

**David Jagneaux**

## **The Ultimate Roblox Book: An Unofficial Guide**

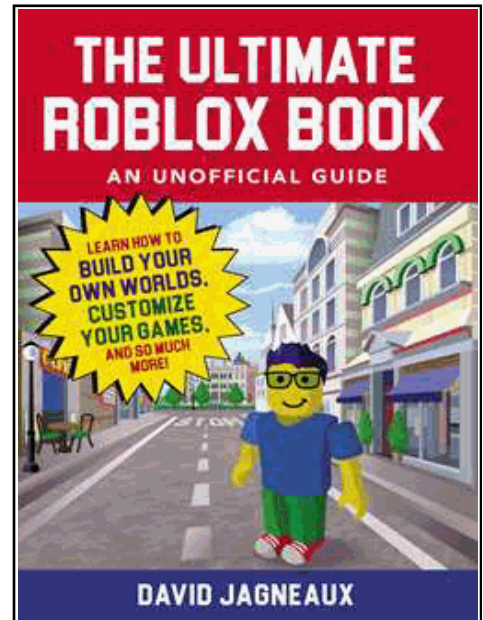
Learn How to Build Your Own Worlds, Customize Your Games, and So Much More!

**Build and create your own Roblox world with this easy and fun guide!**

Roblox, the largest user-generated online gaming platform that allows users to create and share their own game worlds and gaming creations, has taken the digital world by storm. There are so many games and social worlds to create with the platform, and this guide gives you the advice you need to get started. With everything from instructions for playing the games to tips on creating your own games and worlds to the basics of scripting your own unique content, *The Ultimate Roblox Book* can help you to become a top Roblox designer.

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David Jagneaux is a writer at Pixelkin.org, a gaming website for parents and kids, as well as games editor at UploadVR, a virtual-reality focused gaming site. He has written for many gaming sites including IGN, Polygon, Motherboard, and Gamecrate, as well as other mainstream publications including *Playboy* and *Vice*. He is the author of *The Ultimate Roblox Book: An Unofficial Guide*.



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# Cynthia Phillips, PhD, and Shana Priwer

## 101 Things You Didn't Know about Einstein

Sex, Science, and the Secrets of the Universe

Learn everything you need to know about Albert Einstein, the genius who created the Theory of Relativity and calculated mass-energy equivalence.

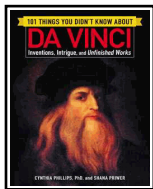
*101 Things You Didn't Know About Einstein* provides in-depth, fascinating facts about the famous scientist and mathematician—including details about his personal life, scientific discoveries, interactions with his contemporaries, thoughts on war, religion, and politics, and his impact on the world since his death.

Whether you're seeking inspiration, information, or interesting and entertaining trivia, this book contains everything you need to know about Albert Einstein!

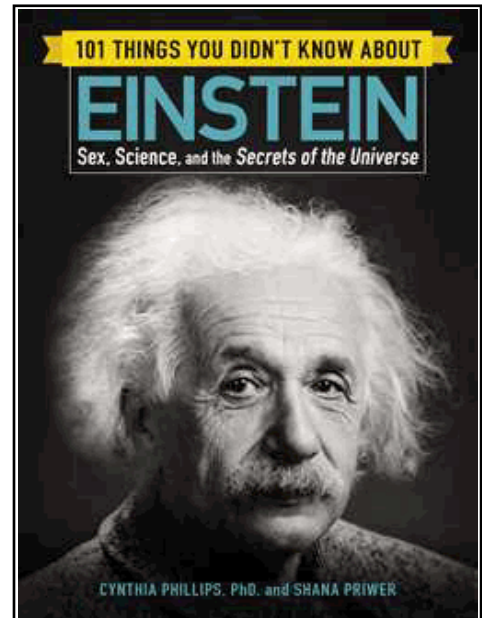
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Cynthia Phillips, PhD, is a scientist at the SETI Institute and works at the Center for the Study of Life in the Universe. She received her BA in astronomy, astrophysics, and physics at Harvard University and her PhD in planetary science with a minor in geosciences from the University of Arizona. She has written for a number of technical publications in her field, including *Science*, *Nature*, *Journal of Geophysical Research*, and *Icarus*. She has also written articles on a more general level for newsletters at the University of Arizona and at the SETI Institute, and she's prepared many official NASA press releases. She has taught astronomy to students from junior high to college and has given public lectures to general audiences. She is the coauthor of *101 Things You Didn't Know About Einstein*.

Shana Priwer has an undergraduate degree from Columbia University in architecture with minors in math and art history. She earned her master's degree in architecture from Harvard University and currently works with a software company in San Francisco. As a technical writer, she has collaborated with Cynthia Phillips on a variety of projects. She is the coauthor of *101 Things You Didn't Know About Einstein*.



*101 Things You Didn't Know about Da Vinci*  
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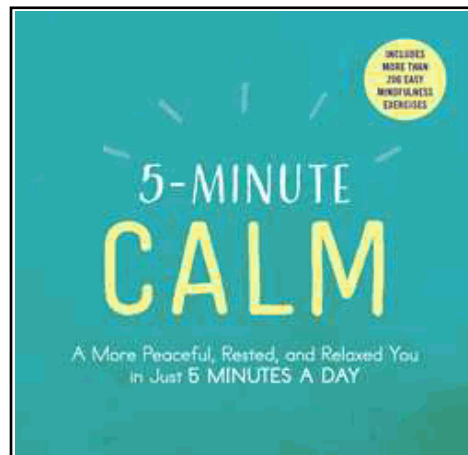
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# 5-Minute Calm

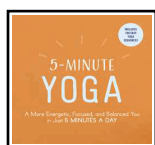
A More Peaceful, Rested, and Relaxed You in Just 5 Minutes a Day

**This quick, portable guide features more than 200 practical, effective ways to calm the mind, reduce stress, and erase tension in your body in less than five minutes.**

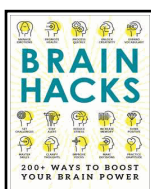
In *5-Minute Calm* you'll learn to relax your anxious mind and release tension in your body through quick and easy mindfulness exercises and techniques. Through guided breathing, meditation, visualization, and more, you'll find a place of calm in just five short minutes. This newfound peace can allow you to reengage with the world in a meaningful, productive way. Whether you're facing a frazzled morning at home, a hectic day at work, or a daunting project deadline, this on-the-go stress-reducing guide can help you disengage for a few minutes, find a moment of peace, and get back to your day.



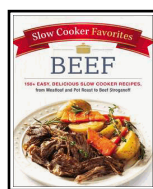
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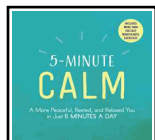
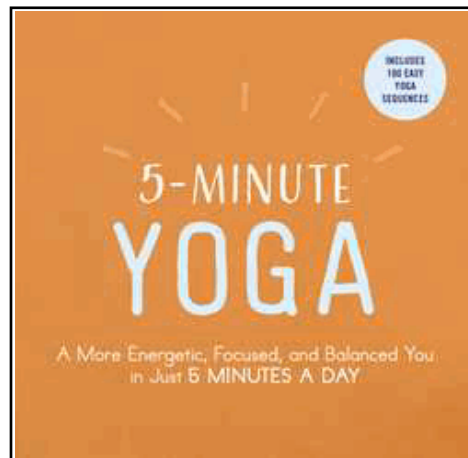
A More Energetic, Focused, and Balanced You in Just 5 Minutes a Day

Find the perfect way to take a meaningful break and relax your mind and body in just five minutes with this handy, portable guide featuring 100 different yoga sequences to improve focus, mood, energy level, and more.

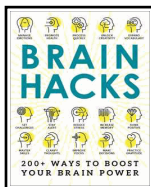
In *5-Minute Yoga*, you'll find 100 yoga sequences that can help you refresh your body and mind in only five minutes. Each sequence—designed to provide a specific benefit to your body, mind, and spirit—contains a detailed explanation with illustrations of each pose so it's easy to follow along.

This guide also includes a glossary with illustrations and short explanations of each yoga pose featured throughout the book—perfect for beginners! Whether you need a quick moment of peace during a hectic day or a chance to promote strength and flexibility to benefit your body, *5-Minute Yoga* is sure to give you the restart you need.

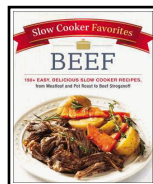
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**David Borman**

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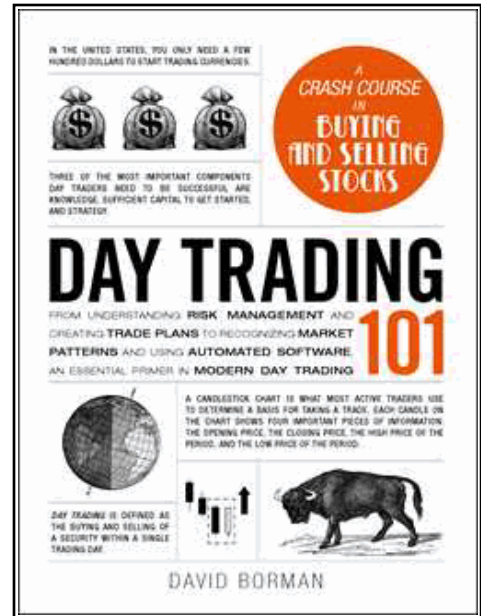
From Understanding Risk Management and Creating Trade Plans to Recognizing Market Patterns and Using Automated Software, an Essential Primer in Modern Day Trading

**A comprehensive guide to day trading, with prescriptive information and actionable advice to help you achieve financial success.**

It may seem that day trading is only for savvy investors who know the ins and outs of the marketplace—but it doesn't have to be. All it takes is the right information and staying on top of the market.

*Day Trading 101* simplifies all the terms, strategies, and processes involved in day trading, helping even the most novice investor find financial success. With information on recognizing trading patterns, mastering trading options, keeping tabs on the market, establishing strategies to make the most profit, and understanding trading lingo, this guide can get you on track to becoming a smart investor. Full of expert advice on the best paths to trading success, *Day Trading 101* leaves no stone unturned, and no trading option undiscovered.

David Borman has been involved in the financial markets and trading since 1999. He has professionally worked at Deutsche Bank, Merrill Lynch, TCM Custom House, Morgan Stanley, and Phillip Capital. He has been exposed to the trading and day trading of mutual funds, stocks, ETFs, Leveraged ETFs, Commodities, and Derivatives. He has worked right alongside the Risk Management Desk of a Singapore Based Futures Commission Merchant, where fifty million dollar margin calls were a daily occurrence. Within his own account, he has traded extensively using ETFs, precious metals, and currencies. He holds a BS in finance from Southern Illinois University, and a masters in accounting from DePaul University, and is working on his PhD in financial management from Northcentral University. When not trading, David finds the time shop for treasures at local antique shops. He is the author of *Day Trading 101*.



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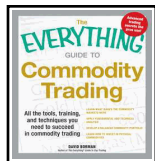
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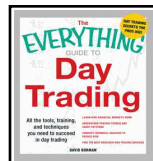
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**Laura Chalela Hoover, MPH, RDN**

## **Mom's Sugar Solution**

150 Low-Sugar Recipes for Your Kids' Favorite Foods, Sweet Treats, and More!

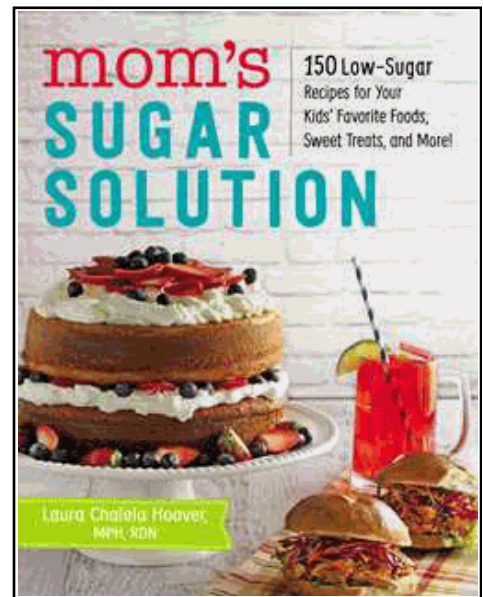
**Tame your sugar cravings with these simple, low-sugar recipes that emphasize natural ingredients and support healthy eating habits for you and your family.**

In *Mom's Sugar Solution*, you'll learn how much sugar is acceptable, how to spot hidden sugars on food labels, and how to get your family involved in a low-sugar lifestyle. With advice from family nutritionist Laura Chalela Hoover about the best ways to minimize sugar in a child's diet, you can be sure you're making the right decisions for your family's health.

You'll find 150 kid-friendly recipes for everything from breakfast to dessert, as well as recommended swaps for foods containing high amounts of hidden sugar, including drinks and condiments. With easy and delicious recipes that range from Peachy Cream Pancakes, Cinnamon Smoothies, Corn Bread Mini Muffins, and Crispy Fish Fingers, *Mom's Sugar Solution* makes it possible to eat healthier and still enjoy the foods you love.

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Laura Chalela Hoover, MPH, RDN, is a registered dietitian nutritionist and the creator of the popular Smart Eating for Kids program, featuring simple recipes and achievable nutrition tips. A respected wellness coach, nutrition speaker, and consultant, Laura's mission is to empower families to eat well within the reality of everyday life. Her crave-worthy recipes feature wholesome, plant-based foods and unfussy ingredients that make people feel good. Laura lives in Chicago with her husband and two kids. She is the author of *Mom's Sugar Solution*.



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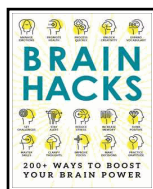
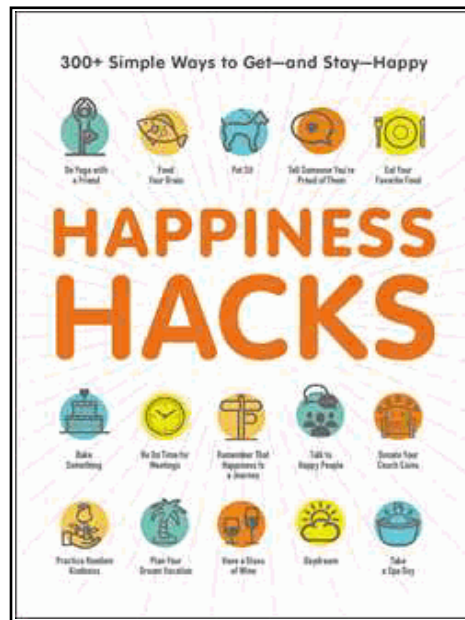
# Happiness Hacks

300+ Simple Ways to Get—and Stay—Happy

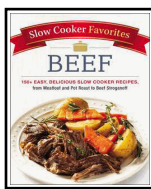
Discover simple ways to be happier in your everyday life with these hacks that encourage positive thinking to improve your mood and outlook in any situation.

Everyone wants to be happier, but often many people don't know where to start. In *Happiness Hacks*, you'll find 300 quick and easy ways to increase happiness in every area of life, including improving relationships, finding joy in your career and workplace, and developing a supportive community. From handling difficult situations, seeking personal growth, and discovering ways to share enjoyment with others, this book can teach you to hack happiness, think positively, and find more satisfaction in your everyday life.

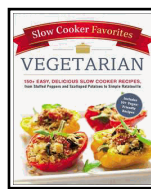
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**Heather Fishel**

# Fidget!

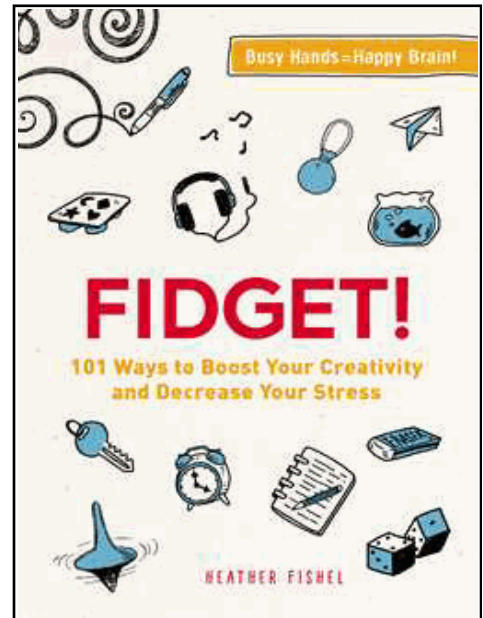
101 Ways to Boost Your Creativity and Decrease Your Stress

**Busy hands equal a happy brain! Learn how fidgeting can help increase productivity and decrease stress, with 101 ways to tap, jiggle, doodle, and click your way to better concentration and creativity.**

Fidget spinners are the latest popular trend, but pen clicking, pencil chewing, and stress-ball slinging have been commonplace for decades. According to recent research, it's been shown that fidgeting helps you concentrate and prevent stress. If something we are working on isn't interesting enough to hold our attention, the additional sensory-motor input of fidgeting allows our brains to become fully engaged and focused. In *Fidget!* you'll discover 101 ways to help increase your productivity and decrease stress, so you can fully engage at work and achieve calm, creativity, and mindfulness.

