



# 2020 LONDON RIGHTS CATALOG

New Titles From  
ADAMS MEDIA

**Faith Gorsky and Lara Clevenger**

## **Keto Drinks**

From Tasty Keto Coffee to Keto-Friendly Smoothies, Juices, and More, 100+ Recipes to Burn Fat, Increase Energy, and Boost Your Brainpower!

**125 easy and delicious recipes for low-carb blended drinks—including coffee, juices, milkshakes, smoothies, and more—perfect for any keto craving!**

The search for the perfect keto drink has ended with these 125 recipes for drinks you can enjoy while staying in ketosis!

While typical smoothies, milkshakes, and other blended beverages include sugars and fruits that might prevent you from entering ketosis, that doesn't mean you can't still have your favorite drinks. These keto-friendly recipes focus on low-carb fruits, healthy fats, and a variety of vegetables so you can feel refreshed and satisfied!

In *Keto Drinks* you'll learn to make:

- Blended Toasted Almond Coffee that will give you an early morning boost (and includes homemade toasted almonds)
- Minty Smoothies that are actually filled with veggies and other healthy ingredients
- Blended Beef Bone Broth that's great for gut health and a great source of calcium, protein, and many other nutrients
- And a Cinnamon Dolce Frappuccino that will rival even your favorite coffee shop drinks!

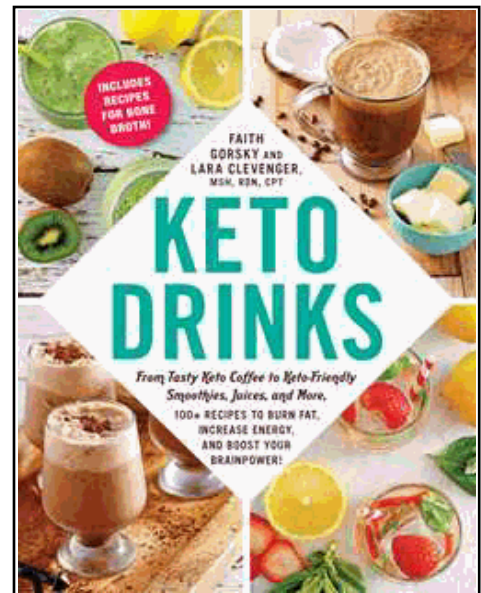
Stay satisfied (and in ketosis) all day long with these with these flavorful, keto-friendly drinks that will curb any craving!

---

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

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

---



### **PAPERBACK**

**On Sale: 04/21/20**

**Adams Media**

**9781507212226**

Cooking

First Print: 45,000

7 x 9 1/8, 176 pages

Carton quantity: 24

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

Jara Kern

# The Infographic Guide to Grammar

A Visual Reference for Everything You Need to Know

Mastering grammar is now easier than ever with this fully illustrated guide that covers the most important rules in grammar and punctuation—making even the most confusing rules easy to understand.

This illustrated guide to English grammar gives you everything you need for a better understanding of how to write and punctuate correctly. From proper comma usage to the correct form of there, their, or they're—understanding grammar has never been easier.

Is it who or whom? Affect or effect? And what is a prepositional phrase? With *The Infographic Guide to Grammar*, you'll learn the answers to all of these questions, and so much more. Filled with colorful, easy-to-understand entries, this book includes topics like:

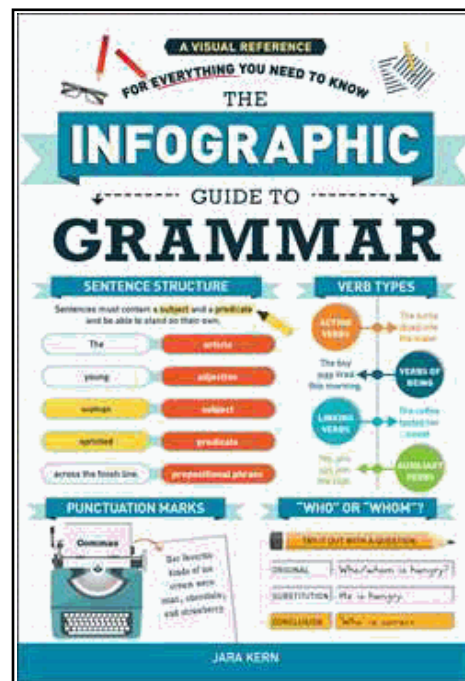
- Basic sentence structure
- The parts of speech
- Common mistakes and how to avoid them

Featuring 50 vibrant infographics explaining everything from subject-verb agreement to the Oxford comma and verb tenses this book breaks down the complicated rules and guidelines for writing the English language and makes them clear and straightforward.

---

Jara Kern tapped her entrepreneurial streak as a kindergartner, when she wrote to Hasbro with the idea for a new line of My Little Pony toys, accompanied by names, marketing copy, and detailed illustrations. While she's moved on from My Little Ponies, her knack for organizing ideas and expressing them in sparkling copy has stayed with her—and helped her nurture a thriving career. When she's not strategizing or writing, you'll find her running trails or learning about birds and bugs with her three children. She holds a degree in music performance from the Oberlin Conservatory of Music and an MBA from the University of Wisconsin-Madison.

---



PAPERBACK

On Sale: 04/21/20

Adams Media

9781507212387

Language Arts & Disciplines

First Print: 45,000

6 x 9, 128 pages

Carton quantity: 40

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

**Constance Stellas**

## **How to Be an Astrologer**

Everything You Need to Interpret Anyone's Birth Chart for a Complete, Accurate, and Revealing Astrological Reading

**Why go to an astrologer when you can *be* an astrologer? Now you can take your astrology knowledge to the next level with this clear, concise, and comprehensive guide to the stars.**

From horoscopes to compatibility breakdowns, astrology is everywhere. But how do you figure out what it all means? And how can it help you better understand yourself and the world around you? The answer may be written in the stars!

*How to Be an Astrologer* explains everything you need to know about the stars, from understanding the astrological year to advice on starting a unique, personalized astrology practice. Simply start with the basics and work your way up through the different aspects of what it takes to run a successful practice. Including a breakdown of your birth chart to how the movement of the planets make an impact throughout the year, this book tackles all the questions you've been wondering.

Sample questions include:

-Is it ever possible—or acceptable—to predict death based on an astrological reading?

-Can astrology help in daily life, for everything from finding my keys to improving my relationships?

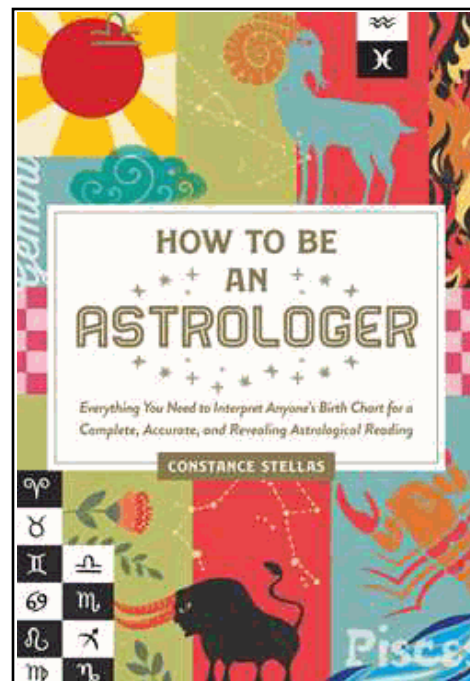
-How can I apply what I've learned and start thinking like an astrologer?

Astrology expert Constance Stellas offers relatable advice to anyone interested in learning more about astrology, getting to know themselves through the zodiac, and providing accurate readings for others. Start your journey to becoming an astrologer today!

---

Constance Stellas is an astrologer of Greek heritage with over twenty-five years of experience. She primarily practices in New York City and counsels a variety of clients, including business CEOs, artists, and scholars. She has been interviewed by *The New York Times*, *Marie Claire*, and *Working Woman* and appeared on several New York TV morning shows and national radio programs. Constance is the astrologer for *Huffington Post* and a regular contributor to *Thrive Global*. She is also the author of several titles, including *The Hidden Power of Everyday Things*, *The Astrology Gift Guide*, *Advanced Astrology for Life*, *The Everything Sex Signs Book*, and the graphic novel series, *Tree of Keys*. Learn more about Constance at her website, [ConstanceStellas.com](http://ConstanceStellas.com), or on Twitter (@StellaStarGuide).

