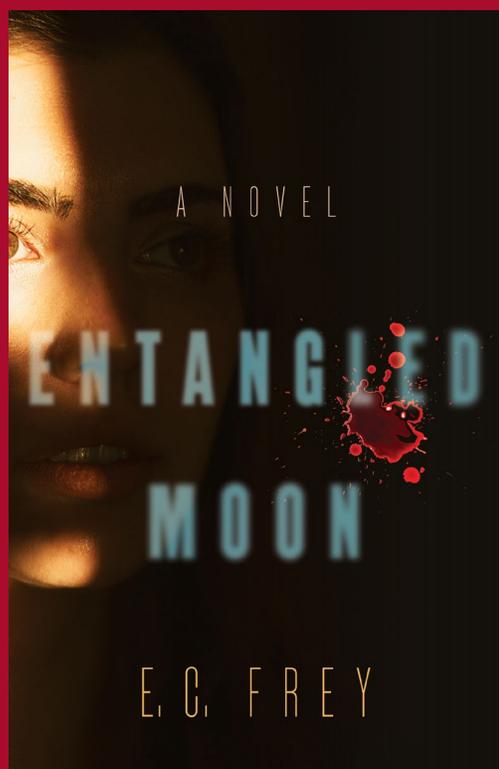
What could be cooler, thinks teen Elizabeth Garber in 1965, than to live in a glass house designed by her architect dad? Ever since childhood, she’s adored everything he loves—his XKE Jaguar, modern art, and his Eames black leather chair—and she’s been inspired by his passionate intensity as he’s taught her about modern architecture. When Woodie receives a commission to design a high-rise dormitory—a tower of glass—for the University of Cincinnati, Elizabeth, her mother and brothers celebrate with him. But less than twenty years later, Sander Hall, the mirror-glass dormitory, will be dynamited into rubble.

*Implosion: Memoir of an Architect’s Daughter* delves into the life of visionary architect Woodie Garber and the collision of forces in the turbulent 1970s that caused his family to collapse. Soon after the family’s move into Woodie’s glass house, his need to control begins to strain normal bonds; and Elizabeth’s first love, a young black man, triggers his until-then hidden racism. This haunting memoir describes his descent into madness and follows Elizabeth’s inspiring journey to emerge from her abuse, gain understanding and freedom from her father’s control, and go on to become a loving mother and a healer who helps others.

## ABOUT THE AUTHOR:

Elizabeth W. Garber is the author of three books of poetry, *True Affections: Poems from a Small Town* (2012), *Listening Inside the Dance* (2005), and *Pierced by the Seasons* (2004). Three of her poems have been read on NPR by Garrison Keillor on *The Writer’s Almanac*, and her poem “Feasting” was included in his *Good Poems for Hard Times*. She was awarded writing fellowships at Virginia Center for Creative Arts and Jentel Artist Residency Program in Wyoming. Garber studied Greek Epic in the Mythology and Folklore Department at Harvard, received a BA from Johns Hopkins, a MFA in creative non-fiction from University of Southern Maine’s Stonecoast Masters Program, and a master’s in acupuncture from the Traditional Acupuncture Institute. She has maintained a private practice as an acupuncturist for over thirty years in mid-coast Maine, where she raised her family. Visit her at [www.elizabethgarberpoetry.com](http://www.elizabethgarberpoetry.com).

