

Jamie Markle

Drawing for Beginners

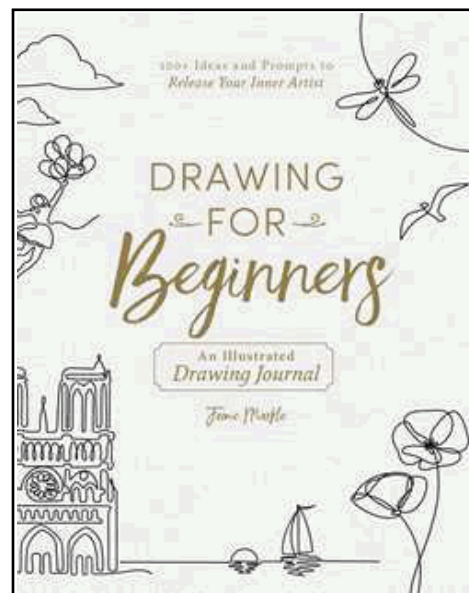
100+ Ideas and Prompts to Release Your Inner Artist

Reduce stress by picking up a pencil and learning how to draw with these fun, relaxing, and creative prompts perfect for beginner artists.

Have you always wanted to draw but never knew how? Well now's the perfect time to start! You don't need a fine arts degree—you don't even need to know where to begin. *Drawing for Beginners* is here to help.

With helpful prompts and easy-to-follow mini-lessons, you can learn basic drawing techniques that are fun and relaxing. Jump in anywhere and learn new skills that will make a happier, more creative you.

Jamie Markle has edited dozens of books on fine art, including the highly successful AcrylicWorks series. Jamie holds a degree in fine art from Xavier University, where he studied painting and drawing and has worked with a variety of media, including acrylic, oil, pastel, and watercolor. He was the Vice President and Group Publisher at F+W Media for ten years. He lives in Cincinnati, Ohio.



PAPERBACK

On Sale: 05/04/21

Adams Media

9781507215975

Art

7 x 9 1/8, 192 pages

\$16.99 (US) / \$22.99 (CAN)

Faith Gorsky and Lara Clevenger, MSH, RDN, CPT

Keto BBQ

From Bunless Burgers to Cauliflower "Potato" Salad, 100+ Delicious, Low-Carb Recipes for a Keto-Friendly Barbecue

Enjoy all your favorite BBQ dishes while sticking to your keto diet with these 150 delicious, low-carb mouthwatering keto recipes for those summertime meals you've been craving—including burgers, ribs, salads, and more!

The keto diet has never been easier! You no longer need to miss out on any barbecue celebration with these 150 keto-friendly dishes that the whole family will enjoy!

While typical barbecue favorites like burgers, BBQ sauce, potato salad, and chips include carbs and sugars that might prevent you from entering ketosis, that doesn't mean you have to miss out entirely. Now with *Keto BBQ* you can enjoy keto-friendly recipes that focus on low-carb ingredients, healthy fats, and a variety of vegetables so you can feel full, refreshed, and satisfied.

In *Keto BBQ* you'll learn to make everything from keto-friendly mains like bun-less burgers and grilled salmon to low-carb twists on favorite side dishes like cauliflower "potato" salad and Jalapeno Cheddar "Cornbread" Loaf to all the sauces and sweet treats you might be craving. You can stay satisfied and remain in ketosis with these flavorful recipes that will bring the party to every barbecue!

Faith Gorsky is a lawyer turned food stylist, photographer, and published author. She owns the food blogs AnEdibleMosaic.com, which has a strong following on Facebook, Pinterest, and Instagram, and HealthySweetEats.com. Faith and coauthor Lara Clevenger, known for their beautiful photography and delicious, family-friendly recipes, formed TheKetoQueens.com to simplify and demystify the ketogenic diet for real world success and health.

Lara Clevenger is a registered dietitian nutritionist, personal trainer, and keto coach; she has her own food blog at LaraClevenger.com, which is also widely popular across Twitter, Pinterest, and Instagram. Lara and coauthor Faith Gorsky, known for their beautiful photography and delicious, family-friendly recipes, formed TheKetoQueens.com to simplify and demystify the ketogenic diet for real world success and health.



PAPERBACK

On Sale: 05/04/21

Adams Media

9781507214534

Cooking

7 x 9 1/8, 176 pages

\$16.99 (US) / \$22.99 (CAN)

Mandi Em

Witchcraft Therapy

Your Guide to Banishing Bullsh*t and Invoking Your Inner Power

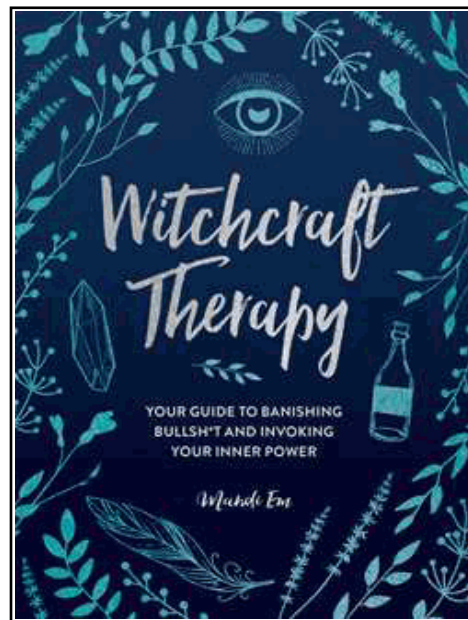
Discover magical solutions to cope with whatever life throws your way in this fun self-help guide to invoking your inner power.

Self-help is hard (and therapy is expensive!), but magic makes it easier than ever.

In *Witchcraft Therapy*, you will learn how to use the mystical powers of intention, mindful manifestation, divination, and righteous indignation to cope with whatever life throws your way. Author and witchy wellness guru Mandi Em offers advice in her own unique brand of positivity providing spells, rituals, and more that you can do right at home.

Complete with wisdom like “Remember that ‘f*ck off’ is a banishing spell,” *Witchcraft Therapy* will have you feeling more empowered and liberated than ever.

Mandi Em is a freelance writer and solitary witch, who shares approachable, funny self-help advice on her blog *Healthy Living for Hot Messes* and resources for nonreligious witches at *The Secular Witch*. Her writing has been featured in *The New York Times*, *HuffPost*, *SheKnows*, *Refinery29*, *McSweeney's*, and more. She and her husband are born again hippies trying to live green AF while connecting with nature as they raise their three children in Vernon, BC.



HARDCOVER

On Sale: 05/04/21

Adams Media

9781507215838

Self-Help

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

\$15.99 (US) / \$21.99 (CAN)

Emily Guy Birken

The 5 Years Before You Retire, Updated Edition

Retirement Planning When You Need It the Most

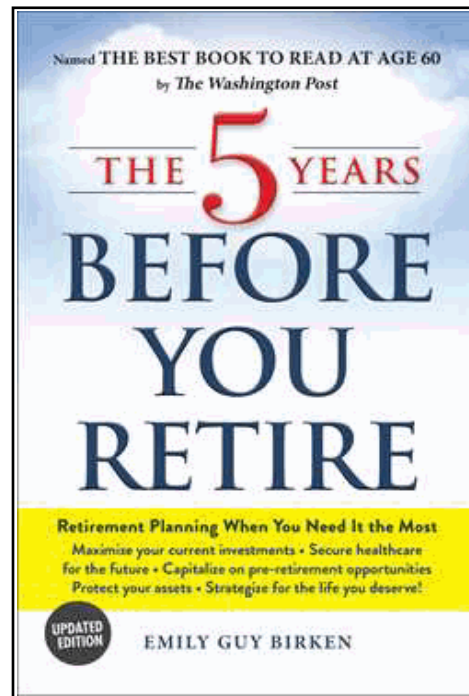
Learn everything you need to do in the next five years to create a realistic plan for your retirement with clear, practical advice that is sure to set your future up for success.

Most people don't realize they haven't saved enough for their retirement until their sixties and by then, it's often too late to save enough for a comfortable retirement. *The 5 Years Before You Retire* has helped thousands of people prepare for retirement—even if they waited until the last minute. In this new and updated edition, you'll find out everything you need to do in the next five years to maximize your current savings and create a realistic plan for your future.

Including recent changes in financial planning, taxes, Social Security, healthcare, insurance, and more, this book is the all-inclusive guide to each financial, medial, and familial decision. From taking advantage of the employer match your company offers for your 401k to enrolling in Medicare to discussing housing options with your family, you are completely covered on every aspect of retirement planning. These straightforward strategies explain in detail how you can make the most of your last few years in the workforce and prepare for the future you've always wanted.

Whether you just started devising a plan or have been saving since your first job, *The 5 Years Before You Retire, Updated Edition*, will tell you exactly what you need to know to ensure you live comfortably in the years to come.

Emily Guy Birken is a finance writer who writes the "Live Like a Mensch" column for *The Dollar Stretcher*. She is also a contributor to *Wise Bread*, *PT Money*, *Money Crashers*, *Yahoo! Finance*, and *Business Insider*, and many other personal finance sites. She edits and writes for the *FinCon* blog, an annual conference for financial bloggers. She is the author of *The 5 Years Before You Retire*, *Choose Your Retirement*, *Making Social Security Work for You*, and *End Financial Stress Now*. You can visit her at SAHMnambulist.blogspot.com.



PAPERBACK

On Sale: 05/11/21

Adams Media

9781507213605

Business & Economics

5 1/2 x 8 7/16, 240 pages

\$17.99 (US) / \$24.99 (CAN)

Angela S. Judd

How to Grow Your Own Food

An Illustrated Beginner's Guide to Container Gardening

Take your love of plants to the next level and start growing some food with this modern, easy-to-follow guidebook that shows you everything you need to know to grow edible plants all year round!

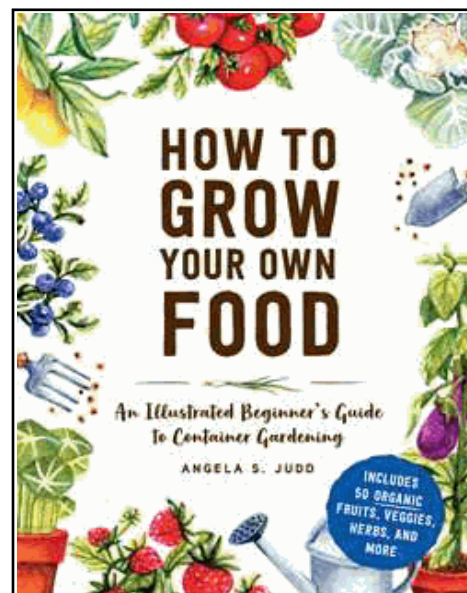
Did you know you could grow vegetables, fruits, and herbs in containers? Well, now you can take your houseplants to the next level by growing home-grown produce and seasoning that will taste delicious in all of your favorite dishes.

How to Grow Your Own Food identifies 50 common, easy-to-grow edible plants from herbs to vegetables, along with detailed care instructions and beautiful illustrations of each plant. You'll find everything you need to know about building your container garden including:

- How to choose the right size container for each plant
- How to water (and feed!) your plants for optimal growth
- When to harvest your crops for the best flavor
- And much more!

It's time to turn your decorative plants into ones that will keep you happy and healthy! No matter how much or how little space you have in your apartment, you can enjoy everything—from basil to onions to strawberries—with this practical guide to container gardening.

Angela S. Judd is a Master Gardener in Arizona who shares garden advice and inspiration on her website, GrowingintheGarden.com, Instagram, and other social channels. She regularly contributes to Master Gardener publications, and has written blog posts for *Better Homes & Gardens*, *Kellogg Garden*, *Gardeners Supply Company*, *Gardening Know How*, and others. Angela has been featured in magazines such as *Phoenix Home & Garden* and *San Diego Home/Garden*. She is passionate about helping new gardeners be successful.



HARDCOVER

On Sale: 05/25/21

Adams Media

9781507215722

Gardening

7 x 9 1/8, 144 pages

\$17.99 (US) / \$24.99 (CAN)

James D'Amato

The Ultimate RPG Game Master's Worldbuilding Guide

Prompts and Activities to Create and Customize Your Own Game World

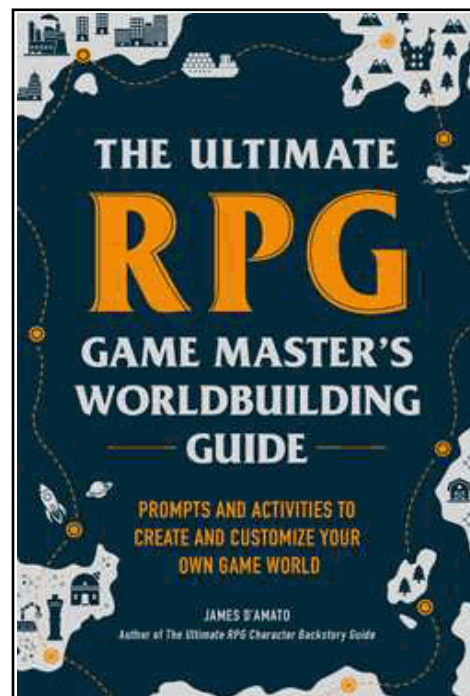
Level up your Game Master skills with these fun, interactive prompts and activities to help your worldbuilding from RPG expert James D'Amato.

Make your next campaign truly unique with the help of this interactive guide to world building!

From RPG expert James D'Amato comes a fun new guide that teaches beginner and experienced gamers alike how to build and create their own game elements for customizing existing adventures or creating new stories from scratch. *The Ultimate RPG Game Master's Worldbuilding Guide* includes dozens of activities for a wide range of genres from fantasy and sci-fi to horror and x-punk. This lively and interactive book helps Game Masters create dynamic destinations, powerful items, shadowy organizations, compelling villains, and more.

Make the most of your gaming experience with these unique and personalized ideas for your gaming group's next adventures!

James D'Amato is the author of *The Ultimate RPG Backstory Guide* and *The Ultimate RPG Gameplay Guide*, as well as the creator and game master of the *One Shot Podcast* and several spin off podcasts dedicated to RPG gameplay. He trained at Second City and iO in Chicago in the art of improvisational comedy; he now uses that education to introduce new people to role-playing, and incorporates improvisational storytelling techniques to create compelling and entertaining stories for RPG campaigns and one-shot adventures.



PAPERBACK

On Sale: 05/25/21

Adams Media

9781507215517

Games & Activities

5 1/2 x 8 7/16, 272 pages

\$14.99 (US) / \$19.99 (CAN)

Valentina Mussi

The Unofficial TikTok Cookbook

75 Internet-Breaking Recipes for Snacks, Drinks, Treats, and More!

Create 75 of the most popular, post-worthy, and fun recipes straight from TikTok with *The Unofficial TikTok Cookbook*.

Become the next viral sensation and make some delicious dishes that will impress all your friends with *The Unofficial TikTok Cookbook*.

From whipped coffee to pancake cereal and mug cakes to seltzer slushies, you can find all the recipes you've seen on social media and have been dying to make in one place. Featuring simple, easy-to-follow instructions, you can now create the recipes you've seen all over the internet in the comfort of your own home. Whether you want to post your cooking creations online or just share them with your friends, this book is a must-have for chefs of all ages!