---



### **HARDCOVER**

**On Sale: 04/14/20**

**Adams Media**

**9781507213018**

Body, Mind & Spirit

First Print: 45,000

6 x 9, 276 pages

Carton quantity: 24

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

**Garrett Munce**

## **Self-Care for Men**

How to Look Good and Feel Great

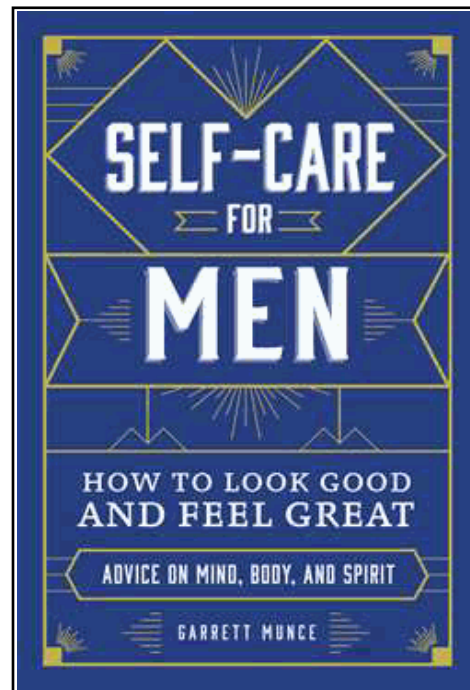
**This straightforward and illuminating guide offers self-care techniques—from skin care to stress relief—designed for modern men who want to live longer, look better, and feel calm, focused, and happy.**

Taking care of your mind, body, and soul is important to living a longer, more satisfying life and helps you feel confident in your daily interactions with others. In *Self-Care for Men*, author Garrett Munce—grooming editor for *Esquire* and *Men's Health* and confirmed self-care practitioner—teaches you how to improve your physical and mental health and overall well-being through these easy and practical tips and exercises—from grooming to meditation—that are proven to work.

Practiced by men like David Beckham, Snoop Dogg, and Adam Levine, self-care is a key component to overall wellness. This helpful guide introduces you to anti-aging products and practices, explains why masks are the HIIT workout of skincare, and shows you how to relax when you're on the go. Offering advice on a range of topics from hair care, supplements, detoxing, the wonders of CBD, improving your energy levels, and more, *Self-Care for Men* will not only help you look and feel better, but live a happier, healthier, and more successful life.

---

Garrett Munce is a writer and editor specializing in men's grooming, beauty, style, and wellness. He is the grooming editor for *Esquire* and *Men's Health*, and was previously grooming director and senior fashion editor at *GQ*. He has also contributed to *Town & Country*, *W*, *Teen Vogue*, *New York* magazine, *Refinery 29*, *Gear Patrol*, and serves as editor-at-large for the men's beauty site *Very Good Light*. He lives in Brooklyn with his husband, their dog, and more skincare products than he knows what to do with.



### **HARDCOVER**

**On Sale: 05/05/20**

**Adams Media**

**9781507212547**

Self-Help

First Print: 45,000

5 1/2 x 8 7/16, 256 pages

Carton quantity: 24

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



**Sam Dillard**

## **The "I Love My Air Fryer" Keto Diet 5-Ingredient Recipe Book**

From Bacon and Cheese Quiche to Chicken Cordon Bleu, 175 Quick and Easy Keto Recipes

**Enjoy your favorite keto dishes faster and easier than ever with these 175 delicious, fat burning, air fryer recipes using only five ingredients or less!**

The keto diet is more convenient (and affordable) than ever! Now you can make fast, delicious whole-food meals that will keep you in ketosis using your favorite kitchen appliance—the air fryer.

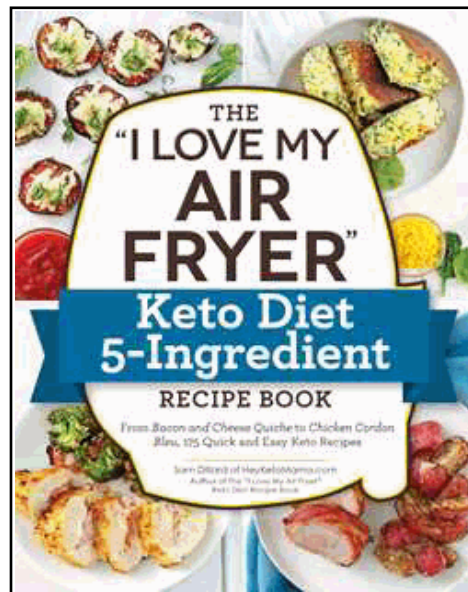
Now you can easily learn how to cook 175 mouth-watering, keto-friendly dishes using only five—or fewer—key ingredients. These recipes are fast, inexpensive, and don't require a lot of prepping or shopping, making them a satisfying, flavorful fit to your busy schedule.

You'll be amazed at the wide variety of keto-friendly dishes you can cook in your air fryer. And rather than adding extra, unhealthy fat, the air fryer uses the beneficial fats already in your food for frying—making it a quick and healthy cooking option for busy people on the keto diet. In *The "I Love My Air Fryer" Keto Diet 5-Ingredient Recipe Book* discover how easy it is to stick to your keto goals and still enjoy every meal of the day.

---

Sam Dillard is the author and photographer behind *Hey Keto Mama*, a food blog that cuts carbs and strikes out sugar without sacrificing yummy flavor. Her recipes have been featured in numerous publications including *Women's Health* and *Brit + Co*. She is the author *The "I Love My Instant Pot" Keto Diet Recipe Book*, *The "I Love My Air Fryer" Keto Diet Recipe Book*, and *Keto Comfort Foods*. Sam lives in Missouri with her husband and two young children.

---



**PAPERBACK**

**On Sale: 05/12/20**

**Adams Media**

**9781507212998**

Cooking

First Print: 45,000

7 x 9 1/8, 224 pages

Carton quantity: 24

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

**Elana Gross Lyn**

## **What Next?**

Your Five-Year Plan for Life after College

**Create a five-year plan that covers all aspects of daily life—including work, finances, and health—with this all-inclusive guide to successfully reaching your goals after college graduation.**

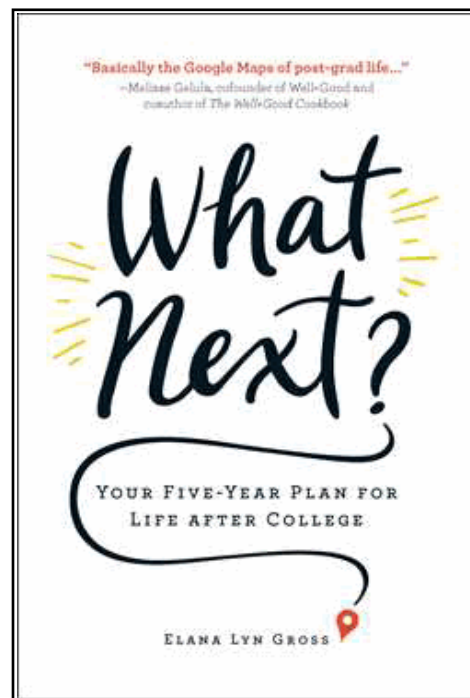
The celebrations have ended and you've finally graduated from college. But the one looming question remains over every recent grad's head: what's next?

In this book, you'll find a detailed guide to putting together a five-year plan to set yourself up for success. No need to stress about having the rest of your life mapped out—instead, you'll focus on how to make the most after graduation so you can thrive in the years to come. Whether you're looking for advice on turning your first job out of college to a long-term career or need some tips on managing your money so you can pay down your student debt (and treat yourself), you'll find all that and more in *What Next?*.

Filled with advice from journalist and lifestyle blogger Elana Lyn Gross, *What Next?* includes all the tools you need to achieve your goals one step at a time. Offering helpful guidance on every aspect of life, you'll have no problem answering the question: what's next?

---

Elana Lyn Gross is a journalist whose writing has been published in *Forbes*, *Fortune*, *Fast Company*, *Entrepreneur*, *Business Insider*, *Glamour*, *Cosmopolitan*, *Elle*, *Women's Day*, *Good Housekeeping*, *Allure*, *Women's Health*, *Teen Vogue*, *Well+Good*, and many more. She is also the author of the popular personal and professional development site, *ElanaLyn.com*. She has a master's degree in journalism from Columbia University and lives on the Upper West Side.



**PAPERBACK**

**On Sale: 04/14/20**

**Adams Media**

**9781507213452**

Self-Help

First Print: 45,000

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

Carton quantity: 40

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

**Tori Press**

## **I Am Definitely, Probably Enough (I Think)**

Revelations on the Journey to Self-Love

**Begin your journey to self-love with inspiring messages of hope as well as actionable moments from Instagram artist Tori Press.**

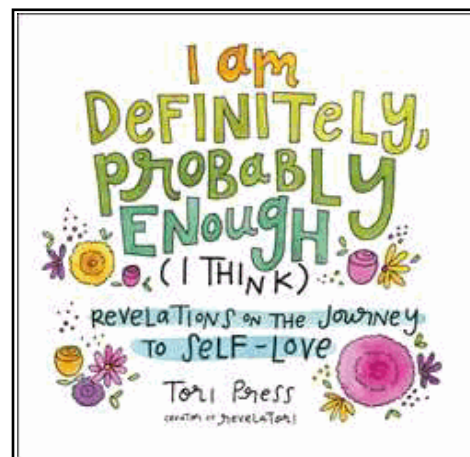
Life is a journey. And even though everyone's journey is different and unique, we all share one thing that binds us together—our search for self-acceptance and self-love.

Half the time, we feel like we have no idea what we're doing—and that's okay. It's something that author and Instagram artist Tori Press knows all too well. In *I Am Definitely, Probably Enough (I Think)*, Press uses the power of image to tackle the major themes in her life that keep her from loving herself—questions about self-worth, fluctuating self-esteem, anxiety, depression, external pressures from society, body image, and so on. She may not have all the answers, but she's trying, and half the time that's all that really matters.

Practicing self-love takes patience, devotion, and a little bit of heart. Now you can be inspired by the honest advice and understanding Press provides to help you continue, or even start, your own journey to self-love.

