



**K.L. Cao**

## **DIY Temporary Tattoo Art**

Easy Step-by-Step Instructions for Watercolor, Henna, Flash Tattoos, and More!

From YouTube personality KL Cao (IamKayElle) comes the first step-by-step temporary tattoo book to help you rock a variety of on-trend tattoo styles for any occasion.

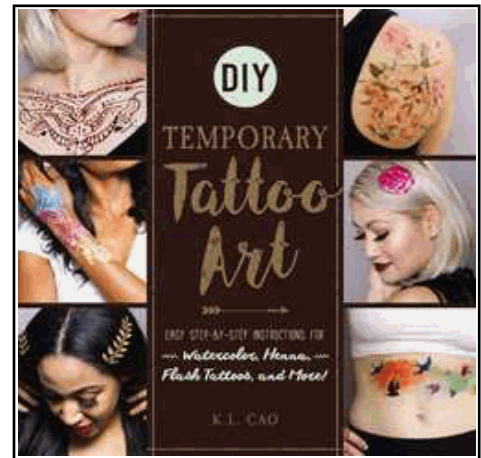
Free spirits can now match their body art to their mood—and be ready to accessorize for the moment, no matter where, what, or when!

In *DIY Temporary Tattoo Art*, vlogger and fashionista KL Cao uses a variety of easy-to-find materials like tissue paper, pressed flowers, gold leaf, henna ink, and more to give you what you need to amp up your style. Her thirty-five simple temporary tattoo projects include flash (metallic/shimmering), black-light reactive, watercolor style, freckle temporary tattoos, henna tattoos, and many more!

So whether you want to rock glow-in-the-dark armbands at the club or show off your flower power in full force at a music festival, *DIY Temporary Tattoos* can help you make a statement without saying a word.

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K.L. Cao provides weekly DIY projects on YouTube that are chic and quirky. With over 700,000 subscribers on YouTube and a 200,000 person following on FaceBook, K.L. has gotten the attention of *Allure* to work as an Allure Insider beauty guru. She has also done projects with Tide, AOL, and Best Buy.



**PAPERBACK**

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Art

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**OTHER FORMATS**

eBook: 9781507202388, \$12.99

**Tanaaz Chubb**

## **The Power of Positive Energy**

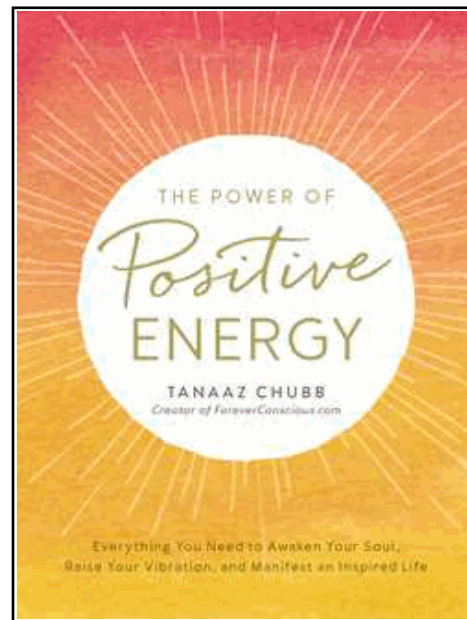
Everything you need to awaken your soul, raise your vibration, and manifest an inspired life

**From the founder of ForeverConscious.com comes a guide to cultivating positive feelings and projecting positive energy.**

Buddha once said, “Peace comes from within,” and so should our outlook on life. Tanaaz Chubb, founder of ForeverConscious.com, shares a variety of activities and affirmations that can empower you to manifest gratitude and positivity. Through these exercises, you can adjust your auras to emit calm, peaceful, and positive energy instead of unhappiness or stress. Whether you’re seeking improved relationships, professional success, or a quest for personal fulfillment, *The Power of Positive Energy* can help you rise above negative influences and begin your journey of spiritual well-being and healing.

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Tanaaz Chubb is the cocreator and owner of *Forever Conscious*, a website dedicated to spiritual well-being, mindfulness, and healing. She is the author of *Becoming Forever Conscious*, *Messages for the Soul*, *The Power of Positive Energy*, and *My Pocket Mantras*. has been featured in *Elle Magazine Italia*, and is a contributing writer for *Huffington Post*.



### **PAPERBACK**

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### **OTHER FORMATS**

eBook: 9781507202548, \$11.99

# Peter Sander

## Negotiating 101

From Planning Your Strategy to Finding a Common Ground, an Essential Guide to the Art of Negotiating

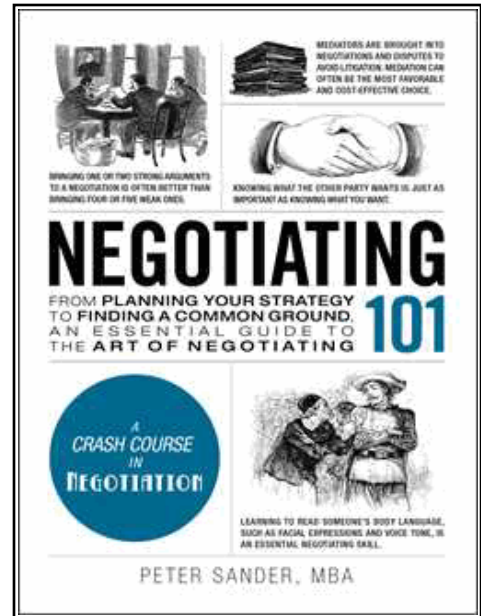
**A quick-and-easy guide to core business and career concepts —no MBA required!**

The ability to negotiate a deal. Confidence to oversee staff. Complete, accurate monitoring of expenses.

In today's business world, these are must-have skills. But all too often, comprehensive business books turn the important details of best practices into tedious reading that would put even a CEO to sleep.

From hiring and firing to strategizing and calculating revenues, *Negotiating 101* is an easy-to-understand roadmap of today's complex business world, packed with hundreds of entertaining tidbits and concepts that can't be found anywhere else. So whether you're a new business owner, a middle manager, or an entry-level employee, this 101 series has the answers you need to conduct business in a smarter way.

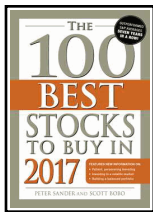
Peter Sander is an author, researcher, and consultant in the fields of business, location reference, and personal finance. He has written more than forty books, including *Value Investing for Dummies*, *Personal Finance for Entrepreneurs*, and *101 Things Everyone Should Know About Economics*. The author of numerous articles dealing with investment strategies, he is also the coauthor of the top-selling *The 100 Best Stocks You Can Buy* series.



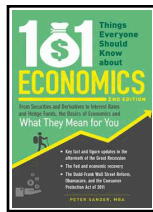
### HARDCOVER

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 Business & Economics  
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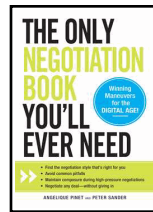
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## Adams Media

# The Infographic Guide to College

A Visual Reference for Everything You Need to Know

For fans of the popular Show Me How series, this illustrated guide to college life has everything a student needs to excel in their first year, from tips on getting involved around campus to advice about applying for loans and studying for exams.

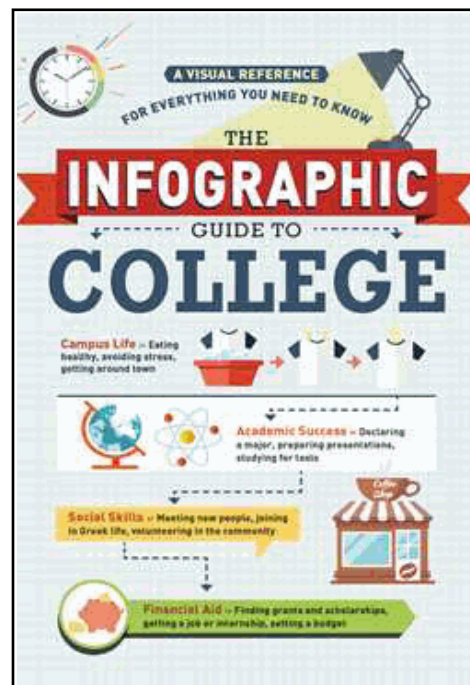
College survival just got graphic!

Get a head start at school with this infographic guide to college life, with colorful descriptions of all the skills you need to survive and thrive in college, and advice about how to:

- Avoid the Freshman 15
- Declare a major
- Get around town
- Apply for a loan
- Ace your exams
- Master study habits
- Stay healthy
- And so much more!

With over fifty colorful, easy-to-read infographics, you'll know how to make the most of your time in college and be fully prepared for the next step in your education.

Adams Media provides helpful, funny, and inspiring books on a wide variety of topics, so no matter who you are, we've got you covered. Our editors are just like you—living, loving, and learning every day. Our personal experiences and expertise in our given book categories allow us to bring you some of the best content on the market—from parenting to relationships, to the paranormal, cooking, and humor—we cover what you care about.



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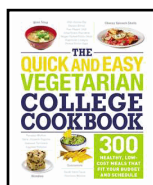
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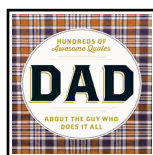
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**Meera Lester**

# My Pocket Meditations

Anytime Exercises for Peace, Clarity, and Focus

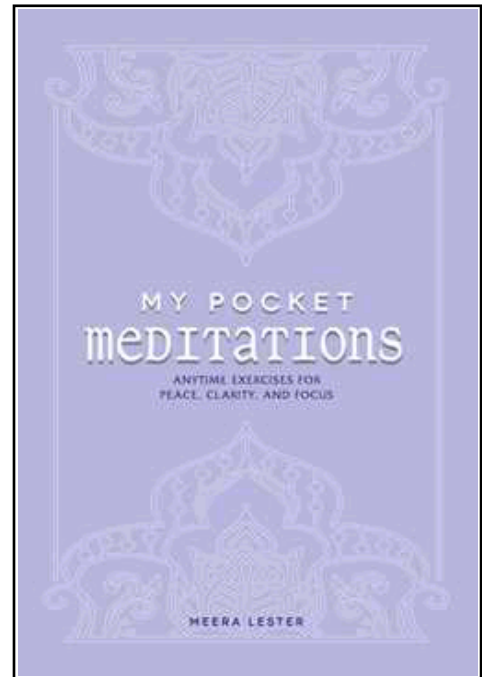
Experience a moment of peace anywhere with this beautiful, pocket-sized book that can help calm your mind and focus your thoughts throughout your busy days.

Today's hectic world is so full of distractions that it can often be overwhelming and draining. *My Pocket Meditations* offers you a portable pause button to temporarily turn off the noise and focus on what you truly need in the moment.

You'll learn the basic concepts of meditation and how to meditate, including various methods of meditating and how to use objects in meditation. Then you can choose from 125 meditations on more than a dozen topics including peace, love, friendship, hope, prosperity, and willpower. These quick yet powerful exercises allow for increased mindfulness and awareness.

*My Pocket Meditations* helps you to ignore the distractions for a few minutes and take on the day with a calm, clear mind and fresh purpose.

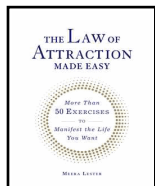
Meera Lester, an internationally published author, has written more than two dozen books, including *Sacred Travels*, *The Everything Law of Attraction*, *The Secret Power of You*, *My Pocket Meditations*, and *Rituals for Life*. After spending time in India in her early twenties, she has been a lifelong practitioner of hatha yoga, Dhyana meditation, and Kundalini Maha Yoga.



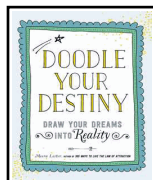
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Self-Help  
5 x 7, 176 pages  
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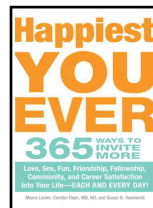
**OTHER FORMATS**  
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**Skye Alexander**

## **The Modern Witchcraft Book of Love Spells**

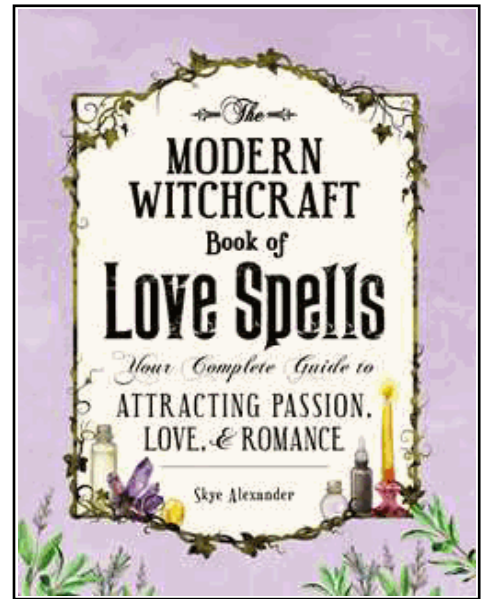
Your Complete Guide to Attracting Passion, Love, and Romance

**From the author of the Modern Witchcraft series comes a new book on romantic spells to bring you love, companionship, and passion, with straightforward, accessible spell instructions.**

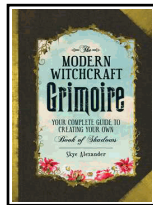
*The Modern Witchcraft Book of Love Spells* is a comprehensive collection that will help you get the love you want—from manifesting a mate, to blessing and helping new love, to helping you reconnect with a partner and stoking the flame to add fire to your romance.

This book will guide you toward your romantic desires to find love—with the help of a little magic!