Valentina Mussi is a food and lifestyle content creator based in Miami, Florida. She comes from an Italian-Colombian family and her culturally-diverse background has given her a unique outlook on food and culture. Her sweet tooth and love for good food drove her to start *The Sweet Portfolio*, a verified account and social media brand where she showcases fun and easy recipes. Among her most popular videos are her Dorito-crusted fried cheese coming in at more than 29 million total views, strawberry milk at more than 26 million total views, and a "Mermaid Milkshake" at more than 19 million total views. Her easy-to-follow, simple, yet eye-catching recipes have captured the attention of not only social media users, but also major media publications like *Time*, *INSIDER*, *People*, and *Today*.



HARDCOVER

On Sale: 06/01/21

Adams Media

9781507215852

Cooking

7 x 9, 176 pages

\$17.99 (US) / \$24.99 (CAN)

Skye Alexander

The Modern Witchcraft Guide to Fairies

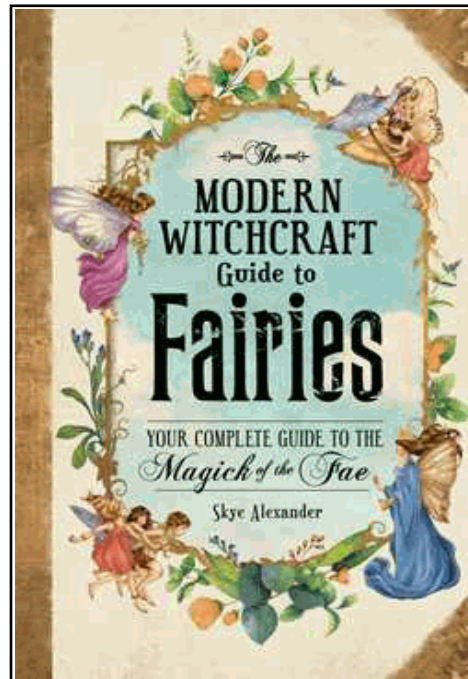
Your Complete Guide to the Magick of the Fae

Interact with magical fairy folk and incorporate them into your own witchcraft practice with this detailed account of the ancient wisdom and traditions of fairies and witchcraft.

Fairies have long been a part of witchcraft traditions, especially Celtic and Norse witchcraft, paganism, and other traditions deeply tied to the earth. But these fairies aren't the harmless creatures you've read about in children's tales: they are magical creatures with their own culture and rules that you need to know before venturing into their territory.

Now you can explore the world of the fairies and how their magic relates to your own witchcraft practice with *The Modern Witchcraft Book of Fairies*. This book provides you with all the information you need to know about the different types of fae folk and how you can safely interact with them to make the most of your witchcraft practice.

Skye Alexander is the award-winning author of more than thirty fiction and nonfiction books, including *Your Goddess Year*, *The Only Tarot Book You'll Ever Need*, *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.



HARDCOVER

On Sale: 06/08/21

Adams Media

9781507215913

Body, Mind & Spirit

6 x 9, 256 pages

\$16.99 (US) / \$22.99 (CAN)

Keri K. Powers

Social Skills for Kids

From Making Friends and Problem-Solving to Self-Control and Communication, 150+ Activities to Help Your Child Develop Essential Social Skills

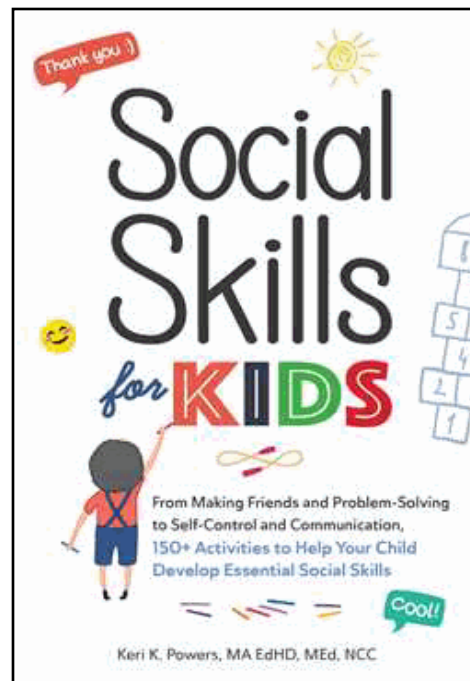
Help your children develop essential social skills—including groups, one-on-one interactions, and virtual communication—with these 150 easy, fun activities to teach your kids how to socially succeed.

From taking turns to making eye contact to staying engaged during conversations, developing appropriate social skills is an important factor for kids to be able to succeed in school and life in general. But how can you tell if your child is really making progress while you read the same stories, have the same conversations, and chaperone the same playdates? The answer is to add some variety to your child's daily activities with these 150 exercises specially designed to keep your child (and their friends) entertained, all while teaching them effective social skills.

In *Social Skills for Kids*, you'll learn everything you need to know about how social skills develop in children and what you can do to support their growth. In this book, you'll find games to encourage them in group settings, activities that you (or another caregiver) can do alone with your child, and ways to make the most of virtual interactions for social skill development.

So whether you're looking for new activities to entertain a few friends during playtime, searching for fun (and educational) games you and your child can play together, or even interested in ways to include people you can't physically visit, *Social Skills for Kids* has all the tools you need to help your child develop the social skills they need to succeed.

Keri K. Powers, MA EdHD, MEd, NCC is a mental health counselor turned elementary school counselor on the island of Oahu. She has previously written a children's book titled *Zen Hen* to help kids develop mindfulness practices. Keri is passionate about helping kids learn skills to manage worries and build confidence to succeed in and out of the classroom! Find more at CounselorKeri.com.



PAPERBACK

On Sale: 06/08/21

Adams Media

9781507215753

Family & Relationships

6 x 9, 256 pages

\$16.99 (US) / \$22.99 (CAN)

Lars W. Johnson

Rockhounding for Beginners

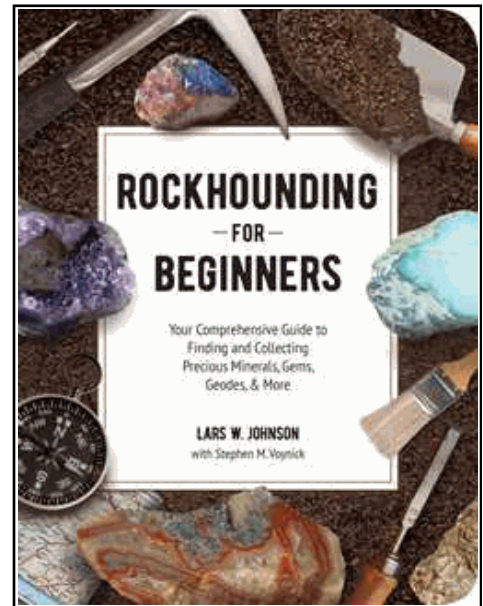
Your Comprehensive Guide to Finding and Collecting Precious Minerals, Gems, Geodes, & More

Go on an outdoor treasure hunt and enjoy all nature has to offer with this field guide to rockhounding, perfect for armchair geologists or anyone headed out on an adventure!

Geology meets treasure hunting with this field guide to rockhounding! If you've ever kept an interesting rock or shell, bought a polished stone from a gift shop, or even just enjoyed a 'gram of a really cool crystal, congratulations! You've already experienced a rockhounding adventure!

Rockhounding for Beginners shows you how to take your rockhounding to the next level, providing everything you need to know from tips for finding local sources for really cool finds to techniques for safely cleaning, cutting, polishing, and caring for the best samples. Complete with full-color photos to help you identify each rock and mineral wherever you find them, this guide has all the rockhounding information you need whether you're ready to get down and dirty or simply want to learn more from the comfort of your couch.

Lars W. Johnson was born and raised in the northwest, and has been an avid rockhound since his childhood. He is dedicated to inspiring enthusiasm and inclusivity to those new to rockhounding, and a renewed curiosity for locating, collecting, and sharing experiences that seasoned rockhounds could appreciate. He currently owns a rock shop in Portland, Oregon, and runs the blog TwoRockhounds.com with his wife Amber Lee.



PAPERBACK

On Sale: 06/08/21

Adams Media

9781507215272

Nature

6 x 8, 240 pages

\$16.99 (US) / \$22.99 (CAN)

Courtney E. Ackerman

Midnight Meditations

Calm Your Thoughts, Still Your Body, and Return to Sleep

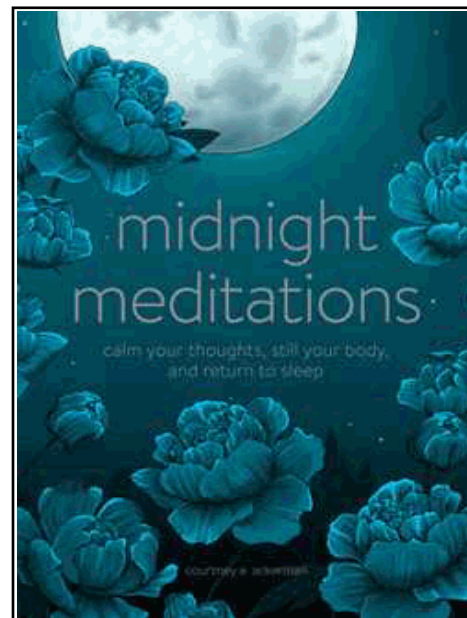
Stop chasing sleep and start welcoming rest with these 150 peaceful, nighttime meditations to make falling back to sleep easier than ever.

There's nothing worse than waking up in the middle of the night and being unable to fall back asleep. Now with *Midnight Meditations*, you can be gently guided back to sleep faster than ever.

These 150 peaceful, soothing meditations help you welcome and embrace the rest, relaxation, and restorative sleep every night has to offer. With these simple, guided meditations you can tune out distractions that hinder your rest and tap into the tranquility of the night.

In *Midnight Meditations*, you will discover how to calm your racing thoughts, stop chasing sleep, and start receiving an undisturbed night's rest so you can make the most of your days.

Courtney E. Ackerman is the author of *My Pocket Meditations for Self-Compassion*, *My Pocket Positivity*, *5-Minute Bliss*, and *My Pocket Gratitude*. Her early travels sparked her interest in learning about human nature at a young age. This interest led her to Claremont Graduate University, where she earned her master's degree in positive psychology and program evaluation. She works as a researcher and survey consultant in California. She enjoys traveling, spending time with her dogs, sampling beer at nearby breweries, and playing board games or video games to de-stress.



HARDCOVER

On Sale: 06/08/21

Adams Media

9781507216064

Self-Help

5 1/2 x 7 1/2, 176 pages

\$15.99 (US) / \$21.99 (CAN)

Stephanie Laska, MEd, and William Laska

The DIRTY, LAZY, KETO 5-Ingredient Cookbook

100 Easy-Peasy Recipes Low in Carbs, Big on Flavor

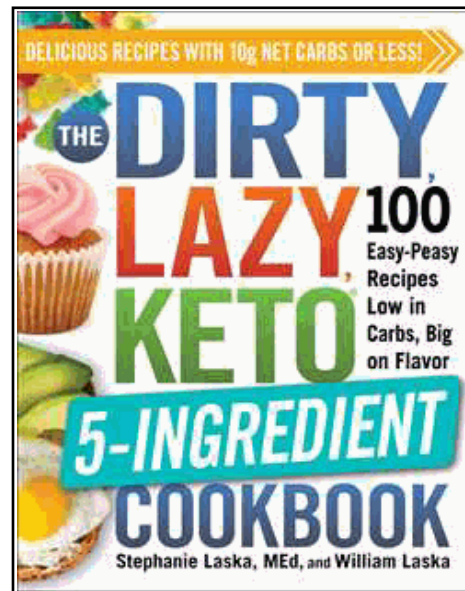
Save time and money all while losing weight with bestselling author Stephanie Laska's most convenient, easy, and flavorful keto recipes that only require 5 (or fewer) main ingredients.

After losing 140 pounds on the keto diet, bestselling author Stephanie Laska makes the keto diet more accessible and foolproof than ever before with these 100 delicious recipes made with only 5 (or fewer) main ingredients!

The easy-going approach of *The DIRTY, LAZY KETO 5-Ingredient Cookbook* makes weight loss manageable, sustainable, and even fun. Packed with her trademark sass and practical advice, Stephanie teaches the proven fundamentals of dirty keto cooking in a way that gets you excited and motivated. You'll find 100 easy, great-tasting classic recipes that the entire family will enjoy—even the pickiest eaters.

Making the keto diet more convenient than ever, this is a flexible, honest, real-world approach to losing weight that anyone can accomplish. In this cookbook, you'll find no judgment—just plenty of support to help you pursue your own unique path to sustainable healthy weight loss—not perfection. This is lazy keto at its finest!

Stephanie Laska, MEd, used her DIRTY, LAZY, KETO way of eating to lose half of her body weight (140 pounds!) and has maintained that weight loss for seven years and counting. She is the author of *DIRTY, LAZY, KETO Dirt Cheap Cookbook*, *DIRTY, LAZY, KETO: Get Started Losing Weight While Breaking the Rules*, and with her husband, William, wrote *The DIRTY, LAZY, KETO Cookbook* and *DIRTY, LAZY, KETO Fast Food Guide: 10 Carbs or Less*. Her honest approach to keto dieting has been featured by numerous media outlets, including the *Today* show, Fox News, *Women's World*, *Reader's Digest*, *Yahoo! News*, and *Costco Connection* magazine.



PAPERBACK

On Sale: 06/08/21

Adams Media

9781507216088

Cooking

7 x 9 1/8, 224 pages

\$19.99 (US) / \$26.99 (CAN)

Elaine Tipping and Erwin Prasetya

Make Your Own Manga

Create Your Own Anime Comics with Action-Packed Story Fill-Ins and Blank Comic Panels

Draw, narrate, and create your own manga adventure with this interactive workbook featuring blank fill-in panels so you can set up your very own comic.

What's behind those big, bright eyes? Why is the student attacking the master? What's inside that box? That's up for you to decide with *Make Your Own Manga*!

Featuring six fully illustrated stories from two acclaimed artists along with blank template panels to create your own drawings and dialogue, *Make Your Own Manga* will inspire you to inject your own imagination into the storyline of each manga comic. Now you can create your own heroes and villains, heartbreaks and desires instead of just reading about them on the page. All you need is a healthy imagination to complete the manga within these pages. The power to create is in your hands!

Elaine Tipping illustrates *Dubious Company*, *Licensed Heros*, and a retelling of *Peter Pan* in manga format.

Erwin Prasetya is the artist for *Blade Bunny*.