---

Tori Press is a mother, entrepreneur, yogi, science enthusiast, neurotic human person, and an artist who is still getting used to calling herself an artist. For ten years she worked as a freelance graphic designer before closing down her business and buying a sketchbook and a set of markers to begin drawing pictures inspired by her yoga practice. Since then, she has been on an extraordinary adventure of growth, self-discovery, and human connection. She draws about what it's like to be a human being: the good, the bad, and mostly the vulnerable, and to help herself cultivate more mindfulness, joy, gratitude, and self-acceptance. She hopes her art helps shine a little light for you on your own path as well.



### **HARDCOVER**

**On Sale: 05/19/20**

**Adams Media**

**9781507212905**

Self-Help

First Print: 60,000

6 x 6, 192 pages

Carton quantity: 30

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



**Julia Dellitt**

## **Whatever You Do, Be Happy**

400 Things to Think & Do for a Happy Life

**Banish negative thinking once and for all and shift into a happier, stress-free mindset with these 400 ways to seeing the best in every situation!**

You know you should be staying positive, but how do you get back to your happy place after something sidetracks your thoughts?

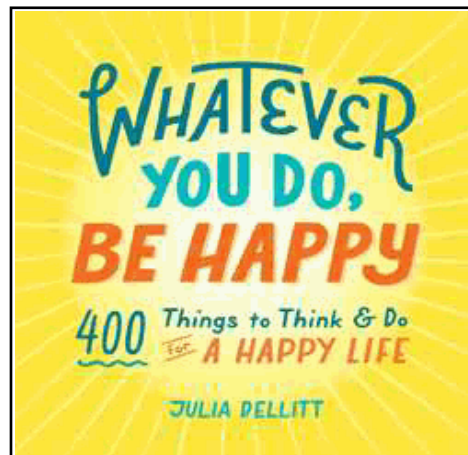
Whether you're having a bad day, are suddenly faced with a difficult situation, or you've found yourself in a bit of a rut, *Whatever You Do, Be Happy* is the perfect guide to getting back to a positive mindset. This book includes 400 totally manageable activities that will bring back your smile with ease! Try finding a quiet space to help you reset from a stressful experience or take a few minutes to focus on your breathing when trying to solve a problem.

You will discover that it doesn't take months of work or a total life overhaul to live a happy lifestyle. All it takes is the simple, actionable advice in this book to start changing your mindset immediately. Start your journey to optimism and happiness now!

---

Julia Dellitt is a freelance writer whose work has been published by *BuzzFeed*, *Forbes*, *SELF*, *Lifehacker*, *Brides*, *The Everygirl*, *Aptiv*, and more. She graduated from the University of Chicago with a master's degree in religion and literature, and from Augustana College with a degree in English and political science. She lives in Des Moines, Iowa, with her husband and two children. To find out more, visit [JulMarie.com](http://JulMarie.com).

---



### **HARDCOVER**

**On Sale: 04/28/20**

**Adams Media**

**9781507213476**

Self-Help

First Print: 45,000

6 x 6, 208 pages

Carton quantity: 40

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

**Courtney E. Ackerman**

## **My Pocket Meditations for Self-Compassion**

Anytime Exercises for Self-Acceptance, Kindness, and Peace

**Silence your inner critic and offer yourself the kindness and acceptance you deserve with these 150 guided meditations to embracing your true self.**

We are often kinder to others than we are to ourselves. But self-compassion is vital to helping you understand your emotions, giving and receiving love, letting go of past mistakes, moving forward with more confidence, and so much more.

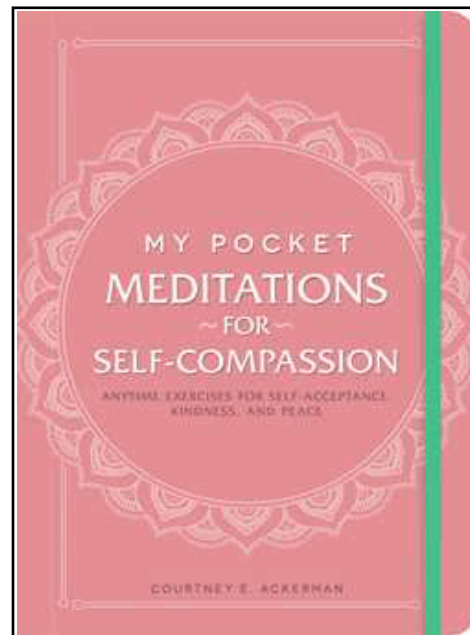
Now you can cultivate and practice self-compassion through 150 guided meditations in *My Pocket Meditations for Self-Compassion*. Learn how to find and express kindness and compassion towards yourself and make peace with your emotions, build your resiliency, and learn not only to accept, but appreciate exactly who you are.

Featuring meditations on self-appreciation, being body positive, accepting love, meeting your emotions, and more, this book will help you start living with more self-awareness, kindness, and peace every day.

---

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

---



### **PAPERBACK**

**On Sale: 06/09/20**

**Adams Media**

**9781507213490**

Self-Help

First Print: 45,000

5 x 7, 176 pages

Carton quantity: 40

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

**Meredith Hooke**

## **Let Forgiveness Set You Free**

A Step-by-Step Workbook for Letting Go of the Pain & Finding Peace

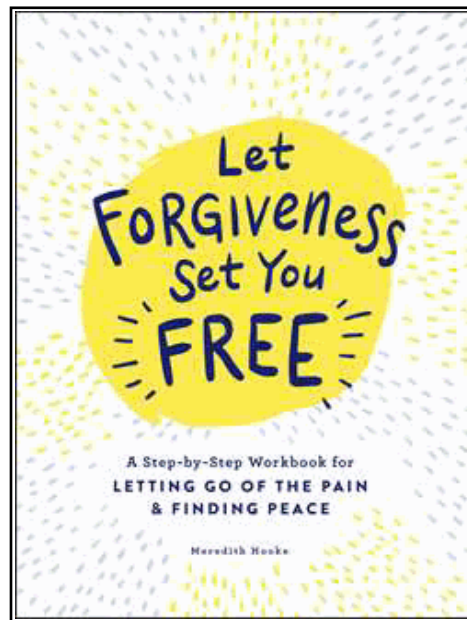
**Let go of anger and learn how to forgive with these journal prompts and self-assessment exercises to get you one step closer to peace, health, and lightness of spirit.**

*I forgive you.* Those three little words can improve your physical and mental health, release anger and resentment, and boost your overall well-being. Research shows that holding on to hurt is toxic to your mind, body, and spirit—increasing your chance of heart disease, inflammation, and depression. The solution is to forgive—but that doesn't mean letting the person who hurt you off the hook!

Through exercises and journaling techniques, certified life coach Meredith Hooke teaches the power and importance of forgiveness. Providing a step-by-step guide, *Let Forgiveness Set You Free* helps you learn to forgive in a satisfying and healthy way so you can move on to a happier and more enjoyable life.

---

Meredith Hooke, founder of ZenSmarts, is a certified life coach and Certified Meditation and Mindfulness Instructor who teaches others how to find peace of mind via workshops in the US and abroad. She has spent more than twenty years studying eastern philosophy, attending intensive meditation retreats, and researching how our minds and brains work. She has been featured on *Tiny Buddha*, *Thrive Global*, and *A Daring Adventure*. Visit [ZenSmarts.com](http://ZenSmarts.com).



**PAPERBACK**

**On Sale: 07/14/20**

**Adams Media**

**9781507213513**

Self-Help

First Print: 45,000

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

Carton quantity: 24

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

## Keith Bradford

# Travel Hacks

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

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

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

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

---

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

---



**PAPERBACK**

**On Sale: 06/02/20**

**Adams Media**

**9781507213520**

Travel

First Print: 45,000

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

Carton quantity: 40

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

**Arin Murphy-Hiscock**

## **The Green Witch's Grimoire**

Your Complete Guide to Creating Your Own Book of Natural Magic

The author of *The Green Witch*, Arin Murphy-Hiscock, shows you how you can create your own green witch grimoire to record your favorite spells, recipes, rituals, and more.

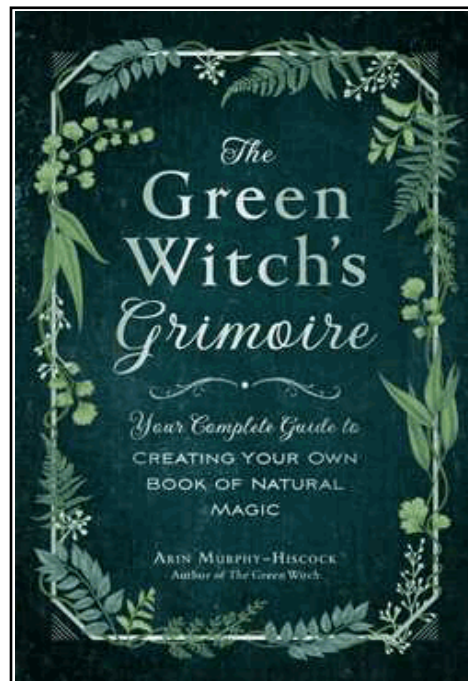
A grimoire is essential for any witch wanting to capture and record spells, rituals, and secret ingredients. And for a green witch, a perfect place to reflect upon the power of nature, and document the stones, plants, flowers, oils, and herbs used in her practice. *The Green Witch's Grimoire* finally is a place for all your prized knowledge.