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Heather Fishel is a freelance writer who has written many posts for WonderHowTo, including many of the posts in the Productivity section. She has also written several articles for WarHistoryOnline.com, as well as a number of pieces for the tea enthusiast's site TeaPerspective.com. She lives in California and works as the college essays and applications director for Blue Train Tutoring. She is the author of *Fidget!*.



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**Skye Alexander**

## **Find Your Goddess**

How to Manifest the Power and Wisdom of the Ancient Goddesses in Your Everyday Life

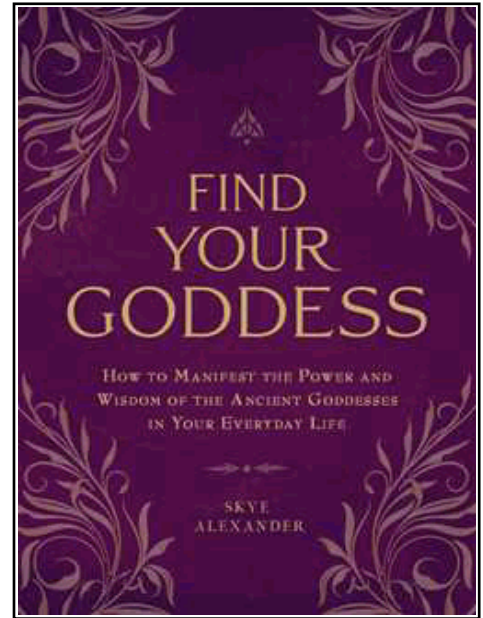
**Learn about the ancient goddesses and how they can empower you, guide you, and help you achieve your own life goals.**

From Greek and Roman to Nordic mythology, the goddesses often take center stage. Each goddess possesses her own strengths and traits that every woman can draw on for daily inspiration and guidance in their own life's journey.

In *Find Your Goddess*, you'll learn the mythical origins of these powerful female figures and how their stories relate to modern times. From Aphrodite, the Greek goddess of love and fertility, to Kuan Yin, the Chinese goddess of mercy and compassion, you'll discover the history of each unique goddess and how they can manifest their virtues into your own life.

Whether you're looking for guidance in relationships, your career, personal development, or physical and emotional wellness, *Find Your Goddess* can help you identify and draw strength from the ancient wisdom of famous goddesses. Call on the power of divine femininity and let your own goddess shine!

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



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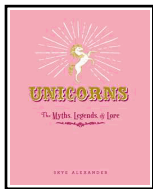
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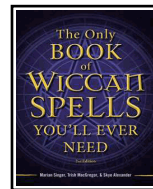
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# Cynthia Phillips, PhD, and Shana Priwer

## 101 Things You Didn't Know about Da Vinci

Inventions, Intrigue, and Unfinished Works

Timed to coincide with the release of Walter Isaacson's latest biography on the famous painter and inventor, as well as the latest thriller in Dan Brown's *Da Vinci Code* series, this book includes 101 in-depth facts about Leonardo Da Vinci.

*101 Things You Didn't Know About Da Vinci* provides you with all the fascinating facts you didn't know about the famous artist, inventor, and creator of the Mona Lisa and the Vitruvian Man, including details about his personal life, information about his inventions and art, his interactions with his contemporaries, and his impact on the world since his death.

Some facts include:

—Da Vinci was left handed, and wrote from right to left, even writing his letters backwards.

—Da Vinci's *The Last Supper* started peeling off the wall almost immediately upon completion, due to a combination of the type of paint Leonardo used and the humidity

—Among Leonardo's many inventions and creations was a mechanical lion he created to celebrate the coronation of King François I of France

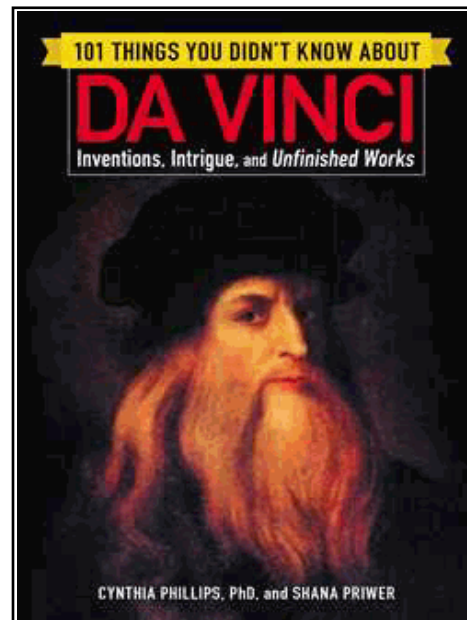
Whether you're seeking inspiration, information, or interesting and entertaining facts about history's most creative genius, *101 Things You Didn't Know About Da Vinci* has just what you're looking for!

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Cynthia Phillips, PhD, is a scientist at the SETI Institute and works at the Center for the Study of Life in the Universe. She received her BA in astronomy, astrophysics, and physics at Harvard University and her PhD in planetary science with a minor in geosciences from the University of Arizona. She has written for a number of technical publications in her field, including *Science*, *Nature*, *Journal of Geophysical Research*, and *Icarus*. She has also written articles on a more general level for newsletters at the University of Arizona and at the SETI Institute, and she's prepared many official NASA press releases. She has taught astronomy to students from junior high to college and has given public lectures to general audiences. She is the coauthor of *101 Things You Didn't Know About Einstein*.

Shana Priwer has an undergraduate degree from Columbia University in architecture with minors in math and art history. She earned her master's degree in architecture from Harvard University and currently works with a software company in San Francisco. As a technical writer, she has collaborated with Cynthia Phillips on a variety of projects. She is the coauthor of *101 Things You Didn't Know About Einstein*.

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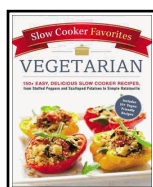
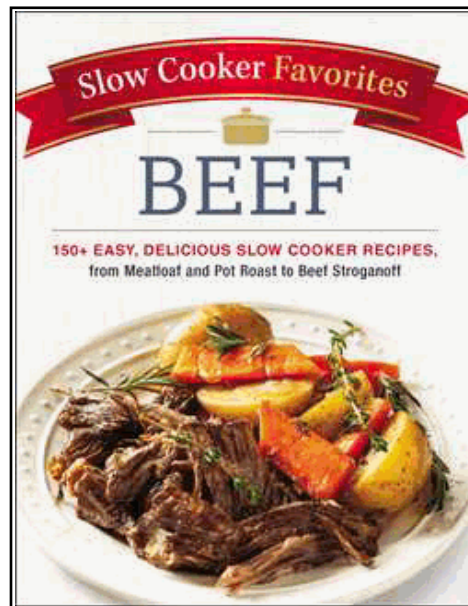
# Slow Cooker Favorites Beef

150+ Easy, Delicious Slow Cooker Recipes, from Meatloaf and Pot Roast to Beef Stroganoff

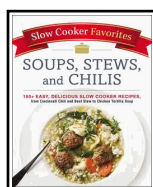
The go-to family meal guide to prepare tasty, satisfying beef dishes in the slow cooker with more than 150 recipes sure to please anyone—making dinner hassle-free and deliciously diverse every night.

Beef is a hearty dinnertime staple and an easy family favorite, and there are countless ways to prepare it. *Slow Cooker Favorites Beef* will make dinner even easier and more delicious with 150 different recipes you can try—with minimal prep work and easy clean up that's perfect for your busy schedule. With a wide range of flavors to choose from, classics such as Yankee Pot Roast and French Dip Sandwiches to more exotic dishes like Beef Biryani, you'll always have something new and savory to try for dinner.

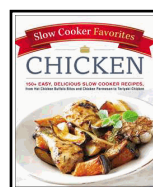
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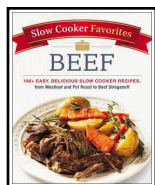
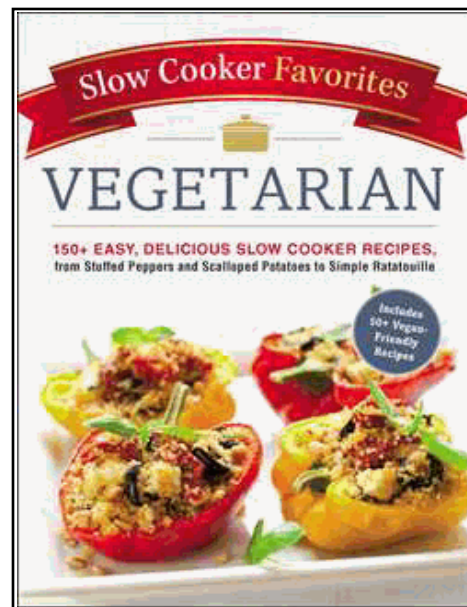
# Slow Cooker Favorites Vegetarian

150+ Easy, Delicious Slow Cooker Recipes, from Stuffed Peppers and Scalloped Potatoes to Simple Ratatouille

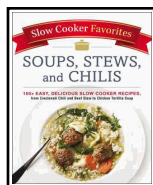
The go-to guide for using the most popular kitchen appliance—the slow cooker—to prepare healthy vegetarian dishes, featuring more than 150 easy plant-based and vegan-friendly dishes sure to please everyone at the dinner table.

A vegetarian diet is healthy, nutritious, and environmentally friendly. *Slow Cooker Favorites Vegetarian* makes plant-based eating even easier with more than 150 vegetarian recipes, including more than fifty vegan-friendly recipes, for your slow cooker. Whether you're a dedicated vegetarian, vegan, or omnivore looking to have more meatless meals, you'll be sure to find many new and delicious recipes that will become family favorites. With minimal prep work and easy clean up, the hardest part is picking which mouthwatering dish to try next!

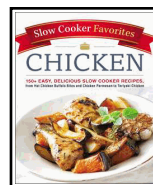
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**Tina Chow**

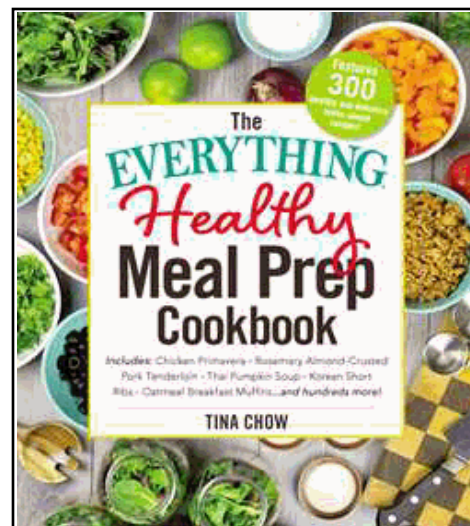
## **The Everything Healthy Meal Prep Cookbook**

Includes: Chicken Primavera \* Rosemary Almond-Crusted Pork Tenderloin \* Thai Pumpkin Soup \* Korean Short Ribs \* Oatmeal Breakfast Muffins ... and hundreds more!

**Learn to prepare healthy, portion-controlled meals for the week with this easy-to-follow cookbook that saves time and can help you lose weight.**

Meal prepping has quickly become one of the best ways to control what you eat and organize your eating habits. In *The Everything Healthy Meal Prep Cookbook*, you'll learn how to plan out portion-controlled, nutritious meals and prepare them in advance—so when the time comes for dinner, it's a breeze to whip it all together. You'll discover the benefits of meal prep and learn how to do it effectively so you are always eating something different and never bored. With 300 delicious recipes included, *The Everything Healthy Meal Prep Cookbook* can help you have more control over what you eat and provide a clear, focused path for dinner.

Tina Chow is the founder of the popular Instagram page @FitChicksCook, where she features her weekly meal preps along with tips on healthy eating and quick and easy homemade recipes. After struggling to achieve her fitness goals while working full-time, she began meal prepping on the weekends to save time and stay healthy. Now almost four years later, her fan base has grown to more than one hundred thousand followers. She continues to prep her weekly meals and share her meal plans with the goal of helping others like her achieve their goals. One of her Mason Jar meals was featured in the Spring 2017 edition of *Hers Muscle & Fitness*. She is the author of *The Everything Meal Prep Cookbook*.



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200+ Ways to Boost Your Brain Power

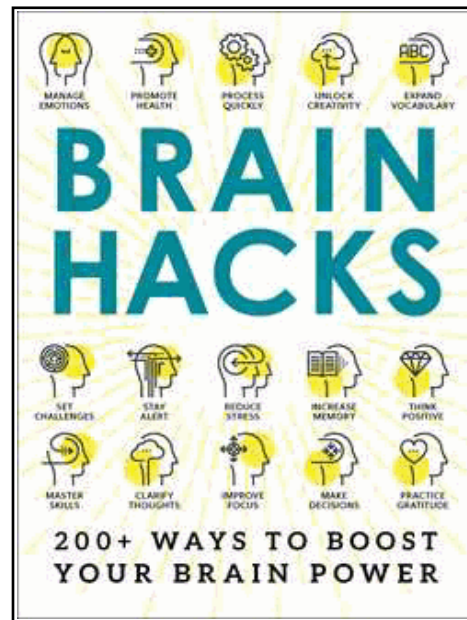
Discover more than 300 quick tips and exercises to help you optimize your mental performance and improve brain health.

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

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

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

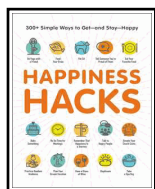
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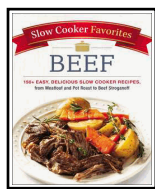
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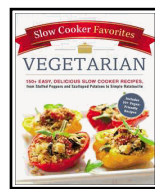
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**Britt Brandon**

## **Baking Soda for Health**

100 Amazing and Unexpected Uses for Sodium Bicarbonate

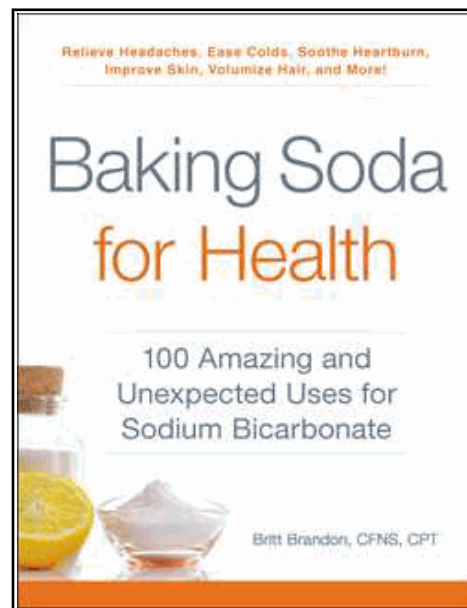
New in the popular For Health series, a guide to the affordable, all-natural healing, wellness, and beauty benefits of baking soda.

Baking soda has been a kitchen staple for generations, but its uses extend far beyond cookie recipes and as refrigerator deodorizers. With its adsorptive and alkaline properties, baking soda is the perfect natural remedy for numerous health and beauty needs. Recent medical studies continue to reveal how baking soda contributes to good health by combatting chronic diseases, including cancer and kidney disease. It also provides all-natural relief for common ailments like the flu, coughs, sore throats, urinary tract infections, muscle pain and fatigue, stomach pain, and heartburn. Plus, baking soda can treat skin irritations, bug bites, and sunburn and naturally prevent body odor.

Similar to apple cider vinegar, baking soda is an affordable, all-natural, non-toxic cure-all for body and home. Its all-natural beauty uses are renowned and widely celebrated and can whiten teeth, brighten and exfoliate skin, reduce acne, cleanse hair, treat split ends, soften feet, remove stains from fingernails, and more.

With *Baking Soda for Health*, you will discover all the benefits this all-natural powder can bring—without dangerous chemicals or costly procedures.