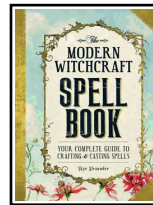
Skye Alexander is the award-winning author of more than thirty fiction and nonfiction books, including *The Modern Guide to Witchcraft*, *The Modern Witchcraft Spell Book*, *The Modern Witchcraft Grimoire*, *The Modern Witchcraft Book of Tarot*, and *The Modern Witchcraft Book of Love Spells*. Her stories have been published in anthologies internationally, and her work has been translated into more than a dozen languages. The Discovery Channel featured her in the TV special “Secret Stonehenge” doing a ritual at Stonehenge. She divides her time between Texas and Massachusetts.



*The Modern Witchcraft Book of Tarot*  
9781507202630  
\$16.99/\$22.99 Can.



*The Modern Witchcraft Grimoire*  
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*The Modern Witchcraft Spell Book*  
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### **HARDCOVER**

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Body, Mind & Spirit

5 1/2 x 7 1/2, 208 pages

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### **OTHER FORMATS**

eBook: 9781507203644, \$10.99

# Brian Boone and Marc Schonbrun

## Music Theory 101

From keys and scales to rhythm and melody, an essential primer on the basics of music theory

Learn the basics of music theory in this comprehensive and easy-to-understand guide.

From classical to hard rock, and jazz to hip hop, music is constantly evolving, but many of the basics have stayed the same. Understanding these basics is key to becoming a successful musician and well-rounded music lover.

*Music Theory 101* covers everything novice musicians and lifelong learners need to know, including:

- How to read sheet music
- Understanding the construction of chords and scales
- The different rhythm and time signatures
- How keys are identified and organized

Full of music trivia, music history, comprehensive instruction, and visual aids of scales, music symbols, and chords throughout, *Music Theory 101* is the essential guide you need for a crash course in music theory that even professional musicians would envy.

Brian Boone is an editor and writer for the bestselling Uncle John's Bathroom Reader line of trivia and humor books. He wrote *I Love Rock n' Roll (Except When I Hate It)* and coauthored *American Inventions: Big Ideas That Changed Modern Life* and *How to Make Paper Airplanes*. He has contributed to How Stuff Works, Barnes & Noble Reads, *McSweeney's*, *Splitsider*, *Someecards*, *The Onion*, Adult Swim, and *Funny or Die*. He lives in Oregon with his family.

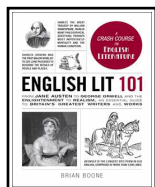
Marc Schonbrun is an educator, writer, and performer in the San Francisco Bay Area. Marc's musical resume ranges from classical to jazz trio and rock concerts. He is an active lecturer on guitar and music technology, and he frequently tours the country educating musicians and teachers. He is the author of several books on music, including *The Everything Reading Music Book with CD*, *The Only Guitar Book You'll Ever Need*, *The Everything Music Theory Book with CD*, and *The Everything Essential Music Theory Book*, among others. He lives in San Jose, CA.



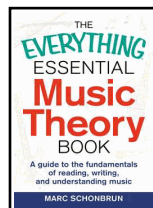
### HARDCOVER

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 Music  
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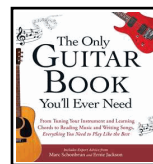
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*The Everything Essential Music Theory Book*  
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## Thea Engst and Lauren Vigdor

# Drink Like a Bartender

Discover insider secrets and insight from bartenders all over the country on how to properly order, serve, and drink alcohol without looking like a novice.

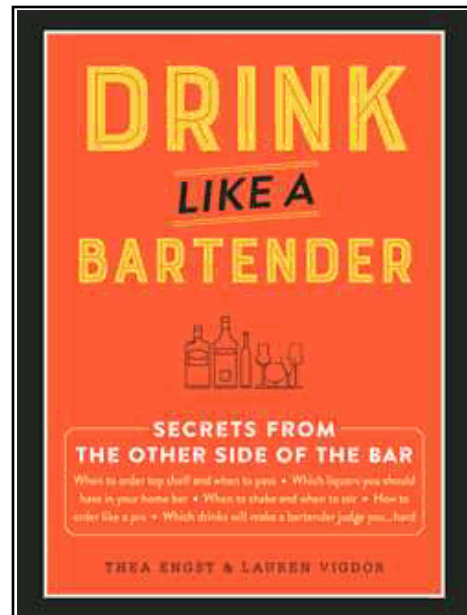
Each year we spend over \$200 billion on alcoholic beverages. From egg white-infused cocktails and Italian liqueurs to barrel-aged beer and fortified wine, it can be difficult to keep track of all the latest trends.

Bartenders know all the inside info, and they are ready to share their knowledge. *Drink Like a Bartender* is a modern and fresh guide to everything bar and booze related. Novice and experienced drink lovers will learn the secrets of the industry, such as:

- Which drinks make a bartender judge you (two words: fireball whiskey)
- When to order top shelf (if you are ordering a Long Island Iced Tea, then no...)
- Whether you need to use specific glasses or not (the answer is yes)
- What kind of liquors to always have in your house for guests (vodka)
- When to shake and when to stir (James Bond was totally wrong with his martini)
- How to order your drink at the bar (liquor first...always)

With tips and secrets from mixologists all over the country, new takes on classic cocktail recipes, a glossary of bar terms and lingo only the pros use, and fascinating alcohol-related trivia, you will be thinking, talking, and drinking like a bartender in no time.

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### HARDCOVER

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Cooking

5 1/2 x 7 1/2, 224 pages

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### OTHER FORMATS

eBook: 9781507204122, \$10.99

Thea Engst is currently the General Manager of The Independent in Somerville, MA, a craft cocktail bar and restaurant. She started working at The Independent in 2009 as a host while she was putting herself through grad school for an MFA in writing poetry. Over the years, Thea worked her way up to server, bartender, and Bar Manager. After just about a year as a manager, Thea opened River Bar, a craft cocktail focused bar and restaurant, as their Bar Manager, where she helped craft their cocktail list. She eventually became the General Manager of River Bar. Thea has spent her restaurant career delving into cocktail, beer, spirit, and wine knowledge, but most importantly making friends and her own family of skilled restaurant workers, artists, and wonderful human beings. She has been featured on *Chronicle* and in *The Boston Globe*, *Boston Eater*, *Boston.com*, and *Boston Metro*. River Bar was named *Somerville Scout's* Best Outdoor Dining Restaurant two years in a row. Thea specializes in making and consuming strong and stirred drinks with no garnish; she estimates that the mash bill of her blood is fifty-six percent bourbon and forty-four percent rye.

Lauren Vidgor has been working in bars for more than a decade. She became Bar Manager of craft cocktail bar, River Bar, in the summer of 2015 and has since become the Beverage Director for River Bar and its sister restaurant, The Independent. Lauren is now the face of both bar programs and has been featured in *Boston Metro*, *WGBH*, *Improper Bostonian*, and *Boston Eater*. Lauren excels at retelling the origin story behind cocktails, spirits, and wines. She survives off of black coffee and whiskey. Lauren challenges her staff to be the best they can be and leads by example in educating herself. She learned how to distill at local distillery, GrandTen, and constantly reads up and studies any grape, distillery, or brewery that catches her eye.

**Marcel Danesi, PhD**

# **The Everything Logic Puzzles Book Volume 1**

200 Puzzles to Increase Your Brain Power

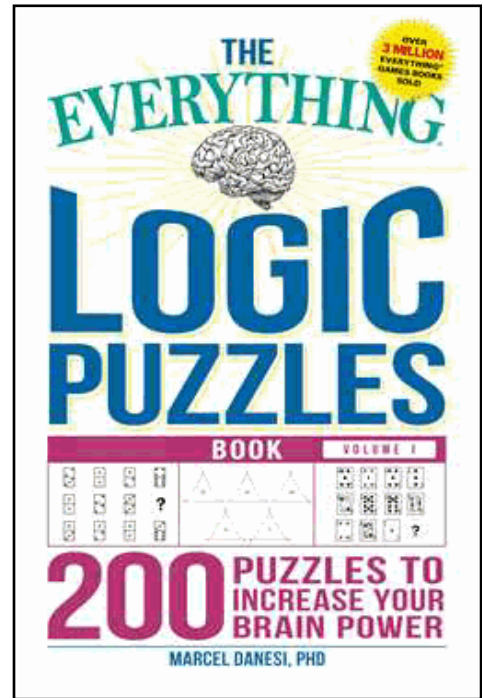
**This brand-new puzzle book features 200 logic questions of varying types and difficulty.**

Mental workout warriors and logic lovers will adore *The Everything Book of Logic Puzzles Volume 1*. You'll learn ten different kinds of puzzles and how to solve each, with the difficulty slowly increasing from basic to expert as you go along. And every single puzzle is specifically designed to improve memory, vocabulary, and logical reasoning.

With increasingly difficult puzzles ranging from introductory to fiendish, and comprehensive answers to explain each puzzle, this book is perfect for puzzlers of all ages and skill levels!

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Marcel Danesi is a professor at the University of Toronto. He has written extensively on puzzles. Among his many books of puzzle creations there is the trilogy published by Harlequin Books: *Total Brain Workout*, *Extreme Brain Workout*, and *Complete Brain Workout*. He also composes puzzles for the *Toronto Star's* "That's Puzzling" weekend supplement and he composes brainteasers for the Canadian edition of *Reader's Digest*. In addition, he writes a puzzle blog for *Psychology Today*. He has also published academic books on puzzles: *The Puzzle Instinct: The Meaning of Puzzles in Human Life* and *The Liar Paradox and the Towers of Hanoi: The Ten Greatest Math Puzzles of All Time*. He appears frequently on major media, such as CBC and NPR, to discuss puzzles and their meaning for brain health. He has founded a research center at the Fields Institute for Research in Mathematical Sciences to explore the use of puzzles in education.



**PAPERBACK**

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Games  
5 1/2 x 8 7/16, 224 pages  
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## Adams Media

# The Quick and Easy Vegetarian College Cookbook

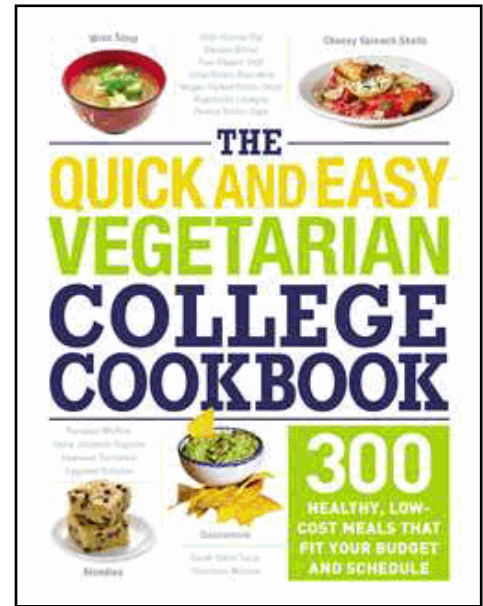
300 Healthy, Low-Cost Meals That Fit Your Budget and Schedule

Perfect for college students who want a healthy lifestyle but don't have much time or money, this vegetarian cookbook is full of 300 quick, easy, and budget-friendly recipes, along with tips and a glossary of cooking terms for a beginner chef.

Finding time to eat a healthy meal can be difficult for any college student, but for those following a vegetarian diet, the limited fare in campus dining halls can make it nearly impossible. *The Quick and Easy Vegetarian College Cookbook* can help you create delicious and healthy vegetarian recipes that cost less than takeout and are ready before a deliveryman could arrive.

In this cookbook, you will find 300 recipes that range from healthy breakfasts to study-session snacks perfect for all-nighters—without the need for a fully equipped kitchen. With the help of a glossary of cooking terms and checklists of essential kitchen and pantry staples, novice chefs can whip up new favorites like Scrambled Egg Burritos, Quick Pasta Pesto, and Mini Goat Cheese Pizza in no time!

Adams Media provides helpful, funny, and inspiring books on a wide variety of topics, so no matter who you are, we've got you covered. Our editors are just like you—living, loving, and learning every day. Our personal experiences and expertise in our given book categories allow us to bring you some of the best content on the market—from parenting to relationships, to the paranormal, cooking, and humor—we cover what you care about.



### PAPERBACK

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Cooking

6 x 8, 304 pages

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#### OTHER FORMATS

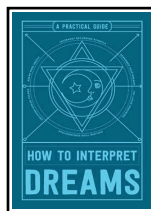
eBook: 9781507204207, \$10.99



DAD

9781507202999

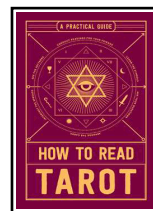
\$14.99/\$19.99 Can.



How to Interpret Dreams

9781507201909

\$14.99/\$18.99 Can.



How to Read Tarot

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\$14.99/\$18.99 Can.

**Jo A. Panyko BS, MNT**

## **Probiotics for Health**

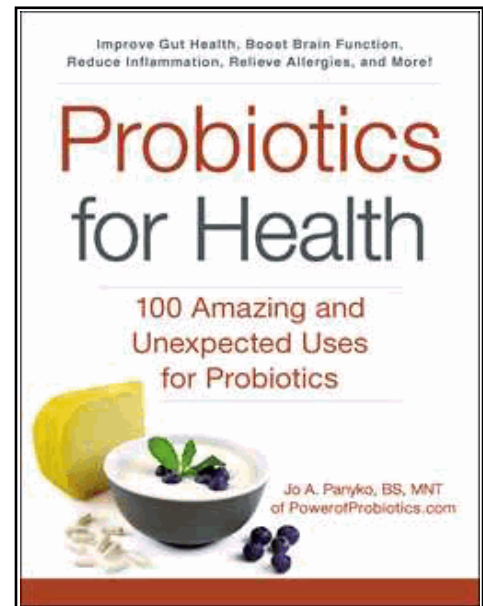
100 Amazing and Unexpected Uses for Probiotics

**Discover the many ways probiotics can transform your health, beauty, and overall wellness in this informative new guide.**

Probiotics—good bacteria found in fermented foods and supplements—are the newest health craze, and for good reason. Recent medical studies continue to reveal how probiotics improve gut health and contribute to overall wellness. Their antimicrobial and anti-inflammatory properties can help combat chronic disease, including heart disease, certain types of cancers, and irritable bowel syndrome. They also provide all-natural relief for common ailments like allergies, flu, colds, urinary tract infections, and yeast infections. They are also effective beauty aids, and can be used for many things from fighting acne to healing dandruff.