From favorite spells to recipes, to blessing your grimoire and writing in secret script, you'll make this book of shadows your own. Experienced witch Arin Murphy-Hiscock guides you on your path to creating your own personal book of your most cherished magic. Continue to hone your craft and grow into the green witch you've always dreamed of as you personalize your own *Green Witch's Grimoire*.

---

Arin Murphy-Hiscock is the author of *Spellcrafting*, *Wicca*, *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 *The Hidden Meaning of Birds: A Spiritual Field Guide*. She has been active in the field of alternative spirituality for over twenty years and lives in Montreal, Canada.

---



### **HARDCOVER**

**On Sale: 07/28/20**

**Adams Media**

**9781507213544**

Body, Mind & Spirit

First Print: 50,000

6 x 9, 256 pages

Carton quantity: 24

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



**Diane Ahlquist**

## **Moon Spells Journal**

Guided Rituals, Reflections, and Meditations

**Live by the power of the moon and fulfill your true potential with this guided journal offering magical prompts for self-reflection and personal growth.**

The moon has a powerful influence on our well-being. Each phase of the lunar cycle can impact our moods and emotions, bringing with it an energy that all of us can use to better understand ourselves and our desires. It's time to embrace the moon's energy and use its power for self-reflection and empowerment!

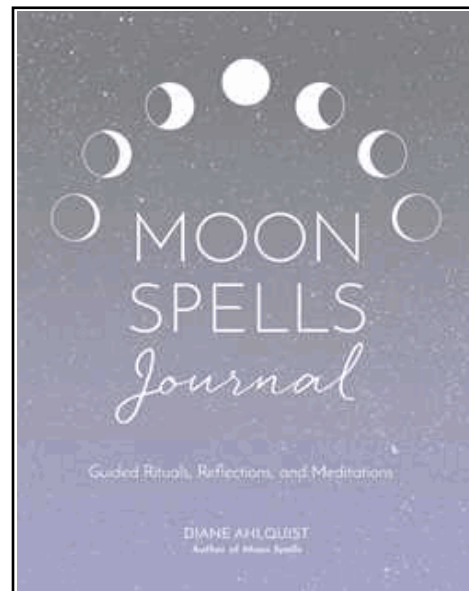
Within the pages of *The Moon Spells Journal*, you will find out how to harness strength from the moon all year round! Every month is devoted to a specific aspiration, and every phase of the moon speaks to that intention. Moon expert and author of *Moon Spells* Diane Ahlquist, offers prompts, spells, and questions for you to ponder during each phase of the moon's cycle. From embracing new beginnings during the New Moon to learning to release negative emotions during the Waning Moon, this guided journal is your next phase in introspection.

Learn to live in tandem with the divine energy of the lunar cycle and let the moon guide your journey to self-discovery one phase at a time!

---

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

---



### **PAPERBACK**

**On Sale: 06/09/20**

**Adams Media**

**9781507213667**

Body, Mind & Spirit

First Print: 40,000

7 x 9 1/8, 192 pages

Carton quantity: 24

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

**Sophie Saint Thomas**

## **The Little Book of CBD for Self-Care**

175+ Ways to Soothe, Support, & Restore Yourself with CBD

**Elevate your self-care routine using the benefits of CBD—or cannabidiol—with these 200 methods to improve your mind, body, and spirit!**

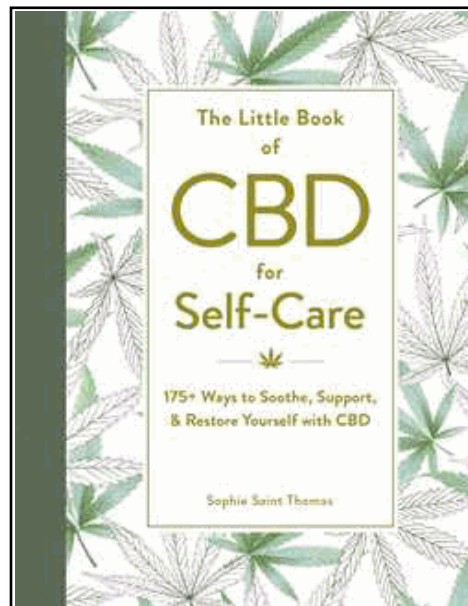
Many people have already been implementing CBD into their self-care routines and are loving all the many soothing benefits it brings. But with so many products and supplements now available in the marketplace, it can be difficult to figure out what will work best for you.

In *The Little Book of CBD for Self-Care* you'll find 200 CBD-powered activities that can boost your self-care experience. From stretching exercises using CBD to soothe sore muscles, to skin-calming face mask recipes, to CBD-fueled smoothie breaks, you'll find all the tools to start feeling your best. Take some much-needed time for yourself with these quick and easy methods to relax and recharge.

---

Sophie Saint Thomas is a freelance writer based in Brooklyn and is originally from the US Virgin Islands. *High Times* named her one of their 2018 "100 Women in High Places" for her writing on cannabis. She has been published in *GQ*, *Playboy*, *VICE*, *Cosmopolitan*, *Forbes*, *Allure*, *Glamour*, *Marie Claire*, *High Times*, *Nylon*, *Refinery29*, *Complex*, *Harper's Bazaar*, *PRIDE Magazine*, *SELF*, and more. She currently lives in Greenpoint with her two marmalade tabby cats, Mama Cat and Major Tom Cat. She has more than one David Bowie tattoo.

---



### **HARDCOVER**

**On Sale: 07/14/20**

**Adams Media**

**9781507213636**

Self-Help

First Print: 40,000

4 1/2 x 6, 224 pages

Carton quantity: 40

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

## Judi Vitale

# Babystrology

The Astrological Guide to Your Little Star

**Learn all about your baby's astrological sign, how it aligns with your own, and what it means for your little star's personality in this delightful guide to baby astrology.**

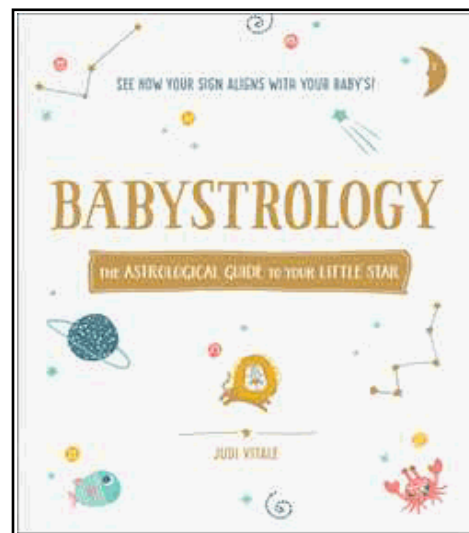
Every baby's uniqueness is mapped out by the stars. So what better way to find out everything about your child than to understand their star sign?

*Babystrology* offers all the cosmic insight you need to raise your radiant little one. From discovering their personality traits and special talents to learning what kind of games they will like to play this book is the perfect guide—or gift—that every new parent needs!

---

Judi Vitale is a writer, speaker, and empowerment coach. Her horoscopes have been published by *Marie Claire*, *Redbook*, *Seventeen.com*, and *Tarot.com*. She is certified as an astrologer by NCGR Professional Astrologers' Alliance. After thirty years in New York City, she now resides near Pittsburgh, PA.

---



### HARDCOVER

**On Sale: 06/16/20**

**Adams Media**

**9781507213797**

Body, Mind & Spirit

First Print: 35,000

6 x 7, 224 pages

Carton quantity: 22

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

**Dean Regas**

## **100 Things to See in the Night Sky, Expanded Edition**

Your Illustrated Guide to the Planets, Satellites, Constellations, and More

Discover the amazing wonders of the night sky with this expanded edition to *100 Things to See in the Night Sky*, perfect for every amateur stargazer and armchair astronomer!

Keep your feet on the ground and experience the night sky to the fullest by exploring planets, satellites, and constellations with this all-inclusive reference guide to space. *100 Things to See in the Night Sky, Expanded Edition* is full of information on the many amazing things you can see with a telescope, or just your naked eye!

From shooting stars to constellations and planets to satellites, this book gives you a clear picture of what you can see on any given night. Learn about the celestial bodies that have captured people's imaginations for centuries, with specific facts alongside traditional myths and beautifully illustrated photographs and star charts that will help you know where to look for the best view.

With this illuminating guide, you'll enjoy hours of stargazing, whether you're travelling, camping, sitting in your back yard, or simply flipping through the beautiful images in this book.

---

Dean Regas is the astronomer for the Cincinnati Observatory and cohost of the syndicated television program *Star Gazers*. His writing has appeared in *Astronomy* magazine, *Sky & Telescope* magazine, and *HuffPost*, and in 2017 he began a podcast called *Looking Up*. Dean is the author of *Facts from Space!*, *100 Things to See in the Night Sky* (Northern Hemisphere edition) and *100 Things to See in the Night Sky* (Southern Hemisphere edition).