**JUNE 2018**



**Publication Date: June 12, 2018**

**Collections: Thriller**

**Price: \$16.95 paperback, \$9.99 ebook**

**Distributed by Ingram Publisher Services**

**Print ISBN: 978-1-63152-389-2**

**E-ISBN: 978-1-63152-390-8**

# **ENTANGLED MOON**

**A NOVEL**

**E.C. FREY**

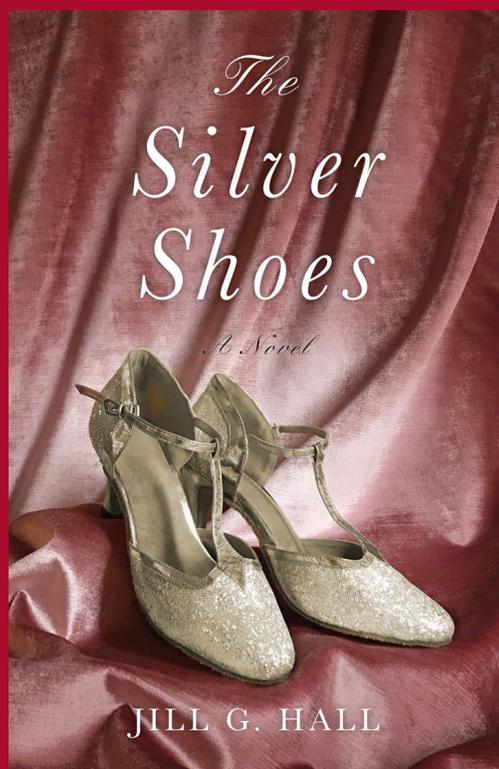
## **DESCRIPTION:**

Long ago, Heather left her old life behind. Now, she has everything: a marriage to a handsome executive, a managerial human resources position in a powerful multinational, and a beautiful daughter. And she will do anything to keep it that way. But everything has a price. When a bullet ends the life of another woman—an ex-employee whom Heather helped fire—it sets off a chain of events that jeopardizes everything for which Heather has worked. Events of Heather's past soon collide with her company's wrongdoings, and she must risk everything to expose them. But all she's ever known is the peril of being *visible*. Frightened and desperate, Heather calls upon her constant childhood friends—friends who long ago saved her from a life of pain. Together, they will once again face the events of a traumatic night that each has sought to forget. Because sometimes the only ones who can save you are those with whom you share your deepest and darkest secrets—those who know that fear is the price of silence.

## **ABOUT THE AUTHOR:**

E.C. Frey has worked in Fortune 500 companies in positions dealing with systems analysis/project management, human resources, employee relations, and affirmative action. After surviving cancer, she switched gears and, during her studies for a master's in history and non-Western cultures, she focused on water rights and resources and completed a thesis on the Doctrine of Discovery and land issues in Indian country. Born in the Philippines to chronic expat parents, she has lived in too many places to name and now lives in Texas Hill Country with her husband, two gypsy-hearted kids, dogs, cows, chickens, a horse, and a swarm of transient, kamikaze hummingbirds. Learn more at [www.elizabethcampbellfrey.com](http://www.elizabethcampbellfrey.com).

**JUNE 2018**



**Publication Date: June 19, 2018**

**Collections: Literary Fiction**

**Price: \$16.95 paperback, \$9.95 ebook**

**Distributed by Ingram Publisher Services**

**Print ISBN: 978-1-63152-353-3**

**E-ISBN: 978-1-63152-354-0**

“The crash of 1929, speakeasies and musical reviews, artistic challenges, family secrets, secret desires, romantic complications—these are just a few of the ingredients in Hall’s wonderful new novel, *The Silver Shoes*. Clair and Anne are two compelling characters born decades apart into drastically different circumstances. Each must face her own dilemmas and neither has an easy solution.”

—Judy Reeves, author of *Wild Women, Wild Voices*

# THE SILVER SHOES

A NOVEL

**JILL G. HALL**

## DESCRIPTION:

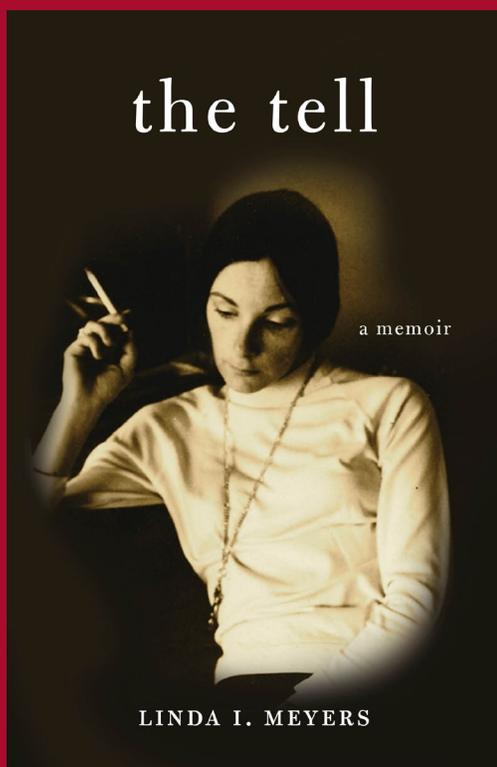
San Francisco artist Anne McFarland has been distracted by a cross-country romance with sexy Sergio and has veered from her creative path. While visiting him in New York, she buys a pair of rhinestone shoes in an antique shop that spark her imagination and lead her on a quest to learn more about their original owner. Almost ninety years earlier, Clair Deveraux, a sheltered 1929 New York debutante, tries to reside within the bounds of polite society and please her father. But when she meets Winnie, a carefree Macy’s shop girl, Clair is lured into the steamy side of Manhattan—a place filled with speakeasies, flappers, and the beat of “that devil music”—and her true desires explode wide open. Secrets and lies heap up until her father loses everything in the stock market crash and Clair becomes entangled in the burlesque world in an effort to save her family and herself.

Ultimately, both Anne and Clair—two very different women living in very different eras—attain true fulfillment . . . with some help from their silver shoes.