With *Probiotics for Health*, you will discover all the benefits that these good bacteria can bring from weight loss to better skin to a better immune system—without dangerous chemicals or costly procedures.

Jo A. Panyko is a Master Nutrition Therapist and author of two books about probiotics. She is a professional member of the National Association of Nutrition Professionals (NANP) and works as a functional medicine nutrition therapist (nutritionist) at her company, Chrysalis Nutrition and Health. She writes about how to be healthy with probiotics on her website, *Power of Probiotics*. She is the author of *Probiotics for Health*.



### **PAPERBACK**

**On Sale: 08/01/17**

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**9781507204276**

Health & Fitness

6 x 8, 144 pages

Carton quantity: 40

\$12.99 (US) / \$17.99 (CAN)

#### **OTHER FORMATS**

eBook: 9781507204283, \$9.99



# Arnie Kozak, PhD

## Buddhism 101

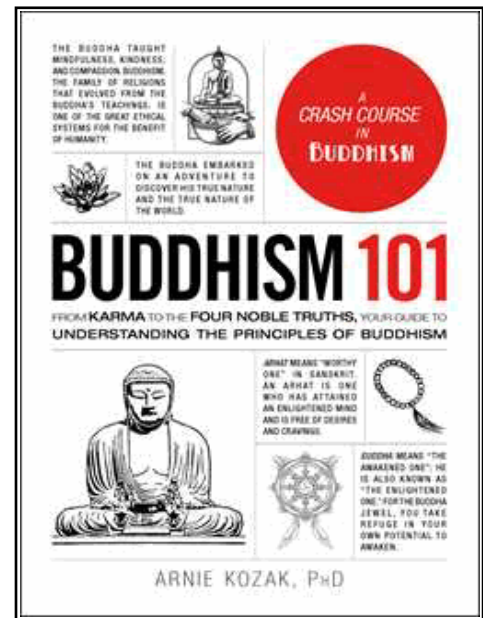
From Karma to the Four Noble Truths, Your Guide to Understanding the Principles of Buddhism

Learn everything you need to know about Buddhism in this clear and straightforward new guide.

Buddhism was founded thousands of years ago, and has inspired millions of people with its peaceful teachings. *Buddhism 101* highlights and explains the central concepts of Buddhism to the modern reader, with information on mindfulness, karma, The Four Noble Truths, the Middle Way, and more.

Whether you're just looking to understand Buddhism or explore the philosophy in your own life and own journey to Enlightenment, this book gives you everything you need to know!

Arnie Kozak, PhD, is a therapist, clinical assistant professor in psychiatry at the University of Vermont College of Medicine, and workshop leader at the Barre Center for Buddhist Studies, The Copper Beech Institute, and the Kripalu Center for Yoga and Health. He is author of *Wild Chickens and Petty Tyrants: 108 Metaphors for Mindfulness*, *The Everything Guide to the Introvert Edge*, *The Awakened Introvert: Practical Mindfulness Skills for Maximizing Your Strengths and Thriving in a Loud and Crazy World*, *The Everything Essentials Buddhism Book*, and *Mindfulness A-Z: 108 Insights for Awakening Now*. Arnie has been practicing yoga and meditation for over thirty years and is dedicated to translating the Buddha's teachings into readily accessible forms. In the long winters of northern Vermont when he's not working, he rides the frozen slopes on his snowboard. During the short summers, he golfs. During all seasons, you can find him trail running with his dogs in the foothills of the Green Mountains.



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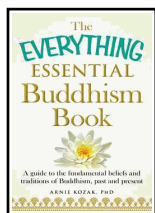
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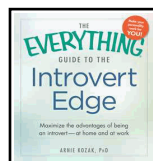
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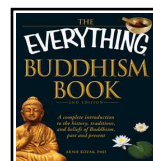
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# The Supernatural Guide to the Other Side

Interpret signs, communicate with spirits, and uncover the secrets of the afterlife

A comprehensive guide to life after death, filled with information on communicating with spirits, near-death experiences, angels and demons, miracles, and psychics and mediums.

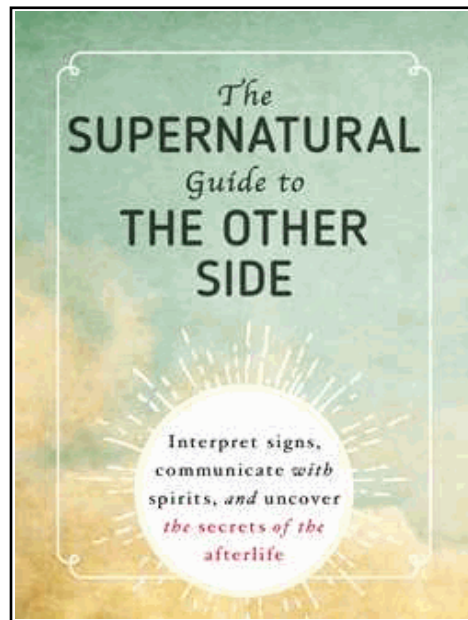
What happens after we die? Are ghosts real? And if they are, can we communicate with them? Do miracles really happen? Do angels exist?

Even though finding any concrete answers to these questions might be impossible, just the act of wondering brings us one step closer to the truth. *The Supernatural Guide to the Other Side* explores the possibilities of what awaits us on the other side, with information such as:

- Communicating with spirits
- Creating psychic shields
- How near-death experiences work
- Angels, demons, and other phenomena
- How to identify signs from the other side

While the mysteries of the afterlife baffle and intrigue many, this guide leaves no stone unturned. With this essential primer on the paranormal, you will find everything you need to discover the truth about the other side.

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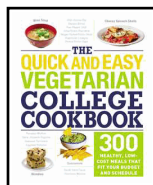
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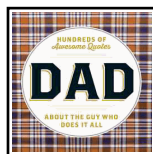
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**Heidi E. Spear**

## **Ayurveda Made Easy**

50 Exercises for Finding Health, Mindfulness, and Balance

**A simple guide to Ayurveda that focuses on exercises and remedies to achieve ultimate health, energy, mindfulness, and balance.**

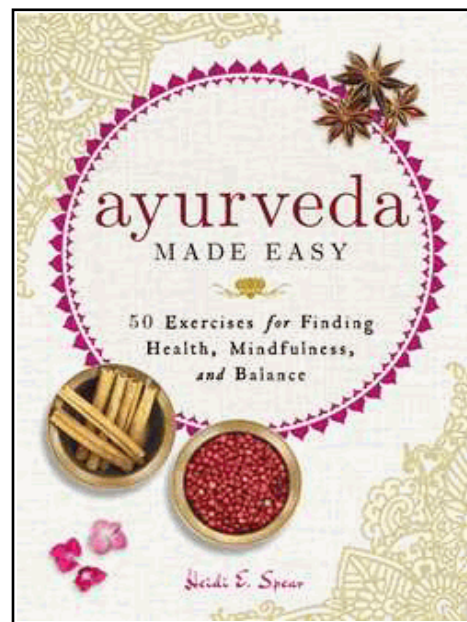
Practicing Ayurveda, one of the world's oldest holistic healing systems, doesn't need to be complicated. *Ayurveda Made Easy* contains simple strategies to guide you toward a healthier lifestyle perfectly suited to your needs.

Ayurveda works to help you understand your body and achieve your personal ideal balance with a series of exercises, activities, and natural remedies. From dietary suggestions to yoga postures and breathing exercises, each page offers practiced steps to improve your body and keep you calm and mindful every day.

With over fifty easy-to-follow exercises, *Ayurveda Made Easy* takes you one step closer to achieving health, peace, and energy for a balanced life.

---

Heidi E. Spear is on the teaching faculty at Kripalu Center for Yoga & Health, where she leads experiential workshops using meditation, yoga, chakra theory, poetry, theater, and Ayurvedic lifestyle practices to guide participants on the path to joy and overall well-being. Author of *The Everything Guide to Chakra Healing* and *Ayurveda Made Easy*, Heidi's latest workshop and forthcoming book focus on the Yoga of Shakespeare. You can visit her website [PracticeYourJoy.com](http://PracticeYourJoy.com).



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**Linda Abbit**

## **The Conscious Caregiver**

A Mindful Approach to Caring for Your Loved One Without Losing Yourself

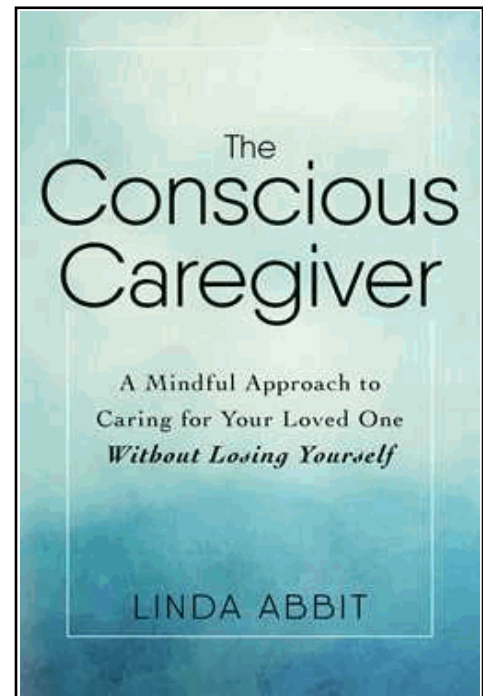
**Linda Abbit, founder of *Tender Loving Eldercare* and a veteran of the caregiving industry, shares her advice on taking care of an older parent or loved one and how to handle everything that goes along with this dramatic life change.**

Being a caregiver can be a difficult role. It requires patience, tenderness, selflessness, and hard work. Providing care for someone, whether it's a parent, a loved one, or as a professional requires a high level of self-love and self-care. But while it may be a rewarding experience to care for a loved one, the emotional and physical stress of caregiving can lead to burnout and exhaustion—causing caregivers to put themselves and their own well-being in the background.

How can you fulfill your role as a caregiver without losing yourself? *Conscious Caregiver* teaches you how to navigate caring for your loved one, whether it's full-time in-house caregiving or hiring support from outside services. With information on how to talk to your loved ones about the situation, handle the emotional stress, stay financially secure, and take the time to care for yourself, this guide can help you care for your loved one and yourself at the same time.

---

Linda Abbit is a former caregiver with twenty-five-plus years experience and founder of *Tender Loving Eldercare*, a blog and community for caregivers. She is a prominent contributor to SeniorPlanet.org, where many of her stories remain in the top thirty articles read on the site. She holds a master's in education, and has been vocal in the caregiving community for fifteen-plus years. In 2009, she received the Caregiver of the Year Award by Caregiving.com, and her website was nominated for excellence by Best Senior Living Awards in 2012, 2013, and 2014. In 2016, she plans to relaunch her blog as a mobile app. She is the author of *Conscious Caregiver*.



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**Deacon Hayes**

## **You Can Retire Early!**

Everything You Need to Achieve Financial Independence When You Want It

**The definitive guide to financial independence that offers proven skills and realistic strategies you can use to retire early—and still have time to enjoy your golden years!**

Retiring early is not limited to lottery winners or the super rich. In fact, with proper planning, we can all retire at a younger age than we ever dreamed—but only if we know how.

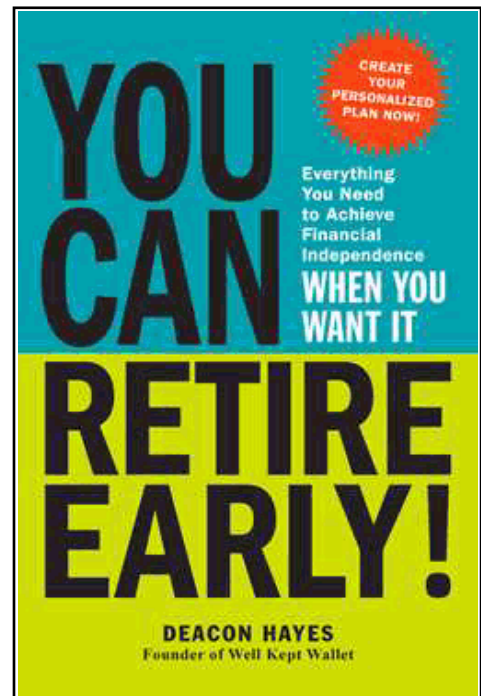
Personal finance expert Deacon Hayes explains the practical, concrete steps you can take to start your retirement when you're young enough to thoroughly enjoy it, including:

- Developing a personalized retirement plan
- Maximizing income
- Understanding opportunity cost
- Assessing and reducing debt
- Selecting the right investment vehicles
- Sticking to the plan

With Hayes's guidance, you can achieve financial independence and enjoy an active, happy retirement.

---

Deacon Hayes is a financial expert, speaker, and podcaster. He is the founder of a financial education company that provides personal finance curriculum for people across the world. He has been featured in many news publications including Yahoo Finance, *US News & World Report*, Investopedia, and CNN Money. He has helped thousands of people develop a financial game plan so that they can achieve their financial goals in life, and is the author of *How to Retire Early*.



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## Devi Brown

# Crystal Bliss

Attract Love. Feed Your Spirit. Manifest Your Dreams.