---



### **HARDCOVER**

**On Sale: 06/16/20**

**Adams Media**

**9781507213810**

Science

First Print: 35,000

8 1/4 x 9 1/8, 256 pages

Carton quantity: 24

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

**Arin Murphy-Hiscock**

## **The Pregnant Goddess**

Your Guide to Traditions, Rituals, and Blessings for a Sacred Pagan Pregnancy

**Embrace the divine feminine power of the Mother Goddess and learn how to spiritually prepare for pregnancy with this guide to Pagan rituals, meditations, and traditions for every milestone over the next nine months!**

As you make the transition from maiden to mother, you fully embody the Mother Goddess. Embark on this sacred journey with this complete guide including special meditations, affirmations, and rituals designed to help you attune to the divine energies of childbearing.

*The Pregnant Goddess* teaches you how to:

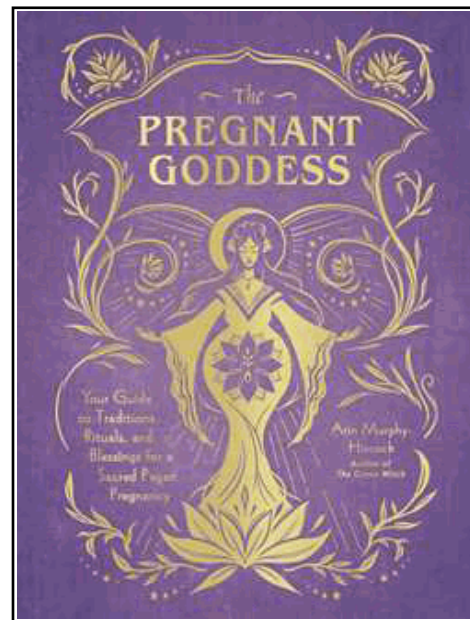
- Prepare spiritually for pregnancy
- Conduct rituals to aide in conception, safe pregnancy, and easy delivery
- Practice responsible magic during these critical nine months
- Deal with unexpected delivery developments

*The Pregnant Goddess* is the perfect companion as you embark on the most magnificent and magical journey of your life!

---

Arin Murphy-Hiscock is the author of *Spellcrafting*, *Wicca*, *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 *The Hidden Meaning of Birds: A Spiritual Field Guide*. She has been active in the field of alternative spirituality for over twenty years and lives in Montreal, Canada.

---



### **HARDCOVER**

**On Sale: 06/23/20**

**Adams Media**

**9781507213834**

Body, Mind & Spirit

First Print: 35,000

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

Carton quantity: 24

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



**Adams Media**

## **What Would the Buddha Recycle?**

A Mindful Guide to an Eco-Friendly Life

**Live the calm and eco-friendly lifestyle you've always dreamed of with this perfect guide to eco-conscious living for anyone who wants to save the planet and make a difference.**

In today's world, there is a lot that can stress us out. We live in a time when talking about climate change is a hot button issue leading to political movements, youth led protests, and *lots* of anxiety. From green living to figuring out how you (and your family) can make a difference in your community, this mindful approach is the key to being stress-free as you make a positive impact on the environment.

*What Would the Buddha Recycle?* can help you gain a better understanding of how you impact the world around you in your day-to-day life. And, even better, it can help you pause, reflect, and figure out what changes you can make to protect the world. In this book you'll learn how to:

- Use natural ingredients in your home for cleaning (lemon juice can help your furniture shine) and pest control (chili pepper can deter ants)

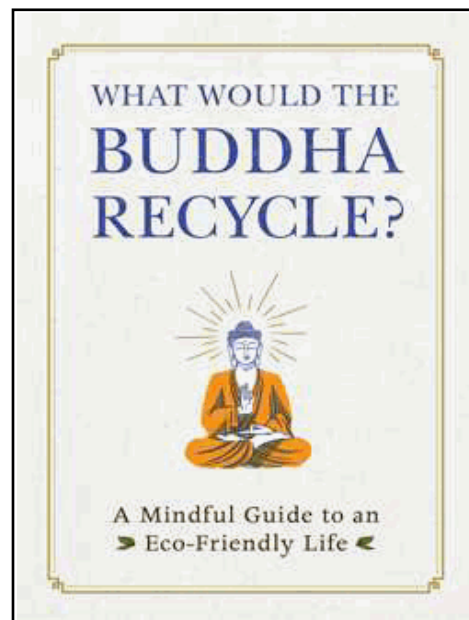
- Combine mindful cooking and eating for healthier meals that don't hurt the environment and make you feel great

- Figure out the right food to keep your beloved pets happy and healthy by choosing natural ingredients and avoiding chemical preservatives

- Include your family in your new environmentally friendly ways and raise your children to have a similar mindset about saving the planet

- And much more!

With advice that covers every area of your daily life, *What Would the Buddha Recycle?* offers easy changes so you can make a difference and protect the environment all while staying zen in the process.



### **HARDCOVER**

**On Sale: 06/16/20**

**Adams Media**

**9781507213858**

Nature

First Print: 35,000

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

Carton quantity: 24

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

**Lindsay Boyers**

## **200 under 20g Net Carbs**

200 Keto Diet-Friendly Recipes to Keep You under 20g Net Carbs Every Day!

**Maintaining ketosis is simple and easy with these 200 recipes that are all under 20 grams of net carbs—making going (and staying) keto easier than ever!**

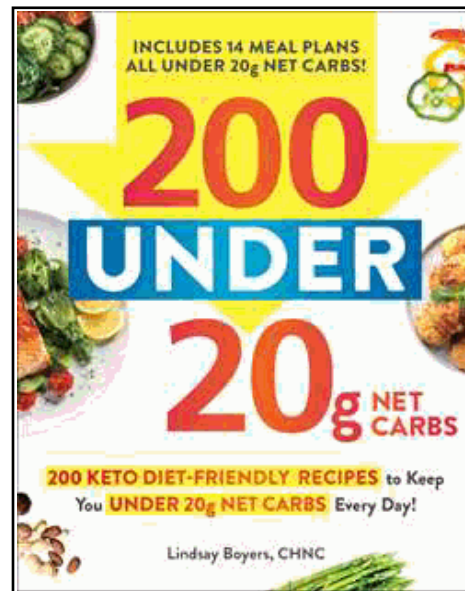
Let's face it, staying on track with the keto diet can be a challenge. But now your search for the perfect keto-friendly recipes to help you keep track of your daily macros and carbohydrate goals is over!

With *200 under 20g Net Carbs* there is no guess work, no endless research, and no confusion. It includes all the delicious recipes you need to meet your goals—simply use the daily meal plans or mix-and-match your favorite recipes to keep track of your daily net carbs. These 200 tasty, keto-friendly recipes are all under 20 grams of net carbs so you know you're never going above your daily limit again!

If you're trying to stay strictly at 20 grams of net carbs, you can pick one of the daily meal plans to give you some guidance. If you need more variety, swap in your favorite recipes to create the perfect meal plan that works for you. And if you're just looking for some low-carb recipes but aren't limiting your diet to 20 grams of net carbs, this is a great place to start! With detailed nutrition stats, you'll have all the information you need to make the keto diet work for you. Choose a recipe (or two) and get cooking!

---

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



### **PAPERBACK**

**On Sale: 08/18/20**

**Adams Media**

**9781507213919**

Cooking

First Print: 45,000

7 x 9 1/8, 256 pages

Carton quantity: 24

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

**Tina Hauptert**

## **Everything Macro Diet Cookbook**

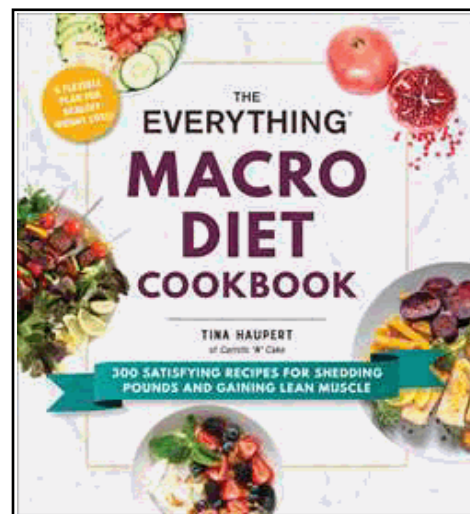
300 Satisfying Recipes for Shedding Pounds and Gaining Lean Muscle

**Stop counting calories and transform your body while eating all the foods you love with *The Everything Macro Diet Cookbook*!**

You can finally stop counting calories and start eating foods that bring you joy! With the macro diet, no food is off limits. You can eat just about anything, just in specific portion sizes and still lose weight and gain lean muscle. *The Everything Macro Diet Cookbook* is an introduction to this flexible diet that can help anyone lose weight without having to avoid your favorite foods that may contain fats or carbs. Based on the simple formula that balances the daily intake of protein, fat, and carbohydrates, the macro diet is gaining in popularity as people discover they can shed pounds without feeling deprived.

*The Everything Macro Diet Cookbook* not only includes an introduction to the diet that is changing lives, but also 300 recipes for every meal and sample meal plans to make shopping and meal prep easier than ever! This book gives you all you need to transform your body while eating what you love!

Tina Hauptert is a Boston-based lifestyle influencer and the creative mind behind *Carrots 'N' Cake*—a popular healthy living blog that chronicles her adventures, workouts, and recipes, all while sharing how you can have your carrots and eat your cake, too. A Certified Nutrition Coach and Functional Diagnostic Nutrition Practitioner, Tina works one-on-one with clients, utilizing a macro-based approach to help them find balance within their diets while achieving their body composition goals.