## ABOUT THE AUTHOR:

Jill G. Hall is the author of *The Black Velvet Coat*, an International Book Award Finalist for Best New Fiction. Her poems have appeared in a variety of publications, including *A Year in Ink*, *The Avocet*, and *Wild Women, Wild Voices*. On her blog, *Crealivity*, she shares personal musings about the art of practicing a creative lifestyle. She is a seasoned presenter at seminars, readings, and community events. In addition to writing, Hall practices yoga, tap dances, and enjoys spending time in nature. Learn more at [www.jillghall.com](http://www.jillghall.com).

JUNE 2018



Publication Date: June 19, 2018

Collections: Memoir

Price: \$16.95 paperback, \$9.95 ebook

Distributed by Ingram Publisher Services

Print ISBN: 978-1-63152-355-7

E-ISBN: 978-1-63152-356-4

*“The Tell is a compelling coming-of-age story told with grit, humor, and a fine sense of atmosphere. From growing up with a mobster father and an unstable mother to waiting in a Catskill bungalow colony for a phone call from the future Ralph Lauren (né Lifshitz), to becoming a psychoanalyst, Meyers covers a lot of ground in this vivid portrait of resilience.”*

—Mindy Greenstein, PhD, author of *The House on Crash Corner* and *Lighter as We Go*

# THE TELL

A MEMOIR

LINDA I. MEYERS

## DESCRIPTION:

When Linda Meyers was a little girl in the 1940s, she had a recurring dream: she was an astronaut, accidentally separated from the mothership and doomed to float alone in the darkness of space until she died. Years later, when she became a psychologist, she realized that the dream harbored both the wish to detach from her mother and the fear that such a separation would mean death—a fear that was worsened by her mother’s constant threats that Linda and her father would be “the death of her,” and accusations that they “wouldn’t be happy until she was six feet under.”

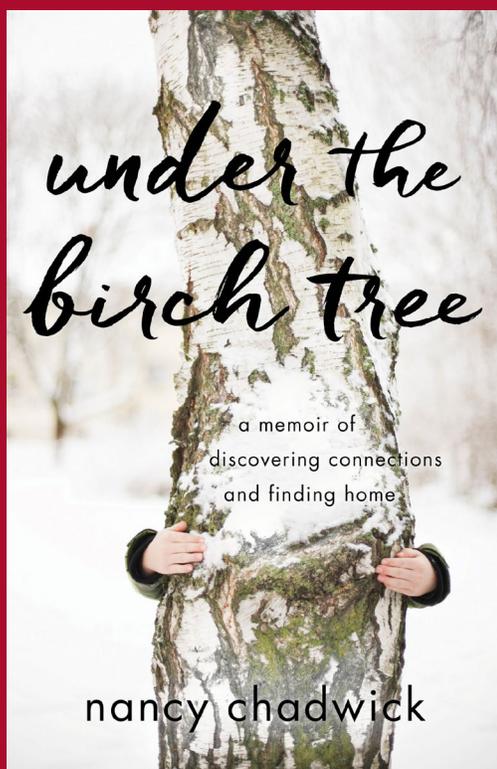
On December 17, 1970, Linda’s mother, for the fifth time that day, called her. Now twenty-eight and busy raising three little boys of her own, Linda began to feel like she was being dragged once again into the undertow of her mother’s depression, she did something she had never done before: she begged her to please let her go. The next day, her mother killed herself. Severed from the mothership, staggered by conflicting feelings of relief and remorse, and determined to give meaning to her mother’s death, Linda realized it was time to change her life—and she set out to do just that.

Written with irony and humor as a series of stand-alone essays that build upon one another, *The Tell* is one woman’s touching, inspirational, and often funny story of Before and After—and, ultimately, of emancipation and purpose.

## ABOUT THE AUTHOR:

Linda I. Meyers is a psychologist and psychoanalyst in NYC and Princeton, NJ. She has published in professional journals and academic books. In 2016 she published two chapters from *The Tell*: “The Flowers,” a top five finalist in *Alligator Juniper’s* annual contest in creative nonfiction, and “The Spring Line” in *Post Road*. She lives in NYC and writes in a little town in upstate New York.