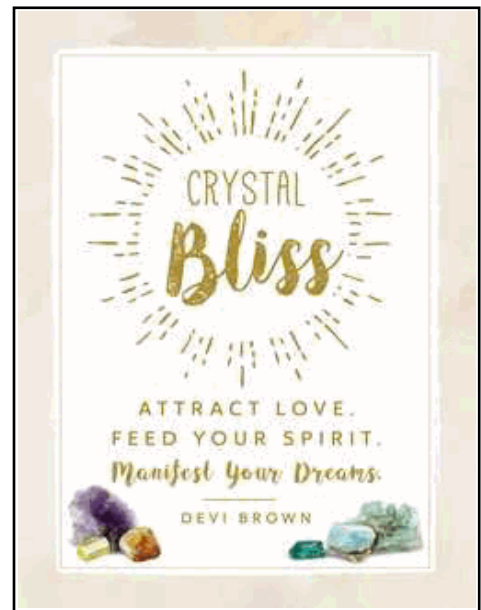
In the spirit of *The Soul Searchers Handbook*, this guide offers a fresh approach to healing crystals with advice for selecting, preparing, and using crystals for meditation and energy healing.

If you're feeling worn out, uninspired, and unmotivated, you can change your energy with the help of crystals. *Crystal Bliss* provides you with everything you need to harness the innate energy and vibrations of crystals. This guide walks you through the process of selecting crystals, cleansing and preparing them for use, and incorporating them into your meditation and energy healing process.

With the help of *Crystal Bliss*, you can learn how to boost your own energy, beat back negative vibes, open your heart to love, manifest wealth, and promote good health.

---

Devi Brown is an American radio and television personality, and Founder of Karma Bliss, a retail + lifestyle brand specializing in tools designed to kick-start your self-discovery journey, including healing crystal collections, healing crystal jewelry, and centerpiece meditation chairs. She is known for her innate ability to get the hip-hop industry's biggest and often most reclusive names to share their journey and personal struggles. She is the author of *Crystal Bliss*.



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# David Dillard-Wright

## A Mindful Day

365 Ways to Live Life with Peace, Clarity, and an Open Heart

From the author of *A Mindful Morning* and *A Mindful Evening* comes a guide with 365 positive affirmations and short meditation exercises you can do to relax and unwind at a moment's notice.

With all the struggles of modern life, it's easy to get lost in a whirlwind of stress, worry, and indifference. Between work, family, and day-to-day tasks, it can be hard to find a moment of peace. By taking just a few minutes a day to meditate, you can improve your physical, emotional, and mental well-being.

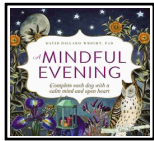
*A Mindful Day* is an easy way to quiet your body and mind. With 365 affirmations as well as soothing mindfulness meditations, you can learn how to take a break from your day and find peace whenever you need it the most. Simple exercises like focusing on your breathing or listening to the sounds in nature can calm your nerves and melt away the demands of modern life.

Spending time to get in touch with your soul can help you achieve true balance and tranquility. Let *A Mindful Day* help release your stress and find the peace you deserve.

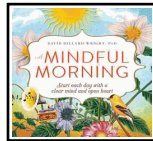
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David Dillard-Wright, PhD teaches philosophy, religion, and ethics at the University of South Carolina, Aiken. His academic work focuses on philosophy of the mind and animal ethics. His practice in meditation originated in the Trappist tradition of contemplative prayer and then segued into Eastern practices. He is the author of *A Mindful Morning*, *A Mindful Evening*, *A Mindful Day*, *Mediation for Multitaskers*, *The Everything® Guide to Meditation for Healthy Living*, *5-Minute Mindfulness*, and *At Ganapati's Feet*.

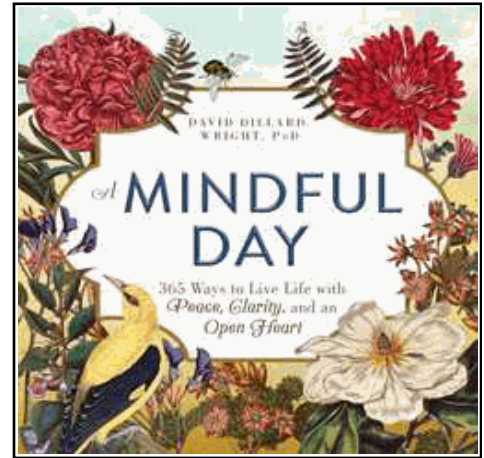
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*A Mindful Evening*  
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**Carrie Higgins**

## **Organization Hacks**

Over 350 Simple Solutions to Organize Your Home in No Time!

**Fix your cluttered cabinets, overflowing drawers, and messy living areas with these tips, tricks, and project ideas from Carrie Higgins, the organization expert of the *Making Lemonade* blog.**

Carrie Higgins has made it her mission to share fresh ideas for the home on her blog *Making Lemonade*. In this guide she has collected her best quick fixes, innovative hacks, and DIY solutions to keep your home looking beautiful, such as:

- Using a ladder and a collection of S-hooks for additional pots and pans storage
- Attaching a binder clip to your nightstand for your phone charger so the end never falls under the bed again
- Using daylight saving time as a reminder to check the expiration date on the medications in your cabinet.

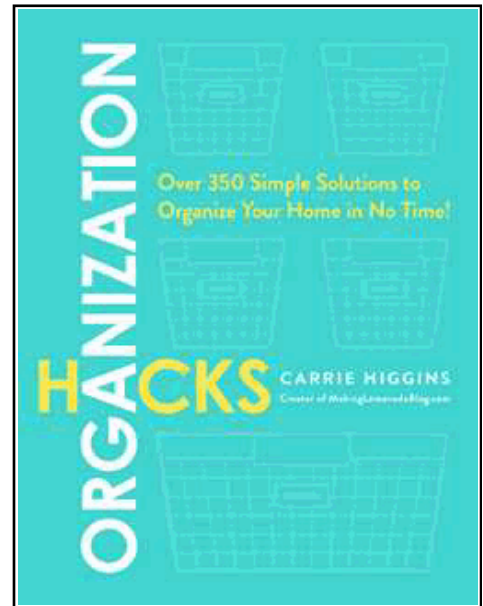
And some of her more in-depth projects include:

- DIY magnetic spice jars to keep spices on your fridge and near at hand
- Easy-attach baskets for storing bath toys for the little ones
- A foolproof travel packing grid for quick and easy getaways

With *Organization Hacks*, you can get your house in order and turn your home from a hoarding nightmare into a clutter-free paradise!

---

Carrie Higgins is a former teacher and school librarian who has been blogging for over seven years. She has been featured in *Country Living*, *The Good Life with Dr. Oz*, *The Philadelphia Inquirer*, *Better Homes and Gardens*, *House Beautiful*, *Apartment Therapy*, and more. She is the author of *Organization Hacks*.



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**Marcel Danesi, PhD**

## **The Everything Logic Puzzles Book, Volume 2**

200 More Puzzles to Increase Your Brain Power

The second volume of this brand-new puzzle book features 200 logic questions of varying types and difficulty.

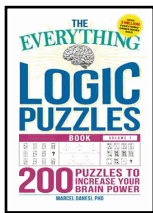
Mental workout warriors and logic lovers will adore *The Everything Book of Logic Puzzles Volume II*. You'll learn ten different kinds of puzzles and how to solve each, with the difficulty slowly increasing from basic to expert as you go along. And every single puzzle is specifically designed to improve memory, vocabulary, and logical reasoning.

With increasingly difficult puzzles ranging from introductory to fiendish, and comprehensive answers to explain each puzzle, this book is perfect for puzzlers of all ages and skill levels!

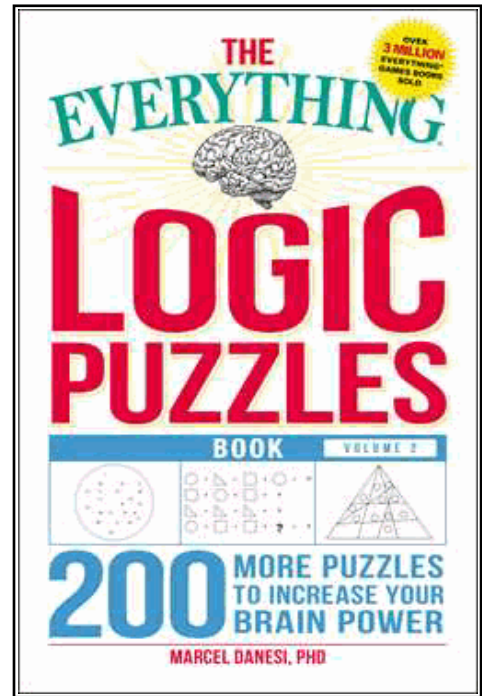
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Marcel Danesi is a professor at the University of Toronto. He has written extensively on puzzles. Among his many books of puzzle creations there is the trilogy published by Harlequin Books: *Total Brain Workout*, *Extreme Brain Workout*, and *Complete Brain Workout*. He also composes puzzles for the *Toronto Star's* "That's Puzzling" weekend supplement and he composes brainteasers for the Canadian edition of *Reader's Digest*. In addition, he writes a puzzle blog for *Psychology Today*. He has also published academic books on puzzles: *The Puzzle Instinct: The Meaning of Puzzles in Human Life* and *The Liar Paradox and the Towers of Hanoi: The Ten Greatest Math Puzzles of All Time*. He appears frequently on major media, such as CBC and NPR, to discuss puzzles and their meaning for brain health. He has founded a research center at the Fields Institute for Research in Mathematical Sciences to explore the use of puzzles in education.

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**Matt Dustin, CSCS, Pn1**

## **The Everything Guide to Macronutrients**

The Flexible Eating Plan for Losing Fat and Getting Lean

**Learn about the basics of macronutrients—carbohydrates, fats, and protein—how to count them, and how to successfully lose weight in this new guide!**

Are you trying to diet but still get tempted by a slice of pizza or a juicy burger, knowing you won't be able to say no? By following a macronutrients plan, you can have your favorite foods without ruining your diet.

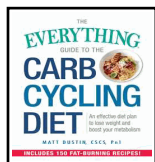
Carbohydrates, proteins, and fats are three of the most important nutrients found in food. With this guide, you will learn the importance of these essential elements and how to control them to be the healthiest you can be—and still eat what you want! *The Everything Guide to Macronutrients* will teach you how to count macronutrients, giving you a more flexible and less stressful form of dieting. You'll learn how to incorporate your macros into your meals, allowing you to focus more on the essential nutrients and foster healthy eating.

With more than 150 recipes and a two-week meal plan to get you started, this book is a comprehensive yet approachable resource that gives you all the tools necessary to help you lose weight more effectively—and keep it off.

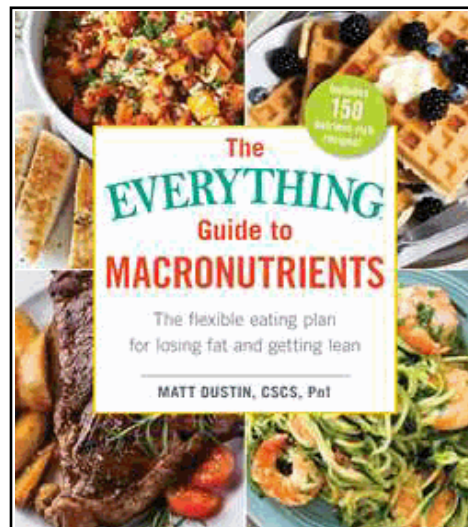
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Matt Dustin, CSCS is a personal trainer, author, and online fitness coach based out of San Diego, California. In addition to earning his bachelor's degree in exercise science, Matt is a certified strength and conditioning specialist, and a precision nutrition coach. He's been training clients since 2011, and has worked with high-level athletes, models, actors, CEOs, and everyone in between. Matt is the author of *The Everything Guide to the Carb Cycling Diet* and *The Everything Guide to Macronutrients*, and he's been featured on *AskMen*, *T-Nation*, *Bodybuilding.com*, *Sports Illustrated*, *Muscle & Strength*, and many other publications.

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## Peter Sander and Scott Bobo

# The 100 Best Stocks to Buy in 2018

Updated for today's market, the 2018 edition of the 100 Best Stocks series picks the top stocks you should invest in based on the authors' investing philosophy—which has consistently beaten the S&P average for seven straight years!

While the economic climate is constantly changing, it's still possible for smart investors to turn a profit. Peter Sander and Scott Bobo share what the best stocks are for the upcoming year and explain their value investing philosophy, low-volatility investing, and how to find stocks that consistently perform and pay dividends.

An essential guide for anyone investing in today's unpredictable market, *The 100 Best Stocks to Buy in 2018* is a proven source of dependable advice you can take straight to the bank.

Peter Sander is an author, researcher, and consultant in the fields of business, location reference, and personal finance. He has written more than forty books, including *Value Investing for Dummies*, *Personal Finance for Entrepreneurs*, and *101 Things Everyone Should Know About Economics*. The author of numerous articles dealing with investment strategies, he is also the coauthor of the top-selling *The 100 Best Stocks You Can Buy* series.

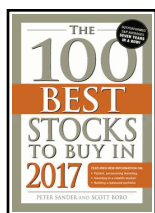
Scott Bobo specializes in trend and investment analysis in the consumer electronics, personal computer, and semiconductor industries. Scott served as lead researcher for the 2011 and 2012 editions of the 100 Best Stocks series and as coauthor for the 2013–17 editions. He operates Red Wrench, a personal technology and investment consulting firm.