### **PAPERBACK**

**On Sale: 08/04/20**

**Adams Media**

**9781507213957**

Cooking

First Print: 40,000

8 x 9, 304 pages

Carton quantity: 24

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

**Adams Media**

## **The Best Party Game Book Ever**

100 Games to Play & Enjoy with Friends

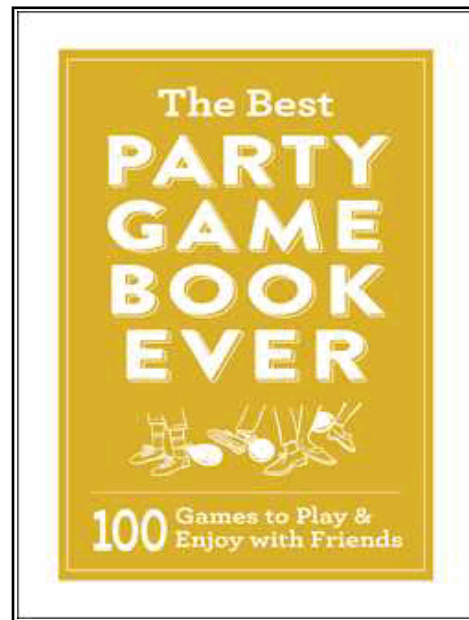
**Make your next party a hit and keep all your guests entertained with these 100 fun and easy party games like Fishbowl, Guess that Tune, and more!**

Planning a party can be stressful and hosting a bad party can ruin your social life! There's nothing worse than inviting people over and having nothing planned for them to do. With *The Best Party Game Book Ever* you can make sure that never happens again!

This book has everything you need to make your next get together a success! With 100 classic party games, including ice breakers, truth or dare variations, races and relays, trivia games, contests of strength and speed, minute challenges, and so much more, you can avoid awkward small talk and get your guests laughing, interacting, and having fun in no time!

Games include:

- How's Yours?
- Improv in a Bag
- Back-to-Back Sumo
- Broom Spin and Dodge
- And more!



### **HARDCOVER**

**On Sale: 07/21/20**

**Adams Media**

**9781507214039**

Games & Activities

First Print: 40,000

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

Carton quantity: 24

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

**Adams Media**

## **The Plant-Based College Cookbook**

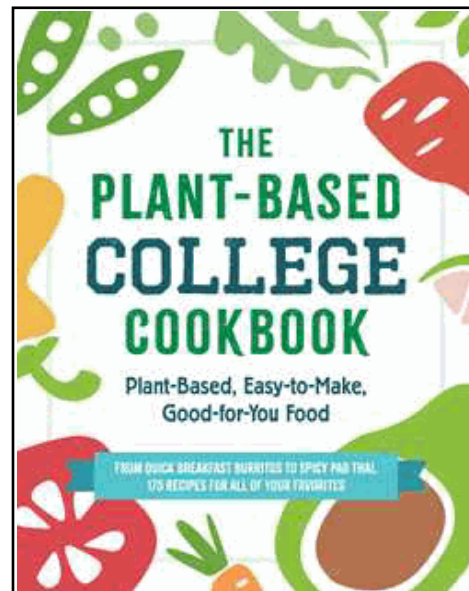
Plant-Based, Easy-to-Make, Good-for-You Food

**Enjoy healthy, plant-based meals and avoid the temptations of the dining hall and vending machines with over 175 easy, recipes any college student can master!**

Who says the food in college has to be unhealthy? Now, eating healthy is simpler than ever and can even be enjoyed when you're at college!

*The Plant-Based College Cookbook* is perfect for even the busiest college student and features 175 totally doable (and delicious) recipes to help you stick to your plant-based diet while on campus. Enjoy a Banana-Chocolate Chip Muffin and Creamy Carrot Smoothie to make that 8am class feel a bit easier. Impress your roommates with some homemade Vegan Spinach and Artichoke Dip and Mango Citrus Salsa. And never skip out on dessert with some Cocoa-Nut-Coconut No-Bake Cookies and DIY Peanut Butter Cups.

With helpful advice on the kitchen basics and quick, effortless recipes, you can skip the temptations of the dining hall, eat clean, and even keep off that freshman fifteen!



### **PAPERBACK**

**On Sale: 08/18/20**

**Adams Media**

**9781507214145**

Cooking

First Print: 40,000

7 x 9 1/8, 256 pages

Carton quantity: 24

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



**Susan Veness**

## **The Hidden Magic of Walt Disney World, 3rd Edition**

Over 600 Secrets of the Magic Kingdom, Epcot, Disney's Hollywood Studios, and Disney's Animal Kingdom

**The latest edition to the successful Hidden Magic series features updated information on the latest attractions at Walt Disney World, including Star Wars: Galaxy's Edge and Mickey and Minnie's Runaway Railway!**

Whether it's your first or fiftieth visit to Walt Disney World, you'll be surprised at how much you can miss during your trip. But with this guide to Disney's hidden treasures you'll learn:

-You can search for more than the usual hidden Mickey. There are other beloved characters like Donald Duck and Minnie Mouse hidden around the parks.

-The book Belle reads in *Beauty and the Beast* is a real book...and you can find out what it is by heading to Maurice's cottage.

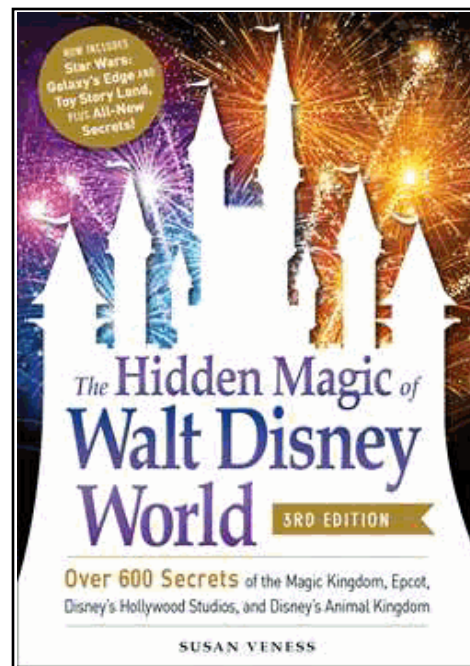
-Imagineers hide symbols of themselves around the park to "sign" their work.

Including all-new information on Toy Story Land, Star Wars: Galaxy's Edge, and Mickey and Minnie's Runaway Railway, *The Hidden Magic of Walt Disney World, 3rd Edition* will inspire you to relive the magic year after year!

---

Susan Veness is an international travel writer, researcher, online content provider, and itinerary planner specializing in Florida, Disney, Orlando's theme parks, and cruising. She is the author of four books in The Hidden Magic of Walt Disney World series, and coauthor of *The Brit Guide to Orlando* and the biography *Defying Expectations*. She has been visiting Walt Disney World since it opened in 1971 and, with a home just minutes from the Mouse, she continues to tour the parks on a regular basis.

---



### **PAPERBACK**

**On Sale: 10/20/20**

**Adams Media**

**9781507212561**

Travel

First Print: 50,000

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

Carton quantity: 40

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

**James D'Amato**

## **The Ultimate Micro-RPG Book**

**40 Fast, Easy, and Fun Tabletop Games—to Play Right Now!**

Enjoy these 40 expertly crafted micro-RPGs that are fast, fun, easy to learn, and come in a variety of genres—from space exploration to jungle dungeon crawlers—everything you need to pick up and play today.

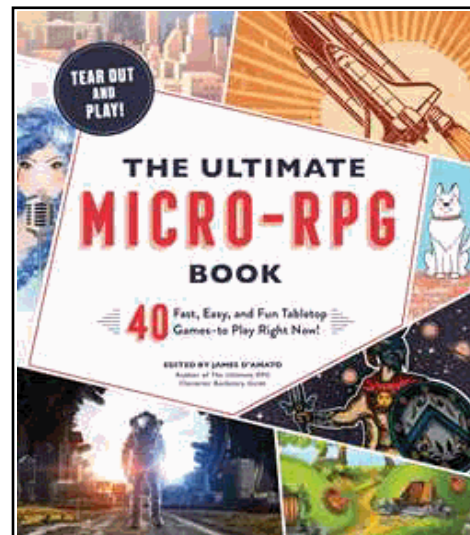
Get gaming fast with *The Ultimate Micro-RPG Book* including brand-new micro-RPGs created by experts across the gaming world. From space exploration to jungle dungeon crawlers this book has everything you need to pick up and play today.

With these quick-start games, you can create your own adventures, alone or with friends, without any prep, and with minimal set up and pieces. Whether you're new to RPGs or working towards your level 20 mage, this collection is a great way to try out different games and systems, and test your roleplay skills on different character types and situations.