PAPERBACK

On Sale: 06/08/21

Adams Media

9781507216514

Comics & Graphic Novels

7 x 9 1/8, 192 pages

\$15.99 (US) / \$21.99 (CAN)

Introduction by Molly Burford

The Good Morning Journal

5-Minute Guided Reflections to Start Your Day with Inspiration, Purpose, and a Plan

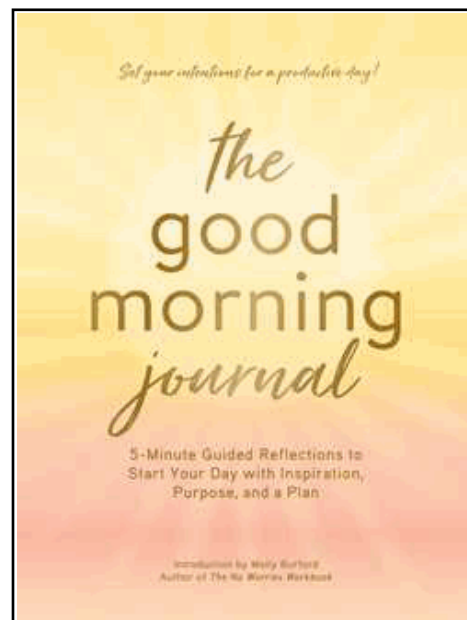
Seize the day and begin your morning routine with positivity and inspiration using this beautiful easy-to-use guided journal that helps you boost productivity and make the most of each day.

Great days start with *The Good Morning Journal*!

Each day is a blank slate—a gift that we choose how to use. You can begin each day with clarity, purpose, and inspiration with *The Good Morning Journal*. This beautiful, easy-to-use guided journal is filled with quick, thoughtful prompts that help you recognize what you want to accomplish—and why—and create a simple plan to achieve your goals. You'll also find motivating and inspiring quotes that spark a positive mindset and encourage you throughout the day.

With this journal, you'll be able to identify your true passions—the activities, ideas, and items that mean the most to you—and thoughtfully arrange your day to prioritize these passions. Start living with more purpose, accomplish your goals, achieve your dreams, and fill your days with more joy than ever.

Molly Burford is a writer, editor, and social media strategist. Her writing has appeared in *Allure*, *Teen Vogue*, and *Thought Catalog*, among others. Molly was born and raised in Detroit, Michigan, and now resides in Denver, Colorado. She loves her family, friends, all dogs, and pasta. Follow Molly at @MollyBurford and learn more at MollyBurford.com.



HARDCOVER

On Sale: 06/15/21

Adams Media

9781507216484

Self-Help

5 1/2 x 7 1/2, 176 pages

\$14.99 (US) / \$19.99 (CAN)

Carlos Folgar with Deborah W. Crisfield

The Everything Kids' Soccer Book, 5th Edition

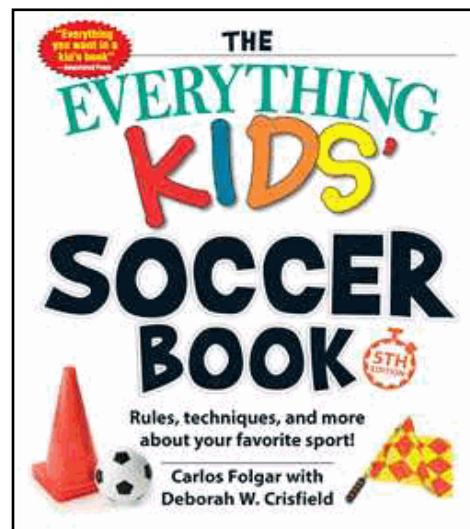
Rules, Techniques, and More about Your Favorite Sport!

Everything kids need to know about their favorite sport including up-to-date stats and information on players and teams in this revised, updated edition of *The Everything Kids' Soccer Book*.

Your kids can finally learn everything they could ever need or want to know about soccer in this revised and updated edition of *The Everything Kids' Soccer Book*. Young soccer fans will learn fun and exciting ways to perfect their passing, shooting, and dribbling skills and master the fancy footwork needed to becoming a soccer superstar. This new edition features up-to-date information about the MLS and the World Cup teams as well as dozens of interactive games and puzzles to keep them entertained. No matter what level of soccer player your child is, this book makes learning about the world's favorite sport—almost—as fun as playing it!

Carlos Folgar has been a soccer coach for over ten years across many age groups. In 2016, he founded the Wolf Pack Soccer Academy in Concord, MA where he is still the head coach and owner. He has earned an Advanced National Diploma from the National Soccer Coaches Association of America as well as state, regional, and national goalkeeper diplomas. He is currently the head coach for the boys U12 and U18 teams for the Global Premier Soccer Club in Waltham, Massachusetts.

Deborah W. Crisfield is a veteran soccer coach and author of more than thirty books, including *The Everything Kids' Soccer Book, 3rd Edition* and many other sports and reference books. She lives in Summit, New Jersey.



PAPERBACK

On Sale: 06/01/21

Adams Media

9781507215579

Juvenile Nonfiction

8 x 9 1/4, 144 pages

\$9.99 (US) / \$12.99 (CAN)

Lisa Childs

The "I Love My Instant Pot®" Cooking for One Recipe Book

From Chicken and Wild Rice Soup to Sweet Potato Casserole with Brown Sugar Pecan Crust, 175 Easy and Delicious Single-Serving Recipes

Officially authorized by Instant Pot!

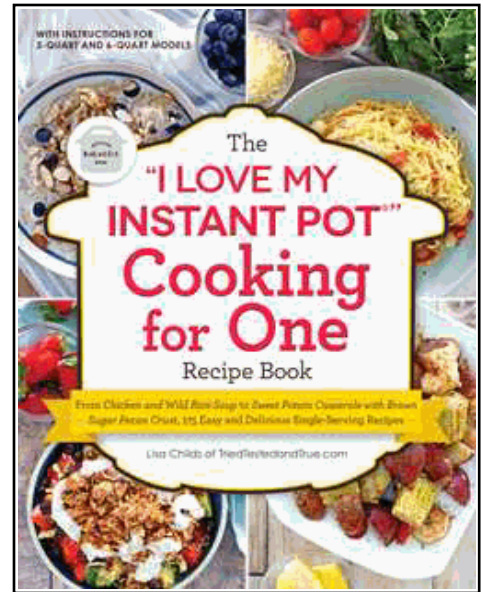
Never waste extra food again with these perfect-portioned recipes for solo cooks all while using your favorite kitchen appliance—the Instant Pot.

We all know and love the Instant Pot! With its quick cooking times and multiple functions, it is a fast and easy way to get a delicious meal on the table. And now you can enjoy all the benefits of using the Instant Pot without dealing with leftovers!

Whether you live alone or need a quick meal just for yourself, this cookbook teaches you how to create perfectly portioned recipes right in your Instant Pot. With 175 recipes, photographs, and an easy-to-understand overview of how the Instant Pot works, this cookbook is a must-have for beginner and experienced Instant Pot users alike.

With satisfying, single-serving dishes for every meal from breakfast to dinner and snacks in between, *The "I Love My Instant Pot" Cooking for One Recipe Book* is the perfect way to eliminate wasting food while keeping yourself full and satisfied all day long.

Lisa Adachi Childs has been providing Instant Pot recipes, education, and inspiration ever since she first opened her first Instant Pot in 2016. She started her website, TriedTestedandTrue.com, in 2018 and has since launched a show on YouTube where she loves to teach hundreds of thousands of home cooks each month how to love their Instant Pots. She lives in Utah with her husband and two children.



PAPERBACK

On Sale: 07/06/21

Adams Media

9781507215777

Cooking

7 x 9 1/8, 224 pages

\$16.99 (US) / \$22.99 (CAN)

Hannah Whately

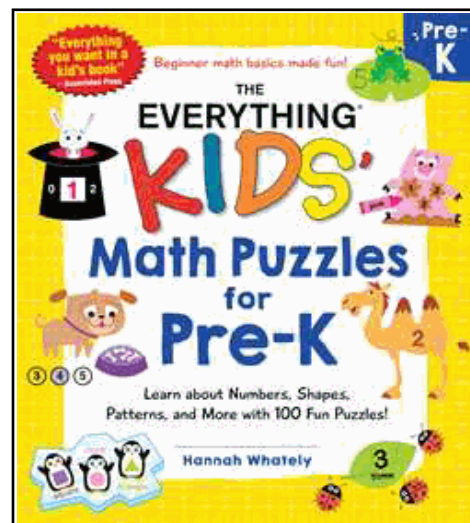
The Everything Kids' Math Puzzles for Pre-K

Learn about Numbers, Shapes, Patterns, and More with 100 Fun Puzzles!

Help your kids master challenging math concepts with these 100 fun and interactive puzzles and activities—whether they're learning at home or need extra practice outside of the classroom.

Math is hard, but that doesn't mean it has to be boring! Now with *The Everything Math Puzzles Book for Pre-K* your children can have fun with these 100 puzzles and activities for kids from ages three to five. Whether your kids need help with counting and numbers, basic shapes, or grouping and comparing objects, this book will help prepare your child for kindergarten in no time. Unlike workbooks that teach through repetition, this puzzle book is a fun supplement for preschoolers everywhere so they can have fun while learning.

Hannah Whately is an elementary teacher, math education specialist, and blogger. Having taken time away from classroom teaching to raise her two young daughters, Hannah began creating math resources, including printable worksheets and games, for her online store on the education marketplace "Teachers pay Teachers." In 2019 Hannah began her own website, MathKidsandChaos.com, which aims to support parents, homeschooling families, and teachers by providing fun and high quality math resources and activities for children from preschool to grade four. Through her website, Hannah hopes to encourage and support parents to help their children learn math in a positive and enjoyable way. She lives in Winnipeg, Manitoba, in Canada with her husband and two daughters, ages six and three.



PAPERBACK

On Sale: 07/06/21

Adams Media

9781507216125

Juvenile Nonfiction

8 x 9 1/8, 144 pages

\$9.99 (US) / \$12.99 (CAN)

Hannah Whately

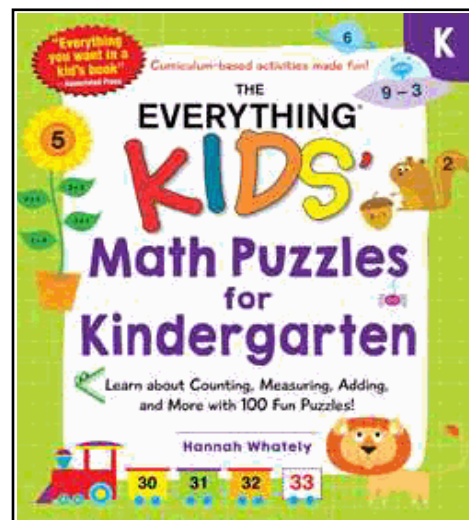
The Everything Kids' Math Puzzles for Kindergarten

Learn about Counting, Measuring, Adding, and More with 100 Fun Puzzles!

Help your kids master challenging math concepts with these 100 fun and interactive puzzles and activities—whether they're learning at home or need extra practice outside of the classroom.

Math is hard, but that doesn't mean it has to be boring! In *The Everything Math Puzzles for Kindergarten* your child can have fun while learning challenging math concepts from counting and numbers to simple addition, subtraction, and measurements. Unlike workbooks that teach through repetition, this puzzle book provides a fun and exciting supplement for kindergarteners everywhere so they can have fun while learning.

Hannah Whately is an elementary teacher, math education specialist, and blogger. Having taken time away from classroom teaching to raise her two young daughters, Hannah began creating math resources, including printable worksheets and games, for her online store on the education marketplace "Teachers pay Teachers." In 2019 Hannah began her own website, MathKidsandChaos.com, which aims to support parents, homeschooling families, and teachers by providing fun and high quality math resources and activities for children from preschool to grade four. Through her website, Hannah hopes to encourage and support parents to help their children learn math in a positive and enjoyable way. She lives in Winnipeg, Manitoba, in Canada with her husband and two daughters, ages six and three.



PAPERBACK

On Sale: 07/06/21

Adams Media

9781507216149

Juvenile Nonfiction

8 x 9 1/8, 144 pages

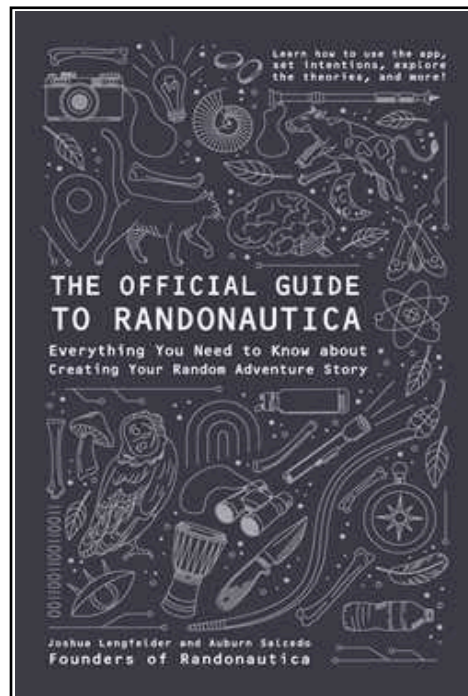
\$9.99 (US) / \$12.99 (CAN)

The Official Guide to Randonautica

Break free from your usual routine and find adventure in your own neighborhood with this official field guide to the popular Randonautica app.

In *The Official Guide to Randonautica*, the creators of the popular app explain how the intentions from the user translate to randomly generated coordinates, and all the theories about why users' set intentions can be so closely related to what they find at the given location. This book gives you the opportunity to log your experiences so you can make the most of what you discover on these journeys. Whether you're a new randonaut or a seasoned expert, this book is the perfect field guide for your next adventure.

Joshua Lengfelder and Auburn Salcedo are the founders of the viral app, Randonautica. Lengfelder studied anthropology and electronic media before working at Lone Star Circus in Dallas, Texas. Later, he went on to spearhead Randonautica. He currently resides happily with his partner on a homestead in Texas. Salcedo is a Midwestern mom, PTA president, serial entrepreneur, and the CEO of a media production company in Omaha and Orlando. Her passion for all things related to consciousness and background in business were a perfect pairing to the foundation of Randonautica. Together they harnessed the momentum of a mind-bending movement and continue to build and grow the community that is The Randonauts.

**PAPERBACK**

On Sale: 07/06/21

Adams Media

9781507216255

Body, Mind & Spirit

5 1/2 x 8 7/16, 224 pages

\$16.99 (US) / \$22.99 (CAN)

Michele Cagan, CPA

The Financial Recovery Workbook

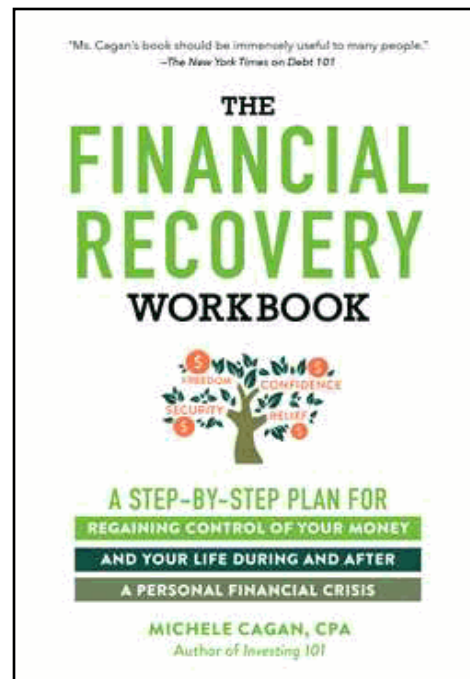
A Step-by-Step Plan for Regaining Control of Your Money and Your Life During and after a Personal Financial Crisis

Plan your path to financial freedom with guidance—and reassurance—in *The Financial Recovery Workbook* so you can stay calm and prioritize spending to get your finances back on track.