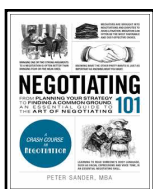
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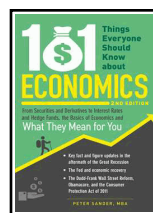
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*101 Things Everyone Should Know About Economics*  
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**Jennifer Byrne**

## **The Lazy Girl's Guide to Life**

100+ Ways to Hack Your Look, Love, and Work By Doing (Almost) Nothing!

**This collection of humorous life hacks features 100 easy, low-commitment solutions to the everyday problems of the twenty-something woman.**

Do you have a lot to do but can't seem to bring yourself to do it? *The Lazy Girl's Guide to Life* can teach you how to get things done with as little effort as possible. Learn to simplify your beauty routine, keep up with your friendships, hack the dating game, and get by in the corporate world with these easy, low-commitment suggestions. You'll find over 100 solutions to your most common problems, including:

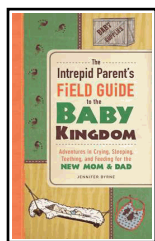
- Smoothing out frosting on store-bought cupcakes so they look homemade
- Hiding dirty dishes in a soapy sink before company arrives
- Washing and styling bangs (only) to avoid the limp hair look
- Faking it as a food blogger to snag a dinner reservation
- Reading the plot summary online before a book club meeting

With lazy girl-approved hacks that range from humorous advice to quick fixes, you'll be able to find a temporary solution to simplify your life in no time!

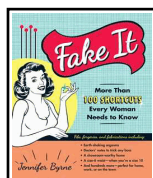
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Jennifer Byrne writes humorous essays, satire, and journalism. She is the author of *Fake It*, *The Intrepid Parent's Field Guide to the Baby Kingdom*, and *The Lazy Girl's Guide to Life*. Her writing has been published in *The New Yorker*, the *Huffington Post*, *The Rumpus*, *The Hairpin*, *The Second City Network*, *National Lampoon* and more. She lives in New Jersey.

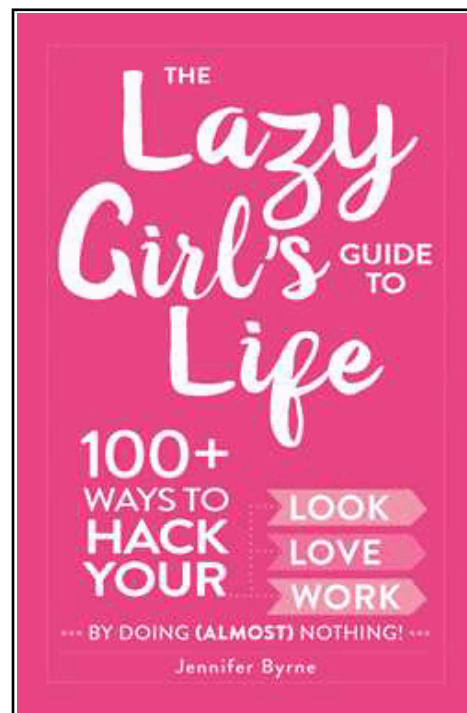
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*The Intrepid Parent's  
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**Carina Wolff**

## **Plant-Protein Recipes That You'll Love**

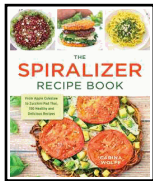
Enjoy the goodness and deliciousness of 150+ healthy plant-protein recipes!

**Discover affordable, all-natural plant-based protein recipes that taste good and improve your health in this unique and easy cookbook.**

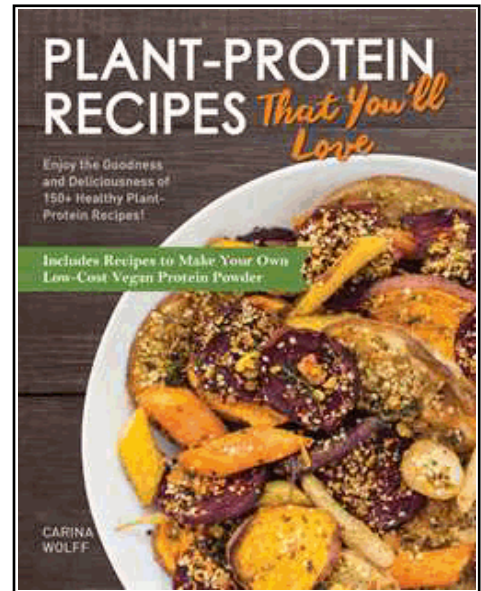
Plant-based proteins are a healthier, more nutritious, and more environmentally friendly alternative to animal protein. But you don't have to be a vegan or dedicated vegetarian to enjoy the benefits of a plant-based diet. Whether you're going meatless full time, part time, or only occasionally, you'll easily find a recipe to power your day.

From hearty breakfasts to satisfying dinners, this cookbook features 150 delicious, budget-friendly, and low-key recipes to fill up and fend off the urge to snack. Each recipe includes ingredients that are easy to find in your local grocery store and detailed nutritional information to help you meet your daily dietary needs. You'll even find recipes to make your own plant-based protein powders that are free from additives and preservatives. *Plant-Protein Recipes That You'll Love* gives you 150 new ways to make your meatless Monday the healthiest, most filling, and most satisfying day of the week!

Carina Wolff is a health and nutrition writer based in Los Angeles. She is the author of *The Spiralizer Recipe Book* and *Plant-Protein Recipes That You'll Love*, and is a regular contributor to *Bustle*. Carina holds a degree in journalism and psychology from New York University. When she's not writing, doing yoga, or exploring mountains and beaches, she spends her time cooing for her healthy food blog, *Kale Me Maybe*.



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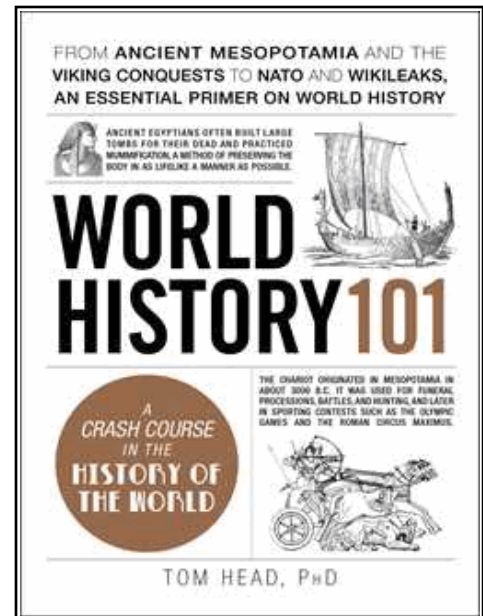
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---

Tom Head is an interdisciplinary historian who specializes in the history of religion, ethics, and ideas. He holds a PhD in religion and society from Edith Cowan University and is author or coauthor of twenty-nine nonfiction books on a wide range of topics, including Oneworld's *Civil Liberties: A Beginner's Guide*, the University Press of Mississippi's *Conversations with Carl Sagan*, and Que/Pearson's *The Absolute Beginner's Guide to the Bible*, and Adams Media's *World History 101*. He served for nine years as About.com's guide to civil liberties, and currently writes videos on philosophy and pop culture for Wisecrack, LLC, a popular YouTube channel with over 1.5 million subscribers and over 125 million views.



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**Kathleen Sears**

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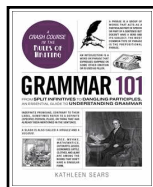
From Doppler Radar and Long-Range Forecasts to the Polar Vortex and Climate Change, Everything You Need to Know about the Study of Weather

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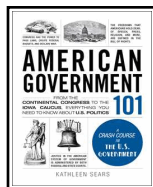
Weather is everywhere, and while it's typically not thought about most of the time, it can get everyone's attention in an instant—whether it's the swirling destruction of a tornado, the wreckage from a hurricane, or the havoc of climate change on the environment.

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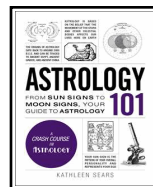
Kathleen Sears was a high school English and Language Arts teacher for thirty years. In her retirement, she has worked as a freelance copyeditor and proofreader for several book publishers. She is the author of *American Government 101*, *Mythology 101*, *US History 101*, *Grammar 101*, and *Weather 101*. She lives in Syracuse, New York.



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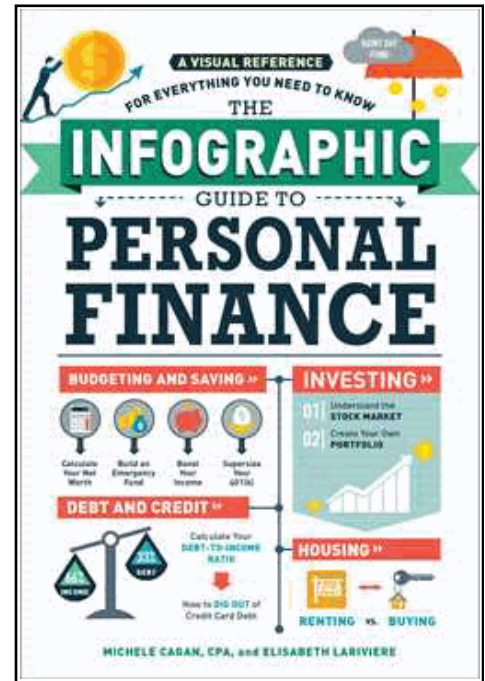
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This illustrated beginner's guide to personal finance distills essential information into small, easy-to-follow steps to help you get your finances in order.

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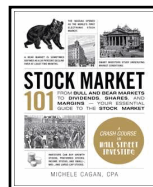
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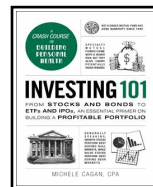
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**Britt Brandon, CFNS, CPT**

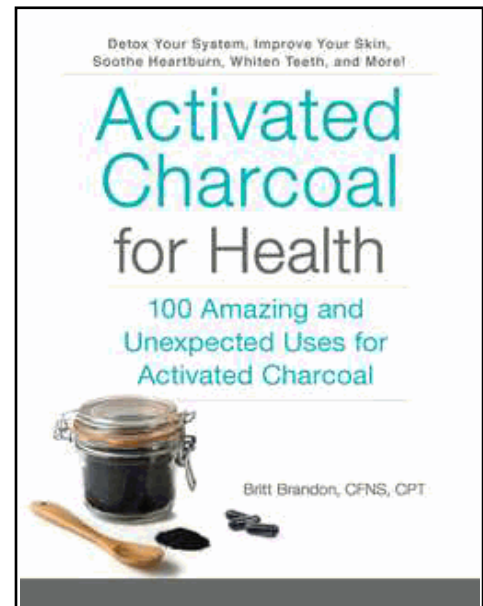
## **Activated Charcoal for Health**

100 Amazing and Unexpected Uses for Activated Charcoal

**For fans of natural remedies and the popular For Health series, a hands-on guide to the transformative healing, wellness, and beauty benefits of activated charcoal.**

Activated charcoal—a medicinal-grade powder most commonly made from coconut shell—has endless health and beauty benefits. In *Activated Charcoal for Health*, you'll discover everything this all-natural powder can do—from combating chronic diseases to providing relief for common ailments. With its anti-fungal, anti-viral, and antibacterial properties, activated charcoal can be used for many things such as clearing up acne, disinfecting wounds, helping to prevent hangovers, treating bad breath and body odor, and even providing a digestive cleanse. It's even great for whitening teeth, balancing oily skin, exfoliating, and cleansing hair. With this handy guide, you'll learn how to incorporate activated charcoal into your daily life and reap its benefits—without the use of dangerous chemicals or costly procedures.

Britt Brandon is a certified personal trainer; a certified fitness nutrition specialist and the author of many books, including *Apple Cider Vinegar for Health*, *Coconut Oil for Health*, *The I Love My NutriBullet Recipe Book*, *Activated Charcoal for Health*, and *The "I Love My Instant Pot" Vegan Recipe Book*. As a competitive athlete, trainer, mom of three small children, and fitness and nutrition blogger on her own website (UltimateFitMom.com), she is well versed in the holistic approaches to keeping your body in top-performing condition.



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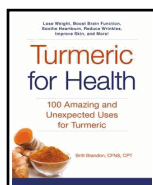
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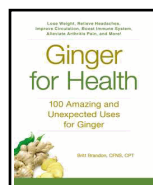
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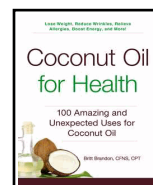
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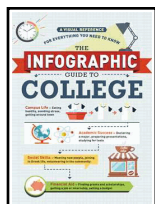
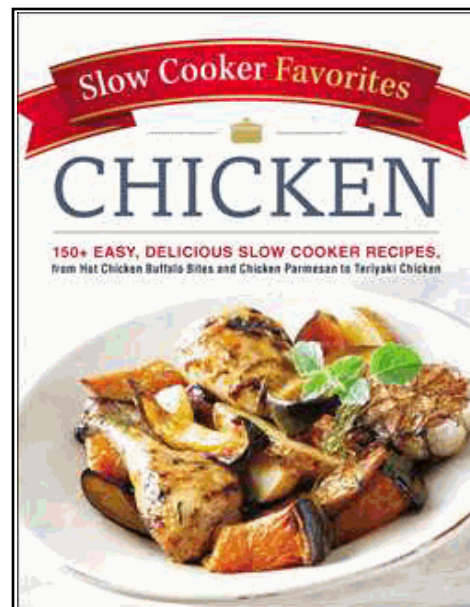
# Slow Cooker Favorites Chicken

150+ Easy, Delicious Slow Cooker Recipes, from Hot Chicken Buffalo Bites and Chicken Parmesan to Teriyaki Chicken

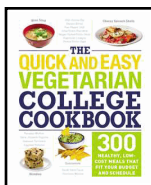
Learn how to make easy, affordable, and deliciously diverse dinners for your family every night with this go-to cookbook featuring more than 140 slow-cooker chicken recipes.