**JULY 2018**



**Publication Date: June 19, 2018**

**Collections: Memoir**

**Price: \$16.95 paperback, \$9.95 ebook**

**Distributed by Ingram Publisher Services**

**Print ISBN: 978-1-63152-357-1**

**E-ISBN: 978-1-63152-358-8**

# **UNDER THE BIRCH TREE**

**A MEMOIR OF DISCOVERING CONNECTIONS AND FINDING HOME**

**NANCY CHADWICK**

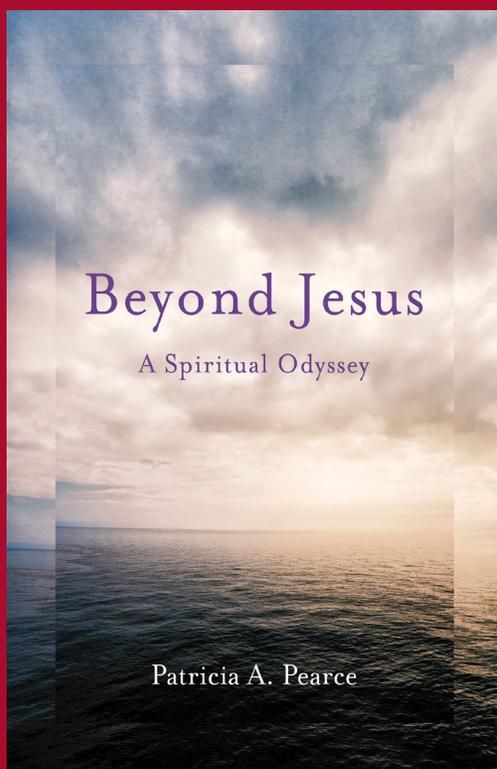
## **DESCRIPTION:**

A birch tree grows tall and arabesque in the front yard of Nancy Chadwick's childhood home. Over time the tree becomes her buddy and first learned connection, synonymous with home—and one spring morning, she makes a discovery under its boughs that foreshadows the many disconnections within her family, relationships, jobs, and home that are to come. Through the chapters in her life, Chadwick's search for home carries her through with unflinching honesty, but in the end, hers is a story of survival and triumph over adversity. She does not wallow in self-pity but remains tenacious as she examines her life. An exploration of what it means to belong, *Under the Birch Tree* is a success story of finding home.

## **ABOUT THE AUTHOR:**

Nancy Chadwick got her first job at Leo Burnett advertising agency in Chicago. After ten years there, she couldn't get to where she wanted to be so she turned to the banking industry. Then, after another ten years, she realized she wasn't a banker—so she quit and started to write, finding inspiration from her years in Chicago and San Francisco. Her essay "I Called You a Memoir" appears in *The Magic of Memoir*, an anthology published by She Writes Press. She and her husband enjoy traveling, cooking fine dinners, and chasing their beagles in circles.

**JULY 2018**



**Publication Date: July 3, 2018**

**Collections: Memoir**

**Price: \$16.95 paperback, \$9.95 ebook**

**Distributed by Ingram Publisher Services**

**Print ISBN: 978-1-63152-359-5**

**E-ISBN: 978-1-63152-360-1**

# **BEYOND JESUS**

**A SPIRITUAL ODYSSEY**

**PATRICIA A. PEARCE**

## **DESCRIPTION:**

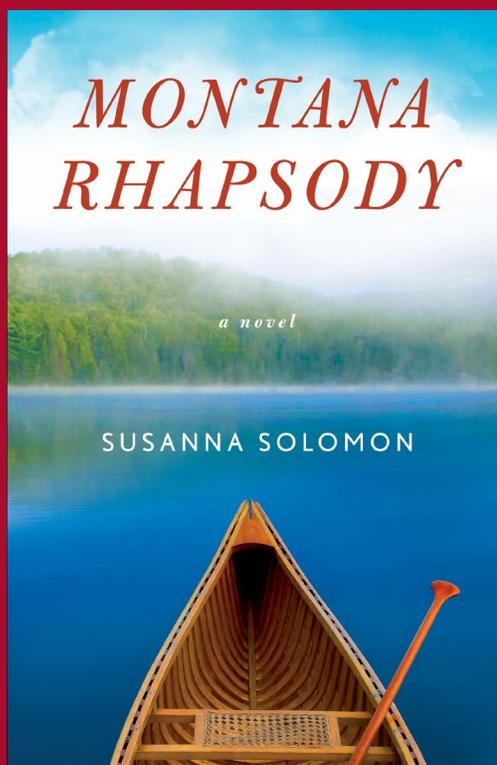
Enlightening, revelatory, and bold, *Beyond Jesus* is a compelling account of a remarkable spiritual journey. In the crucible of grief following a friend's death, Presbyterian pastor Patricia Pearce resolved to discover a dimension of existence she sensed was present beneath her ordinary perception. She soon found herself in a vortex of revelatory dreams, synchronicities, energy openings, and insights that shattered her worldview, exposed a unified Reality of Love, and unveiled the illusory nature of the ego and the world it has created—and, faced with these discoveries, she struggled to remain in a religion that she now realized had been shaped by the very ego consciousness Jesus had transcended and urged others to abandon.