It can happen to anyone: no matter how well you've planned or saved, an emergency—job loss, a severe illness or accident, divorce, or weather disaster—can put a big hit on your finances. The steps you take to stay afloat can have a huge effect on how you and your finances recover from disaster.

The Financial Recovery Workbook provides a step-by-step guide to help you make a plan to get your financial life back on track. You'll learn which bills to prioritize, whether or not you use credit cards—and which cards are most beneficial—how to find quick cash to pay for necessities, whether or not you should dip into your retirement fund, and more! With expert financial advisor Michele Cagan as your guide, discover how to regain control of your finances and change your relationship with money for good.

Michele Cagan is a CPA, author, and financial mentor. With more than twenty years of experience, she offers unique insights into personal financial planning, from breaking out of debt and minimizing taxes, to maximizing income and building wealth. Michele has written numerous articles and books about personal finance, investing, and accounting, including *The Infographic Guide to Personal Finance*, *Investing 101*, *Stock Market 101*, and *Financial Words You Should Know*. In addition to her financial know-how, Michele has a not-so-secret love of painting, Star Wars, and chocolate. She lives in Maryland with her son, dogs, cats, and koi. Get more financial guidance from Michele by visiting SingleMomCPA.com.



PAPERBACK

On Sale: 07/06/21

Adams Media

9781507216415

Business & Economics

6 x 9, 240 pages

\$16.99 (US) / \$22.99 (CAN)

Lindsay Boyers, CHNC with a Technical Review by Murdoc Khaleghi, MD

Gut Health Hacks

200 Ways to Balance Your Gut Microbiome and Improve Your Health!

Hack your gut health and unlock a variety of benefits that a healthy gut brings with these 200 easy, accessible tips for promoting good bacteria, achieving balance in your gut microbiome, and feeling your best every day.

Bloating. Heartburn. Weight gain. Frequent visits to the restroom. It's no surprise: bad gut health can have a big impact on your daily life. But what if there were quick and easy ways to improve your digestive system so you could feel your best every day?

In *Gut Health Hacks*, you'll find 200 practical tips and tricks to support good bacteria and achieve a balanced gut microbiome. From ways to hack your meals to simple lifestyle changes, you'll find tips and tricks like:

- Consuming ginger has a calming sensation for your digestive tract and can relieve gas and bloating. Sipping some ginger tea before bedtime can lead to a restful night's sleep.

- Mental stress leads to digestive stress. Give yourself a designated relaxation time every day to help both your brain *and* your belly wind down.

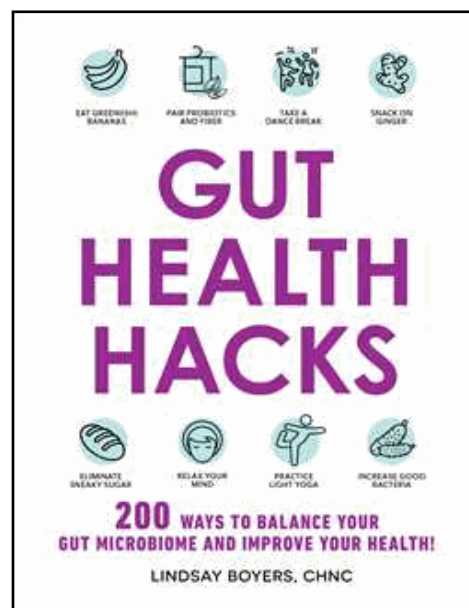
- Incorporating light yoga techniques into your everyday routine can help stimulate blood flow to your core, which can keep things moving with your digestive tract.

- And much more!

From improved mental health to weight loss to resolved digestion issues, balanced gut health can make all the difference. Now you can start feeling your best today with a little help from *Gut Health Hacks*.

Lindsay Boyers is a holistic nutritionist specializing in the keto diet, gut health, mood disorders, and functional nutrition. Lindsay earned a degree in food and nutrition from Framingham State University, and she holds a Certificate in Holistic Nutrition Consulting from the American College of Healthcare Sciences. She has written twelve books and has had more than 2,000 articles published across various websites, including *MindBodyGreen*, *Healthline*, *Livestrong*, *The Spruce*, and *VeryWell*. Lindsay truly believes that you can transform your life through food, a proper mindset, and shared experiences and that's what she aims to convey to her readers.

Murdoc Khaleghi, MD is a physician, researcher, and author. Dr. Khaleghi has earned numerous research fellowships from institutions such as the American Heart Association, the National Institute of Health, the Howard Hughes Medical Institute, and Stein Institute for Research on Aging. He lives in Westfield, Massachusetts.



PAPERBACK

On Sale: 07/13/21

Adams Media

9781507216453

Health & Fitness

6 x 8, 224 pages

\$16.99 (US) / \$22.99 (CAN)

Robin Fields

The "I Love My Air Fryer" 5-Ingredient Recipe Book

From French Toast Sticks to Buttermilk-Fried Chicken Thighs, 175 Quick and Easy Recipes

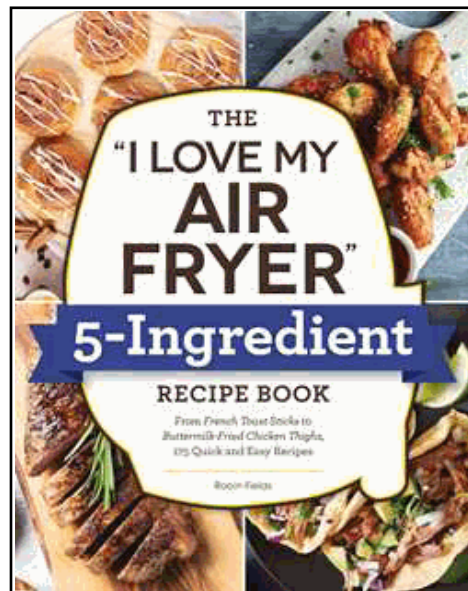
Create deliciously quick and easy recipes in your Air Fryer using only 5 ingredients or less!

Want simple meals that your entire family (even the pickiest eaters) will devour? Looking to avoid the grocery store and use some of the ingredients you already have on hand? *The "I Love My Air Fryer" 5-Ingredient Recipe Book* is here to help!

This easy-to-use cookbook provides mouthwatering, whole-food dishes for every meal—from breakfast and dinner to appetizers and dessert—using favorite, familiar ingredients you probably already have in your pantry.

Including 175 delicious recipes using five—or fewer—ingredients, these fast, affordable meals don't require a lot of prep or shopping, so you can spend more time out of the kitchen doing the things you love. Best of all, these satisfying, flavorful recipes are sure to be a big hit with everyone in the family. Whether you need an easy dinner on a busy weeknight or want to cut back on time (and money) in the grocery store, this cookbook has you covered!

Robin Fields is an experienced food blogger, air fryer user, and recipe developer who specializes in creating quick and easy recipes that have minimal ingredients and maximum flavor. She lives in Missouri with her husband and two young children.



PAPERBACK

On Sale: 07/13/21

Adams Media

9781507216286

Cooking

7 x 9 1/8, 224 pages

\$16.99 (US) / \$22.99 (CAN)

Marc and Julie Bennett

RV Hacks

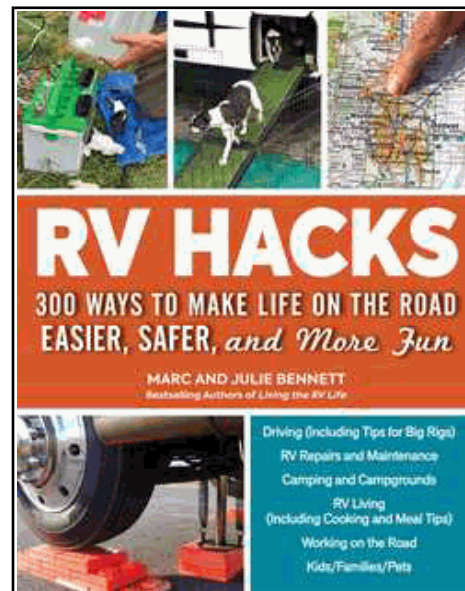
300 Ways to Make Life on the Road Easier, Safer, and More Fun

Hit the road and experience the wonders of RVing with these useful tips and tricks to make RV life easier, more organized, more efficient, and fun!

Welcome to RV life! Whether you're a first-timer or an experienced RVer, these RV hacks are sure to make life on the road easier so you can worry less and have more fun. From ingenious organizational hacks (like broom holders to keep flashlights at the ready or suction cup shower organizers to corral kids' activity supplies) to ideas for repurposing plastic bottles to make a funnel or pancake batter mixer, *RV Hacks* has everything you need to make your next cross-country caravanning adventure carefree.

Marc Bennett and his wife Julie, of RVLove, are full-time RVers, Bloggers, YouTubers, RV course instructors and inspiring lifestyle lists, who live, work and travel from their motorhome while exploring the world. They have traveled to all 50 USA states, plus Canada, Mexico, and Australia, while still working full time.

Julie Bennett and her husband Marc, of RVLove, are full-time RVers, Bloggers, YouTubers, RV course instructors and inspiring lifestyle lists, who live, work and travel from their motorhome while exploring the world. They have traveled to all 50 USA states, plus Canada, Mexico, and Australia, while still working full time.



PAPERBACK

On Sale: 07/13/21

Adams Media

9781507216576

Travel

7 x 9 1/8, 240 pages

\$16.99 (US) / \$22.99 (CAN)

Sara Richard

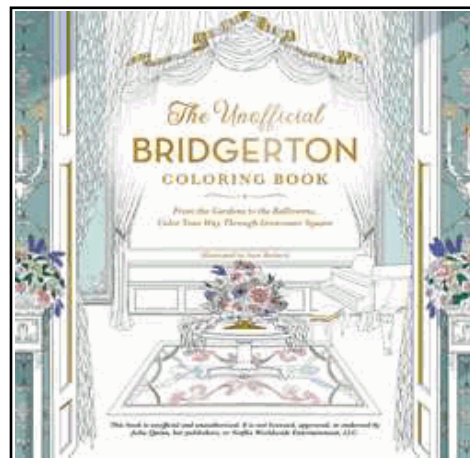
The Unofficial Bridgerton Coloring Book

From the Gardens to the Ballrooms, Color Your Way Through Grosvenor Square

Add some color to your life and put your creative touch on this collection of more than 45 *Bridgerton*-inspired coloring scenes from every corner of Grosvenor Square.

From lavish wedding spreads to bright afternoon promenades, *The Unofficial Bridgerton Coloring Book* features 45 scenes and quotes from the most-watched series in Netflix history—*Bridgerton*. Transport yourself to Grosvenor Square just like Daphne, Eloise, the Duke with these dazzling scenes of lazy afternoons in the park, decadent banquets, embellished gowns, luxurious weddings, and beautiful architecture. Finally, you can live the life of a Bridgerton with a flick of your colored pencil!

Sara Richard is an Eisner and Ringo Award–nominated artist from New Hampshire. She has worked in the comic book industry for eight years, mainly as a cover artist. Before that, she was a toy sculptor at Hasbro, specializing in making tiny dinosaurs. Sara’s inspiration comes from Art Deco, Art Nouveau, 1980s fashion, and Victorian-era design. When not making art or writing, she’s watching horror movies, cleaning forgotten gravestones, and collecting possibly haunted curios from the nineteenth century. Her online gallery can be found at SaraRichard.com.



PAPERBACK

On Sale: 07/13/21

Adams Media

9781507216798

Games & Activities

8 x 8, 96 pages

\$14.99 (US) / \$19.99 (CAN)

Vicki Cook and Amy Blacklock, Founders of Women Who Money

Estate Planning 101

From Avoiding Probate and Assessing Assets to Establishing Directives and Understanding Taxes, Your Essential Primer to Estate Planning

Discover the ins and outs of planning your own or your loved one's last wishes with this easy-to-understand guide to estate planning.

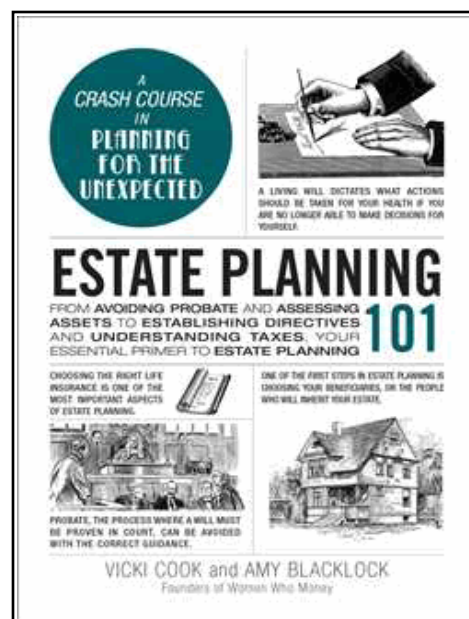
No one likes to talk about death, but being prepared for any unexpected tragedy can help your loved ones navigate your loss more easily in the long run. From creating your advanced medical directives to designating your beneficiaries, estate planning can ensure that your wishes are carried out when you are no longer around.

With *Estate Planning 101*, you can get your affairs in order before any unfortunate incident occurs. This easy-to-understand guide comes with detailed information on what needs to be done to protect your estate. With information on creating a living will, minimizing estate taxes, choosing an executor, and more, you will be prepared for the future, no matter what it brings.

Estate Planning 101 offers you step-by-step instructions and checklists to keep you organized for whatever life throws your way.

Vicki Cook and Amy Blacklock are the cofounders of the award-winning personal finance website Women Who Money. Combined they own five websites and are currently working together on number six. Vicki is the founder and blogger behind Make Smarter Decisions. She's been a regular contributor to *GOBankingRates*, Medi-Share, and a variety of personal finance sites around the web.

Amy Blacklock and Vicki Cook are the cofounders of the award-winning personal finance website Women Who Money. Combined they own five websites and are currently working together on number six. Amy is the founder and blogger behind the award-winning site *Life Zemplified*. She's been a frequent contributor to *GOBankingRates*, *Wealthfit*, Medi-Share, and to a variety of personal finance sites around the web.



HARDCOVER

On Sale: 08/03/21

Adams Media

9781507216392

Business & Economics

5 1/4 x 7 1/8, 256 pages

\$15.99 (US) / \$21.99 (CAN)

Isadora Baum

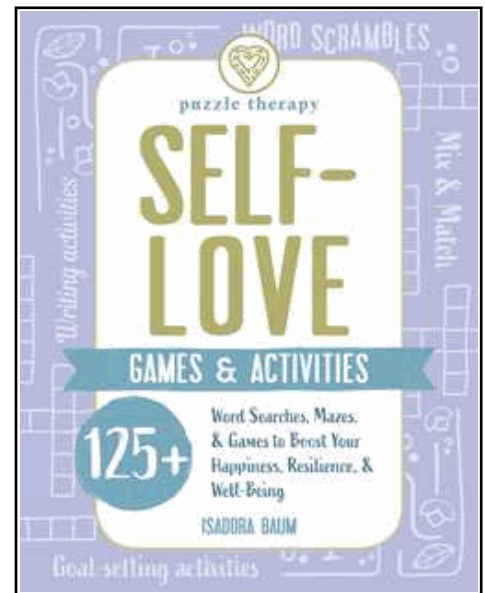
Self-Love Games & Activities

125+ Word Searches, Mazes, & Games to Boost Your Happiness, Resilience, & Well-Being

Discover the power of positivity with these fun and entertaining games and activities designed to help boost your self-love.