Chicken is a dinnertime staple. It's a simple, budget-friendly favorite, and there are countless ways to prepare it. In *Slow Cooker Favorites Chicken* you'll find something new and delicious to enjoy every day—from classic appetizers and comforting dishes to exotic international one-pot meals—with minimal prep work and easy cleanup. The most challenging part will be picking which dish you want to try next!

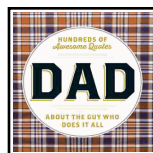
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## Arin Murphy-Hiscock

# The Green Witch

Your Complete Guide to the Natural Magic of Herbs, Flowers, Essential Oils, and More

**Discover the power of natural magic and healing through herbs, flowers, and essential oils in this new guide to green witchcraft.**

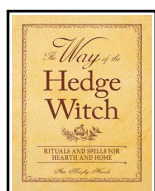
At her core, the green witch is a naturalist, an herbalist, a wise woman, and a healer. She embraces the power of nature; she draws energy from the Earth and the Universe; she relies on natural objects like stones and gems to commune with the land she lives off of; she uses plants, flowers, oils, and herbs for healing; she calls on nature for guidance; and she respects every living being no matter how small.

In *The Green Witch*, you will learn the way of the green witch, from how to use herbs, plants, and flowers to make potions and oils for everyday healing as well as how crystals, gems, stones, and even twigs can help you find balance within. You'll discover how to find harmony in Earth's great elements and connect your soul to every living creature. This guide also contains directions for herbal blends and potions, ritual suggestions, recipes for sacred foods, and information on how to listen to and commune with nature. Embrace the world of the green witch and discover what the power of nature has in store for you.

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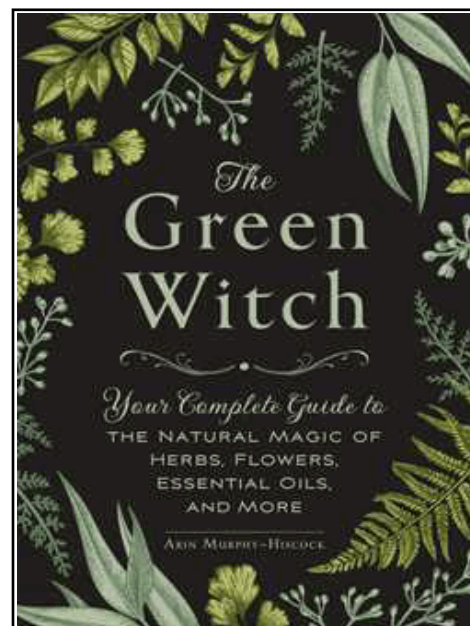
Arin Murphy-Hiscock is the author of *The Way of the Green Witch*, *The Green Witch*, *The Way of the Hedge Witch*, *Pagan Pregnancy*, *Power Spellcraft for Life*, *Solitary Wicca for Life*, and *Birds: A Spiritual Field Guide*. She has been active in the field of alternative spirituality for over twenty years, and lives in Montreal, Canada.

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**Bob Schaller with Coach Dave Harnish**

## **The Everything Kids' Basketball Book, 3rd Edition**

The All-time Greats, Legendary Teams, Today's Superstars—and Tips on Playing Like a Pro

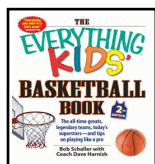
Learn all about basketball and how to become a better player in this entertaining and educational book full of fun puzzles and activities!

*The Everything Kids' Basketball Book, 3rd Edition* teaches kids everything they need to know about basketball. With thirty puzzles and activities, they'll learn the rules of the game, the history of the sport, and everything about their favorite players.

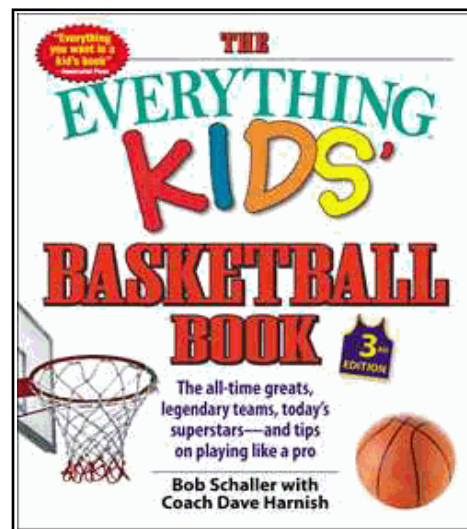
Featuring up-to-date statistics and records of NBA, WNBA, NCAA, and Olympic basketball, this guide highlights the importance of teamwork and how kids can stay active and healthy. *The Everything Kids' Basketball Book* is a slam dunk!

Bob Schaller is an award-winning sports writer and the author of thirty-five books, including *The State of the Game* with Hall of Fame basketball coach Denny Crum and UCLA legend John Wooden, and *What Though the Odds* with Notre Dame alum Haley Scott DeMaria. He is currently a contributing writer for several magazines and online news sites, including *Skating*, *Splash*, *USA Gymnastics*, and *USA Hockey*. He has a master's degree and is working toward a PhD in communications. He lives in Lubbock, Texas.

Dave Harnish is the head basketball coach at Western Nebraska College. His teams have won the Region IX Tournament twelve times to advance to the national tournament, and have won at least thirty games ten times. They have not lost more than nine games in a season since 1993. He lives in Scottsbluff, NE.



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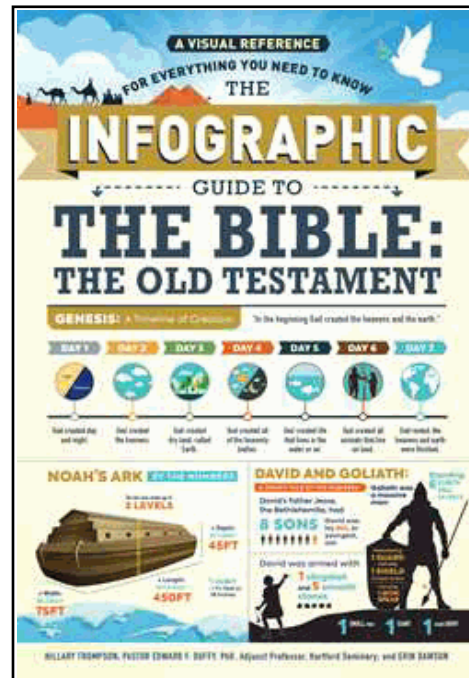
Hillary Thompson; Pastor Edward F. Duffy, PhD, Adjunct Professor, Hartford Seminary; and Erin Dawson

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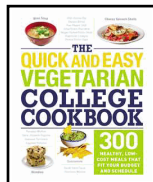
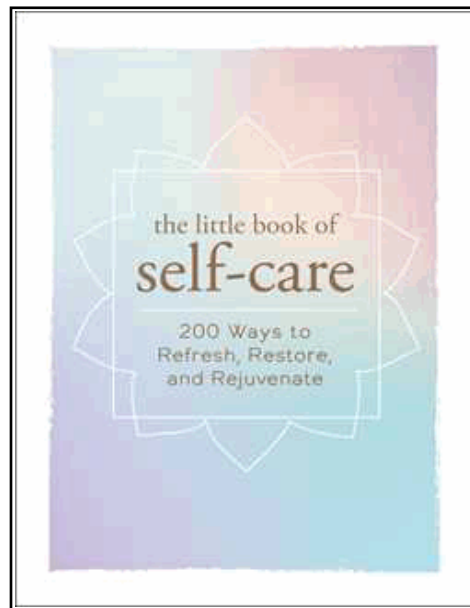
# The Little Book of Self-Care

200 Ways to Refresh, Restore, and Rejuvenate

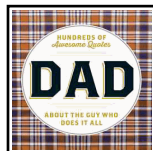
**This beautiful, inspiring book features 100 accessible activities that help you reconnect with your body, mind, spirit, and surroundings, and leave you feeling refreshed and ready to face the world again.**

Self-care is an essential part of wellness. From self-massage to meditations to decluttering, *The Little Book of Self-Care* provides relaxation exercises to help you focus on your own personal needs in an enjoyable way. By caring for yourself, you'll learn how to care for the world around you.

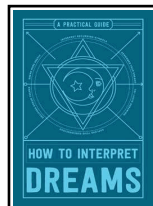
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# Brian Boone

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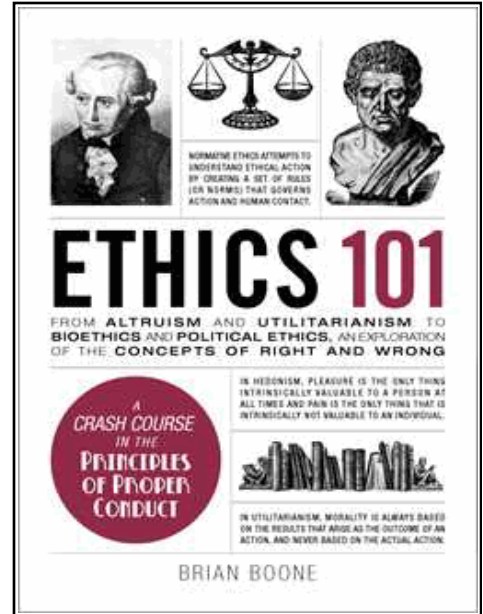
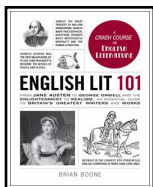
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From Plato to Jean-Paul Sartre and utilitarianism to antirealism, *Ethics 101* is jam-packed with enlightening information that you can't get anywhere else!

Brian Boone is an editor and writer for the bestselling Uncle John's Bathroom Reader line of trivia and humor books. He wrote *I Love Rock n' Roll (Except When I Hate It)* and coauthored *American Inventions: Big Ideas That Changed Modern Life* and *How to Make Paper Airplanes*. He has contributed to How Stuff Works, Barnes & Noble Reads, *McSweeney's*, *Splitsider*, *Someecards*, *The Onion*, *Adult Swim*, and *Funny or Die*. He lives in Oregon with his family.



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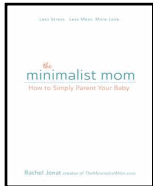
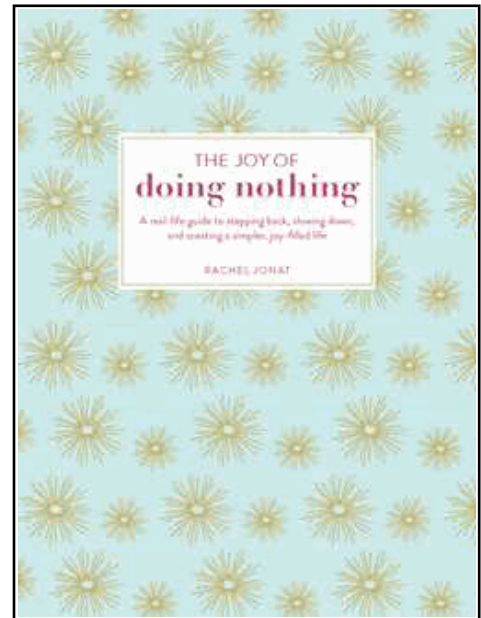
# The Joy of Doing Nothing

A Real-Life Guide to Stepping Back, Slowing Down, and Creating a Simpler, Joy-Filled Life

**Fight back against busyness and celebrate the pleasure of doing nothing in this new guide that helps relieve stress and increase happiness in your life.**

In *The Joy of Doing Nothing* you'll discover how to step away from everything you think you have to do and learn to live a minimalist life. Rachel Jonat shares simple strategies to help you stop overscheduling, find time for yourself, and create moments of calm every day. You'll learn how to focus more on the important aspects of life, such as family and friends, and scale back your schedule to create more time in the day to care for yourself.

Rachel Jonat is the author of *Do Less: A Minimalist Guide to a Simplified, Organized and Happy Life*, *The Minimalist Mom: How to Simply Parent Your Baby*, and *The Joy of Doing Nothing*. A sought-out expert on minimalism and simplifying, she has been featured on television and radio, *The Globe and Mail*, *Babble*, and *Business Insider*. She lives in Vancouver, Canada, with her husband and three sons. You can read more of her work at her popular blog [TheMinimalistMom.com](http://TheMinimalistMom.com).



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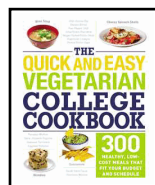
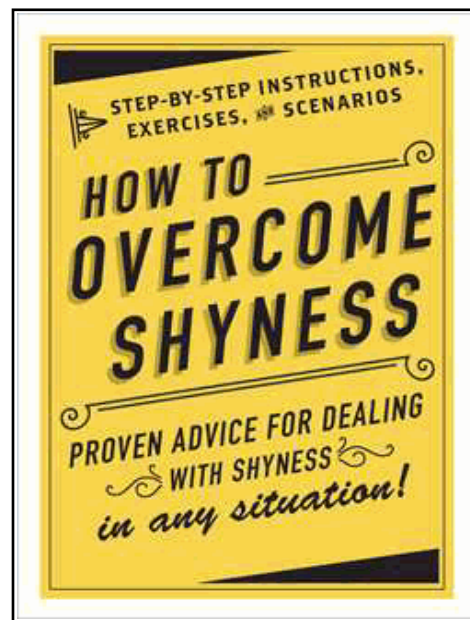
# How to Overcome Shyness

Step-by-Step Instructions, Exercises, and Scenarios

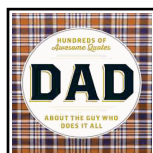
Learn how to overcome shyness and increase your confidence in common social situations with this simple and approachable guide.