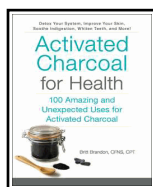
Britt Brandon is a certified personal trainer; a certified fitness nutrition specialist and the author of many books, including *Apple Cider Vinegar for Health*, *Coconut Oil for Health*, *The I Love My NutriBullet Recipe Book*, *Activated Charcoal for Health*, and *The “I Love My Instant Pot” Vegan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



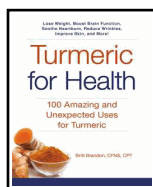
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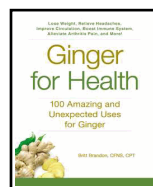
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**Blake Brocksmith, Gary Dorfman, and Douglas Lichterman**

## **How to Play Harmonica**

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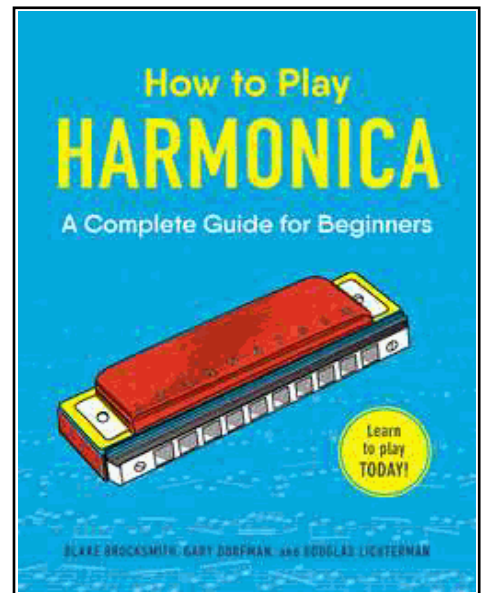
Learn to play the harmonica with this step-by-step guide perfect for beginners. With just this book and your harmonica in hand, you'll learn basic music skills, discover how and why your harmonica works, play some simple tunes, and start to improvise your own music.

---

Blake Brocksmith is a harmonica player, singer, guitarist, actor, writer, and director. He has performed and recorded professionally on the harmonica since 1986.

Gary Dorfman is a harmonica player, singer, and guitarist. He is the chief engineer at Batcave Recording.

Douglas Lichterman is a musician, author, and music educator. In the 1970s he was a founding member of the rock band Windows.



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**Tanaaz Chubb**

## **My Pocket Mantras**

Powerful Words to Connect, Comfort, and Protect

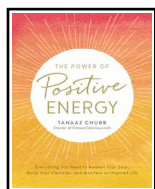
**Find a moment of peace and comfort with this beautiful, pocket-sized mantra book—giving you a chance to easily recite mantras throughout the day or whenever you need a pick-me-up.**

Words are powerful and have the ability to shape our thoughts, change our perception, connect with others, and provide comfort in our daily lives. *My Pocket Mantras* provides more than 140 mantras designed to help you shift your mindset in a positive way. You'll find mantras for self-love, healing, success, releasing stress and anxiety, and more. With short, rhythmic phrases that are easy to recite and repeat, each mantra includes insights into how to direct one's thoughts and experience its benefits.

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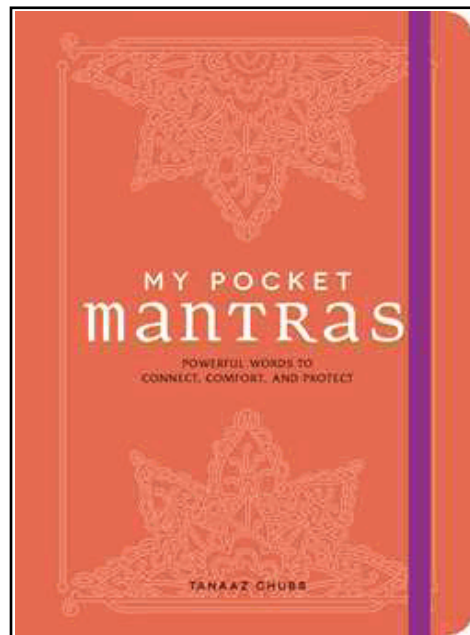
Tanaaz Chubb is the cocreator and owner of *Forever Conscious*, a website dedicated to spiritual well-being, mindfulness, and healing. She is the author of *Becoming Forever Conscious*, *Messages for the Soul*, *The Power of Positive Energy*, and *My Pocket Mantras*. has been featured in *Elle Magazine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

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## Jessie Oleson Moore

# Stuff Unicorns Love

A whimsical, humorous imagining of what unicorns really think and what they truly love—including recipes for unicorn food, crafts, and the history of these mythical creatures.

Glitter. Sparkles. Rainbows and shimmering manes. Sure, unicorns are magical, and their reputations have taken the world by storm, but how much do we know about what unicorns *really* think? What's their favorite cookie? What about their favorite color? Would they really drink that pastel milkshake you found on Pinterest?

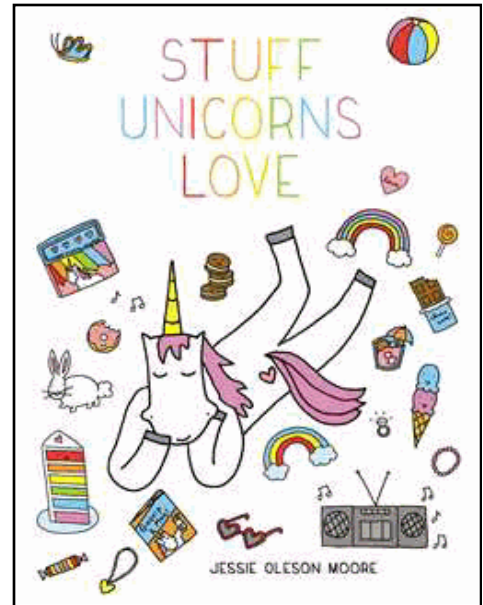
They sure would!

In *Stuff Unicorns Love*, you'll get a guided tour of unicorns' most treasured things straight from a unicorn's mouth—from food recipes and crafts to beauty tips and their favorite activities.

Learn the truth about these adorable (and painfully honest) creatures, as well as the facts behind their origins. With illustrations and tons of fascinating unicorn facts throughout, this is a perfect gift for unicorn lovers of all ages.

---

Jessie Oleson Moore is a writer, cook, and illustrator. No, that's not indecision: it's a unique mix of talents that comes together in a magical and engaging form. She is the creator of *CakeSpy.com*, a popular dessert and baked goods related website set up as an online "dessert detective agency" dedicated to seeking sweetness in everyday life. *CakeSpy* has been featured in *The New York Times*, *Saveur*, *Sunset Magazine*, *Food & Wine*, *Bon Appetit*, *O*, *The Oprah Magazine*, and *The Boston Globe*. She is the author of two cookbooks and two coloring books, including *CakeSpy Presents Sweet Treats for a Sugar-Filled Life*, *Unicorn Coloring Book*, and *Another Unicorn Coloring Book*. In addition to running *CakeSpy*, Jessie has also written and illustrated for *Serious Eats*, *Craftsy.com*, *Peanut Butter and Company*, *Pillsbury*, *The Wisconsin Butter Board*, *DailyCandy.com*, *Saveur*, *Taste of Home*, and *Microsoft*. *Stuff Unicorns Love* is her most recent book.



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**Maureen “Marzi” Wilson**

## **The Introvert Activity Book**

Draw It, Make It, Write It (Because You'd Never Say It Out Loud)

From the author of *Introvert Doodles* comes an illustrated, interactive book for introverts of all ages to express themselves, find their voices, and discover their own creative talents!

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

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

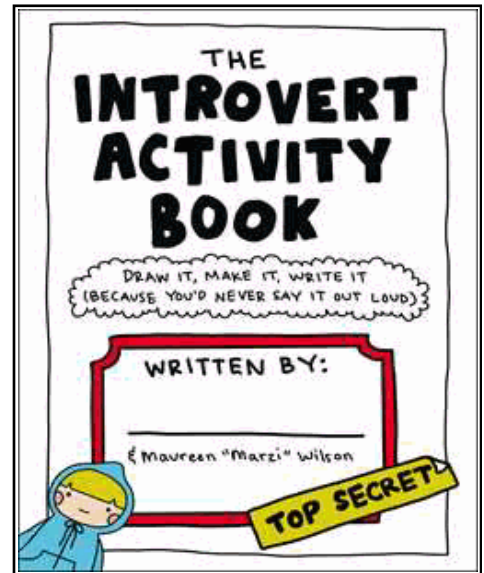
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Maureen “Marzi” Wilson had a quiet childhood by the Chesapeake Bay, and is enjoying an equally quiet adulthood by the Yellowstone Forest. When she isn't doodling for *Introvert Doodles*, she creates instructional art videos for her DIY website, [MadeByMarzipan.com](http://MadeByMarzipan.com).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

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# Simple Acts of Kindness

500+ Ways to Make a Difference

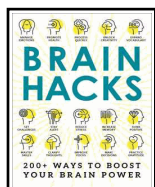
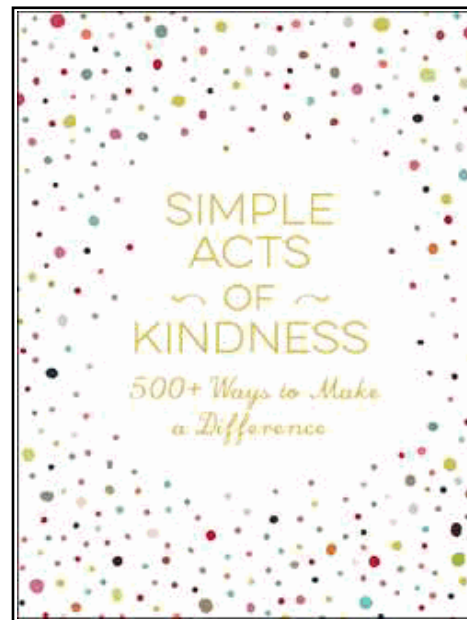
Practice kindness every day with these easy, accessible activities that range from helping the elderly to supporting animal welfare to protecting the local environment.

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

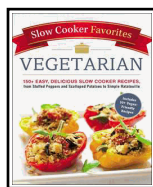
- Calling your elderly relatives just to say hello
- Bringing a box of doughnuts to the office to share with your coworkers
- Thanking your driver as you get off the bus

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

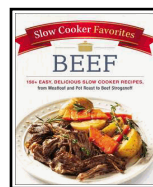
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# Meera Lester

## Rituals for Life

Find Meaning in Your Everyday Moments

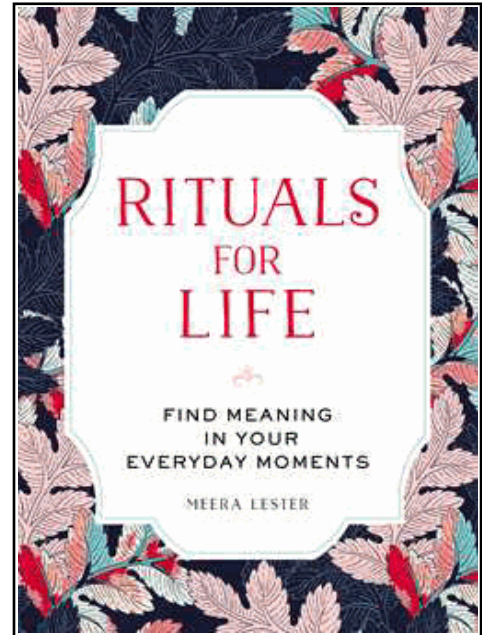
This beautiful, inspiring book features 160 impactful, practical ways to transform everyday tasks into enjoyable, indulgent moments that reduce stress and leave you feeling balanced, connected, and ready to take on the day.

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

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

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

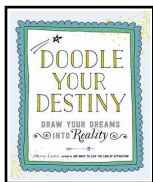
Meera Lester, an internationally published author, has written more than two dozen books, including *Sacred Travels*, *The Everything Law of Attraction*, *The Secret Power of You*, *My Pocket Meditations*, and *Rituals for Life*. After spending time in India in her early twenties, she has been a lifelong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



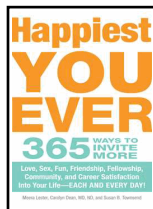
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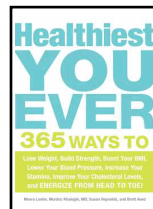
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**Judy Ann Nock**

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

From Samhain to Yule, Your Guide to the Wiccan Holidays

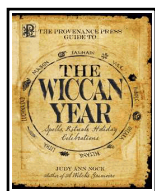
**From the Modern Witchcraft series comes a complete guide to all of the sacred days and holidays of the Wiccan calendar—with spells, rituals, and other tips to celebrate.**

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

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

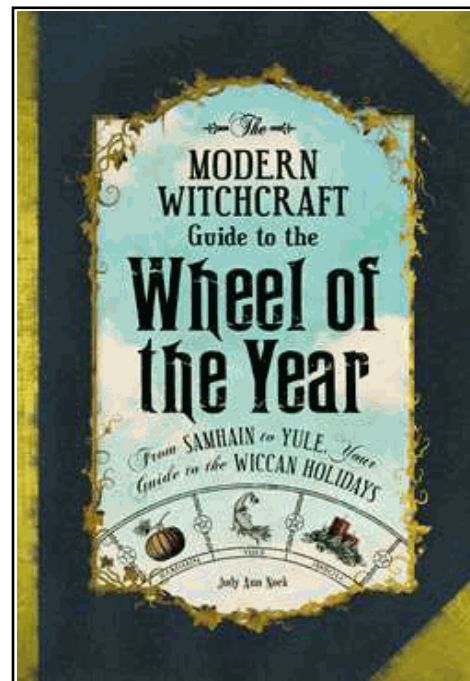
*The Modern Witchcraft Guide to the Wheel of the Year* is your complete guide to everything you need to know to celebrate the Wheel of the Year and the Wiccan sabbats, from Yule to Samhain, as part of your own spiritual practice.

Judy Ann Nock is a Wiccan High Priestess and founder of a goddess spirituality group. She has a degree in creative writing and theater. The author of *A Witch's Grimoire*, her work on feminist spirituality has also been profiled in *The Village Voice*. She lives in New York, New York.



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**Sydney Campos**

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What to Do When You Feel Everything

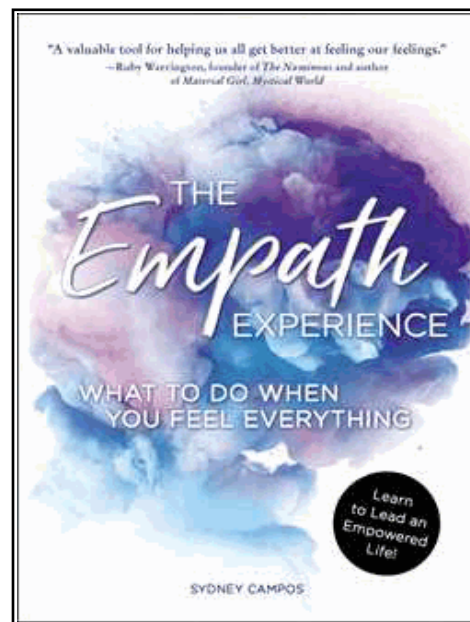
**Learn to lead an empowered life with this supportive and positive guide for those who are discovering their empath abilities and looking for information to help in understanding their gift, as well as how to embrace it and thrive in everyday life.**

Maybe you find that being in a public place is totally overwhelming. Maybe you've noticed that your friends, loved ones, and even acquaintances tend to unload all of their problems on you, looking for advice on what to do. And maybe you can pick up on a person's energy so closely you begin to feel their emotions. All of this indicates that you might be an empath—someone who has the ability to feel the emotions and energy of other people. Being a highly sensitive person may seem like a burden at times, but doesn't have to be. Being an empath is a gift that you can use to your advantage.

In *The Empath Experience*, you'll find detailed information on what it means to be an empath and the different ways this gift can influence your life in positive ways. In addition, you'll find supportive advice from a fellow empath on how to embrace the positive aspects of this special talent, get in touch with and understand your emotions, and tips and techniques to help you feel your best—even when someone else may be feeling their worst.

---

Sydney Campos is a transformational coach, intuitive advisor, and speaker. Sydney specializes in activating visionary leaders to live in alignment with their soul purpose while embodying next-level power, pleasure, and prosperity. Through all her endeavors, Sydney is fiercely committed to awakening consciousness across the planet and creating new paradigms of well-being and interconnectedness. In addition to being a seasoned business strategist and certified holistic health coach, Sydney is also a 200-hour registered yoga and meditation teacher, reiki energy healer, and certified akashic records practitioner. Sydney shares her multifaceted teachings through writing, her Visionary Souls Podcast, teaching, international retreats, and 1:1 mentoring. An avid adventurer, Sydney is likely to be found in Bali, Venice Beach, San Francisco, New York, or anywhere in Mediterranean Europe. Sydney has been featured in *Forbes*, *MindBodyGreen*, and *New York* magazine.