Tracing Pearce's spiritual journey—including her experiences with the Quichua Indians in the Andes of Ecuador, her time at the federal prison, where she served time for nonviolent civil disobedience; and her eventual departure from the ministry—*Beyond Jesus* reveals how our political and religious institutions are an outward manifestation of the inner beliefs we hold about who we are, and that beneath the layers of dogma about Jesus lies a key to our spiritual evolution and the astonishing possibility it holds for the future.

## **ABOUT THE AUTHOR:**

Patricia Pearce was born and raised in Denver, Colorado. After graduating from the University of Colorado, she served as a Peace Corps Volunteer in the Andes of Ecuador. Her experience there set her on a path of spiritual exploration that took her into ordained ministry, and for seventeen years she served as a Presbyterian pastor. But in 2002, following the death of a close friend, she experienced a spiritual awakening that led her beyond the bounds of conventional Christian belief. She resigned from parish ministry in 2010 to embark on a vocation of writing, speaking, and teaching. She lives with her spouse in Philadelphia.

JULY 2018



Publication Date: July 3, 2018

Collections: Women's Fiction

Price: \$16.95 paperback, \$9.95 ebook

Distributed by Ingram Publisher Services

Print ISBN: 978-1-63152-361-8

E-ISBN: 978-1-63152-362-5

"Romance, adventure, adultery, Susanna Solomon has packed every page with excitement and intrigue."

—Jeffrey Hammerhead Phillips, author of *Murder of Devil Ray Reef* and *Death at Obeah's Fire*

"*Montana Rhapsody* is a comic romantic-suspense adventure about a pole dancer pursued by whacky bad guys on a canoe trip where she falls in love with the most unlikely guy on the planet. It's a fast read: quirky, beautifully written, warm, funny, and chuck-full of delightful plot twists. It's really a hoot."

—James N. Frey, author of *How to Write a Damn Good Novel*

# MONTANA RHAPSODY

A NOVEL

SUSANNA SOLOMON

## DESCRIPTION:

Laura Fisher, pole dancer extraordinaire, has just moved to Great Falls, Montana to start over. When she takes to the stage for the very first time, she has no idea that her evening will end with her fighting off three men intent on taking her virtue, taking a leap out of a second story window, and going on a wild ride in a convertible to the small town of Fort Benton. The next day, with the thugs still chasing her, Laura embarks on a three-day canoe camping trip with E.B., a man she's just met—despite the fact that she doesn't even know how to swim.

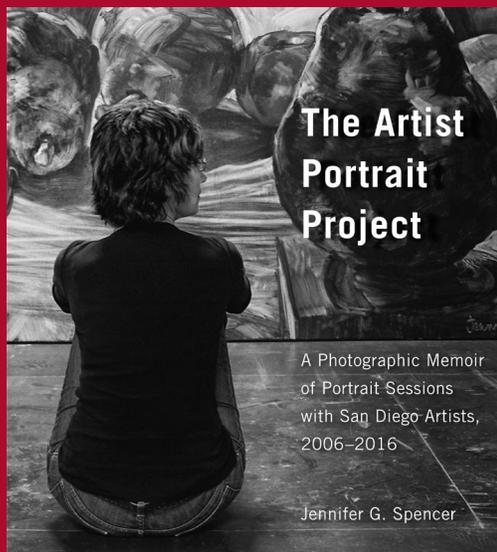
Out on the river, Laura encounters swarms of mosquitoes, a broken and leaking canoe, hail the size of golf balls, and an evil man named Tucker Claymore. Meanwhile, E.B., a broken-hearted farmer, becomes sick and is chased by a granny with a gun, among other misadventures. Along the way, Laura and E.B. meet a number of characters, including Campbell Carr, a businessman from New York who is on the river to mend fences with his fourteen-year-old daughter, Francine—a girl who knows better than to believe anything Dad says—and Daisy, Campbell's mistress, whom he has also invited and plans to introduce to his daughter.

*Montana Rhapsody* is a romp through the wilderness with these five disparate characters, all of whom want something—and all of whom are challenged in ways they never expected by their time on the river.

## ABOUT THE AUTHOR:

Susanna Solomon, a writer and electrical engineer, lives in Marin County, where she has run her own engineering consulting firm for more than twenty years. Her books include two short story collections, *Point Reyes Sheriff's Calls* and *More Point Reyes Sheriff's Calls*, and her stories have appeared in *Foliage Oak Magazine*, *Meat for Tea – The Valley Review*, the *Mill Valley Literary Review*, and *Harlot's Sauce Radio*. An avid outdoor enthusiast, Susanna has backpacked in Yosemite, Glacier National Park, Point Reyes, the Bernese Oberland, and the Gasternal in Switzerland. She's walked across England on the Coast to Coast Trail, and has canoed extensively on rivers across the US. She now spends her free time studying Tai Chi and Tai Chi sword and swimming in Tomales Bay, which is ten minutes from her home.