In today's world, we have come to rely so heavily on technology to communicate that it has led to increased anxiety for many when talking face-to-face. In *How to Overcome Shyness*, you'll learn to step away from distractions, overcome your shyness, and be more successful and comfortable in social situations. With real-world examples, brief exercises, and simple tips, you'll become more confident communicating in all situations from dating to work to large social events and parties.

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**Melissa Wadsworth**

## **How to Make Small Talk**

Conversation Starters, Exercises, and Scenarios

**Learn how to improve your basic conversation skills and engage in pleasant small talk for more positive face-to-face interactions in this simple, visually engaging guide.**

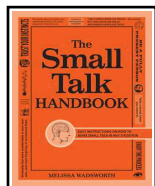
With today's focus on technology and digital communication, face-to-face small talk is becoming increasingly difficult. How do you start a conversation with a stranger? What do you need to do to make a great first impression? What should you do when the conversation starts to drift off?

In *How to Make Small Talk*, you'll learn the art of small talk for all types of situations. With simple advice, engaging visuals, and brief exercises, this book makes it easy to improve your casual chitchat skills. From professional networking to first dates to casual run-ins with a neighbor, you'll always be able to strike up a great conversation and leave a positive, lasting impression.

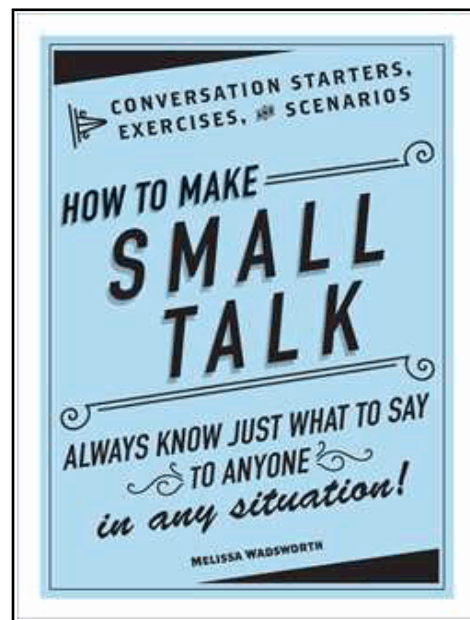
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Melissa Wadsworth is an introvert who found her voice first through a career in public relations and then as an inspirational speaker and personal-growth workshop leader. The founder of Brilliance Unlimited, LLC, Melissa believes that finding the joy in heart-based communications, creativity, and intuition are the keys sensitive people worldwide need to manifest amazing and satisfying life journeys. *How to Make Small Talk* is her first book. Learn more at her website, [CollectiveManifestation.com](http://CollectiveManifestation.com).

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## Diane Ahlquist

# Moon Magic

Your Complete Guide to Harnessing the Mystical Energy of the Moon

From the author of *Moon Spells* comes a beginner's book about the moon's energy and how you can harness that lunar power in your everyday life.

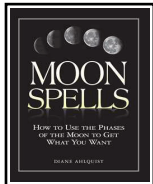
From new moons and eclipses to blue moons and the super moon, there are ample opportunities for the moon to influence our emotions and thoughts. Many believe our emotional potency is heightened during a super moon, while a new moon can bring change and new perspectives. Knowing when and how to use that power is key.

In *Moon Magic*, you'll learn how the lunar phases influence our emotions and well-being differently and how to harness that power for healing, emotional strength, and physical and mental wellness. Third-generation intuitive Diane Ahlquist helps guide those new to the power of the moon through lunar recipes and simple exercises, such as intention setting and moon meditation to help you capitalize on the moon's inherent power and channel the moon's energy whenever you need it most.

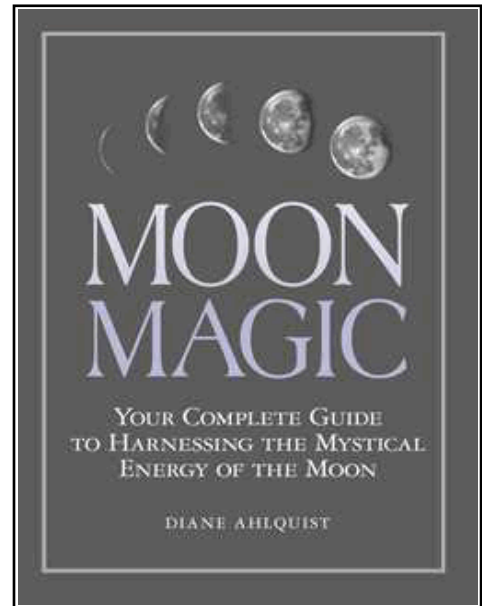
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Diane Ahlquist is an author, speaker, and third-generation intuitive who has used her gifts in counseling for over twenty-five years. She is the author of *Moon Spells*, *Moon Magic*, *The Complete Idiot's Guide to Life After Death*, and *The Complete Idiot's Guide to Fortune Telling*.

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# Slow Cooker Favorites Soups, Stews, and Chilis

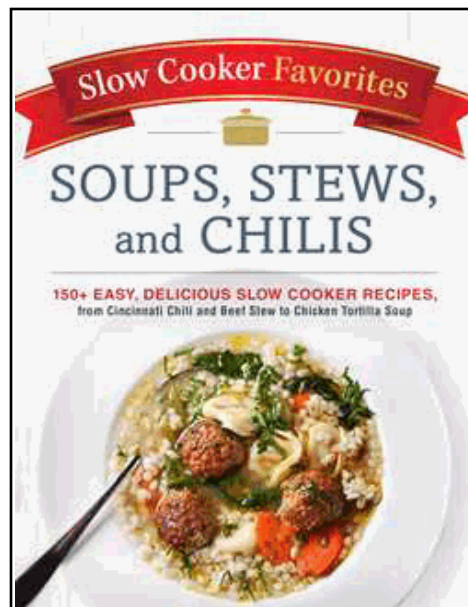
150+ Easy, Delicious Slow Cooker Recipes, from Cincinnati Chili and Beef Stew to Chicken Tortilla Soup

A one-stop guide for using the most popular kitchen appliance—the slow cooker—to easily prepare hearty, comforting soups, stews, and chilis. With more than 150 recipes, slow-cooker fans have plenty of options for easy, worry-free ways to make flavorful bowls of their favorite food in their favorite appliance.

It's time to start up the slow cooker!

*Slow Cooker Favorites: Soups, Stews, and Chilis* gives slow-cooker fans more than 150 recipes perfect for the fall and winter. With minimal prep work and easy clean up, the most challenging part will be selecting which delicious bowl to try next. Whether it's crockpot chili for the tailgate, spicy chicken tortilla soup on a chilly day, or beef stew the whole family will love, there's something for everyone in this comprehensive collection of crock-pot recipes.

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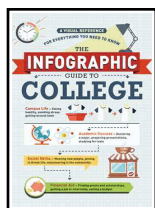
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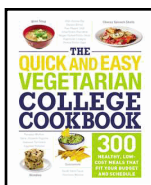
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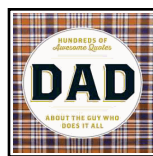
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**Dean Regas**

## **100 Things to See in the Night Sky**

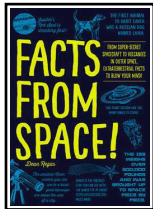
From Andromeda to Venus, Your Guide to Stargazing

**A handy field guide for the best stargazing experience whether in your own back yard, camping, or travelling—including information showing you which planets, constellations, stars, and manmade objects you can see with a telescope, or just your naked eye!**

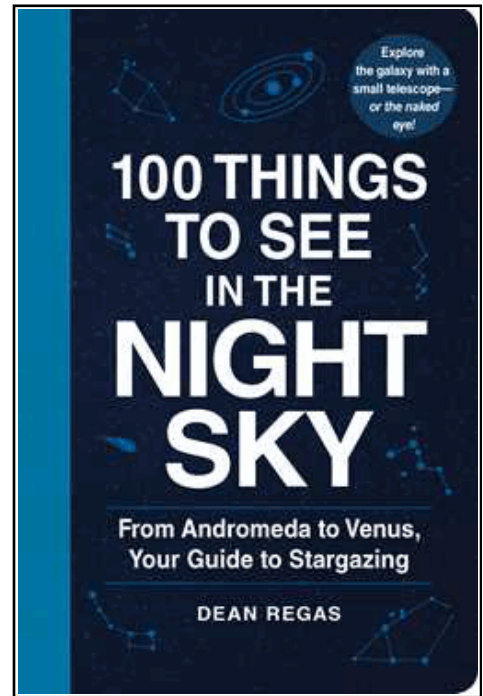
The night sky is full of amazing things to see—from shooting stars and constellations to planets and satellites—but it can be hard to tell what you're seeing, or where to look for the best view. *100 Things to See in the Night Sky* gives you a clear picture of what you can see on any given night, either using a small telescope, or just your naked eye.

Each object is presented as a separate entry, with background information on the makeup, appearance, and history of the object, along with easy-to-follow instructions on how to find it. For astronomy and space fans of all ages, this guide helps you explore the galaxy and see the stars—while keeping your feet on the ground.

Dean Regas has been the astronomer for the Cincinnati Observatory since 2000 and the co-host of the syndicated astronomy program *Star Gazers* since 2010. In addition to his work for *Sky & Telescope Magazine*, Dean has also written for *Huffington Post*, *Cincinnati Enquirer*, and *Astronomy Magazine*.



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## Cathy Thorne

# Unlightenment

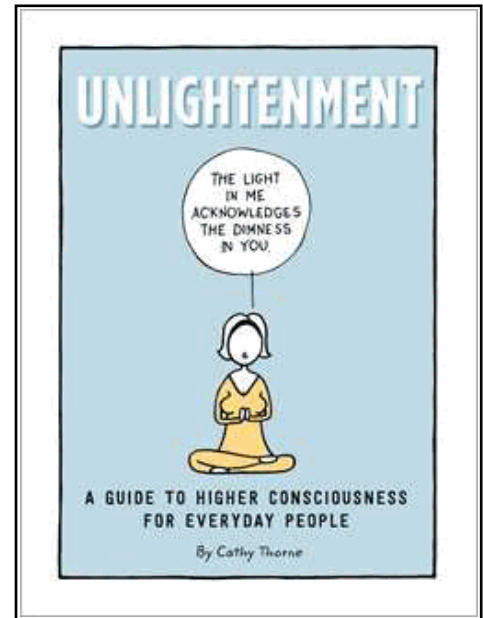
A Guide to Higher Consciousness for Everyday People

**This illustrated, humorous book helps those who have trouble meditating fully embrace mindfulness and wellness.**

Meditation and mindfulness are popular for their ability to improve moods, reduce stress, help with anxiety and depression, and reduce distractions. But while many are successful, there are some who struggle to relax and clear their heads, wondering how so many people find this New Age movement invigorating. In *Unlightenment*, you'll get a comedic look at what it's like to participate in New Age practices—even if you're not able to achieve a quiet mind, maintain moment-to-moment awareness, or recreate complex, contorted yoga poses.

---

Cathy Thorne draws and writes *Everyday People*, cartoons about women and the people who love and annoy them. Relatable, funny, and insightful, her cartoons resonate with people who are doing the best they can in their never-ending quest for inner peace. Her cartoons have been featured in newspapers, magazines, and all over the Internet. She lives on a quiet street in Toronto, Canada with her husband and two children, who love her very much and like her even more when she's living in the moment. She is the author of *Unlightenment*.



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# Meera Lester

## Rituals for Life

Find Meaning in Your Everyday Moments

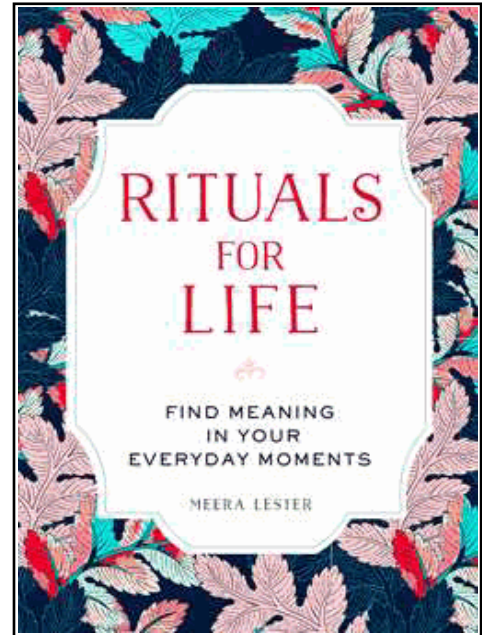
This beautiful, inspiring book features 160 impactful, practical ways to transform everyday tasks into enjoyable, indulgent moments that reduce stress and leave you feeling balanced, connected, and ready to take on the day.

In *Rituals for Life*, you'll discover how to transform everyday activities such as waking, bathing, eating, and walking into mindfulness exercises. With 160 rituals throughout, you'll learn how to infuse meaning into your daily life and improve your sense of health, empowerment, peace, prosperity, gratitude, intentionality, groundedness, and renewal. Examples of rituals include:

- Greet the dawn
  - Walk through green space to reflect, refresh, and restore healthy well-being
  - Heat or cool your body with Ayurvedic spices
  - Use your breath to find bliss
  - Create a personal ceremony to bless your healthy body and creative mind

Within each chapter, you'll find suggested ritual sequences to further guide and structure your days. You'll also discover how to select rituals from the book to create your own unique routines that fit your mood, needs, interests, and desires. With *Rituals for Life*, you'll transform mundane tasks into inspiring, enriching ways to savor life and enhance your overall well-being.