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### **OTHER FORMATS**

eBook: 9781507207178, \$11.99

**Jon VanZile**

## **Houseplants for a Healthy Home**

50 Indoor Plants to Help You Breathe Better, Sleep Better, and Feel Better All Year Round

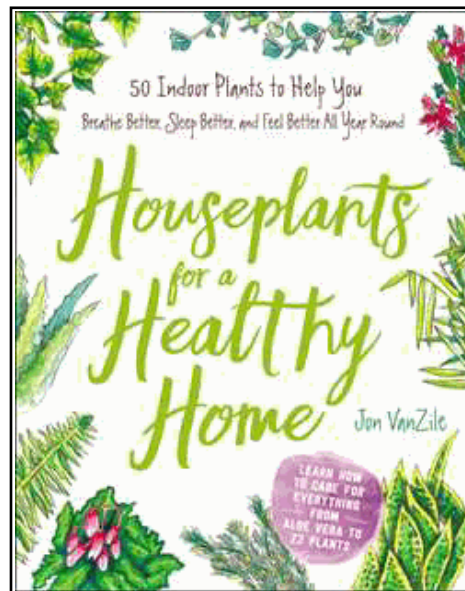
**This A-to-Z guide illuminates the numerous health benefits of 50 common, easy-to-grow houseplants along with detailed care instructions and beautiful illustrations of each plant.**

With plant-scaped rooms popping up all over Pinterest, style blogs, and home décor magazines, houseplants are the hottest home accessory right now—and for good reason. Plants are a quick and easy way to add life, color, and texture to any indoor space. But houseplants offer so much more than just visual interest to a room. They can purify the air, reduce stress, improve sleep—and much more!

*Houseplants for a Healthy Home* explains the specific health and wellness benefits of 50 common, easy-to-grow, and popular houseplants, while introducing you to new favorites bound to brighten your life. You will find an A-to-Z guide of a variety of the plants that includes a beautiful illustration of each plant, along with the plant's health benefits and clear, detailed care instructions. Let *Houseplants for a Healthy Home* lead you to a life in full bloom.

---

Master Gardener Jon VanZile's articles on gardening have appeared in the *Chicago Tribune*, *Better Homes & Gardens Special Interest Publications*, the *Sun-Sentinel* (Ft. Lauderdale), *Orlando Sentinel*, among others. He also was the houseplants and indoor gardening expert at About.com (now Spruce.com) for almost a decade.



### **HARDCOVER**

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### **OTHER FORMATS**

eBook: 9781507207307, \$10.99



**Rafal Tokarz, PhD**

## **The Everything Guide To Lyme Disease**

From Symptoms to Treatments, All You Need to Manage the Physical and Psychological Effects of Lyme Disease

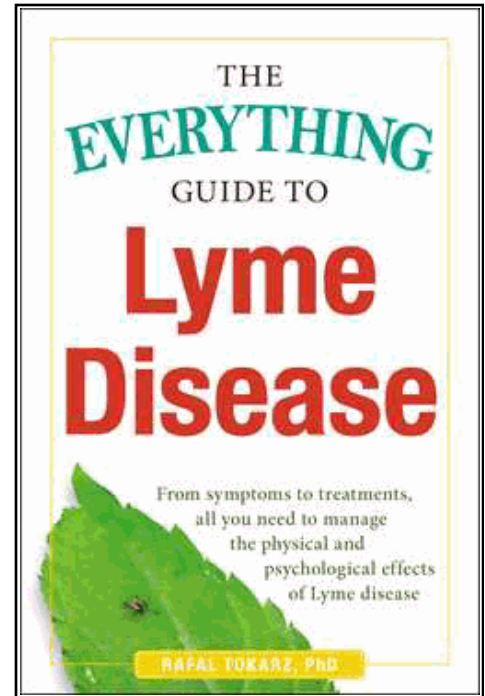
**A comprehensive all-in-one guide to Lyme disease, including psychological as well as physical symptoms, along with traditional and alternative treatments.**

Lyme disease is one of the most rapidly emerging infectious diseases in North America and Europe, transmitted to humans by the bite of an infected tick. Symptoms include the classic “bull’s eye” rash, fever, and headache, and current research indicates that 300,000 Americans are diagnosed with Lyme disease annually, ten times higher than previously reported. This indicates a tremendous health problem, heightened by the fact that Lyme disease can manifest not only in physical symptoms, but psychiatric illness such as cognitive dysfunction, memory deficit, and rage issues.

In *The Everything Guide to Lyme Disease*, you will find the most up-to-date and expert information on all aspects of the disease, including how to prevent it, find the best treatments, and deal with the psychological effects of Lyme disease.

---

Rafal Tokarz, PhD, is an Associate Research Scientist at the Center for Infection and Immunity, Columbia University. His research focuses on microbial discovery and the epidemiology of human infectious diseases, with a primary emphasis on studies of ticks and tick-borne pathogens. Dr. Tokarz earned his PhD at Stony Brook University, prior to becoming a junior faculty member at Columbia University. He has been an author on thirty-six peer-reviewed manuscripts and has worked in the Lyme disease field for sixteen years.



**PAPERBACK**

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## Adams Media; Foreword by Ryan Mitchell

# Tiny House Cooking

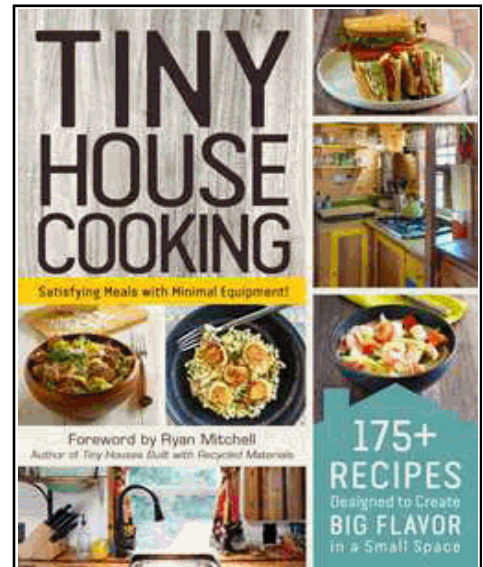
175+ Recipes Designed to Create Big Flavor in a Small Space

No need to curb your big appetite in a tiny home—here are 175 recipes uniquely designed to be made in the micro-kitchens of tiny homes and apartments.

Tiny homes are the next big thing—frequently featured in HGTV shows such as *Tiny House*, *Big Living* and in popular lifestyle publications such as *Good Housekeeping*, tiny homes are gaining popularity for their economic and ecological sensibility. But with tiny homes come tiny kitchens—according to the Tiny House Blog, many tiny homes have only two burner stove tops, a mini-fridge, and no microwave or oven. At first glance, this may seem like a challenge, but *Tiny House Cooking* proves how easy cooking in a tight space can be!

Featuring 50 beautiful full-color photos of tantalizing finished recipes and a foreword by tiny house living expert Ryan Mitchell, *Tiny House Cooking* includes 175 recipes especially designed for the pocket-sized abode—none of the recipes require an oven, microwave, toaster oven, freezer, full-sized refrigerator, or any other extraneous device—as well as information on essential equipment, space-saving ideas, and innovative ways to reduce and recycle creative waste. Find delicious new ideas for breakfast, sandwiches, appetizers, snacks, main dishes, desserts—and more!—all only using two pots at most.

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



### PAPERBACK

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Cooking

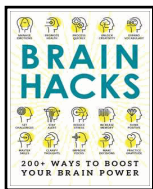
8 x 10, 192 pages

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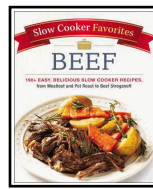
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### OTHER FORMATS

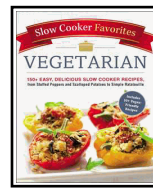
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## Sherianna Boyle, MEd, CAGS

# Emotional Detox

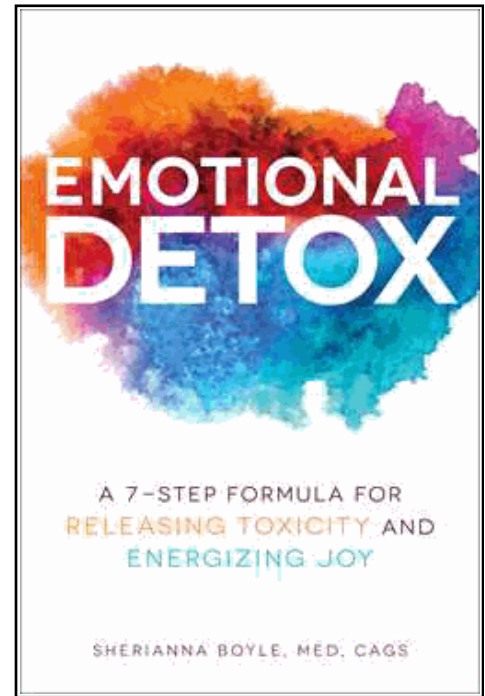
### 7 Steps to Release Toxicity and Energize Joy

Flush out negativity and clear a path for new positive habits, behaviors, and emotions with certified energy healer, yoga instructor, and psychology professor Sherianna Boyle's emotional detox program, C.L.E.A.N.S.E.

When we think of a detox, we usually think of a physical experience. But it's not just our physical bodies that need to be cleansed of the impurities we encounter and absorb in our daily lives—it's our minds too. When we find ourselves unable to process our negative emotions and feel them becoming toxic to ourselves and those around us, it's time for an *Emotional Detox*, a mindful and systematic guide to freedom from these troublesome feelings.

Wellness expert Sherianna Boyle has created the revolutionary the 7-step C.L.E.A.N.S.E. method to help you rid yourself of negativity, fear, worry, anger, and doubt, and guide you back toward a natural, energized state of pure joy and acceptance. Learn how to Clear your pathways, Look inward, Emit positivity, Activate, Nourish, Surrender, and Ease your way into your best self and a happier and healthier life. *Emotional Detox* is a much-needed reset for the soul.

Sherianna Boyle, MEd CAGS, is an adjunct psychology professor, certified energy practitioner, yoga instructor, and author of seven books; she has also been published in more than fifty articles. She is the author of *Mantras Made Easy*, *The Conscious Parent's Guide to Childhood Anxiety*, and *The Everything Parent's Guide to Overcoming Childhood Anxiety*. Her transformative Emotional Detox program is also featured as part of the Kripalu Center for Yoga & Health's workshop series. Her book *The Four Gifts of Anxiety*, was endorsed by NAMI, and *Choosing Love*, was placed on the top ten must reads with Metro US. Sherianna's services and resources can be found at SheriannaBoyle.com.



#### HARDCOVER

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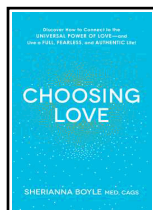
5 1/2 x 8 7/16, 240 pages

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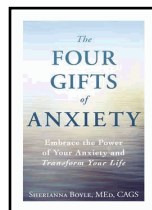
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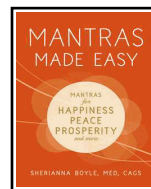
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## Adams Media

# My Pocket Tai Chi

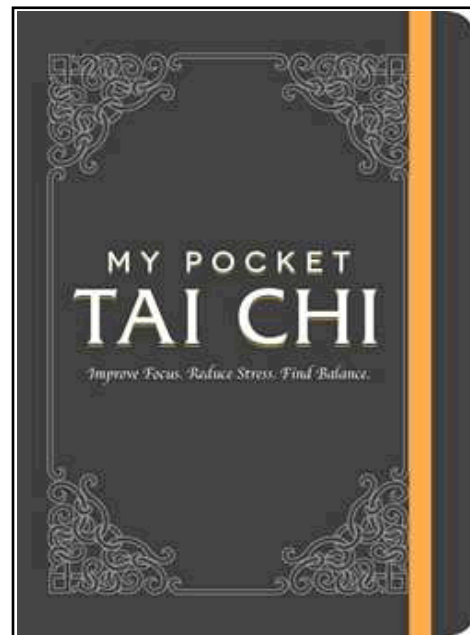
Improve Focus. Reduce Stress. Find Balance.

This essential take-anywhere guide explains the numerous mindfulness benefits of tai chi and shows how to use this ancient martial art to reduce stress and improve overall wellness.

Often called “moving meditation,” tai chi is an ancient practice with numerous health benefits our modern, over-stressed society needs. Not only is tai chi a proven stress reliever, it’s also been shown to increase balance, flexibility, and strength, and improve muscle tone, sleep, mood, and overall sense of well-being.

This book teaches readers the essential principles and techniques of tai chi while showing you how to use tai chi as an effective mindfulness technique to reduce stress, increase focus, and improve your state of mind. With more than 60 illustrations to help you understand and master essential tai chi moves, this handy, portable package makes *My Pocket Tai Chi* a perfect companion for practicing tai chi in your own backyard and beyond.

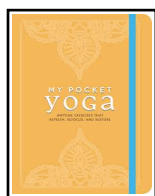
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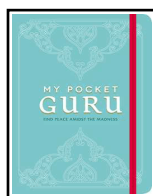
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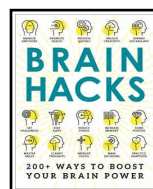
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**Nicole Booz**

## **The Kidult Handbook**

From Blanket Forts to Capture the Flag, a Grownup's Guide to Playing Like a Kid

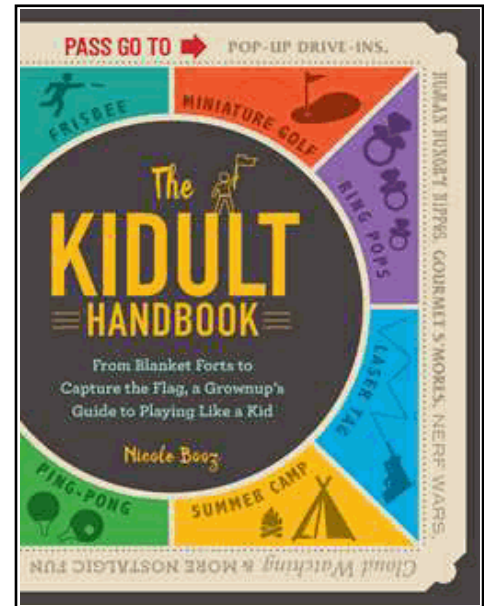
Adulting is hard! But “kidulting”—engaging in nostalgic childhood activities to relieve stress, like playing with your old favorite toys, participating in games and activities from your youth, and even snacking on the foods you enjoyed as a kid—isn't. Let this book be your guide to indulging your inner child.

“Kidulting” is a thing, and it's growing! Especially popular among millennials, the term “kidulting” refers to engaging in activities from your childhood, sometimes with a grown-up twist. *Psychology Today* points out that playing like a kid helps you look at the world with fresh eyes—or “beginner's mind”—which allows you to slow down and focus.

*The Kidult Handbook* is a fun and informative guide to healthy escapism through play. Much like adult coloring books, kidulting is a way of focusing your mind on something fun and creative to relieve stress. But this book goes way beyond just coloring—it includes 160 ideas for fun, from timeless classics like building blanket and pillow forts, to generation-specific ideas, from millennials to boomers. Interspersed throughout are fun facts and trivia about games through the ages. Most activities are unplugged and screen-free, and range from solitary pursuits to ones you can share with a friend or two. Feeling young again has never been so easy!

---

Nicole Booz is the Editor-in-Chief of the online magazine *GenTwenty*, the twentysomething's guide to life. After graduating from the University of Maryland with BS in Psychology and a minor in Human Development, she moved to Seattle where she currently lives with her husband. When she's not reading or writing, she's probably hiking, eating brunch, or planning her next great adventure.



### **PAPERBACK**

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eBook: 9781507207598, \$11.99

# Jennifer Williamson

## Sleep Affirmations

200 Phrases for a Deep and Peaceful Sleep

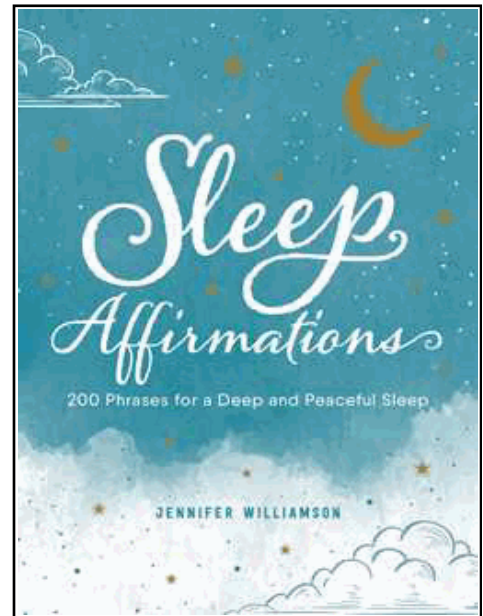
**The perfect bedside companion, with 200 affirmations that will help you get to sleep—and stay asleep—and wake up refreshed.**

One out of three American adults have trouble getting to sleep each night—chances are you've spent some nights either tossing and turning, or waking up in the middle of the night and not being able to get back to sleep.

This book helps you get into the best mindset for sleep, allowing you to enjoy deeper, more restful sleep through the power of 200 short affirmations, easily accessible in a flip-through format. These soothing messages will encourage you to leave the stressors of the day behind—and get ready to embrace the possibilities of tomorrow.