---

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

---



### **PAPERBACK**

**On Sale: 11/03/20**

**Adams Media**

**9781507212868**

Games & Activities

First Print: 45,000

8 1/2 x 10, 128 pages

Carton quantity: 24

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

**Sydney Campos**

## **The Consciousness Code**

8 Steps to Awakening Your Higher Self

**Raise your consciousness and start living a calmer and more focused life with this 8-step program to discover your true life's purpose and reach your maximum potential.**

To live a full life, our body, mind, and soul must reach a higher sense of consciousness. When you live consciously, you are living a life full of purpose, understanding your soul's true desires, and doing everything in your power to embody these goals in love, work, and other aspects of life. But living the life you've always dreamed takes patience, practice, and guidance.

Expert Sydney Campos, author of *The Empath Experience* offers guidance on your journey to self-discovery. In her 8-step program you'll learn to:

- Find your soul purpose
- Live with compassion
- Turn on your pleasure, desires, and most potent power
- Master the art of receiving
- Activate and refine your intuitive gifts
- Experience deeper intimacy with yourself and in all relationships
- Find freedom and peace by living in the present moment

Start living your life in accordance with your soul's passion and elevate your consciousness with this simple and easy guide to finding—and experiencing—your truth.

---

Sydney Campos is a visionary healer, energy and embodiment expert, international speaker, and author of *The Empath Experience*. Sydney guides visionary leaders to live in alignment with their “soul” purpose while embodying next-level power, pleasure, and prosperity. In addition to being a seasoned business strategy advisor and certified holistic health coach, Sydney is also a registered yoga teacher, reiki energy healer, and certified akashic records practitioner. Sydney shares her multifaceted inspiration through 1:1 visionary mentoring, self-mastery courses, transformational retreats, activating live trainings and workshops, intuitive soul sessions, and her *Visionary Sould* podcast. Sydney has been featured in *Forbes*, *MindBodyGreen*, *Refinery29*, *Bustle*, *PureWow*, and *New York* magazine.

---

**final cover  
to come**

### **PAPERBACK**

**On Sale: 12/01/20**

**Adams Media**

**9781507213582**

Self-Help

First Print: 45,000

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

Carton quantity: 40

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

**Emily Guy Birken**

## **The 5 Years Before You Retire, Updated Edition**

Retirement Planning When You Need It the Most

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

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

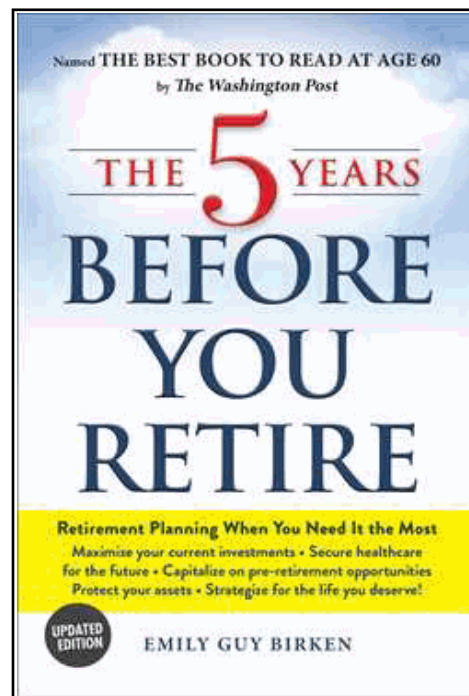
Including recent changes in financial planning, taxes, Social Security, healthcare, insurance, and more, this book is the all-inclusive guide to each financial, medial, and familial decision. From taking advantage of the employer match your company offers for your 401k to enrolling in Medicare to discussing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

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

---

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

---



**PAPERBACK**

**On Sale: 12/08/20**

**Adams Media**

**9781507213605**

Business & Economics

First Print: 45,000

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

Carton quantity: 40

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

**Matthew DiBenedetti**

## **Everything Is Terrible.**

**Make life a little less terrible with relatable observations designed to help channel all your anger!**

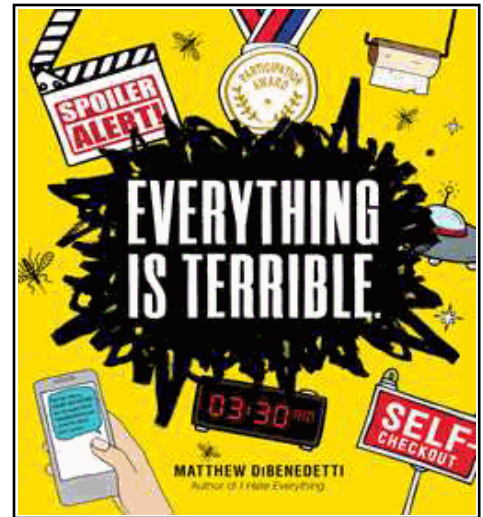
Everything is the worst. Politicians are crazy. The world is on fire. And everyone is busy exchanging insults and crappy recipes online. But, it's no use buying a bunker and swearing off all human contact for good (yet).

Take the edge off of life's horribleness with *Everything Is Terrible*, your guide for dealing with all the rage that comes with modern life. Including relatable complaints and activities, you'll say goodbye (or at least see you later) to your anger in no time!

---

Matthew DiBenedetti is an equal-opportunity hater. After working in the advertising industry for over twenty years, how could he not be? Matthew has worked on corporate marketing campaigns for everything from major sporting good brands and financial institutions to bookstore chains and fine china. He is also the author of *I Hate Everything*. He lives and loathes in New Jersey.

---



### **PAPERBACK**

**On Sale: 09/08/20**

**Adams Media**

**9781507213629**

Humor

First Print: 40,000

5 1/2 x 6 1/4, 400 pages

Carton quantity: 40

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



**Carley Centen**

## **My Pocket Meditations for Anxiety**

Anytime Exercises to Reduce Stress, Ease Worry, and Invite Calm

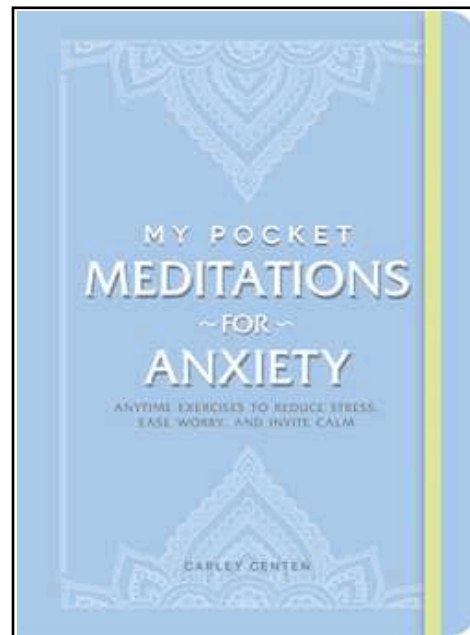
**Start living with more confidence, composure, and peace every day with these 150 easy guided meditations to shut down stress, worry, and anxiety.**

Stress and anxiety can weigh heavily on our minds. Practicing mindfulness and meditation can help you understand your stress, release your fears and tension, and shift your thoughts and emotions into a more grounded and peaceful pattern.

In *My Pocket Meditations for Anxiety*, you will learn to manage your stress levels by cultivating mindfulness through 150 guided meditations. Now you can find your calm, control your thoughts, manage your fears, and release your worries—no matter where you are!

---

Carley Centen is a writer and yoga teacher who first encountered mindfulness as part of her own quest to tackle her general anxiety. Through online courses, in-person retreats, and storytelling, she now draws on over a decade of practice in her mission to share, grow, and continually learn about the ideas and tools that work to improve our bodies, minds, and lives. Carley has taught yoga and mindfulness in places around the world from Costa Rica to Colombia to London.



### **PAPERBACK**

**On Sale: 09/08/20**

**Adams Media**

**9781507213872**

Self-Help

First Print: 40,000

5 x 7, 176 pages

Carton quantity: 40

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

**Stephanie Laska and William Laska**

## **The DIRTY, LAZY, KETO Dirt Cheap Cookbook**

100 Easy Recipes to Save Money & Time!

**Strict keto diet? No more! Buy skinny pants instead of expensive ingredients. 100 easy recipes—under \$10 to make—with less than 10 net carbs per serving!**

The keto diet shouldn't be complicated, boring, or expensive! *The DIRTY, LAZY, KETO Dirt Cheap Cookbook* by USA Today bestselling author Stephanie Laska makes keto “doable” for everyone. You don't have to break the bank to go keto with *The DIRTY, LAZY, KETO Dirt Cheap Cookbook*.

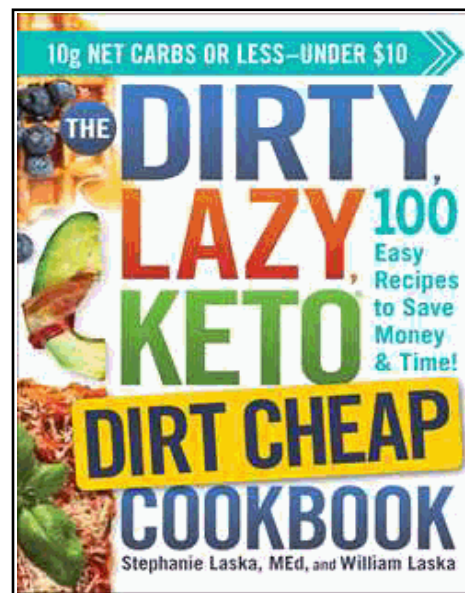
Stephanie Laska lost 140 pounds by solving the problem of not having enough money or time to eat healthy. In *The DIRTY, LAZY, KETO Dirt Cheap Cookbook*, she shares 100 budget-savvy “dirty, lazy,” keto recipes the whole family will love—all containing ten grams of net carbs or less and costing less than \$10 to make the whole recipe!