JULY 2018



**Publication Date: July 10, 2018**

**Collections: Photography**

**Price: \$39.95 paperback, \$9.95 ebook**

**Distributed by Ingram Publisher Services**

**Print ISBN: 978-1-63152-393-9**

**E-ISBN: 978-1-63152-394-6**

“Tucked into this wonderfully realized selection of 50 artists, there is a 51st: Jennifer Spencer is in every image. She is reflected in the generosity she gives the sitters, who are seen with respect and affection. Her camera distance, little more than arm’s length, shows her intimacy. That her subjects open to her identifies her warmth, and she allows the artist’s work to be as present and speak as eloquently as do their faces.”

—Arthur Ollman, former director of MOPA (Museum of Photographic Arts, San Diego), San Diego State University, head of the School of Art and Design

# ARTIST PORTRAIT PROJECT

A PHOTOGRAPHIC MEMOIR OF PORTRAIT SESSIONS WITH SAN DIEGO ARTISTS, 2006-2016

JENNIFER G. SPENCER

## DESCRIPTION:

After five years’ absence from San Diego’s art community, Jennifer G. Spencer returned and began to photograph the artists she had become acquainted with during her thirteen-year stint as an executive director of a visual arts organization—a project that became a ten-year journey. In *The Artist Portrait Project*, Spencer reveals the results of her adventure in portraiture after her retirement, and shares how this endeavor enlightened and shaped her opinion of these fifty artists and her art community. Engaging and visually stunning, *The Artist Portrait Project* is a book about self-discovery and the persistence of the creative spirit.

## ABOUT THE AUTHOR:

Jennifer G. Spencer is a painter/photographer who creates images using alternative photographic processes and digital imagery. Her career began as a painter back East in Massachusetts. After moving to California in the mid 1970s, her painting began to change—and during her brief business adventure in painting backdrops for photographers, her interest in photography emerged. Spencer’s curiosity and creative interests blossomed after attending Grossmont Community College, where she acquired an associate degree in digital art media and fine art photography. Her attention was drawn to photographic portraiture after her retirement from a visual arts non-profit and return to school.

JULY 2018

## The Business of Being



SOUL PURPOSE IN AND  
OUT OF THE WORKPLACE

Laurie Buchanan, PhD

Publication Date: July 10, 2018

Collections: Self-Help

Price: \$16.95 paperback, \$9.95 ebook

Distributed by Ingram Publisher Services

Print ISBN: 978-1-63152-395-3

E-ISBN: 978-1-63152-396-0

*“The Business of Being sets itself apart through engaging stories, actionable steps, and a dash of humor. Deftly closing the gap between business and spirituality, it encourages current or prospective business owners to live in alignment with inner values without compromising integrity. Those who take this book to heart will undergo a powerful transformation in both their personal and business lives.”*

—Stephen J. Hopson, the world’s first deaf instrument-rated pilot and author of *Obstacle Illusions: Transforming Adversity into Success*

# THE BUSINESS OF BEING

SOUL PURPOSE IN AND  
OUT OF THE WORKPLACE

Laurie Buchanan, PhD

### DESCRIPTION:

This book isn’t just about being in business; it’s about the business of being. But when you stop to think about it, each of us is like a small business. Successful business owners implement strategies that improve their prospects for success. Similarly, as human beings, it serves us well to implement guiding principles that inspire us to live our purpose and reach our goals.

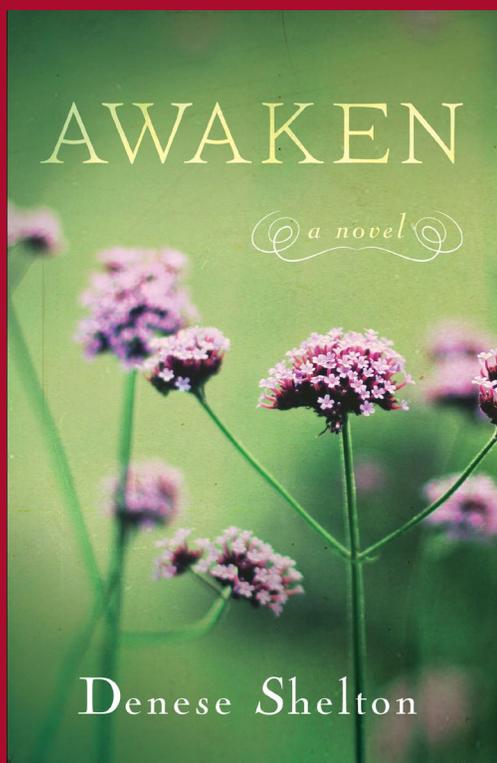
The rich ganache filling that flows through the center of this book is the story of *La Mandarine Bleue*, a delicious depiction of how nine individuals used twelve steps of a business plan to find their vocation and undergo a transformation (with some French recipes thrown in for good measure).