---

Jennifer Williamson is the writer and creator for the website AimHappy.com, a blog which seeks to support those in need of healing messages of hope and inspiration. She lives in Spencer, Massachusetts.



### HARDCOVER

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### OTHER FORMATS

eBook: 9781507207611, \$9.99

**Brian Dunning**

# **Conspiracies Declassified**

The Skeptoid Guide to the Truth Behind the Theories

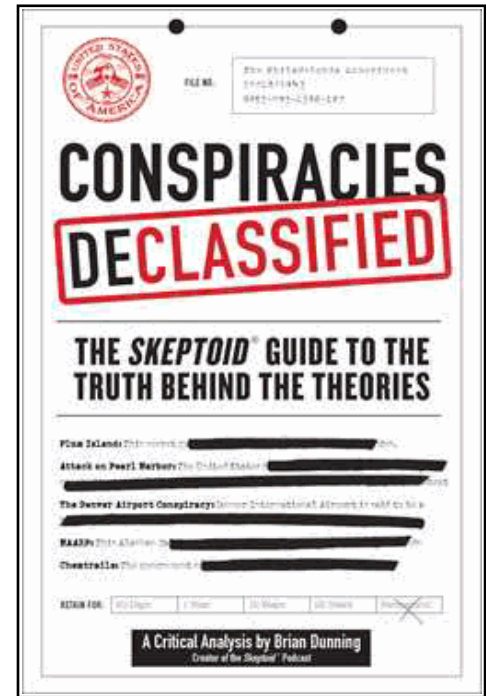
**A collection of the wildest conspiracies to ever exist, from mind control experiments to lizard people, this book explores, debunks—and sometimes proves—the secret stories that don't quite make it into the history books.**

What's fact and what's fiction? With conspiracy theories, sometimes it's hard to get to the truth!

In *Conspiracies Declassified*, author and expert skeptic Brian Dunning explains fifty true stories of famous conspiracies throughout history. From the moon landing hoax, to chemtrails, to the mind control dangers of fluoride, Dunning is here to sort the truth from the lies to tell you what really happened.

---

Brian Dunning is a science writer and the current host and producer of the podcast *Skeptoid: Critical Analysis of Pop Phenomena* (Skeptoid.com). He has lectured on conspiracy theories at universities nationwide and in Germany and Australia, including an annual appearance at a national security course at American University in Washington DC. He has appeared on numerous radio shows and television documentaries, and also hosts the science video series *inFact with Brian Dunning*. He is a member of the National Association of Science Writers. He lives in Bend, Oregon.



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**Judy Ann Nock**

## **The Modern Witchcraft Book of Natural Magick**

Your Guide to Crafting Charms, Rituals, and Spells from the Natural World

The magic of witchcraft never dies. Harness the power of nature-based magick, including herbal charms and remedies, cleansing rituals, crystal healing, astrology, and more with this new guide in the popular Modern Witchcraft series—perfect for millennials.

Modern-day interest in witchcraft and wicca isn't surprising—who wouldn't want to focus their energy into rituals of change and healing in today's troubled and chaotic times? Right now, many of the most popular types of magick are nature-based.

This fun and practical book includes methods to help you connect with the Earth mother and your own natural self. Each chapter focuses on a different type of nature magick, from seed magick to the magick of the sun, of water, of the moon, and more—and every topic includes its own accompanying spells, charms, rituals, and meditations.

*The Modern Witchcraft Book of Natural Magick* is your complete guide to everything you'll need to know about nature-based magick to fully embrace your spiritual and natural self.

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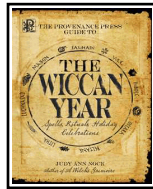
Judy Ann Nock is a Wiccan High Priestess and founder of a goddess spirituality group. She has a degree in creative writing and theater. The author of *A Witch's Grimoire*, her work on feminist spirituality has also been profiled in *The Village Voice*. She lives in New York, New York.

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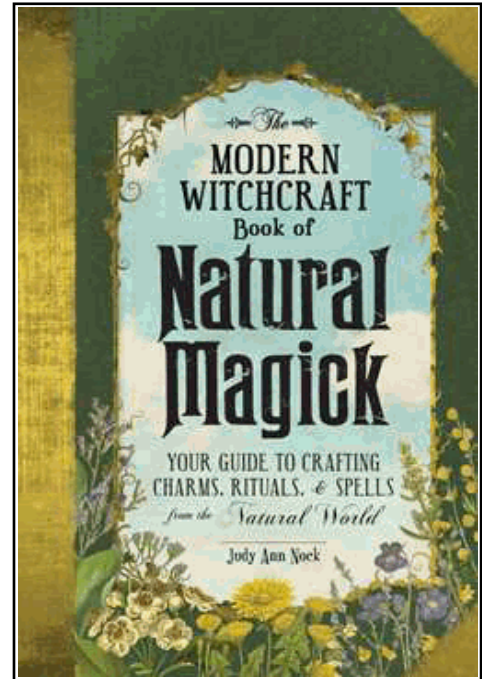
*The Modern Witchcraft Guide to the Wheel of the Year*

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*The Provenance Press Guide to the Wiccan Year*

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\$13.99/\$18.99 Can.



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Body, Mind & Spirit

6 x 9, 240 pages

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### **OTHER FORMATS**

eBook: 9781507207215, \$10.99



**Dan Scanlan**

## **How to Play Ukulele**

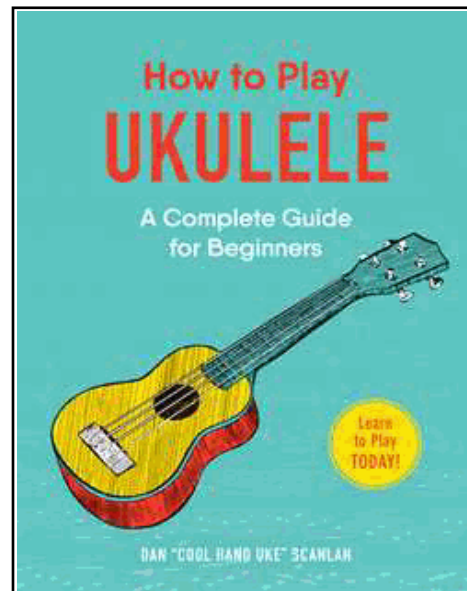
A Complete Guide for Beginners

**Learn to play the ukulele with this beginner's guide that features information about basic techniques, tools, and music knowledge.**

What do George Clooney, Zooey Deschanel, Ryan Gosling and James Franco all have in common? Answer: they all play the ukulele and now, with this easy step-by-step guide, you can too! With just this book and your ukulele in hand, you'll learn basic music skills, how to care for your instrument, and how to play some simple tunes. Whether you're looking to impress your friends with spontaneous singalongs, or just want to strum solo, *How to Play Ukulele* is the perfect entryway to the wonderful world of ukulele.

---

Dan Scanlan has been many things—an English teacher, news reporter, songwriter, software programmer, layout artist, community radio personality—but the ukulele has been with him for more than sixty years. His Strum Bums ukulele orchestra was featured in the *Mighty Uke* documentary, and he coordinated the return of the ukulele to its ancestral home in Madeira Island, Portugal in 1998, culminating in a performance at the Lisbon World's Fair. He also authored the interactive ebook *Cool Hand Uke's Way To Love Uke!* Dan has taught the ukulele for thirty years and has several thousand online ukulele students in seventy-two countries. Visit him at [CoolHandUke.com](http://CoolHandUke.com).



### **PAPERBACK**

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Music

7 x 9 1/8, 176 pages

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### **OTHER FORMATS**

eBook: 9781507207505, \$10.99

**Seth Brown**

## **The Little Book of Mahjong**

Learn How to Play, Score, and Win

**Disconnect from a device-oriented world and rediscover the classic Chinese game of mahjong—while improving focus, creativity and stimulating memory—with this comprehensive yet gifty guide that includes all the basics of the game, tips and techniques on how to play, and strategies to win both international mahjong and American mahjong.**

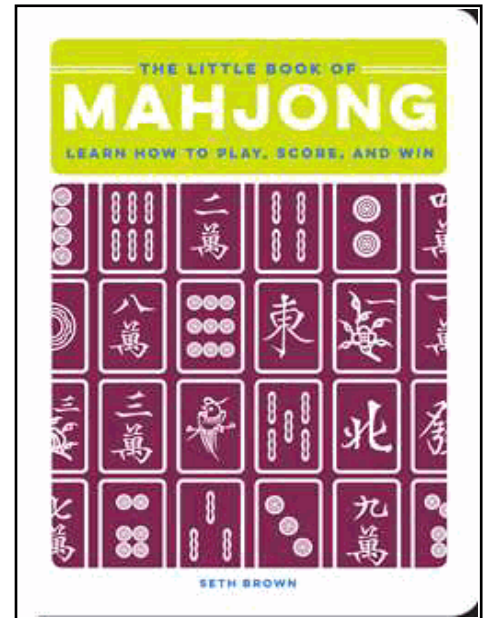
The classic game of mahjong was created over 2,000 years ago during the Qing Dynasty in China, but recently, it's experiencing a renaissance. No longer reserved for older players, mahjong is being rediscovered by millennials and is recognized for its ability to improve brain function, and reduce symptoms of cognitive diseases like dementia.

Learning any new game can be difficult, especially one as complex as mahjong, which includes over dozens of tiles with different meanings. But whether you are a complete novice or a casual player looking to brush up on mahjong skills and techniques, *The Little Book of Mahjong* can help you get ahead in this classic game, whether you are playing international mahjong or American mahjong.

With a comprehensive breakdown on all of the various tiles involved in the different versions of the game, explanations of what each tile means, detailed information on scoring, tips on how to improve your skills, and strategies for winning, this guide is perfect for mahjong players both new and old. Including a brief history of the game and its significance as well as full-color photos of game pieces and game objectives, you'll become a mahjong master in no time.

---

Seth Brown is a lifelong gamer and writer. He has written gaming strategy articles and reviews for various sites ranging from BestDangGames to About.com. He has co-designed and play-tested various independent games, owns over 300 board games, and spends an inordinate amount of time on BoardGameGeek. In the writing world, Seth's award-winning humor column "The Pun Also Rises" has been running for over fifteen years across various newspapers, and currently appears in the *Berkshire Eagle*. He is a cowriter of two award-winning musicals, the author of five books, and by the time you read this, he is already working on another book about board games. He lives in North Adams, Massachusetts.



### **HARDCOVER**

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Games

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

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### **OTHER FORMATS**

eBook: 9781507207406, \$10.99

**Britt Brandon, CFNS, CPT**

## **Apple Cider Vinegar Drinks for Health**

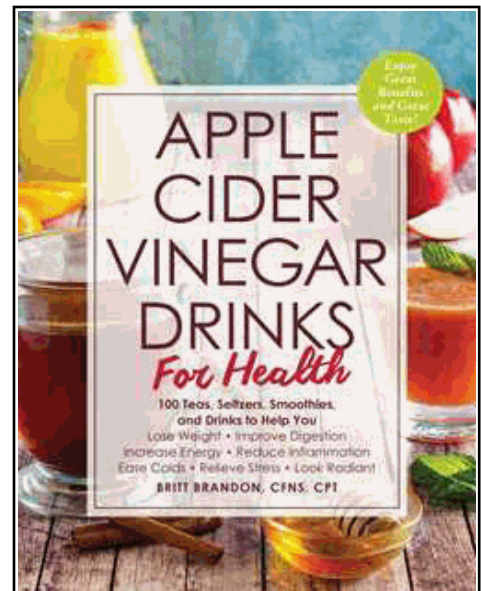
100 Teas, Seltzers, Smoothies, and Drinks to Help You • Lose Weight • Improve Digestion • Increase Energy • Reduce Inflammation • Ease Colds • Relieve Stress • Look Radiant

Enjoy the many benefits of apple cider vinegar—including weight loss, increased energy, glowing skin, better digestion, and improved immune system function—with these 100 delicious drink recipes.

Apple cider vinegar is one of the most popular home remedies—for good reason. This all-natural liquid can help with everything from cholesterol to weight loss to varicose veins while also offering numerous natural beauty solutions to promote healthy skin, hair, and nails.

Utilizing the numerous benefits of apple cider vinegar has never been easier, thanks to *Apple Cider Vinegar Drinks for Health*. From satisfying smoothies, to soothing hot drinks, to refreshing tonics, these one hundred recipes are a delightful way to add variety to your daily health routine and gain benefits including better digestion, increased energy, and reduced inflammation. Learn how to receive the maximum health benefits including the best time to drink apple cider vinegar and the optimal amount needed for effective results. Each chapter offers drink recipes designed to provide a specific health benefit on everything from detoxification, to cold and sinus relief, to anti-aging, and much more.

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



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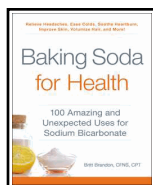
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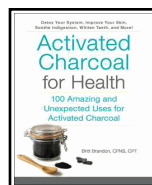
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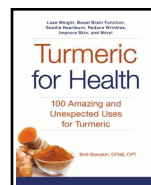
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**Dean Regas**

# 100 Things to See in the Southern Night Sky

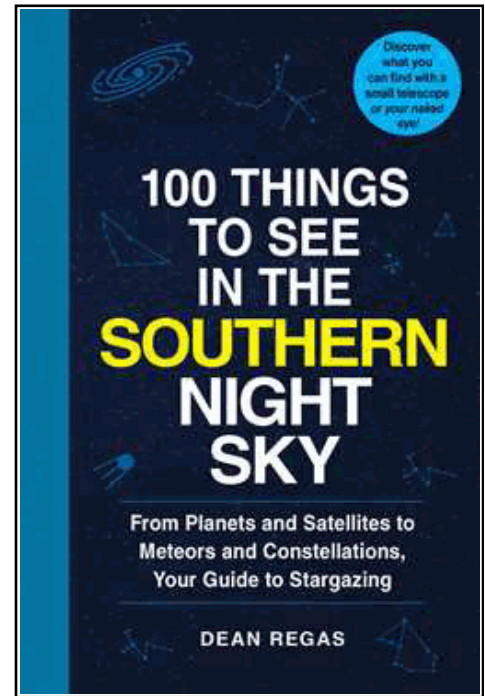
From Planets and Satellites to Meteors and Constellations, Your Guide to Stargazing

**A handy field guide for the optimum stargazing experience, whether you're travelling, camping, or in your own backyard!**

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

*100 Things to See in the Southern Night Sky*—especially for those south of the equator—includes background information on the makeup, appearance, and history of each celestial object, along with easy-to-follow instructions on the best way to catch a glimpse of these cosmic glories. With this helpful guide you'll have the world on a string—or more precisely, the sky in your hands.

Dean Regas has been the astronomer for the Cincinnati Observatory since 2000 and the cohost of the syndicated astronomy program *Star Gazers* since 2010. Dean is a contributing editor to *Sky and Telescope* magazine and a contributor to *Astronomy* magazine, where he won the 2008 “Out-of-this-World” Award for astronomy education. Dean has written over 100 astronomy articles for the *Cincinnati Enquirer*, blogs for the *Huffington Post* and is regularly featured on television and radio. Since 2012, Dean has been a frequent guest on National Public Radio's Science Friday with Ira Flatow.



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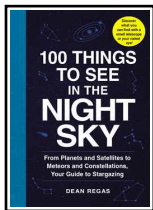
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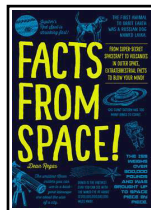
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**Brent Manley**

## **The Little Book of Bridge**

Learn How to Play, Score, and Win

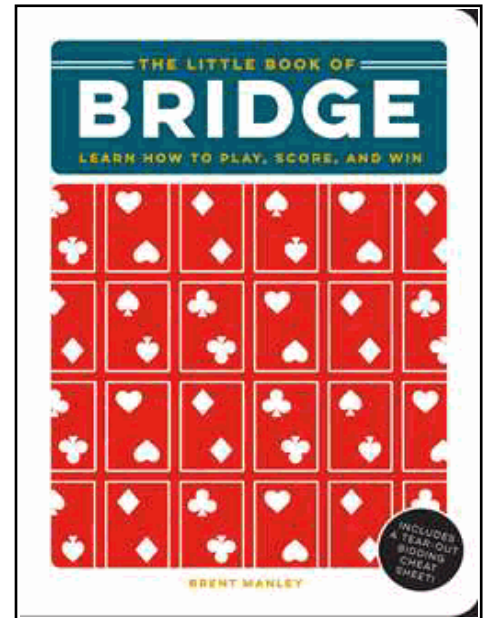
A comprehensive guide to the classic card game of bridge, including an overview of the basics, tips and techniques how to play—and strategies to win; perfect for new bridge players and experienced pros alike.