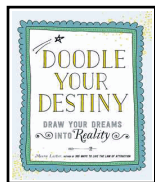
Meera Lester, an internationally published author, has written more than two dozen books, including *Sacred Travels*, *The Everything Law of Attraction*, *The Secret Power of You*, *My Pocket Meditations*, and *Rituals for Life*. After spending time in India in her early twenties, she has been a lifelong practitioner of hatha yoga, Dhyana meditation, and Kundalini Maha Yoga.



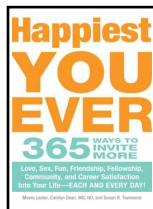
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**Kate Hanley**

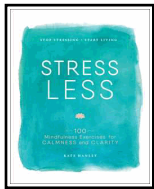
## **How to Be a Better Person**

300+ Simple Ways to Make a Difference in Yourself--And the World

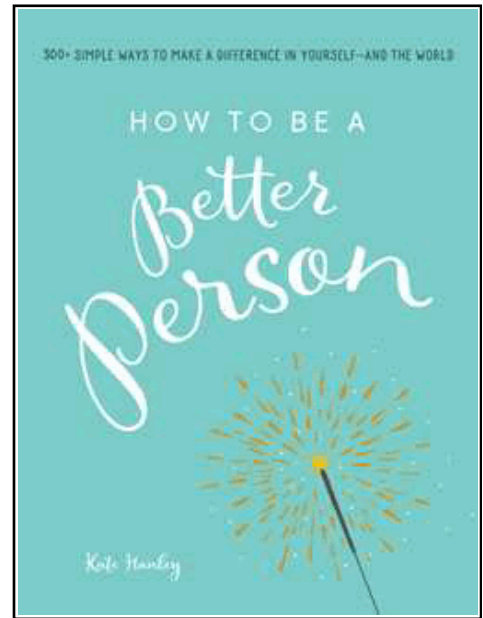
**This fun, enlightening book features 300 everyday activities to help you become a better person and make a positive impact on the people around you.**

*How to Be a Better Person* is a unique and practical guide that can help you easily turn your good intentions into meaningful actions. Each activity serves as a daily inspiration for you to make a positive impact in your home, community, and relationships. With exercises designed to foster cheerfulness, kindness, generosity, gratitude, acceptance and inclusion, integrity, and honesty, you can learn how easy it is to be the person you've always wanted to be.

Kate Hanley is an author, yoga teacher, and personal development coach who helps busy women focus on the things that matter so they can stop stressing about the things that don't. In addition to working one-on-one with clients, Kate teaches and speaks about mindful time management, avoiding burnout, and finding work-life balance at companies and events. She's been quoted in *Harvard Business Review*, *The New York Times*, *Fortune*, and has appeared on the *Today* show, where she noticed seconds before the cameras started rolling that her sweater was on backwards—it was the perfect opportunity to practice what she teaches. Kate lives in Providence, Rhode Island, with her husband and two kids. Visit her at [MsMindBody.com](http://MsMindBody.com) or on Twitter at [@KateHan](https://twitter.com/KateHan).



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**Judy Ann Nock**

## **The Modern Witchcraft Guide to the Wheel of the Year**

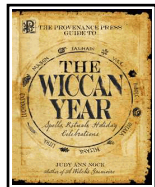
From Samhain to Yule, Your Guide to the Wiccan Holidays

**From the Modern Witchcraft series comes a complete guide to all of the sacred days and holidays of the Wiccan calendar—with spells, rituals, and other tips to celebrate.**

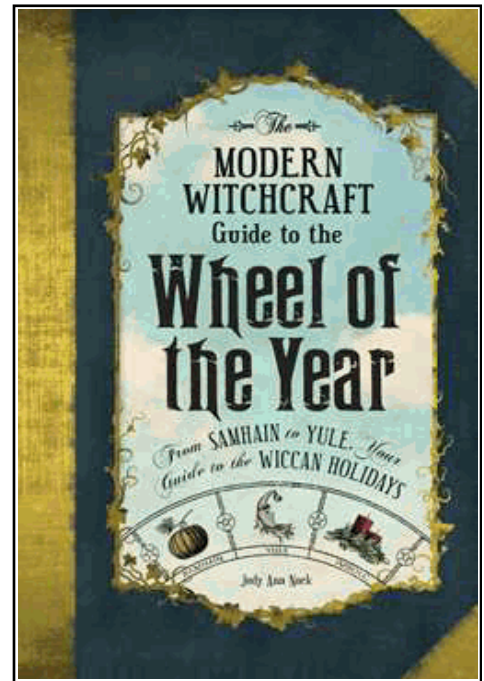
In *The Modern Witchcraft Guide to the Wheel of the Year*, you'll learn about the most celebrated days in the Wheel of the Year—Samhain, the end of the harvest season; Yule, the celebration of the New Year; Imbolc, the celebration of rebirth; Ostara, the arrival of Spring; Beltane, the celebration of Earth's fertility; Litha, the song of the summer; Lughnasad, the halfway point between Summer and Autumn; and Mabon, the festival of home and harvest.

For each of these special days, there will be information about the history and its meaning, and the ways you can fully celebrate. Each chapter describes the celestial events associated with the sabbat, astrological influences during that time, meditation rituals, and charms to perform. It also includes a practical craft, such as candle making, that you can create to celebrate each day.

*The Modern Witchcraft Guide to the Wheel of the Year* is your complete guide to everything you need to know to celebrate the Wheel of the Year and the Wiccan sabbats, from Yule to Samhain, as part of your own spiritual practice.



*The Provenance Press  
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# Simple Acts of Kindness

500+ Ways to Make a Difference

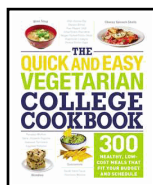
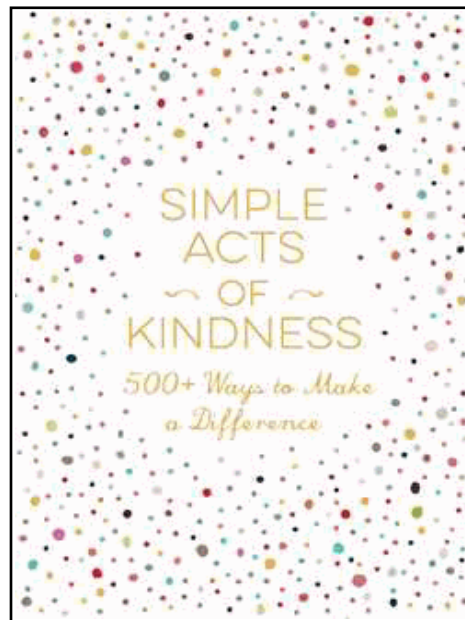
Practice kindness every day with these easy, accessible activities that range from helping the elderly to supporting animal welfare to protecting the local environment.

In *Simple Acts of Kindness*, you'll discover many ways to bring help and happiness to those around you, including:

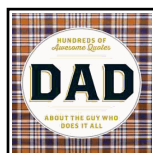
- Calling your elderly relatives just to say hello
- Bringing a box of doughnuts to the office to share with your coworkers
- Thanking your driver as you get off the bus

These simple activities make it easy to be kinder every day and provide support to those who need it most. With this book in hand, you can easily make a positive difference in today's society.

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# Brain Hacks

300+ Ways to Boost Your Brain Power

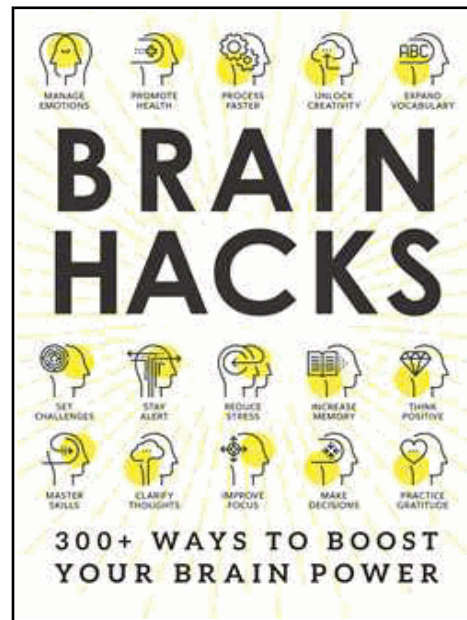
Discover more than 300 quick tips and exercises to help you optimize your mental performance and improve brain health.

Everyone wants to be at their best mentally, and *Brain Hacks* provides you with more than 300 actionable tips and exercises you can use right away to help you achieve and maintain peak mental performance. Topics covers include:

- Proper nutrition and brain superfoods
- Brain-boosting vitamins, minerals, herbs, and supplements
- Stress management techniques
- Natural mood-enhancing activities
- Exercises that stimulate and challenge the brain

With straightforward, simple advice, *Brain Hacks* will teach you how to keep your brain sharp and functioning at optimal levels.

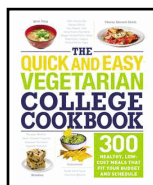
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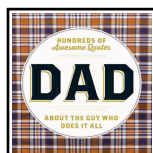
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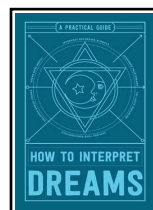
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**Lindsay Boyers, CHNC**

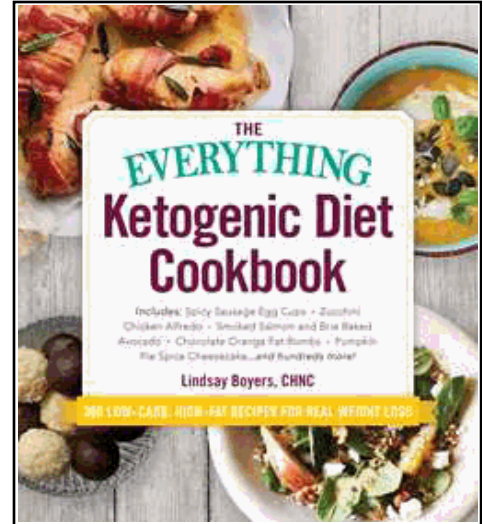
# The Everything Ketogenic Diet Cookbook

Includes: • Spicy Sausage Egg Cups • Zucchini Chicken Alfredo • Smoked Salmon and Brie Baked Avocado • Chocolate Orange Fat Bombs • Pumpkin Pie Spice Cheesecake ... and hundreds more!

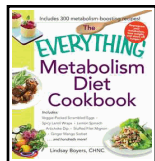
**Discover the health benefits of the ketogenic diet with 300 low-carb, high-fat recipes for weight loss and more!**

The ketogenic diet is a healthy eating plan that is low in carbs, high in fats, and moderate in protein. When properly followed, this combination can lead to weight loss, lowered blood pressure and cholesterol, improved gut health, and increased brain function.

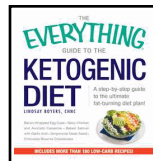
With 300 delicious and satisfying recipes for everything from energy-fueling breakfasts and smoothies to indulgent desserts and tasty snacks, *The Everything Ketogenic Diet Cookbook* is an all-in-one introduction to this wildly popular lifestyle. Packed with customizable daily meal plans, this cookbook has everything you need to adapt to the ketogenic diet, and can help you lose weight and improve energy, without feeling deprived.



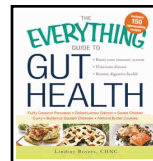
Lindsay Boyers, CHNC is a nutrition consultant with extensive experience in a wide range of dietary therapies including the ketogenic diet. She also specializes in elimination diets, gut health, and identifying food sensitivities in her clients. Lindsay's articles on nutrition and health have been published on various health and wellness sites, including Healthline.com, Livestrong.com, and JillianMichaels.com. She lives in Shrewsbury, Massachusetts.



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## **The Introvert Activity Book**

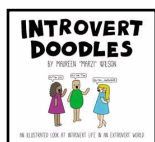
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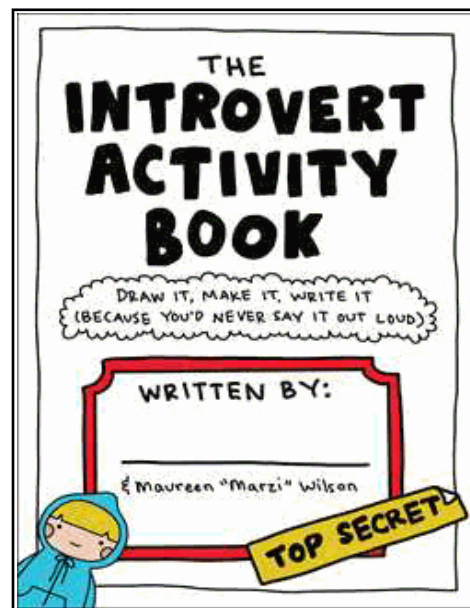
Conventional wisdom suggests that people who don't speak up have nothing to say, but introverts simply prefer to express themselves differently. Introverts are known for their creativity, their need for thoughtful reflection, and their preference for solitary activities, such as drawing and writing. *The Introvert Activity Book* offers doodle ideas, lists, paper-craft projects, writing prompts, and so much more—the reader becomes the author!

Beautiful and messy, funny and insightful, inspiring and relaxing, *The Introvert Activity Book* is perfect for introverts at any age. Join the introverted animated comic character, Marzi, on a journey to discovering your creative voice within!

Maureen “Marzi” Wilson had a quiet childhood by the Chesapeake Bay, and is enjoying an equally quiet adulthood by the Yellowstone Forest. When she isn't doodling for *Introvert Doodles*, she creates instructional art videos for her DIY website, [MadeByMarzipan.com](http://MadeByMarzipan.com). Her hobbies include reading, swooning over typography, and cuddling her Yorkie, Kiko. That's as much information as she's willing to share with you, as she's an introvert and doesn't know you very well. Check out her website [IntrovertDoodles.com](http://IntrovertDoodles.com) and find her on Instagram @IntrovertDoodles.



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