From a business plan and metrics to mission and goals with everything between—investors, clients and customers, marketing strategies, and goodwill development—this book clearly maps how to create personal transformation at the intersection of business and spirituality. Merging the language of business and self-help, *The Business of Being* will teach you how to enhance “profitability”—body, mind, and spirit.

### ABOUT THE AUTHOR:

Board Certified with the American Association of Drugless Practitioners, Laurie Buchanan is a holistic health practitioner, transformational life coach, speaker, and author. Her areas of interest include energy medicine, inner alchemy, and spiritual awareness. Embracing the belief that life is an expression of the choices we make, she’s a teacher and student of purposeful living. She enjoys yoga, long walks, bicycling, and photographing the great outdoors. She loves laughter, red licorice, and all things Idaho. Her previous book, *Note to Self: A Seven-Step Path to Gratitude and Growth* has received six literary honors, including the coveted Foreword INDIES Book of the Year (2016).

**JULY 2018**



**Publication Date: July 10, 2018**

**Collections: Women's Fiction**

**Price: \$16.95 paperback, \$9.95 ebook**

**Distributed by Ingram Publisher Services**

**Print ISBN: 978-1-63152-363-2**

**E-ISBN: 978-1-63152-364-9**

# **AWAKEN**

**A NOVEL**

**DENESE SHELTON**

## **DESCRIPTION:**

Sierra is a successful real estate agent living a comfortable life. But she has a secret so painful that she has erected emotional walls around her heart that block anyone from getting close.

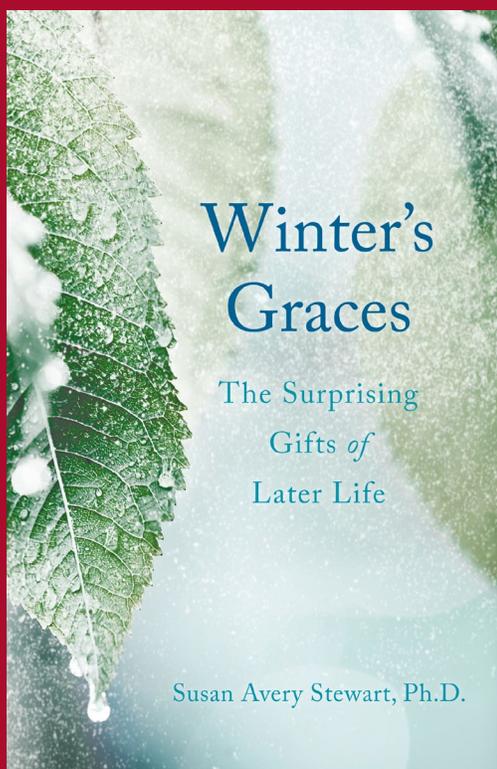
Then the dreams begin. In one, Sierra is running from the sound of dogs barking and men chasing her in the darkness; in another, she's in a field, lashes coming down on her back; in many, she is a woman of faith named Dorothy, fighting for civil rights. Sierra tries to ignore the dreams and continue with life as usual—but the more she disregards them, the longer and deeper she sleeps, and soon the long nights begin to affect her work and sanity. Finally, she seeks the help she needs.

The more she works to understand the nature of and reason for her dreams, the more freedom Sierra feels in her own life. Doors to relationships with other people open. She meets a client that could be the love of her life. And soon, she has a decision to make: she can be who she has always been, living in fear; or she can be Dorothy, allow the dreams to show her who she really is, reconnect with God, and fill the void in her spirit.

## **ABOUT THE AUTHOR:**

Denese Shelton has been writing most of her life. She likes to read. She likes to travel. She has a Bachelor of Arts degree in English and a Doctor of Dental Surgery degree. She currently resides in Georgia.