Bridge is all about memory, bidding, and skill. It is one of the most popular card games in the world, and is played by millions of people worldwide in tournaments, clubs, and cruises, as well as online. New to the world of bridge? No problem! Learning any new game can be challenging, especially one as complicated as bridge. But mastering a complex game can be very rewarding. Whether you are a complete novice or a casual player looking to brush up on your skills and techniques, *The Little Book of Bridge* can help you play your cards right and get ahead in this classic game.

With a comprehensive breakdown of all the cards involved in the game, detailed information on scoring, tips on how to improve your skills, strategies for winning, and a tear-away cheat sheet, this guide will have even the newest bridge enthusiast winning in no time flat.

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Brent Manley is the editor-in-chief of *The Bridge Bulletin*, the bridge magazine with the world's largest circulation published by the American Contract Bridge League. He has been on the staff of the magazine since 1989 and has been editor since 1997. A tournament bridge player since 1975, his master point holdings put him in the top five percent of tournament players. He has written extensively about the game for more than a decade and edited most of the world's best-known bridge writers. He lives in Memphis, Tennessee.



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# Beth Skwarecki

## Genetics 101

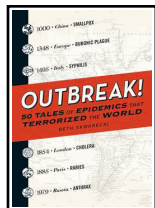
From Chromosomes and the Double Helix to Cloning and DNA Tests, Everything You Need to Know about Genes

A clear and straightforward explanation of genetics in this new edition of the popular 101 series.

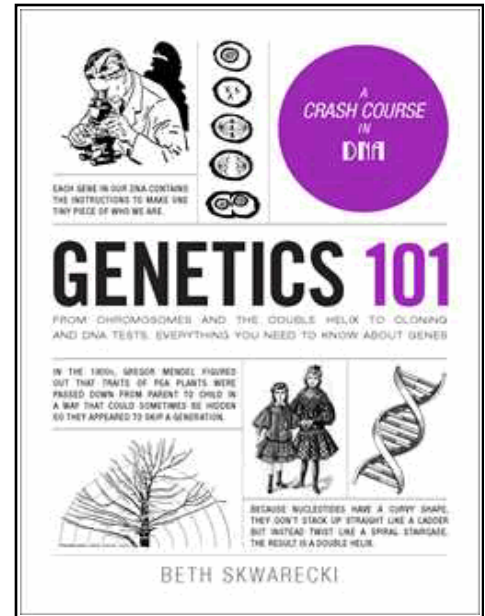
Our genetic makeup determines so much about who we are, and what we pass on to our children—from eye color, to height, to health, and even our longevity. *Genetics 101* breaks down the science of how genes are inherited and passed from parents to offspring, what DNA is and how it works, how your DNA affects your health, and how you can use your personal genomics to find out more about who you are and where you come from.

Whether you're looking for a better scientific understanding of genetics, or looking into your own DNA, *Genetics 101* is your go-to source to discover more about both yourself and your ancestry.

Beth Skwarecki is the health editor at LifeHacker.com. She also runs their health vertical, Vitals. She has previously worked as a freelance health and science writer and her work has been featured on *Medscape*, *Performance Menu*, *Public Health Perspectives*, *Bitch* magazine, the *Pittsburgh Post-Gazette*, *Science*, and *Scientific American*. She is the author of *Outbreak! 50 Tales of Epidemics that Terrorized the World* and *Genetics 101*.



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Agatha Noveille

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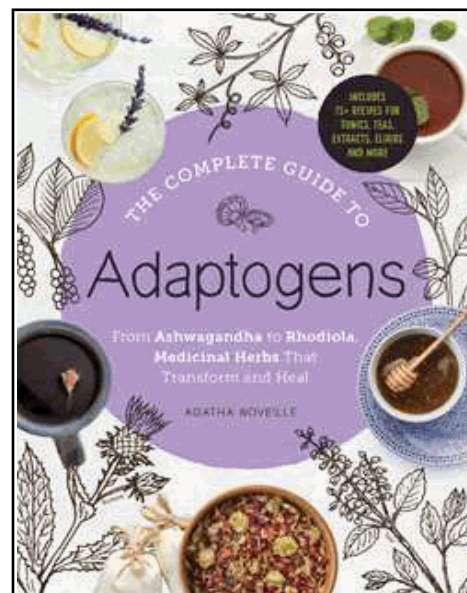
From Ashwagandha to Rhodiola, Medicinal Herbs That Transform and Heal

In the tradition of the bestselling *Alchemy of Herbs*, *The Complete Guide to Adaptogens* details the benefits of twenty-four adaptogenic herbs, and includes more than seventy-five recipes that target specific wellness categories such as sleep, mental focus, beauty—and more!

Adaptogens are a unique class of herbs that greatly improve your body's reaction to emotional and physical stress, while also increasing your energy, stamina, endurance, and mental clarity. Recent studies support what practitioners of Indian Ayurveda and traditional Chinese medicine have known for centuries—these herbs such as Rhodiola, ginseng, licorice, and more, have many health and wellness benefits and are safe for long-term use. Whether you're interested in honing your mental abilities to a razor-sharp level, want to boost your athleticism, or are looking for ways to elevate your healthy lifestyle, adaptogens have so much to offer for everyday well-being.

In *The Complete Guide to Adaptogens*, you'll learn about the numerous benefits of twenty-four popular adaptogenic herbs, including Rhodiola, Ashwagandha, Maca, He Shou Wu, and Holy Basil. You'll also find more than seventy-five easy recipes for potions and remedies to improve sleep, mood, mental focus, immune function, stamina, as well as general wellness and beauty. These all-natural, safe remedies fight the effects of chronic stress, while restoring your body's balance, health, and vitality.

Agatha Noveille is the founder of the Common Branch Herb School, a grassroots herbal classroom that promotes herbs as a way to safeguard community health and resilience. In addition to writing her own blog, *The Independent Herbalist*, Agatha is part of the writing team at *The Herbal Academy*. She writes regular posts for *The Survival Mom* blog, and has contributed articles to a variety of magazines and periodicals, including MindBodyGreen.com and *From Scratch* magazine. She lives in Dalton, GA.



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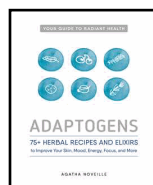
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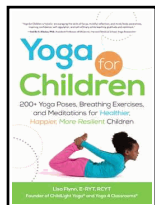
**Lisa Flynn**

## **Yoga for Children--Yoga Cards**

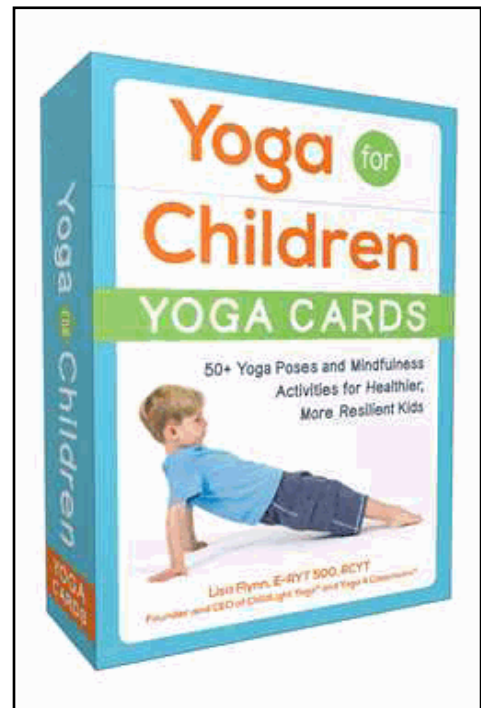
50+ Yoga Poses and Mindfulness Activities for Healthier, More Resilient Kids

Teaching your child yoga is easy with these 50+ pose and activity cards—based on Lisa Flynn’s continually popular book *Yoga for Children*.

*Yoga for Children* encourages your child to learn about yoga with an attentive, loving, at-home instructor—you! Expand your yoga practice to your littlest ones with this card deck of over 50 yoga poses and activities. Complete with full-color photographs and instructional scripts, *Yoga for Children—Yoga Cards* will help build your child's confidence, self-awareness, and focus while strengthening your connection—one yoga session at a time.



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**Melanie St. Ours**

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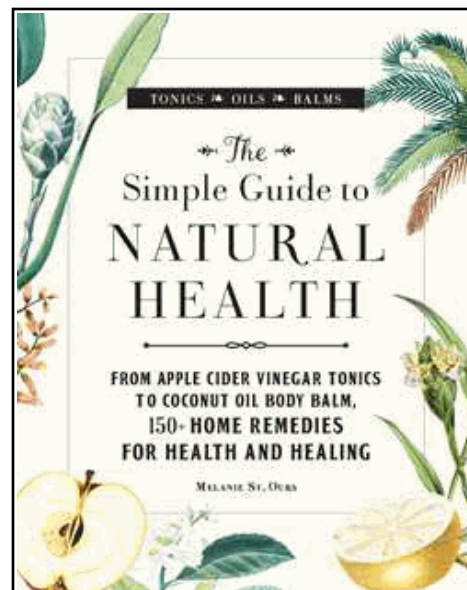
**Treat your aches and pains with these simple, all-natural solutions for headaches, colds, minor burns, acne, and more.**

*The Simple Guide to Natural Health* provides the latest information on eco-friendly products and all-natural remedies such as apple cider vinegar, coconut oil, and various essential oils.

Within this book, you'll find treatments you can make or take and simple techniques to apply anywhere, like targeting certain pressure points to relieve a headache. Using a series of homemade recipes and alternative treatments, you'll learn to care for common injuries and sicknesses with healthy, natural ingredients.

---

Melanie St. Ours is a clinical herbalist specializing in women's health and mental health. She is the founder of Psyche & Soma LLC, the home of her private herbal practice since 2012, and her writing has been published in the *Journal of the American Herbalist's Guild*, *MindBodyGreen*, and *Elephant Journal*. For more information and free resources, visit [PsycheandSoma.com](http://PsycheandSoma.com).



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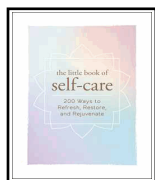
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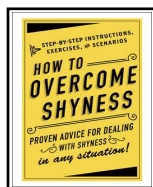
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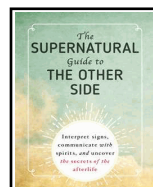
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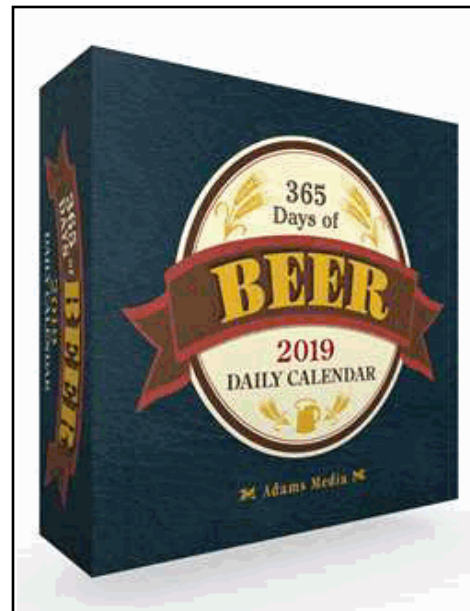
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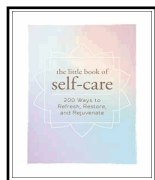
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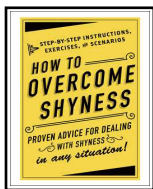
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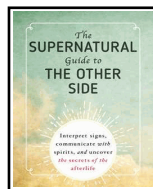
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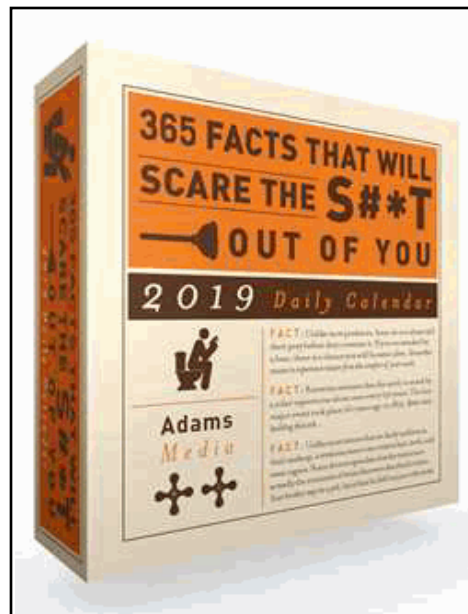
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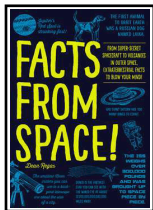
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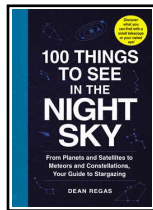
Dean Regas

## 365 Facts from Space! 2019 Daily Calendar

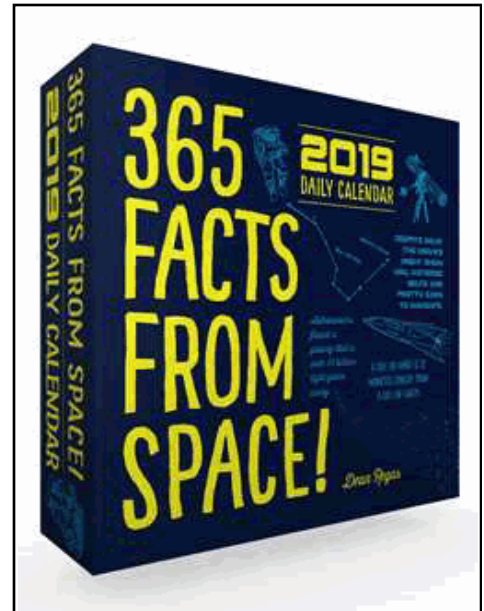
Dean Regas has been the astronomer for the Cincinnati Observatory since 2000 and the cohost of the syndicated astronomy program Star Gazers since 2010. Dean is a contributing editor to *Sky and Telescope* magazine and a contributor to *Astronomy* magazine, where he won the 2008 “Out-of-this-World” Award for astronomy education. Dean has written over 100 astronomy articles for the *Cincinnati Enquirer*, blogs for the *Huffington Post* and is regularly featured on television and radio. Since 2012, Dean has been a frequent guest on National Public Radio’s Science Friday with Ira Flatow.



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David Dillard-Wright, PhD

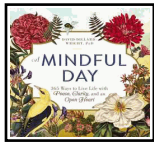
## A Mindful Day 2019 Daily Calendar

365 Meditations to Inspire Peace & Balance

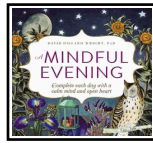
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David Dillard-Wright, PhD, teaches philosophy, religion, and ethics at the University of South Carolina, Aiken. His academic work focuses on philosophy of the mind and animal ethics. His practice in meditation originated in the Trappist tradition of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

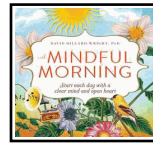
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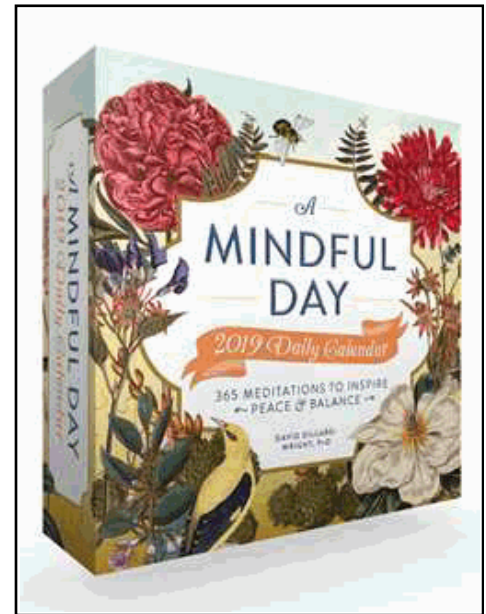
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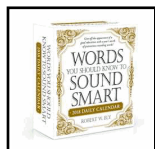
**Robert W. Bly**

# Words You Should Know to Sound Smart 2019 Daily Calendar

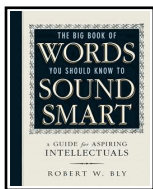
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Robert W. Bly, a full-time freelance writer since 1982, is the author of over eighty-five books, including *The Ultimate Unauthorized Star Trek Quiz Book* and *The Science in Science Fiction*. Bly holds a BS in chemical engineering from the University of Rochester and has published more than one hundred articles in numerous periodicals, including *Cosmopolitan* and *Writer's Digest*.