Bored? Lonely? Looking for a good time? That's the perfect time to work on you! Every page of *Self-Love Games & Activities* has an activity you can do with little or no preparation to stimulate your brain, have some fun, or just pass the time. Simply open to a page and you'll be instantly occupied with your favorite puzzles, games, and activities like word searches, writing prompts, crosswords, coloring pages, and so much more—all designed to help you learn about yourself and boost your self-love. You'll not only have fun; you'll feel great about yourself. Downtime has never been as positively productive as it is with *Self-Love Games & Activities*.

Isadora Baum is a certified health coach who loves trying new health foods, coaching clients towards achieving their goals, and writing creatively. She has written for *Bustle*, *SHAPE*, *Men's Health*, *Women's Health*, *PopSugar*, *Reader's Digest*, *Runner's World*, *Prevention*, and more. She can't resist a sample, a glass of red wine or a good margarita, a new HIIT class, French macarons, and an easy laugh.



PAPERBACK

On Sale: 08/03/21

Adams Media

9781507216248

Games & Activities

7 x 9 1/8, 144 pages

\$14.99 (US) / \$19.99 (CAN)

Greg Jacobs

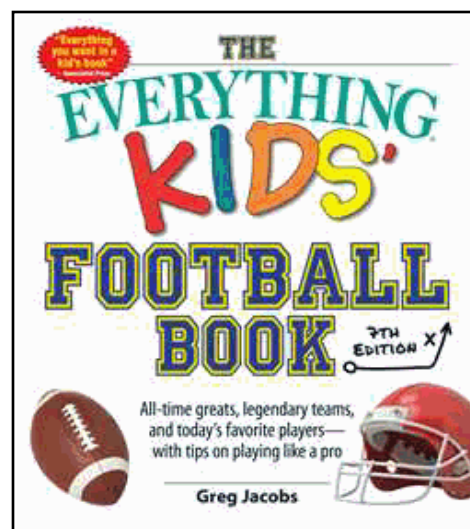
The Everything Kids' Football Book, 7th Edition

All-Time Greats, Legendary Teams, and Today's Favorite Players—with Tips on Playing Like a Pro

Everything kids need to know about America's favorite sport in this revised, updated edition of *The Everything Kids' Football Book* including up-to-date stats and the latest information on players and teams.

Introduce your kids to all of the fun, action, and excitement of American's favorite sport! In *The Everything Kids' Football Book, 7th Edition* young fans will immerse themselves in dozens of interactive puzzles and games, and discover up-to-date stats for all of their favorite players and teams. This book introduces football fans of all ages to the various positions they can play, teaches them the rules and history of the game, and gives them tips and tricks to develop their skills. From the first Pop Warner game to the latest Super Bowl, this book is sure to be a touchdown for both kids and their parents!

Greg Jacobs is the author of the past eight editions of *The Everything® Kids Baseball Book*. Jacobs has worked as a reporter/statistician for STATS, LLC, and is the play-by-play voice for the Woodberry Forest School baseball team. He has been umpiring since 2007, and has coached baseball teams at several levels.



PAPERBACK

On Sale: 08/03/21

Adams Media

9781507215401

Juvenile Nonfiction

8 x 9 1/4, 144 pages

\$9.99 (US) / \$12.99 (CAN)

Nneka M. Okona

Self-Care for Grief

100 Practices for Healing During Times of Loss

Process your grief, protect your mental health, and find moments of happiness with these 100 self-care activities specifically designed for difficult and distressing situations.

When faced with loss or trauma, the grief can oftentimes feel overwhelming. It can feel difficult, if not impossible, to focus your attention elsewhere. And yet, during hard times is the perfect time to look inwards for support and practice self-care. Tuning in to your personal needs and taking the time to create a thoughtful self-care practice can make all the difference in moving forward in a healthy way.

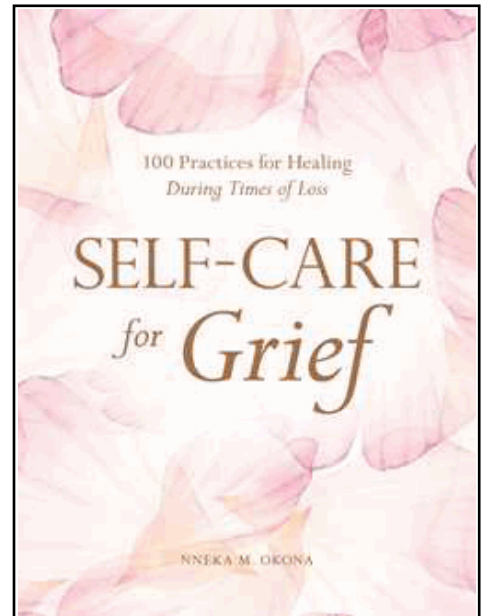
In *Self-Care for Grief*, you'll find 100 self-care activities that are specifically designed to help you protect your mental health, even while grieving.

You'll find useful activities like:

- Cooking to honor your loss
- Practicing saying "No"
- Naming your emotions
- And many more

No matter what the circumstances are, *Self-Care for Grief* has the activities you need to de-stress, stay calm, and even find moments of joy in the most challenging of times.

Nneka M. Okona is a freelance journalist who has written about self-care, wellness, and grief for *Well + Good*, *MindBodyGreen*, *The Washington Post*, *Headspace*, and *Yahoo Life* among many others. A budding tarot enthusiast, forever wandering spirit, lover of hours-long cooking projects, and aspiring yin yogi, Nneka lives in Atlanta, Georgia.



HARDCOVER

On Sale: 08/03/21

Adams Media

9781507215937

Self-Help

5 1/2 x 7 1/2, 192 pages

\$15.99 (US) / \$21.99 (CAN)

Laurel Randolph

The Unofficial Simpsons Cookbook

From Krusty Burgers to Marge's Pretzels, Famous Recipes from Your Favorite Cartoon Family

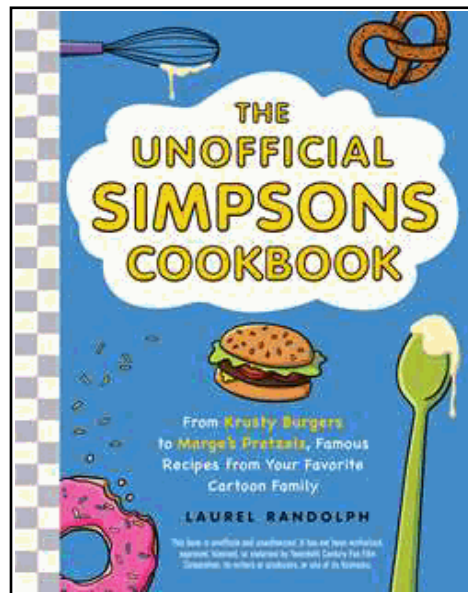
Turn your favorite cartoon food into reality with these 70 recipes straight from the best comedy show on TV—*The Simpsons*.

Everyone knows and loves *The Simpsons*. Now you can make the food you've seen in the show for thirty-one seasons right in the comfort of your own home faster than you can say, "Mmm...Donuts."

Over the years, *Simpsons* episodes have featured, and sometimes revolved, around countless food items. Thanks to Homer Simpson's unending appetite and a writers' room full of food lovers, the show has a long list of truly iconic dishes. From Chief Wiggum's Chili to the Flaming Moe (a.k.a. Flaming Homer) to Super Squishees to Krusty Burgers, you'll find all those recipes and more in *The Unofficial Simpsons Cookbook*.

Featuring 70 recipes that include many of the most classic *Simpsons* dishes, this cookbook includes easy-to-follow instructions for chefs of all ages and levels. Finally, you can make all your favorite meals straight from Marge's kitchen in no time!

Laurel Randolph is a cookbook author and lifelong *Simpsons* fan. She runs the popular blog and Instagram account *Joy of Cooking Milhouse* where she makes dishes from classic episodes of *The Simpsons*. She is the author of *The Instant Pot® Electric Pressure Cooker Cookbook: Easy Recipes for Fast & Healthy Meals*, *The Instant Pot® No-Pressure Cookbook: 100 Low-Stress, High-Flavor Recipes*, *Instant Pot Desserts: Sweet Recipes for Your Electric Pressure Cooker*, and *Pie: A Slice of History* (forthcoming). Laurel has written and developed recipes for numerous publications, including *EatingWell*, *Paste Magazine*, *The Spruce*, *Serious Eats*, *Kitchen Table Magazine*, *Table Matters*, *Los Angeles Magazine*, and *KCET*.



HARDCOVER

On Sale: 08/03/21

Adams Media

9781507215890

Cooking

7 x 9 1/8, 160 pages

\$21.99 (US) / \$29.99 (CAN)

Mecca Woods

The Astrology Journal

A Celestial Guide to Recording Your Cosmic Journey

The stars align with this celestial journal to help you keep track of your astrological calendar and create a personal account of how planetary alignments impact your life.

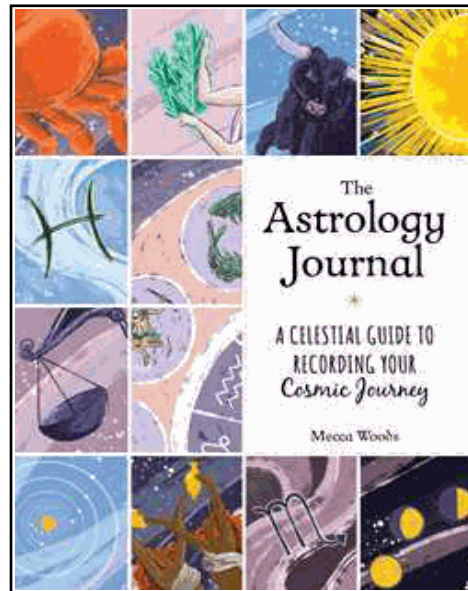
Whether you're just starting to dabble in the world of astrology or are looking for ways to continue developing your practice, *The Astrology Journal* has all the tools you need to succeed.

This journal includes a basic overview of key astrological information that can help you develop your journal entries. Need a reminder about the qualities of certain signs? Trying to track the moon phases? Interested in certain planets? This accessible, beginner-friendly overview answers all your astrology questions so you can focus solely on your journal.

You will also dive into the why and how of astrological learning including how to build a completely customized celestial grimoire. Perhaps you want to track your mood during certain moon phases and build certain rituals to help you during those times. Maybe you're interested in understanding birth chart readings and want to make note of your discoveries. No matter your interest, these tips and tricks will help you get started.

For beginner and advanced astrology experts, this journal has exactly what you need to start your celestial journey today!

Mecca Woods is a New York City-based astrologer and writer who works to help others create a life they truly want using their natural-born gifts. Her writing and horoscopes have appeared in *Essence*, *Bustle*, *xoNecole*, and *PopSugar*. When she isn't writing, Mecca teaches astrology classes around the city on love, compatibility, and personal development. Her most important job is being a mom to her awesome Aries daughter. You can find Mecca at MyLifeCreated.com.



PAPERBACK

On Sale: 08/10/21

Adams Media

9781507216545

Body, Mind & Spirit

7 x 9 1/8, 192 pages

\$15.99 (US) / \$21.99 (CAN)

Courtney E. Ackerman

The Book of Patience

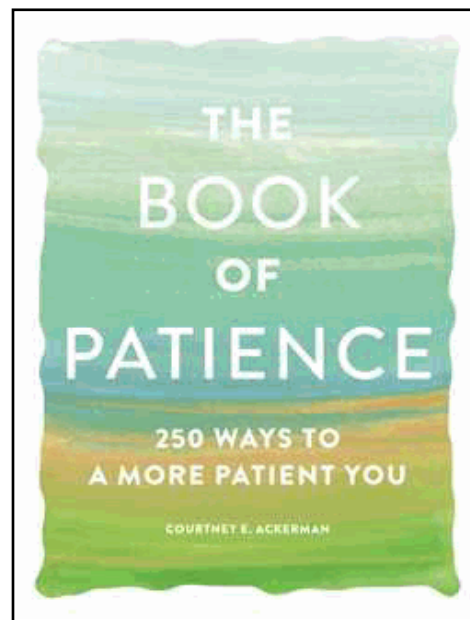
250 Ways to a More Patient You

Discover why patience really is a virtue with these 250 quotes and exercises designed to help you lead a happier, more successful life.

Patience is both a virtue *and* a skill that you can learn and apply in your daily life to be calmer and more stress-free. Wouldn't it be nice to calmly zen out when stuck in traffic delays instead of losing your cool? In *The Book of Patience*, you will discover practical exercises, habits, thoughts, and moments of pause to allow you to cultivate and improve your patience. These 250 quotes and activities will help you deescalate feelings of irritability and become less reactive in moments of stress and duress.

Being patient means facing challenges and adversity with calm and ease and *The Book of Patience* is here to make this skill easier than ever!

Courtney E. Ackerman is the author of *My Pocket Meditations for Self-Compassion*, *My Pocket Positivity*, *5-Minute Bliss*, and *My Pocket Gratitude*. Her early travels sparked her interest in learning about human nature at a young age. This interest led her to Claremont Graduate University, where she earned her master's degree in positive psychology and program evaluation. She works as a researcher and survey consultant in California. She enjoys traveling, spending time with her dogs, sampling beer at nearby breweries, and playing board games or video games to de-stress.



PAPERBACK

On Sale: 08/10/21

Adams Media

9781507216590

Self-Help

5 1/4 x 7 1/8, 256 pages

\$14.99 (US) / \$19.99 (CAN)

Molly Burford with a Foreword by Christie Federico MEd

The Modern Dating Workbook

An Interactive Approach to Finding Your True Love (While Staying True to Yourself)

Solve the mysteries of dating in the modern world with this interactive guide for anyone looking for love in today's confusing and frustrating dating climate.

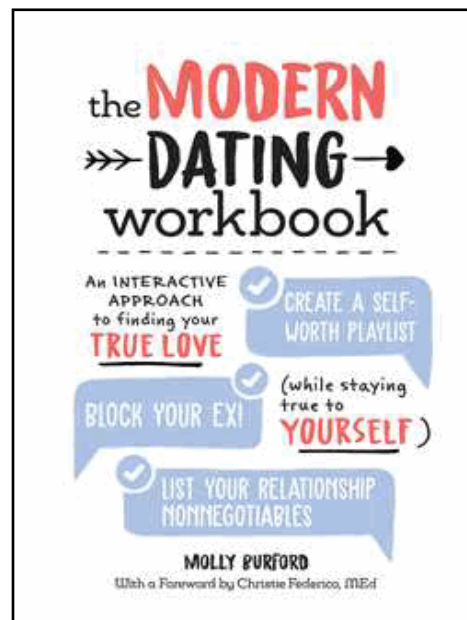
Ghosting, breadcrumbing, insincerity, texting, swiping, benching, hook-up culture—dating in the modern world can be tough. It's easy to overthink everything: Why didn't they text me back? If I text again will I look needy? Why did they ghost me—was it my personality or my breath? Dating is full of uncertainty, but if you know yourself—and believe in what you have to offer, quirks and all—you'll enjoy dating more and have a better chance of finding the relationship you've always dreamed of.