**JULY 2018**



**Publication Date: July 17, 2018**

**Collections: Self-Help**

**Price: \$16.95 paperback, \$9.95 ebook**

**Distributed by Ingram Publisher Services**

**Print ISBN: 978-1-63152-379-3**

**E-ISBN: 978-1-63152-380-9**

# **WINTER'S GRACES**

**THE SURPRISING GIFTS OF LATER LIFE**

**SUSAN AVERY STEWART, PHD**

## **DESCRIPTION:**

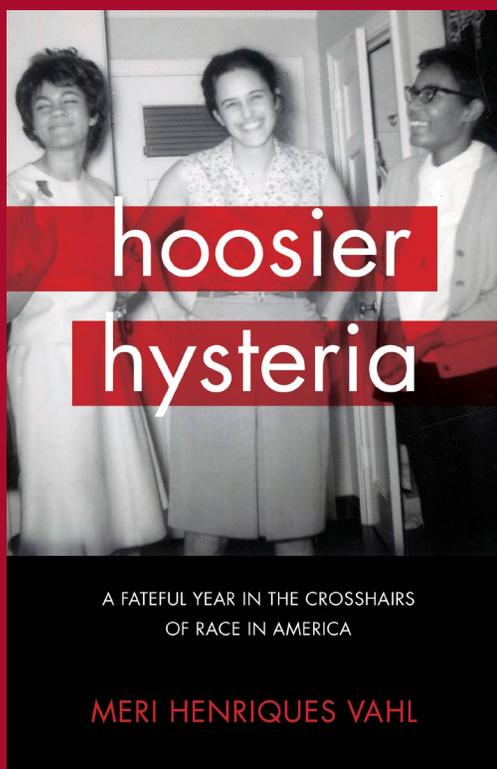
Filled with unexpected good news about growing older, *Winter's Graces* highlights eleven qualities that ripen with age—including audacious authenticity, creative ingenuity, necessary fierceness, self-transcending generosity, and a growing capacity to savor life and to ride its ups and downs with humor and grace.

Decades of research have established that the catastrophic conditions often associated with late life, such as severe dementia and debilitating frailty, are the exception, not the rule. Still, the mistaken idea that aging equals devastating decline persists, causing enormous and unnecessary suffering, especially for women. Drawing on decades of experience as a psychology professor and psychotherapist, Susan Stewart, PhD, weaves together inspiring folk stories that illustrate the graces of winter and recent research that validates them, along with a wealth of user-friendly tools and practices for amplifying these graces and bringing them to life. Written primarily for female baby boomers seeking good news about growing older, *Winter's Graces* offers adults of all ages a compelling vision of aging that celebrates its many gifts, acknowledges its challenges, and reveals how the last season of life can be the most fulfilling of all.

## **ABOUT THE AUTHOR:**

Susan Stewart, PhD is an emerita professor of psychology, a retired psychotherapist, a speaker and workshop facilitator, and a baby boomer who recently turned seventy-two. She belongs to a women's group that has been meeting for forty-eight years. Susan is blessed with four grandchildren—Natalie (22), Madison (19), Lona (6), and Lukas (4)—and two grown sons, Avery and Logan. She is a singer and cellist and loves to dance.

JULY 2018



Publication Date: July 17, 2018

Collections: Memoir

Price: \$16.95 paperback, \$9.95 ebook

Distributed by Ingram Publisher Services

Print ISBN: 978-1-63152-365-6

E-ISBN: 978-1-63152-366-3

# HOOSIER HYSTERIA

A FATEFUL YEAR IN THE CROSSHAIRS OF  
RACE IN AMERICA

MERI HENRIQUES VAHL

## DESCRIPTION:

Indiana University, September 1963. Meri Henriques, a naïve freshman from New York, arrives on campus thinking she's about to enroll at an idyllic Midwestern college. Instead, she discovers a storm is brewing.

An intriguing cast of characters inhabits Meri's new and often troubled world: Katherine "Pixie" Gates, Meri's charming and quirky roommate; Rose, brilliant and sarcastic fellow New Yorker; Daniel, a tough radical with a tender heart; folk singer Derek Stone, Meri's heartthrob crush; and Shennandoah Waters, a white coed who only dates black men or exotic foreigners, much to her ultra-conservative parents' horror.

Over the course of Meri's first year at college, tragedy strikes twice: John Kennedy is assassinated and a young, black IU basketball player is castrated and thrown into a ditch—murdered for dating a white coed. And finally, that year's commencement ceremonies bring an infamous symbol of white supremacy to campus, endangering anyone who dared to protest—thrusting Meri into the middle of violent and escalating racial tensions. Vivid and compelling, *Hoosier Hysteria* is a timely story of prejudice and political unrest that, today more than ever before, must be told.

## ABOUT THE AUTHOR:

After leaving Indiana University, Meri Henriques Vahl arrived at the University of California, Berkeley just in time to witness the Free Speech Movement. Since earning her bachelor's degree in fine arts at Berkeley, she has worked as a graphic artist and musician, and is currently an award-winning art quilter who teaches at various venues in the US and overseas. Vahl has two adult children and lives in Central California with her family and two rowdy felines.

# CONTACT INFORMATION

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