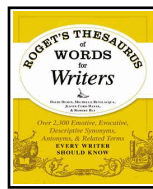
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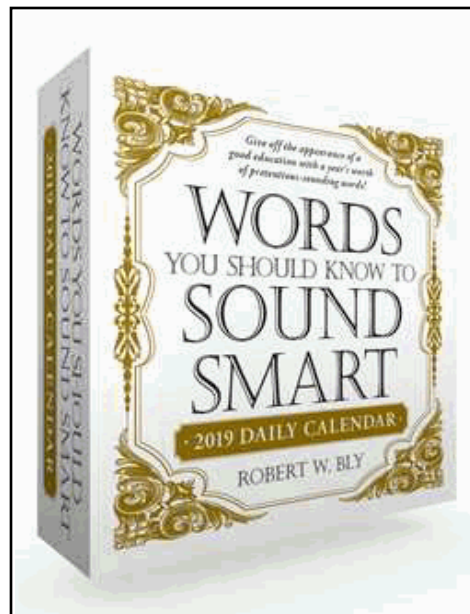
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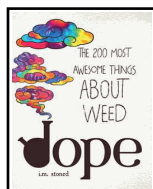
**I.M. Stoned**

## **Weed 2019 Daily Calendar**

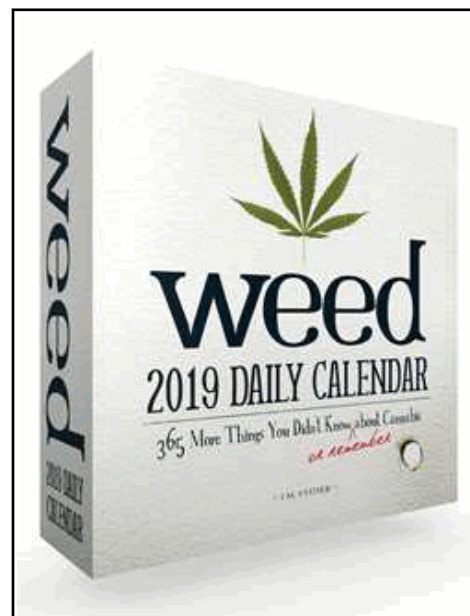
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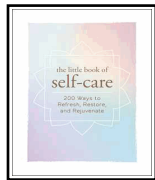
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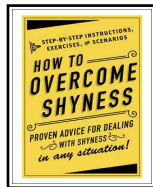
# I Am a Feminist 2019 Daily Calendar

Quotes That Empower

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



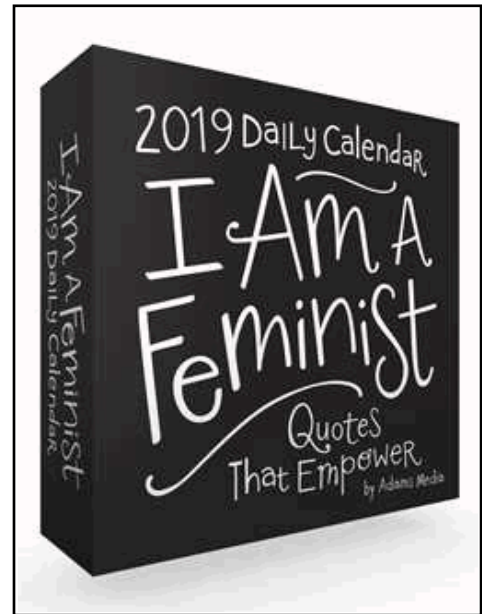
*The Little Book of  
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9781507204917  
\$14.99/\$19.99 Can.



*How to Overcome  
Shyness*  
9781507204979  
\$14.99/\$19.99 Can.



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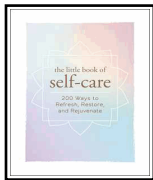


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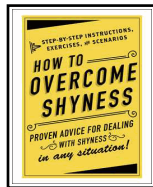
# Simple Acts of Kindness 2019 Daily Calendar

Easy Ways to Make a Difference Today!

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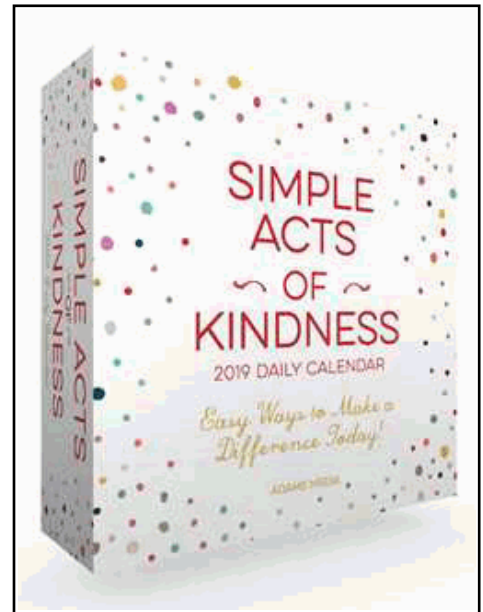
*The Little Book of  
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*How to Overcome  
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9781507204979  
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Daily Calendar*  
9781507202951  
\$14.99/\$19.99 Can.



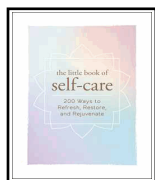
### CALENDAR

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## Adams Media

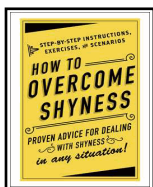
# Gross Jokes 2019 Daily Calendar

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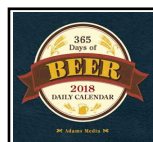
*The Little Book of  
Self-Care*

9781507204917  
\$14.99/\$19.99 Can.



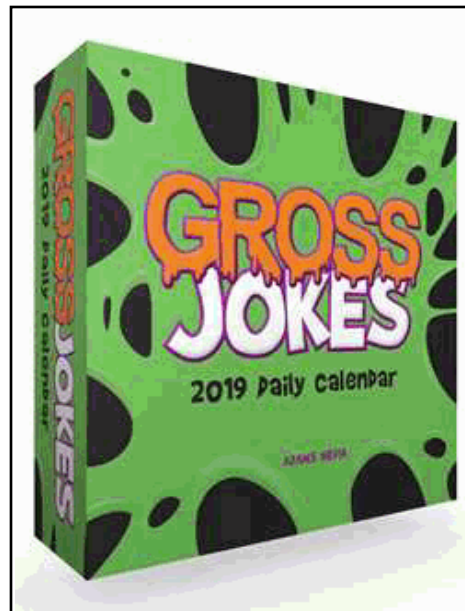
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Shyness*

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*365 Days of Beer 2018  
Daily Calendar*

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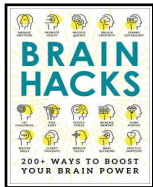
### CALENDAR

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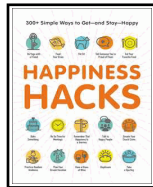
# Adams Media

## Happiness Hacks 2019 Daily Calendar

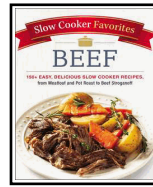
Adams Media provides helpful, funny, and inspiring books on a wide variety of topics, so no matter who you are, we've got you covered. Our editors are just like you—living, loving, and learning every day. Our personal experiences and expertise in our given book categories allow us to bring you some of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



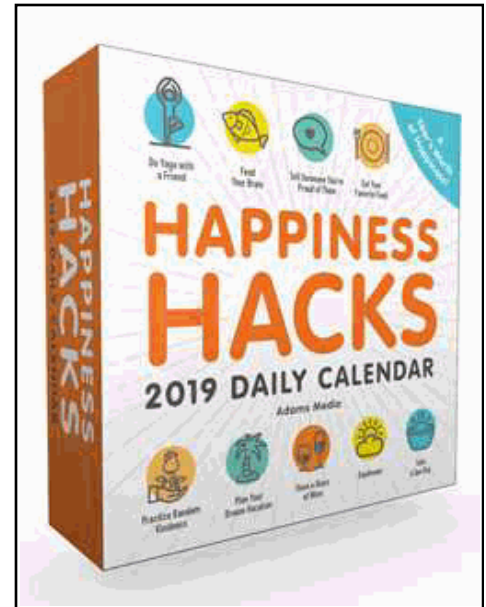
*Brain Hacks*  
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*Happiness Hacks*  
9781507206348  
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*Slow Cooker Favorites  
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\$14.99/\$19.99 Can.



### CALENDAR

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## Aliza Kelly Faragher

# The Mixology of Astrology

Cosmic Cocktail Recipes for Every Sign

Don't wait for the stars to align—find the perfect drink for your astrological sign with the *Mixology of Astrology*, by *Allure* magazine's go-to astrologer, Aliza Kelly Faragher.

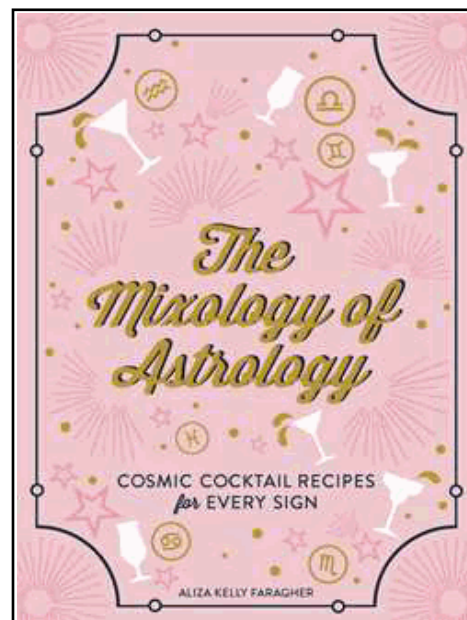
True love is just one martini away...if you're a Leo, that is.

Meet your perfect (cocktail) match with *Mixology of Astrology*. No matter your sign, here you'll find the best drinks for every occasion.

Demystify both the stars and the drink menu with these simple guidelines. Try a French 75 for balanced Libra, suggest something adventurous for carefree Sagittarius, or stick to a classic with an Old Fashioned for Capricorn. When your friends wonder how you always know their perfect drink, you can just tell them it was written in the stars...

---

Aliza Kelly Faragher is a New York City-based astrologer and writer. Aliza's horoscopes and cosmic stories appear in *Allure* magazine, and her work has been featured in numerous publications, including *PAPER*, *Bustle*, *BuzzFeed*, *Refinery29*, *Glamour*, and *Vice Media*. In her private practice, Aliza hosts monthly workshops and has read astrological charts for hundreds of individuals. Aliza can be found at [AlizaKelly.com](http://AlizaKelly.com).



### HARDCOVER

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### OTHER FORMATS

eBook: 9781507208168, \$10.99

# Arin Murphy-Hiscock

## Protection Spells

Clear Negative Energy, Banish Unhealthy Influences, and Embrace Your Power

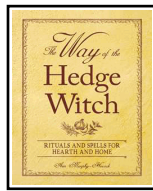
**Banish bad energy, ward off unpleasant people, and defend your stuff, your spirit and your space with this spellbook focused specifically on protection.**

With over 100 spells for protection and defense, and a glossary of protective symbols, stones, and other objects to keep on hand, this book can help you cleanse your room and cast out old negative energies, put a protective and peace-preserving bubble around yourself as you ride the bus, deflect grumpiness and negativity from people you work with—and so much more!

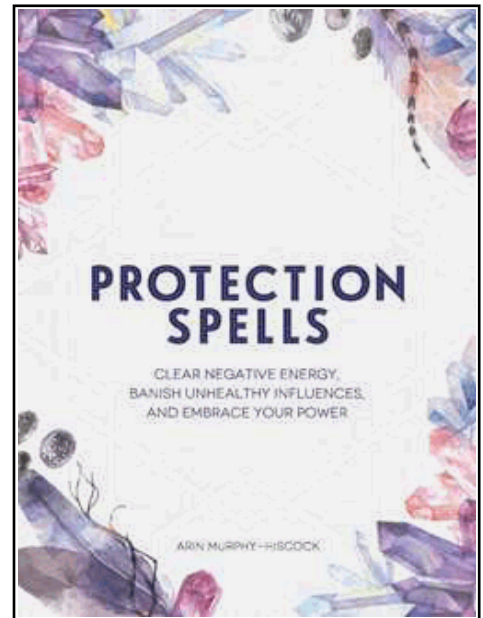
Arin Murphy-Hiscock is the author of *The Way of the Green Witch*, *The Green Witch*, *The Way of the Hedge Witch*, *Pagan Pregnancy*, *Power Spellcraft for Life*, *Solitary Wicca for Life*, and *Birds: A Spiritual Field Guide*. She has been active in the field of alternative spirituality for over twenty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



*The Green Witch*  
9781507204719  
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*The Way of the Hedge Witch*  
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### HARDCOVER

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### OTHER FORMATS

eBook: 9781507208335, \$10.99

**Greg Jacobs**

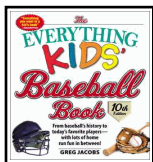
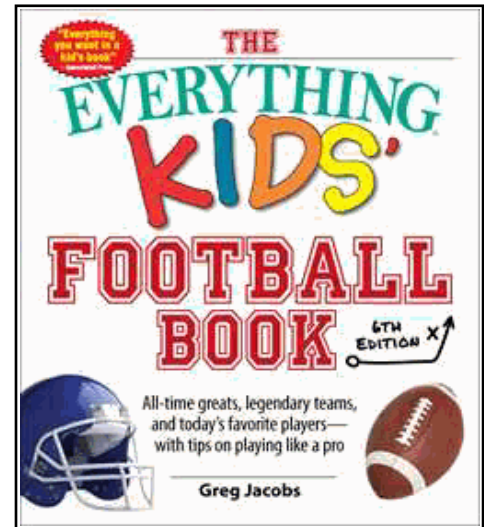
## **The Everything Kids' Football Book, 6th Edition**

All-time Greats, Legendary Teams, and Today's Favorite Players--With Tips on Playing Like a Pro

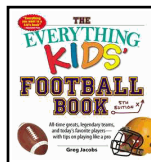
Everything you need to know about America's favorite sport, in a revised edition of *The Everything Kids' Football Book*, complete with up-to-date stats and the latest information on your favorite players and teams!

*The Everything® Kids' Football Book, 6th Edition* is full of the fun, action, and excitement of America's favorite sport—perfect for young football fans! Featuring dozens of puzzles and games, this new edition has current stats for all of your favorite players and teams. This book introduces new football fans to all of the various positions they can play, teaches them the rules and history of the game, and gives them tips to develop their skills. From their first Pop Warner game to the Super Bowl, *The Everything® Kids' Football Book, 6th Edition* is sure to be a touchdown for kids and parents alike!

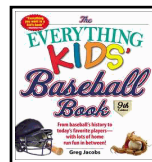
Greg Jacobs is the author of the first five editions of *The Everything® Kids' Football Book*. He is a teacher and coach at Woodberry Forest School. For Woodberry football, Greg has been quarterbacks coach, running backs coach, offensive coordinator, statistician, play-by-play broadcaster, and color commentator. Greg has also worked for STATS, LLC, as a scout, reporter, and statistician.



*The Everything Kids' Baseball Book, 10th Edition*  
9781507206539  
\$9.99/\$12.99 Can.



*The Everything Kids' Football Book*  
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*The Everything Kids' Baseball Book*  
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**OTHER FORMATS**  
eBook: 9781507208496, \$9.99

**Lindsay Boyers, CHNC**

# The Everything Low-Carb Meal Prep Cookbook

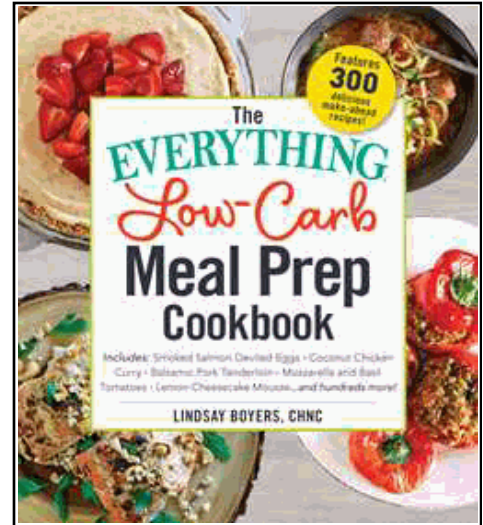
Includes: •Smoked Salmon Deviled Eggs •Coconut Chicken Curry •Balsamic Pork Tenderloin •Mozzarella and Basil Tomatoes •Lemon Cheesecake Mousse ...and hundreds more!

**300 fresh, simple, and easy recipes that combine the benefits of the popular meal-prep trend with the long-standing success of the low-carb diet—as well as a two-week meal plan and shopping guide to make cooking a snap!**

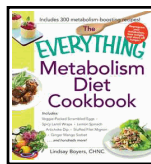
Following a low-carb diet is a great way to get in shape and lose weight. However, it can be hard to cut out familiar staples such as pasta, bread, and other carb-rich foods. That’s where meal prepping comes in. By making all of your food ahead of time, you can protect your diet against impulsive cravings for carbs.