The Modern Dating Workbook offers a helpful resource to guide you on your journey to find love. In these pages you will learn:

- How to deal with being ghosted
- How to take it all a little less personally
- How to remember what you bring to the table
- Relationship anxiety management techniques
- And more!

Finally, you can get over your dating slump and find the love you deserve with this introspective and interactive guide to dating.

Molly Burford is a writer, editor, and social media strategist. Her writing has appeared in *Allure*, *Teen Vogue*, and *Thought Catalog*, among others. Molly was born and raised in Detroit, Michigan, and now resides in Denver, Colorado. She loves her family, friends, all dogs, and pasta. Follow Molly at @MollyBurford and learn more at MollyBurford.com.



PAPERBACK

On Sale: 09/07/21

Adams Media

9781507216668

Family & Relationships

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

\$16.99 (US) / \$22.99 (CAN)

Keith Bradford

Travel Hacks

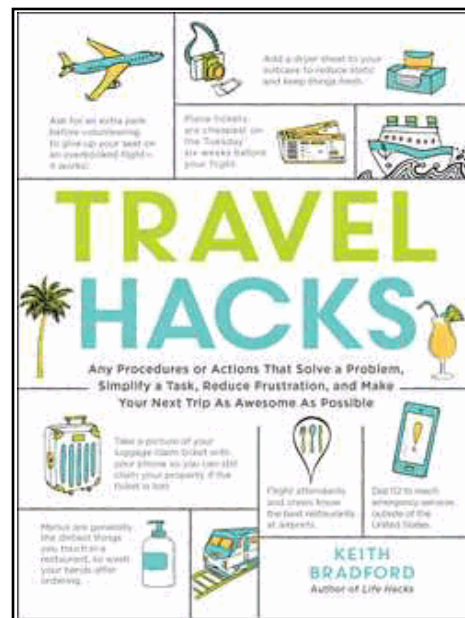
Any Procedures or Actions That Solve a Problem, Simplify a Task, Reduce Frustration, and Make Your Next Trip As Awesome As Possible

Find the best travel deals, skip the lines, pack like a pro, and enjoy the easiest trip of your life with this definitive guide to making your next getaway smoother than ever.

Traveling is full of exciting new experiences and discoveries—but it can also be expensive, disorganized, and stressful if you don't know the insider tricks to make it simpler. *Travel Hacks* includes hundreds of expert guidelines, hacks, and DIYs for staying relaxed while you plan, book, pack, and travel to your next destination.

Including more than 600 handy tips for everything from how to score discounts on transportation to packing efficiently and avoiding lines, delays, and crowds, *Travel Hacks* will make every aspect of your travel experience hassle-free. Whether you're a seasoned traveler or about to embark on your first trip, this is the all-inclusive guide to the stress-free vacation of your dreams.

Keith Bradford is the sole owner and webmaster of Bradford Media, which publishes *1000 Life Hacks*, *Yup That Exists*, and many other blogs/sites. Since its launch at the beginning of 2013, Bradford Media has gained a collective readership of more than 200,000, and continues to grow each and every day. He's the author of *Life Hacks*, *College Hacks*, and *Holiday Hacks*. Keith lives in Aurora, Canada, and loves hockey, making music, and reading comic books.



PAPERBACK

On Sale: 09/07/21

Adams Media

9781507213520

Travel

5 1/2 x 7 1/2, 240 pages

\$14.99 (US) / \$19.99 (CAN)

Melinda Emerson

Become Your Own Boss in 12 Months, Revised and Expanded

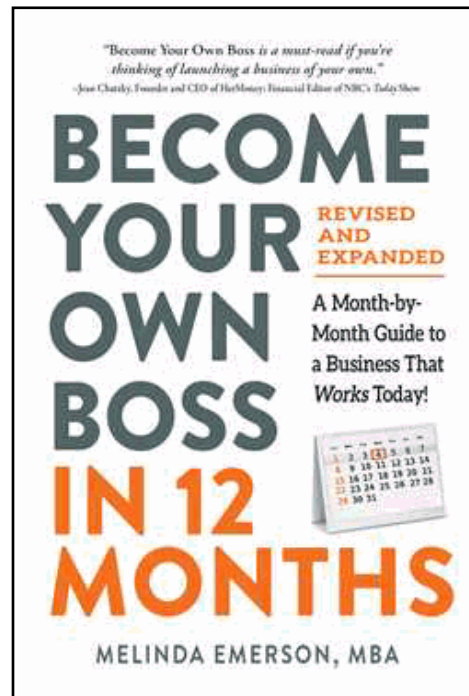
A Month-by-Month Guide to a Business That Works Today!

Get expert advice on marketing, selling online, accounting, and more—all tailored to the current economic climate—in this new, updated edition of the go-to resource for hopeful entrepreneurs.

America's #1 small business expert is back with a brand-new, updated, and expanded edition of her essential handbook, *Become Your Own Boss in 12 Months*. Using her years of entrepreneurial experience, Melinda Emerson guides you through the process of opening your own business with step-by-step instructions for leading effectively, developing a winning marketing plan, setting a budget, and maintaining your business once it's up and running. She also offers new strategies for social media techniques, customer engagement, selling online, and more.

This new edition of *Become Your Own Boss in 12 Months* can help you build your business and invest your time (and money) where you need it most in order to succeed in today's market. With Emerson's expert business advice, you can finally follow your dreams and be on your way to becoming your own boss!

Melinda F. Emerson, known to many as SmallBizLady, is one of America's leading small business experts. Her expertise includes small business start-up, business development, and social media marketing. As CEO of MFE Consulting LLC, Melinda develops audio, video, and written content to fulfill her mission to end small business failure. She publishes a resource blog, SucceedAsYourOwnBoss.com, and hosts a weekly talk show on Twitter called #Smallbizchat for emerging entrepreneurs. *Forbes* magazine named her one of the Top 20 Women for Entrepreneurs to Follow on Twitter. Melinda has been featured in *The Washington Post*, *The New York Times*, *The Wall Street Journal*, and *Black Enterprise*. She lives in Drexel Hill, Pennsylvania.



PAPERBACK

On Sale: 09/14/21

Adams Media

9781507215982

Business & Economics

5 1/2 x 8 7/16, 288 pages

\$16.99 (US) / \$22.99 (CAN)

Alice Wiggins

The Everything Gluten-Free & Dairy-Free Baking Cookbook

200 Recipes for Delicious Baked Goods Without Gluten or Dairy

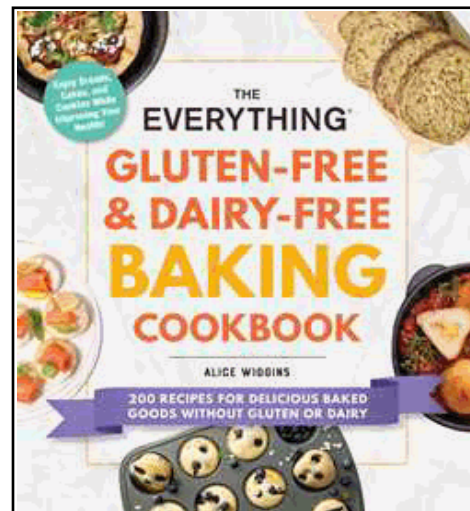
Reap the rewards of cutting out gluten and dairy from your diet while still enjoying cookies, cakes, bread, bars, and more with these 200 healthy dessert recipes you're sure to enjoy.

Think avoiding gluten and dairy means dessert is out of the question? Think again.

Whether you have a food allergy or intolerance or are simply choosing to make healthier choices *The Everything Gluten-Free & Dairy-Free Baking Cookbook* features recipes for decadent cakes, chewy cookies, tasty break, and sweet treats with ingredients that align with your diet.

Featuring easy swaps and creative combinations, you won't miss the gluten or the dairy. With 200 recipes and beautiful color photographs, this book is sure to satisfy your sweet tooth cravings while maintaining the healthy lifestyle you deserve. No need to skip dessert—now you can start enjoying these delicious recipes today!

Alice Wiggins is a gluten-free & dairy-free food blogger and recipe developer. As someone with Celiac disease and dairy intolerance, she has spent nearly a decade learning how to properly read food labels, battling cross contamination worries, eating out safely, and making food that suits her lifestyle. Alice started her blog—*Gluten Free Alice*—as a way of showing that gluten and dairy-free food doesn't have to be boring, and shouldn't mean missing out on eating delicious food. Now she shares recipes, meal ideas, new products, and tips for eating out. Her goal is to make food nobody would know guess is free of gluten and dairy.



PAPERBACK

On Sale: 09/14/21

Adams Media

9781507216187

Cooking

8 x 9, 272 pages

\$17.99 (US) / \$24.99 (CAN)

Peter Minaki

The 400-Calorie Mediterranean Diet Cookbook

100 Recipes under 400 Calories—for Easy and Healthy Weight Loss!

Enjoy the amazing flavors and health benefits of the Mediterranean diet while effectively managing your weight with 100 recipes—all 400 calories or less.

Doctors, nutritionists, and health experts all agree that the Mediterranean diet is the healthiest way to eat. The Mediterranean diet not only reduces inflammation but also protects against chronic disease, lowers cholesterol, and can aid in weight loss making it one of the most popular diets out there.

In *The 400-Calorie Mediterranean Diet Cookbook* you can enjoy all the benefits of the Mediterranean diet without sacrificing the delicious flavors that you love. These 100 healthy recipes are all under 400 calories so you can lose weight while enjoying satisfying portion sizes. With photos throughout and recipes for breakfast, lunch, and dinner, plus good-for-you snacks and low-calorie desserts, you will find everything you need to manage your calorie intake while enjoying fresh fruits and vegetables, whole grains, olive oil, seafood, and lean meats and nuts. This healthy cookbook makes losing weight and improving your health easier and quicker than ever!

Peter Minaki is the creator of the popular *Kalofagas* food blog (Kalofagas.ca) and a frequent contributor to Greece's Free Press gastronomy website. He teaches cooking classes, provides catering, and creates restaurant popups at venues around Toronto. His recipes have been featured in *Canadian Living*, *Opa!*, *National Herald*, *Stahl*, and *Ensemble Vacations*, and he is the author of *The Big Book of Mediterranean Recipes* and *The Everything® Mediterranean Cookbook, 2nd Edition*. He lives in Scarborough, Ontario.

**final cover
to come**

PAPERBACK

On Sale: 09/14/21

Adams Media

9781507216736

Cooking

7 x 9 1/8, 176 pages

\$16.99 (US) / \$22.99 (CAN)

Lauren Harris-Pincus, MS, RDN

The Everything Easy Pre-Diabetes Cookbook

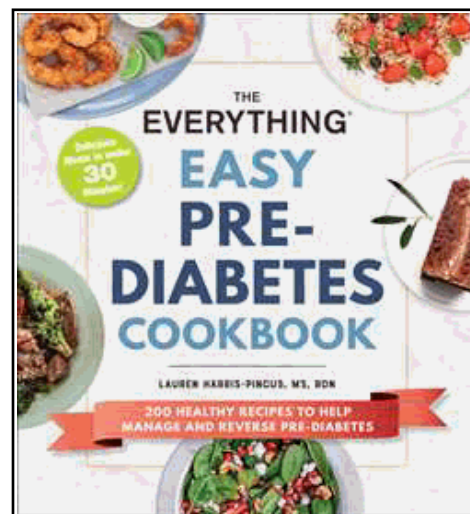
200 Healthy Recipes to Help Manage and Reverse Pre-Diabetes

Reverse pre-diabetes with these 200 easy-to-follow, nutritious recipes that take 30 minutes or less and leave you feeling full, satisfied, and one step closer to a healthier life.

A pre-diabetes diagnosis can be concerning, but by taking action and incorporating a better diet and more activity at an early stage, that diagnosis can be reversed. And *The Everything Pre-Diabetes Cookbook* is here to help on your health journey.

This cookbook includes 200 healthy and easy recipes that will help you manage and even reverse your pre-diabetes. You will enjoy meals like a savory stir fry, chili, burritos, and even sweet baked goods like cookies, all while creating positive change and improving your health. In 30 minutes or less you can devour these easy-to-make recipes that you're sure to enjoy. The first step toward a healthier life starts right here!

Lauren Harris-Pincus, MS, RDN, is a nutrition communications specialist, speaker, spokesperson, and Registered Dietitian in private practice. She is the founder and owner of Nutrition Starring YOU, LLC based in New Jersey where she specializes in weight management and prediabetes. Formerly a child with obesity, Lauren dedicates herself to combating the growing adult and childhood obesity epidemic. She loves to play around in the kitchen creating waistline-friendly dishes and developing recipes for corporate clients. She holds both Bachelor of Science and Master of Science degrees in nutrition from Penn State and New York University. Lauren has been featured over 600 hundred times in major publications, radio, and podcasts. She is also a contributor to *Today's Dietitian Magazine* and *Food and Nutrition Magazine*.



PAPERBACK

On Sale: 10/05/21

Adams Media

9781507216552

Cooking

8 x 9, 272 pages

\$18.99 (US) / \$25.99 (CAN)

Lisa Moskovitz, RD, CDN

The Core 3 Healthy Eating Plan

Discover the Simple, Sustainable Way to Lose Weight, Feel Great, and Enjoy Food Freedom!

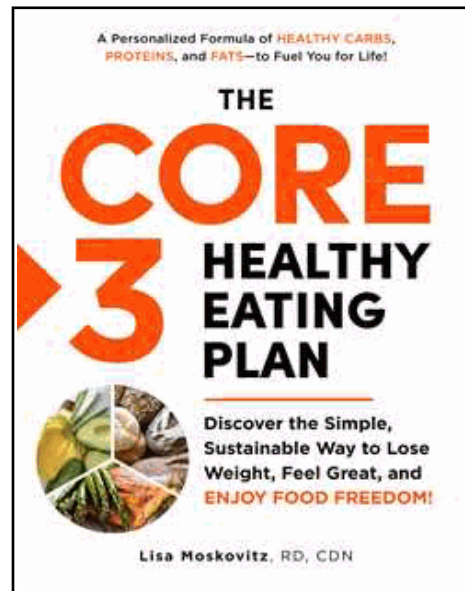
Stop the unhealthy cycle of fad dieting and obsessing over what to eat once and for all with this dietitian-created, science-supported program that will help you achieve healthy, sustainable weight loss results without feeling deprived or eliminating the foods you love.

Weight loss and weight management doesn't need to be restrictive, complicated, or damaging to your relationship with food or your body. Now, you can stop the cycle of fad, yoyo dieting, weight loss followed by weight gain, and obsessing over your calorie intake and embrace a new way of eating that lets you lose weight—and keep it off—long term.