*The Everything® Low-Carb Meal Prep Cookbook* will show you how, with a little advance planning, you can create healthy, low-carb meals for every day of the week to control exactly what you eat. With 300 delicious recipes, you’ll find it easier than ever to get into the habit of prepping your meals—and you’ll save time and money while starting on the path to a healthier diet.

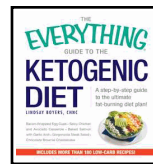
Lindsay Boyers, CHNC is a nutrition consultant with extensive experience in a wide range of dietary therapies including the ketogenic diet. She also specializes in elimination diets, gut health, and identifying food sensitivities in her clients. Lindsay’s articles on nutrition and health have been published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



*The Everything  
Ketogenic Diet  
Cookbook*  
9781507206263  
\$17.99/\$24.99 Can.



*The Everything  
Metabolism Diet  
Cookbook*  
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*The Everything Guide To  
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## PAPERBACK

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Cooking  
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**OTHER FORMATS**  
eBook: 9781507207321, \$11.99

**Stephan Schiffman**

## **Cold Calling Techniques (That Really Work!), 8th Edition**

The updated edition of the bestselling sales guide from sales training expert Stephan Schiffman, with new information on closing the deal in today's modern sales environment.

You may have heard that cold calling has...well...gone cold. But that couldn't be further from the truth. In fact, cold calling is still a very important part of sales, perhaps *the* most important part. At some point in the life of making a sale, you're going to have to employ cold-calling techniques. So, make sure you do it right with this newest edition of *Cold Calling Techniques (That Really Work!)*.

For more than thirty years, Stephan Schiffman, America's #1 corporate sales trainer, has shown millions of salespeople how to close a deal. In this book, he'll show you why cold calling is still a central element of the sales cycle and where to find the best leads. Updated with new information on email selling, refining voice-mail messages, how to handle cellphones and video calls, and online networking, his time-tested advice includes valuable discussion points that you'll need to cover in order to effectively present your product or service and arrange a meeting.

Schiffman teaches you how to use his proven strategies to:

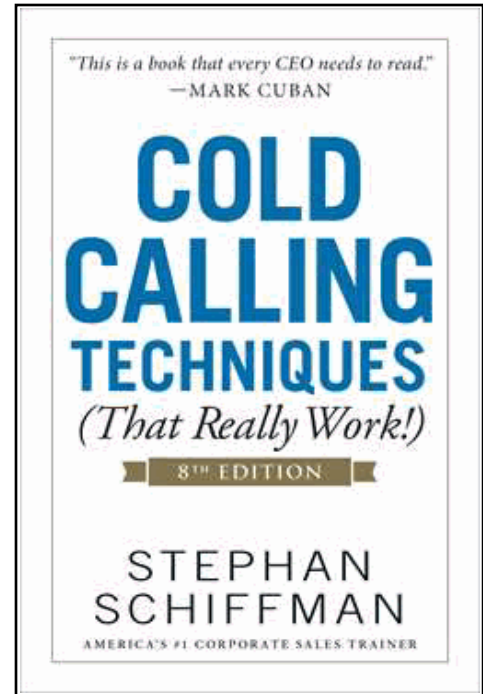
- Turn leads into prospects
- Learn more about the client's needs
- Convey the ability to meet the client's demands
- Overcome common objections

With *Cold Calling Techniques (That Really Work!), 8th Edition*, you'll watch your performance soar as you beat the competition, score a meeting every time, and make a sale!

---

Bestselling author Stephan Schiffman founded D.E.I. Management Group in 1979 and has since led his company to become one of the nation's fastest growing sales training companies. A leader in motivational and sales training, he is a certified management consultant who has trained and consulted with a wide range of international corporations, including IBM, AT&T, Motorola, Sprint, and CIGNA. Schiffman has written over 50 books, which have sold well over six million copies internationally and have guided generations of salespeople through their career challenges. His articles are published frequently in publications such as *The Wall Street Journal*, *The New York Times*, *Sales and Marketing Management*, *Personal Selling Power*, *Corporate Travel Magazine*, and *INC.* magazine. Mr. Schiffman divides his time between managing D.E.I., selling, training, consulting, and product development. He continues to serve as a frequent guest on national radio and television shows, including CNBC's *Smart Money*, *Minding Your Business*, *Steals and Deals*, and *Money Talk*.

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**OTHER FORMATS**

eBook: 9781507208205, \$10.99



**Jessica Misener**

## **Things to Do Before You're 30**

The Try-It-Out, Get-It-Done, Live-It-Up List!

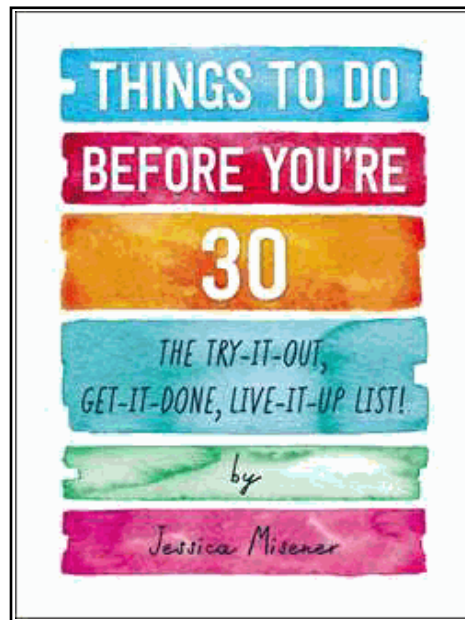
**Make the most of your twenties with this must-have millennial bucket list featuring the essential skills, knowledge, and goals to achieve before reaching the big 3-0.**

There's no time in your life like your twenties. Let *Things To Do Before You're 30* be your tour guide through this weird and wonderful decade, with advice on everything from traveling the world to learning new languages.

In this simple, list-based guidebook, you'll find 600 things to do before turning 30. Get advice for keeping up your health (are you really drinking enough water?), maintaining your relationships, taking care of your home (you're not in college anymore—time to learn how to frame your art and hang it on the wall), and ultimately, becoming the best self you can possibly be, while unclogging drains and changing tires along the way.

---

A native of Ohio and Florida, Jessica Misener is a senior editor whose writing has appeared on *BuzzFeed*, *Huffington Post*, *Cosmopolitan*, *The Atlantic*, and more. She's also worked as a T-shirt folder, dry cleaning assistant, grocery store cashier, librarian, and ancient Greek tutor. She lives in San Francisco, where she regularly eats twice her weight in burritos.



### **PAPERBACK**

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Self-Help

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

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### **OTHER FORMATS**

eBook: 9781507207482, CDN \$11.99

# Shannon Philpott-Sanders

## Screen-Free Fun

400 Activities for the Whole Family

**Fight back against boredom and keep your kids busy and entertained—without staring at a screen—with this handy collection of family activities ranging from DIY projects to outdoor adventures to easy daytrips.**

While technology often offers a quick and easy parenting solution to keep children entertained, too much screen time can negatively affect developmental and social skills, and even lead back to the original problem—boredom.

*Screen-Free Fun* offers over 400 ideas to disconnect from tech devices and reconnect with our families in a healthier way. You and your child can pick from DIY activities to games to weekend outings. Since many of the activities work well for kids at various ages, your family will be able to grow along with the different projects and make plans for both younger and older siblings alike. You can try indoor projects like homemade slime, outdoor activities like building a fort, or learn more about your favorite destinations with activities like a scavenger hunt in your neighborhood or an i-spy game at the zoo. There is also space for your family to add your own favorite activities so you never forget a great idea or memory! From summer vacation to holiday breaks and every rainy day in between, with this book you and your family will always have something fun to do together—without ever having to resort to a tablet, phone, or computer.

Shannon Philpott-Sanders has written extensively about the joys of parenting for local and national newspapers and magazines throughout her fifteen-year career as a freelance journalist. A mother of two, she has dedicated herself to becoming a lifelong learner when it comes to parenting her son and daughter who are now in their late teens.

A graduate of Southern Illinois University Edwardsville, Philpott-Sanders holds a bachelor's degree in journalism and a master's degree in English. When she is not writing and offering tips for fun-filled experiences with children, she serves as an associate professor of English at St. Louis Community College – Meramec and advises the student-run newspaper. She also writes on her website, ShannonPhilpott.com.



### PAPERBACK

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Family & Relationships

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### OTHER FORMATS

eBook: 9781507206003, CDN \$11.99

**Jenny Mecher**

## **Count Your Rainbows**

A Gratitude Journal

**This beautifully styled journal will encourage you to embrace a mindset of gratitude through inspiring quotes, art, and writing prompts.**

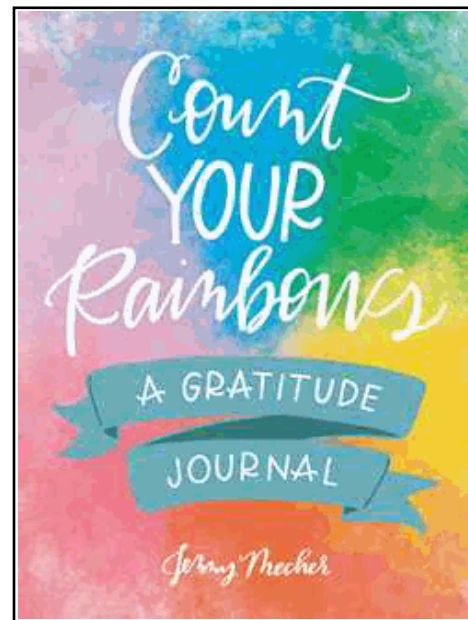
Our thoughts are our most powerful possessions. They drive our actions and words and set the course for our days. Recent studies have shown that there are numerous health benefits to expressing gratitude: people who regularly take time to convey thankfulness for their lives experience better sleep, reduced stress, an enhanced sense of well-being and improved heart health.

This gratitude journal will guide your thoughts to see and embrace the positive aspects of your life and help you express appreciation.

Combining beautifully styled inspirational quotes, from beloved luminaries as varied as Cheryl Strayed to Emma Watson to Jack Kerouac, and artwork coupled with thought-provoking prompts to help you positively acknowledge the people, things, and experiences in your life, this stylish and handy journal will help elevate your overall well-being as a result.

---

Jenny Mecher is the founder and designer behind ThreeLetterBirds, an online paper goods, lettering, and calligraphy shop. She lives in Chicago with her husband and two little girls and does all of her design work from home in her cozy apartment near Wrigley Field.



**HARDCOVER**

**On Sale: 04/03/18**

**Adams Media**

**9781507207260**

Self-Help

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

Carton quantity: 24

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

**Michelle Neff**

## **Simple Acts to Save Our Planet**

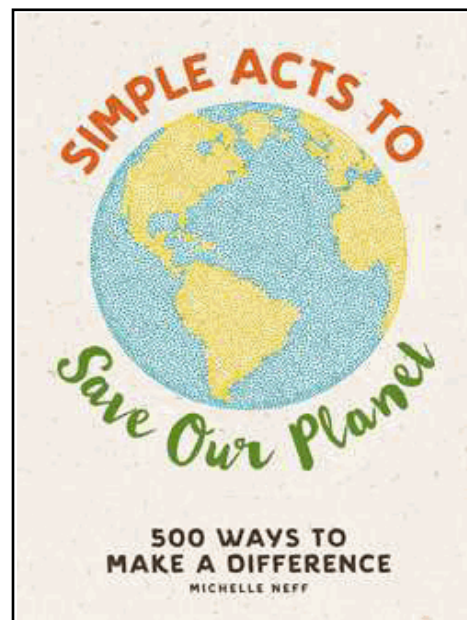
500 Ways to Make a Difference

*Simple Acts to Save Our Planet* shows you how to be more active in saving our planet every day by performing some “Simple Acts of Kindness”—for the Earth.

Treat the environment with kindness with these easy, manageable activities that range from simple home updates, to gardening basics, to supporting the local community. You’ll learn simple techniques to help protect the planet every day, like starting a compost pile to reduce food waste, utilizing travel mugs and reusable containers, and choosing eco-friendly products. By working to implement these simple strategies into your everyday life, you can take an active stand to protect the environment now— and make a real difference for the future.

---

Michelle Neff currently writes for One Green Planet, the leading publishing platform on environmental issues. She resides in Asheville, NC with her husband and two rescue dogs.



### **HARDCOVER**

**On Sale: 04/03/18**

**Adams Media**

**9781507207277**

Nature

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

Carton quantity: 24

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

### **OTHER FORMATS**

eBook: 9781507207284, CDN \$11.99

# Henry Kraemer and Brandon Marcus

## Questions for Deep Thinkers

200+ of the Most Challenging Questions You (Probably) Never Thought to Ask

Blending philosophy and humor, here are 250 thought-provoking, challenging, and strange questions—from the profound “what is the meaning of life?” to the playful “is a hotdog a sandwich?” and everything in between.

Life is complex, confusing, and weird. But have you ever stopped to think about just *how* weird the world around you can be?

For example:

*Which invention has caused the most unhappiness: fire, the wheel, or the internet?*

*If a werewolf landed on the moon, would it touch down as a man or a wolf?*

*When sitting at a movie theater, which armrest is yours?*

*What’s the most untrustworthy animal?*

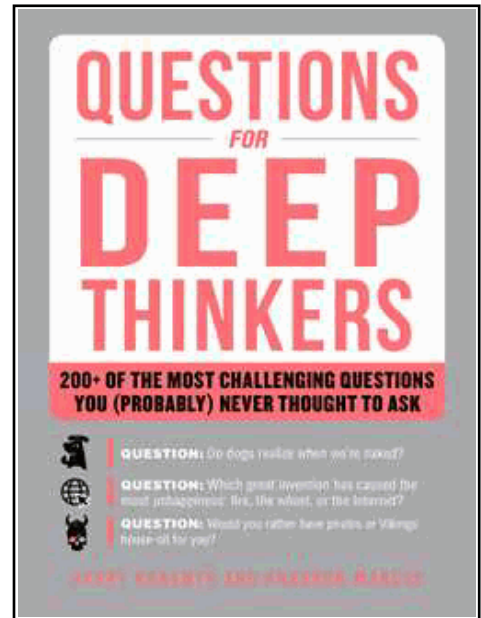
*Would you rather kiss a person with jellybeans for teeth or a banana for a tongue?*

In *Questions for Deep Thinkers*, you’ll find 250 thought-provoking, challenging, and sometimes completely ridiculous questions that you (probably) never thought to even ask. Perfect for large group parties, hanging out with friends, or if you just want a moment to ponder some of life’s absurdities, this collection of head-scratching “deep questions” will leave you either in an argument or saying, “hmm, I never thought of that...”

Don’t let the world’s most pressing mysteries pass you by!

Henry Kraemer is a voting rights activist, community organizer, political prankster, podcast host, and overzealous dog dad. His serious activism (he helped mastermind the successful campaign for America’s first automatic voter registration law) has been covered by the *Nation*, NPR, and *The Washington Spectator*. Meanwhile, his trolling SuperPAC, Americans Against Insecure Billionaires with Tiny Hands somehow captured the attention of *Time*, *USA TODAY*, CBS News, *The Atlantic*, *The Guardian*, *New York* magazine, ABC News, and several dozen other papers of record. He fears it will be included on his tombstone.

Brandon Marcus is a spirited pop culture aficionado whose writing has appeared on several sites including Fandom.com, CHUD.com, NerdBastards.com, and VeryAware.com. He has been soaking in all things movie, TV and music from a young age. He also spends his time complaining about politics, reading comics, and hopelessly rooting on his Los Angeles Lakers.



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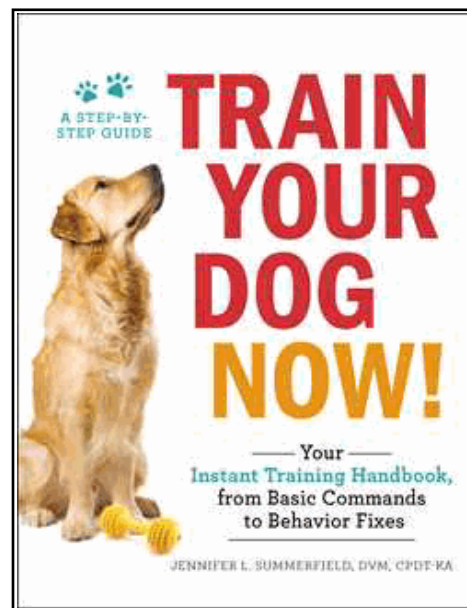
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Jennifer L. Summerfield, DVM CPDT-KA is a veterinarian and professional dog trainer, with a focus on treating behavior problems including aggression, separation anxiety, and compulsive behavior issues. She teaches group classes and private lessons in basic pet dog obedience, agility, rally, and competitive obedience.



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