Created by Lisa Moskovitz, a registered dietitian, and backed by science, *The Core 3 Weight Loss Plan* is a comprehensive approach that helps you achieve sustainable results without constantly feeling deprived or eliminating foods your body actually needs.

With this book, you will not only lose weight but also gain confidence and have an overall healthier lifestyle. You'll find a complete explanation of the plan, plus all the tools you'll need for sustained success including simple, flexible guidelines and detailed meal plans with 50 delicious recipes you're sure to love. Stop trying diet after diet and transform the way you eat, look, and feel for years to come.

Lisa Moskovitz, RD, CDN is a certified dietitian who has successfully treated hundreds of thousands of clients. She is the founder and CEO of NY Nutrition Group. Lisa graduated with honors from Syracuse University, where she earned a BS in Nutrition Sciences, and completed a Dietetic Internship at New York-Presbyterian Hospital, where she honed her counseling and medical nutrition therapy skills. In addition to her private practice, Lisa lectures on various nutrition topics in corporate environments and group seminars. She has contributed to many health and lifestyle media outlets including Inside Edition, CBS, *Shape*, *Well + Good*, *Refinery 29*, *Livestrong*, and *Yahoo Health*. Lisa lives in New York City with her husband, twin boys, and little dog, Cosmo.



PAPERBACK

On Sale: 10/05/21

Adams Media

9781507216101

Health & Fitness

7 x 9 1/8, 256 pages

\$19.99 (US) / \$26.99 (CAN)

Travis “Wheels” Wheeler, Logan Jenkins, Lee Terrill, and Greg Leatherman

The Ultimate Random Encounters Book

Hundreds of Original Encounters to Help Bring Your Next RPG Adventure to Life

Take your gaming campaign to the next level with this inspiring, easy-to-use collection of random encounters perfect for any fantasy RPG.

Spark your imagination fast with this collection of fun, engaging, and inspiring random encounter prompts. These expertly written options are organized into popular themes and locations so you can find what you need fast, whether you choose from the list or use the dice to choose randomly. With fantasy hooks to fit every game from Pathfinder to GURPS to D&D, there are options for all of your campaigns.

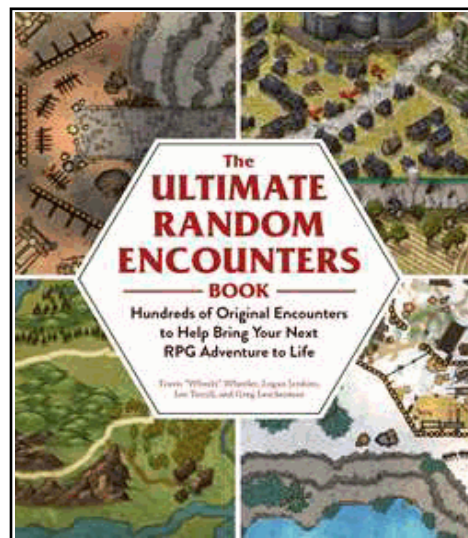
Whether you’re playing from a game book or weaving your own home-brewed adventure, there’s always a need for short random encounters in between set pieces. Now you can meet all your gaming needs and engage more in your story to bring your game to life.

Travis “Wheels” Wheeler (they/them) has discovered an ancient magical artifact that allows them to add an extra twelve hours into every day, just enough extra time to make multiple weekly podcasts and act as behind the scenes editor for many more, including *Interstitial* and *Got it Memorized?* They live in chilly Winnipeg, Manitoba, Canada, but hail from the slightly less chilly Muskegon, Michigan, USA.

Logan Jenkins (he/him) helps edit, create music, and make art and designs for the *Very Random Encounters Podcast*. He lives in Greenville, SC with his boyfriend where he has a whole bookcase devoted to RPG books, and wishes he had more time to play them all.

Lee Terrill (she/her) hasn’t met an RPG yet that she doesn’t like. Her main hobby, outside of gaming, is mostly collecting other hobbies but you can also find her every week on the podcast *Very Random Encounters* where she plays many diverse characters with extremely similar southern accents. She lives in Greenville, South Carolina with her husband and their incredibly needy cat, The Stig.

Greg Leatherman (he/him) graduated with a degree in Theater Arts, he’s put all those skills into bringing characters to life in his favorite pastime playing Tabletop RPGs, and self-publishing his own award-winning RPG called *Glitter Hearts* in 2020. You can hear him on many other podcasts, like *Mythical* and *It’s Super Effective*. He lives in Minneapolis with his husband and two dogs fending off the cold winters.



PAPERBACK

On Sale: 10/05/21

Adams Media

9781507216378

Games & Activities

8 1/2 x 10, 176 pages

\$17.99 (US) / \$24.99 (CAN)

Ashley Craft

The Unofficial Disney Parks Drink Recipe Book

From LeFou's Brew to the Jedi Mind Trick, 100+ Magical Disney-Inspired Drinks

Skip the crowded bar, coffee shop, and restaurant and bring the magic of Disney's drinks right your home with over 100 easy, delicious drink recipes inspired by the Disney Parks.

Raise a glass to bringing the magic of Disney straight to your home with *The Unofficial Disney Parks Drink Recipe Book*. From coffee and tea to milkshakes and slushies to mocktails and cocktails, this book features over 100 of your favorite beverages from the happiest place on Earth. Recipes are taken straight from your favorite restaurants and cafes throughout the Disney Parks and resorts. You'll learn to make delicious, unique drinks without waiting in line including:

- Coffees and teas, like Frozen Cappuccino from Joffrey's and Teddy's Tea from Jock Lindsey's Hangar Bar

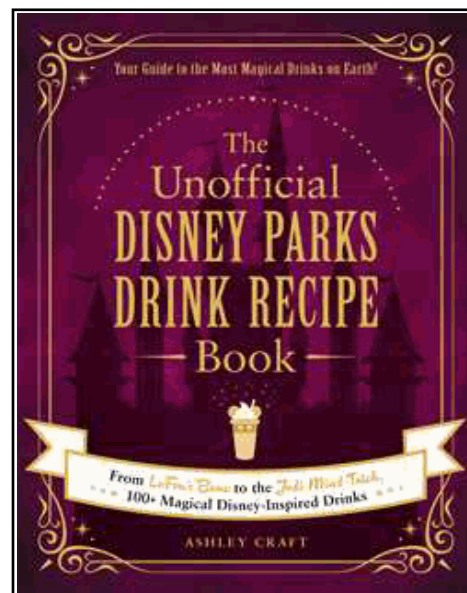
- Fruity drinks and slushies like Frozen Sunshine from Beaches and Cream and the Goofy Glacier from Goofy's Candy Company

- Mocktails and cocktails like the Sparkling No-Jito from the Tambu Lounge or the La Cava Avocado from Mexico in Epcot

- And dessert drinks like the Peanut Butter and Jelly Milkshake from 50's Prime Time Café or the Dole Whip Float from Aloha Isle

Perfect for Disney fans everywhere who want to experience those familiar flavors right from the comfort of their home, *The Unofficial Disney Parks Drink Recipe Book* has all the recipes you'll need to make luscious libations worthy of the Mouse himself.

As a child who grew up in Anaheim, California, Ashley Craft could recite the Star Tours ride by heart, navigate the Park without a map, and fell asleep to the sound of Disneyland fireworks each night in her bedroom. After two internships at Walt Disney World and many, many more visits to the Disney Parks, Ashley is now one of the leading experts of Disneyland and Walt Disney World. Her popular blog, Ashley Crafted, is best known for featuring recipes inspired by Disney Park foods to help people recreate that Disney magic right in their own kitchens. Today, Ashley lives in Kansas with her husband, Danny, and three kids, Elliot, Hazel, and Clifford...but she still makes time to visit the Mouse. Learn more at AshleyCrafted.com.



HARDCOVER

On Sale: 10/05/21

Adams Media

9781507215951

Cooking

6 x 8, 224 pages

\$16.99 (US) / \$22.99 (CAN)

Aileen Clark

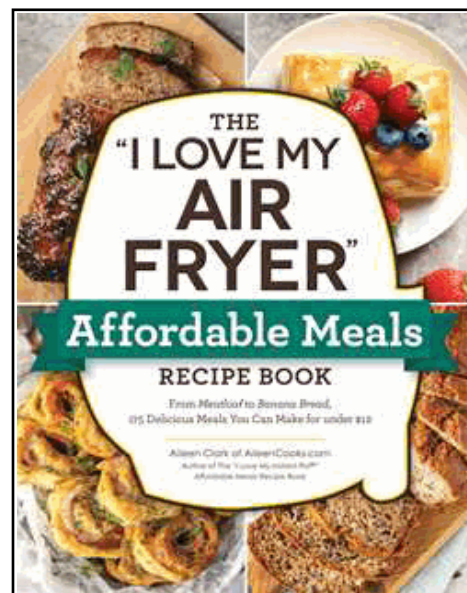
The "I Love My Air Fryer" Affordable Meals Recipe Book

From Meatloaf to Banana Bread, 175 Delicious Meals You Can Make for under \$12

Save money while making quick, easy, and delicious meals in your air fryer with these 175 low-cost, healthy recipes that are good for you and your wallet.

The "I Love My Air Fryer" Affordable Meals Recipe Book provides budget-friendly meals that are quick, easy, and delicious using only one kitchen appliance—your air fryer. Inside you'll find 175 fool-proof air fryer recipes that cost less than \$3 dollars per serving. Each recipe contains a cost estimate so you can easily stay on budget and manage food costs. You'll also find beautiful photos, a guide to getting the most out of your air fryer, and practical, easy-to-follow ways to spend less and save big at the grocery store.

Aileen Clark is a recipe developer and food blogger at AileenCooks.com. She has been featured on *HuffPost*, *Today Parents*, and *Money Saving Mom* and her recipes have been shared on Food Gawker, *ParadeCommunity Table*, *Country Living*, and *Happy Hooligans*. She was recognized as one of the top parenting bloggers in Sacramento and has partnered with many major brands, including: NABISCO, Better Than Bouillon, Red Baron, Ling Ling, Huggies, Fisher-Price, StarKist, and Macy's. Aileen's mission is to connect with other moms in a way that helps make their lives easier and more fun. She loves creating new recipes for the Instant Pot and runs an Instant Pot group on Facebook focused on troubleshooting recipes and helping new users find success with cooking in the Instant Pot. Aileen lives in Northern California with her husband and three children.



PAPERBACK

On Sale: 10/12/21

Adams Media

9781507215791

Cooking

7 x 9 1/8, 224 pages

\$16.99 (US) / \$22.99 (CAN)

Katie Martin

The Everything Guide to Micro Weddings

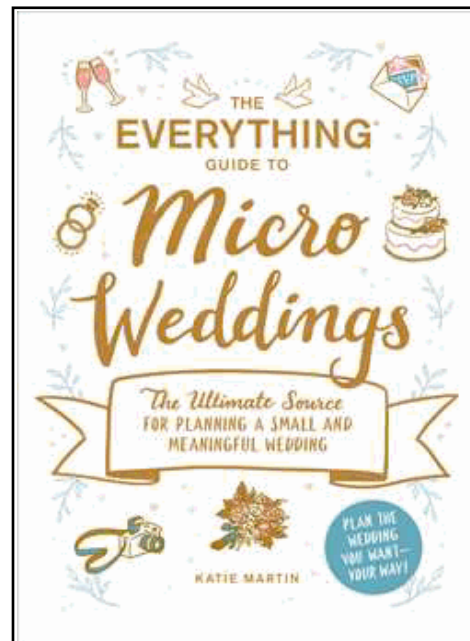
The Ultimate Source for Planning a Small and Meaningful Wedding

Ditch the long guest list and enjoy a more intimate and meaningful wedding with this guide to accomplishing your grand wedding dreams on a smaller, more affordable scale.

As more couples find that smaller weddings are more affordable, intimate, and meaningful, they're ditching the huge blowout receptions and opting for nontraditional nuptials with fewer than fifty guests. Whether it be the budget, the stress, or something else altogether, more and more couples are turning to micro weddings to tie the knot.

With a smaller crowd, the focus shifts from "Is everyone having a good time?" to "This is the best day of my life!" Whether you want people to attend in person or will live stream the event, *The Everything Guide to Micro Weddings* covers everything from décor hacks, venue hunting, and tips from how to cut costs to how to gracefully tell the second cousin they're not invited. So skip the large affair and say 'I do' to *The Everything Guide to Micro Weddings*—a perfect match for those looking to make their big day, well, small.

Katie Martin is an award-winning and internationally known wedding and event designer, speaker, and author. She is the founder of the wedding planning and design firm, *Elegance & Simplicity*, where she has planned, coordinated, and designed weddings and other large events in more than twenty countries and several destination cities throughout the US. She was founder and Editor-in-Chief of *EcoBeautiful Weddings*, the first and only online and on-demand print magazine focusing on sustainable weddings. As seen on CNN, NBC, and CBS as well as in *The Washington Post* and other newspapers, magazines, and blogs, she is internationally recognized as the number one expert in sustainable and eco-friendly events. Katie is the author of *The Everything Wedding Book*, *The Everything Mother of the Bride Guide*, and *The Mother of the Bride Guide*, as well as and countless print and online articles.



PAPERBACK

On Sale: 10/12/21

Adams Media

9781507216200 Reference

6 x 8 1/2, 272 pages

\$17.99 (US) / \$24.99 (CAN)

Peter Minaki

The Everything Green Mediterranean Cookbook

200 Plant-Based Recipes for Healthy—and Satisfying—Weight Loss

Take the Mediterranean diet to the next level of health with these 200 plant-based, whole food recipes to get you feeling your healthiest.

The Mediterranean diet centers around fresh vegetables and fruits, whole grains, olive oil, seafood and lean meats, and nuts and has been the most popular diet for reducing harmful inflammation, avoiding diseases, and losing weight. Already one of the best diets on the planet, there is a way to increase the benefits—by simply removing most or all meat and animal products. With these 200 vibrant and healthy recipes, *The Everything Green Mediterranean Cookbook* will guide you as you move towards a healthier lifestyle—one delicious meal at a time.

Peter Minaki is the creator of the popular *Kalofagas* food blog (Kalofagas.ca) and a frequent contributor to Greece's Free Press gastronomy website. He teaches cooking classes, provides catering, and creates restaurant popups at venues around Toronto. His recipes have been featured in *Canadian Living*, *Opa!*, *National Herald*, *Stahl*, and *Ensemble Vacations*, and he is the author of *The Big Book of Mediterranean Recipes* and *The Everything® Mediterranean Cookbook, 2nd Edition*. He lives in Scarborough, Ontario.

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PAPERBACK

On Sale: 11/02/21

Adams Media

9781507216620

Cooking

8 x 9, 272 pages

\$18.99 (US) / \$25.99 (CAN)

Julia Halina Hadas

Moon, Magic, Mixology

From Lunar Love Potions to the Solar Eclipse Cocktail, 70 Celestial Drinks Infused with Cosmic Power

Drink by the light of the moon with these 70 lunar cocktails that celebrate and strengthen your connection with this out-of-this-world celestial body.

For centuries, alcohol has been used to celebrate the moon and the moon's phases. Now, modern moon lovers everywhere can learn how to make the perfect lunar-inspired drink. All you need is a tried-and-true recipe, a bottle of your favorite booze, and a dark moonlit night.

In *Moon, Magic, Mixology*, you'll find 70 recipes for alcohol-based beverages that can be used to summon the moon for whatever you need. Each recipe is elevated by magical tools such as crystals, candles, herbs, aromatherapy, and meditations, helping you infuse magic into every drink. Whatever your moon desire, this book has you covered with full-color photos and tips on how to use your lunar libations to enhance your connection with the moon.

Julia Halina Hadas is a practicing witch and avid craft cocktail fanatic and bartender. Having worked at a distillery and as a craft cocktail bartender in the San Francisco Bay Area, she combined her love of the craft cocktail movement with her witchcraft practice. She holds a BA in anthropology, and is a certified crystal healer, shamanic, and reiki practitioner. You can learn more at her blog, WitchcraftCocktails.com or her website, FireLotusCreations.com.

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to come**

HARDCOVER

On Sale: 11/09/21

Adams Media

9781507216644

Cooking

6 x 8, 224 pages

\$16.99 (US) / \$22.99 (CAN)

Faith Gorsky and Lara Clevenger, MSH, RDN, CPT

Keto Junk Food

100 Low-Carb Recipes for the Foods You Crave—Minus the Ingredients You Don't!

Have your cake...and stay keto too with this low-carb cookbook featuring 100 recipes for keto-friendly junk foods like pizza, milkshakes, and more.

Think going keto means giving up your favorite snacks? Think again! Now you can have the munchies you crave minus the ingredients you don't. Whether you're looking for something sweet or savory, you'll find exactly what you're looking for in *Keto Junk Food* with 100 delicious and low-carb recipes like:

- Cheesy, pepperoni-filled pizza logs
- Fresh donuts
- Savory stuffed pretzels
- Homemade milkshakes
- And more!

Whether it's a sweet treat or a savory snack, *Keto Junk Food* lets you indulge in the delicious, junky side of keto-friendly cooking so you never miss out on the foods you love

Faith Gorsky is a lawyer turned food stylist, photographer, and published author. She owns the food blogs AnEdibleMosaic.com, which has a strong following on Facebook, Pinterest, and Instagram, and HealthySweetEats.com. Faith and coauthor Lara Clevenger, known for their beautiful photography and delicious, family-friendly recipes, formed TheKetoQueens.com to simplify and demystify the ketogenic diet for real world success and health.

Lara Clevenger is a registered dietitian nutritionist, personal trainer, and keto coach; she has her own food blog at LaraClevenger.com, which is also widely popular across Twitter, Pinterest, and Instagram. Lara and coauthor Faith Gorsky, known for their beautiful photography and delicious, family-friendly recipes, formed TheKetoQueens.com to simplify and demystify the ketogenic diet for real world success and health.

final cover
to come

PAPERBACK

On Sale: 11/09/21

Adams Media

9781507216521

Cooking

7 x 9 1/8, 176 pages

\$16.99 (US) / \$22.99 (CAN)

Lex Taylor

The Unofficial Bridgerton Cookbook

From Daphne's Lemonade and Penelope's High Tea Sandwiches to the Duke's Gooseberry Pie and Queen Charlotte's Cakes, 100 Dazzling Recipes Inspired by Bridgerton

Dine like the lords and ladies and bring the high society meals and treats home with these 100 delicious recipes inspired by Netflix's most-watched series of all time—*Bridgerton*.

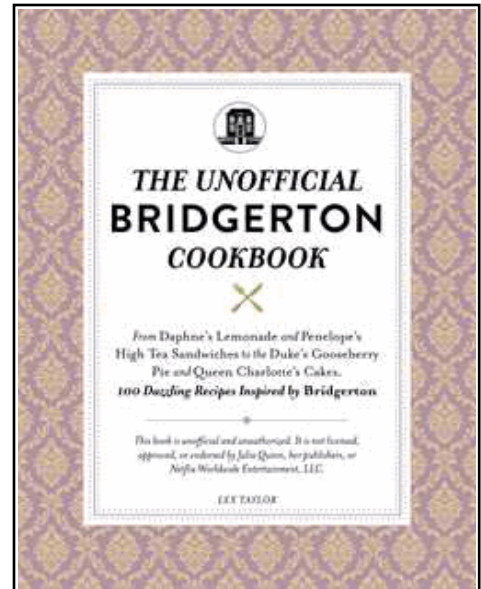
Blue satin ball gowns, chocolates and high tea, five course meals with family, scandal, and romance. Welcome to the dashing world of *Bridgerton*. Grosvenor Square is buzzing with ladies and lords dressed to the nines, promenading in the park, and sharing lemonade at the evening's ball. And while you might not be able to score the jewels and frocks of the Bridgertons and the Featheringtons, you can still eat like them with *The Unofficial Bridgerton Cookbook*.

From dazzling canapes, savory meat pies, sparkling wine, gooseberry pie, delicious finger sandwiches, and more, you'll be eating like a Bridgerton in no time. Nevermind what Lady Whistledown says, it's time to eat! These 100 recipes inspired by the delectable foods from Regency England will have you dining Duke and Duchess style with recipes like:

- Daphne's Lemonade
- The Duke's Gooseberry Pie
- Penelope's Cucumber Sandwiches
- Queen Charlotte's Cakes
- And many more!

Now you can feast like high society and devour these delectable recipes perfect for any social event.

Lex Taylor is the author of *Grill Fire*, was the winner of *Esquire's* "The Next Great Burger," and has been featured on *Chopped* and *Beat Bobby Flay*. Lex specializes in traditional cooking techniques such as smoking, curing, pickling, and pastries. Combining his love of food, history, and popular culture, Lex is known to improvise amazing recipes for popular television series, including his favorite *Bridgerton*.



HARDCOVER

On Sale: 11/09/21

Adams Media

9781507216729

Cooking

7 x 9 1/8, 240 pages

\$21.99 (US) / \$29.99 (CAN)

Nneka M. Okona

The Little Book of Self-Healing

200 Practices for Healing Your Mind, Body, and Soul

Find health, wellness, comfort, and recovery with these 200 self-healing techniques designed to nourish the mind, body, and spirit.

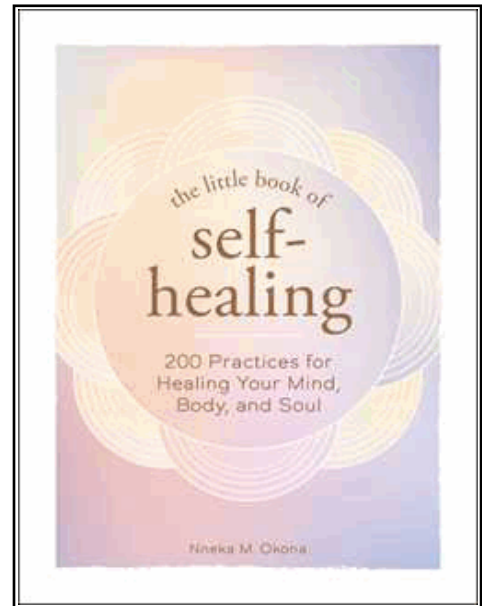
Self-healing helps you tune into the needs of your mind, body, and spirit to fully understand what you need for optimal health and wellness. With *The Little Book of Self-Healing*, you'll find 200 practices that will help you learn to recognize the signs your body gives you, achieve the right balance for your mental and physical needs, and feel empowered as you take an active role in your healing.

Whether you're dealing with the symptoms of extreme stress, coping with traumatic experience, or simply looking to develop a deeper connection with yourself, this book has the tools you need including:

- Letting go of the hustle mentality
- Finding movement activities that resonate with you
- Creating a community of supportive friends
- And more!

While modern medicine and simple self-care can still be an important part of your health routine, these simple self-healing techniques—taking a bath, meditating, or decluttering—can take your wellness to the next level. Learn how to truly care for yourself and feel your best every day.

Nneka M. Okona is a freelance journalist who has written about self-care, wellness, and grief for *Well + Good*, *MindBodyGreen*, *The Washington Post*, *Headspace*, and *Yahoo Life* among many others. A budding tarot enthusiast, forever wandering spirit, lover of hours-long cooking projects, and aspiring yin yogi, Nneka lives in Atlanta, Georgia.



PAPERBACK

On Sale: 11/09/21

Adams Media

9781507216767

Self-Help

4 1/2 x 6, 224 pages

\$14.99 (US) / \$19.99 (CAN)

Karina Gordin

The Essential Health List Book

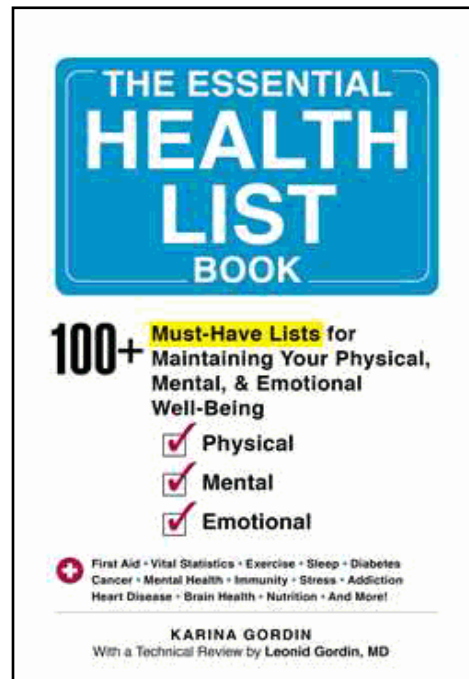
100+ Must-Have Lists for Maintaining Your Physical, Mental, & Emotional Well-Being

Keep track of all the ways you and your family can get (and stay) healthy with this helpful and informative guide to promoting health, physical safety, and wellness.

When you've got your health, you've got just about everything you need so it's important to stay on top of your wellbeing. In this fact-filled, actionable book, you'll find ready-made lists for how to minimize the spread of germs while maximizing nutrition, anti-aging, and stress busters. *The Essential Health List Book* also includes all the supplies you need on hand to keep a healthy (and safe) home.

This book is a must-have for anyone looking to keep themselves and their family in tip-top shape while enjoying all the wonderful things life has to offer in your healthiest and happiest body ever.

Karina Gordin is a medical writer & editor for *Well-Being Journal*. She has an MS in natural medicine from the Massachusetts College of Pharmacy & Health Sciences.



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Health & Fitness

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Arin Murphy-Hiscock

The Green Witch's Garden

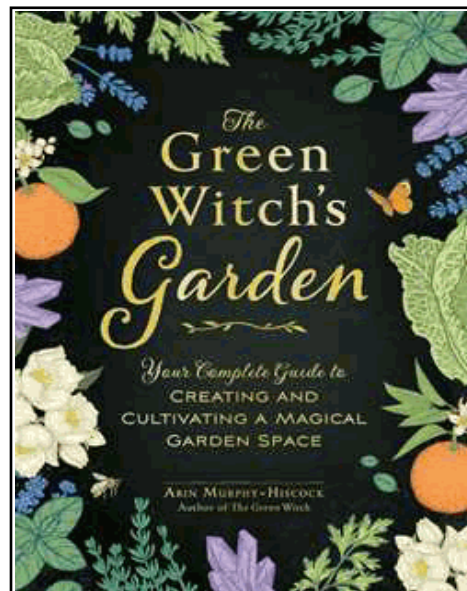
Your Complete Guide to Creating and Cultivating a Magical Garden Space

Create your own enchanting witch's garden and draw energy from the earth with this guide to cultivating your very own magical ingredients.

A green witch embraces the power of nature, draws energy from the earth and the universe, and relies on stones, plants, flowers, and herbs for healing. In *The Green Witch's Garden*, you will learn how to create your own magical space to enhance your witchcraft practice.

With information on how to plan and design your sacred garden and tips and tricks to growing and harvesting magical ingredients, this book will allow you to take control of your practice and more deeply connect with the earth. Let experienced witch and author of *The Green Witch* Arin Hiscock-Murphy guide you on your path to creating your personal piece of nature.

Arin Murphy-Hiscock is the author of *The Green Witch's Grimoire*, *Spellcrafting*, *The Pregnant Goddess*, *Wicca*, *The Green Witch*, *The Way of the Hedge Witch*, *House Witch*, *The Witch's Book of Self-Care*, *Pagan Pregnancy*, *Solitary Wicca for Life*, and *The Hidden Meaning of Birds—A Spiritual Field Guide*. She has been active in the field of alternative spirituality for over twenty years and lives in Montreal, Canada.



HARDCOVER

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Body, Mind & Spirit

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Living Cities with Jacquinn Sinclair

Systemic Racism 101

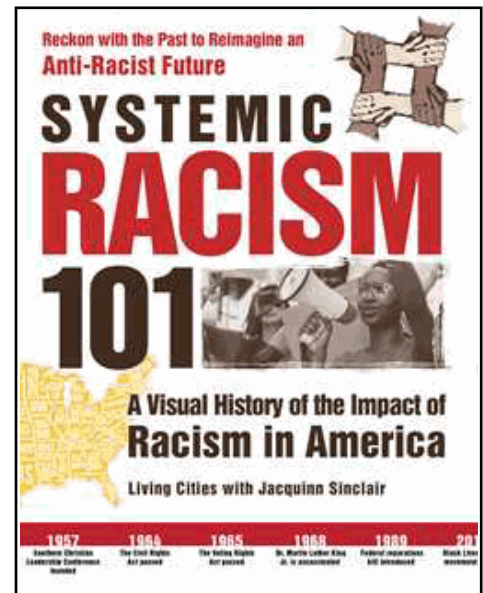
A Visual History of the Impact of Racism in America

Discover how—and why—Black, Indigenous, and people of color in America experience societal, economic, and infrastructural inequality throughout history covering everything from Columbus's arrival in 1492 to the War on Drugs to the Black Lives Matter movement.

From reparations to the prison industrial complex and redlining, there are a lot of high-level concepts to systemic racism that are hard to digest. At a time where everyone is inundated with information on structural racism, it can be hard to know where to start or how to visualize the disenfranchisement of BIPOC Americans.

In *Systemic Racism 101*, you will find infographic spreads alongside explanatory text to help you visualize and truly understand societal, economic, and structural racism—along with what we can do to change it. Starting from the discovery of America in 1492, through the Civil Rights movement, all the way to the criminal justice reform today, this book has everything you need to know about the continued fight for equality.

Living Cities, founded in 1991, is a collaborative of the world's largest foundations and financial institutions. They foster transformational relationships across sectors to connect those who are willing to do the hard work of closing racial income and wealth gaps. They partner with cross-sector leaders in cities across the country to imagine and create an America in which all people are economically secure, building wealth and living abundant, dignified, and connected lives. Their staff, investments, convenings, and networks support efforts that operationalize racial equity and inclusion in local government, create inclusive narratives, bring communities together to devise and act on a shared vision for the future, and eliminate inequities in systems such as entrepreneurship, homeownership, and access to capital.



PAPERBACK

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History

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