These recipes are built around common ingredients (you can pronounce and will use over and over—no waste) found in your local supermarket; nothing pretentious or expensive is required. DIRTY, LAZY, KETO recipes are stress-free but without skimping on taste. You'll also find tips to stretch that bottom dollar plus strategies to reboot leftovers but in DISGUISE along with signature entertaining and relatable stories from your best girlfriend, Stephanie. Lose weight while enjoying familiar comfort food favorites—all under ten net carbs per serving!

---

Stephanie Laska doesn't just talk the talk; she *walks the walk*. She is one of the few keto authors that has successfully lost half of her body weight (140 pounds!) and maintained that weight loss for seven years and counting. Her honest sass and fresh approach to the keto diet break the traditional rules of “dieting.” You might have caught her cooking debut with Al Roker on NBC's *Today* show? Her story and image have been celebrated in articles by *FOX News*, *New York Post*, *Reader's Digest*, *Yahoo News*, *First for Women Magazine*, *Muscle and Fitness: Hers*, *Keto for You*, *RunDisney*, and *Costco Connection Magazine*. She has run a dozen marathons, most notably the New York City Marathon as a sponsored athlete from PowerBar. Not bad for a girl who ran her first mile (as in ever!) close to age forty.

---



### **PAPERBACK**

**On Sale: 09/15/20**

**Adams Media**

**9781507213896**

Cooking

First Print: 75,000

7 x 9 1/8, 224 pages

Carton quantity: 24

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

**Julia Halina Hadas**

## **WitchCraft Cocktails**

70 Seasonal Drinks Infused with Magic and Ritual

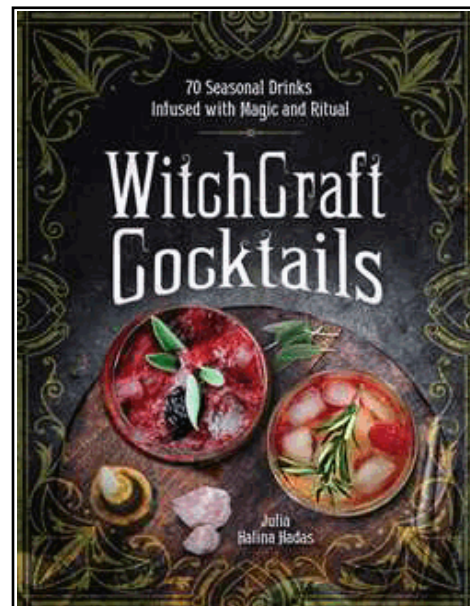
**A stunning collection of 75 witchcraft-inspired drink recipes with inspiration for creating your very own spirited cocktails to benefit your practice.**

For centuries, witches have been using spirits of all forms during rituals and celebrations. Now, today's modern witch can learn how to make the perfect powerful witchcraft cocktail.

All you need is a delicious and easy recipe, a bottle of your favorite booze, and a desire to get witchy. In *WitchCraft Cocktails*, you will find 75 recipes for alcohol-based beverages that are sure to help you in your craft. Designed for healing, spells, offerings, and just plain fun, there's nothing these boozy drinks can't do! Need a love potion to help woo your lover? Maybe a tincture to heal a cold? Or perhaps you're looking for the perfect witch-themed signature cocktail to serve at your next gathering. Regardless of what you're looking for, this book has you covered and includes tips on how to use your witch's brew to further your practice—and have fun!

---

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



### **HARDCOVER**

**On Sale: 09/08/20**

**Adams Media**

**9781507213933**

Cooking

First Print: 45,000

6 x 8, 224 pages

Carton quantity: 24

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

**Michele Ross**

## **CBD Oil for Health**

100 Amazing Benefits and Uses of CBD Oil

**Discover the amazing all-natural healing and beauty benefits of cannabidiol oil in this easy-to-use guide that offers 100 ways to use CBD in your personal wellness routine.**

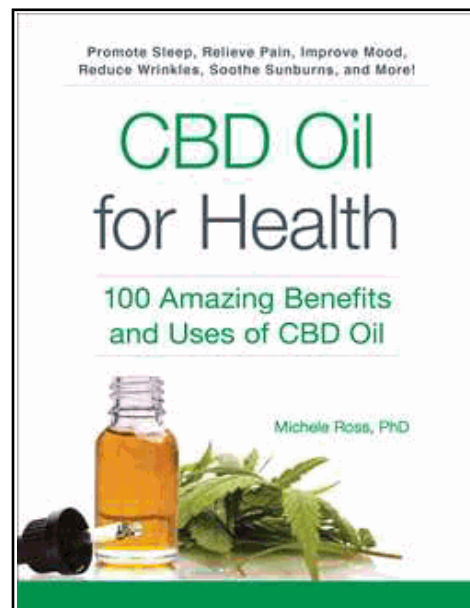
Using CBD oil for calming and relaxation techniques has become a popular trend—and it's easy to see why! It can reduce stress and anxiety, relieve pain, and reduce inflammation with benefits that can be felt immediately.

In *CBD Oil for Health* you will find 100 different uses for CBD oil that will promote and transcend your wellness routine. Including information about CBD oil such as why it's legal, how it works in the body, its health benefits, proper dosage, special considerations and more, this detailed resource will allow you to use your CBD oil with confidence.

You will discover all the benefits this all-natural oil can bring—without dangerous chemicals or costly procedures. From curing acne to reducing wrinkles and strengthening hair to eliminating bad breath there's no limit to the benefits this oil can provide!

---

Dr. Michele N. Ross is the author of *Vitamin Weed: A 4-Step Plan to Prevent and Reverse Endocannabinoid Deficiency* and coauthor of *Train Your Brain to Get Thin*. She is the founder of IMPACT Network, a 501c3 nonprofit research institute dedicated to cannabis and women's health, and a Professor at the Holistic Cannabis Academy. Dr. Ross has lectured around the world on the medical benefits of cannabis and launched the first peer-mentoring mobile app for women who use medical cannabis. Dr. Ross received her Doctorate in Neuroscience from University of Texas Southwestern Medical Center in 2008. She was the first scientist to star on reality television in 2009 on the hit CBS show *Big Brother*. She currently lives in Los Angeles with her husband Todd. More information about Dr. Ross can be found at her website, [DrMicheleRoss.com](http://DrMicheleRoss.com).



### **PAPERBACK**

**On Sale: 09/15/20**

**Adams Media**

**9781507213988**

Health & Fitness

First Print: 45,000

6 x 8, 128 pages

Carton quantity: 40

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

**Sandra K. Nissenberg**

## **The Everything Kids' Cookbook, Updated Edition**

90+ Easy Recipes You'll Love to Make—and Eat!

**Get your kids in the kitchen doing something they'll love with this fun and easy updated cookbook, perfect for all ages!**

*The Everything Kids' Cookbook, Updated Edition* has everything your child needs to get started in the kitchen. Each simple but delicious recipe includes a difficulty level and a list of all the equipment needed so you can determine which recipe is suitable for your child. And with more than 90 recipes, there's something for every meal or occasion!

This updated edition includes beautiful photographs to help your kids follow along with the steps, and has cooking tips, food trivia, and nutritional information! This cookbook is perfect for any beginner chef looking to take their cooking skills from make-believe to reality.

---

Sandra K. Nissenberg, MS, RD, is a registered dietitian, author, and cookbook editor with a specialty in child nutrition. For more than thirty years, Sandy has educated hundreds, if not thousands, of parents and children on healthy nutrition. She has taught cooking classes, spoke for groups large and small, and has participated in numerous media events all emphasizing the importance of healthy eating for kids. She lives in the suburbs of Chicago.

---

**final cover  
to come**

### **PAPERBACK**

**On Sale: 10/13/20**

**Adams Media**

**9781507214008**

Juvenile Nonfiction

First Print: 45,000

7 15/16 x 9 1/4, 160 pages

Carton quantity: 40

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

**Adams Media**

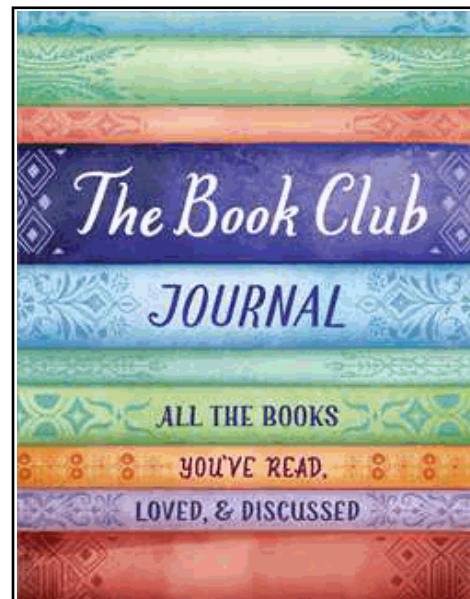
## **The Book Club Journal**

All the Books You've Read, Discussed, & Loved

**Keep track of your book club selections and record your latest literary adventures with this reading journal to stay organized for your next meeting!**

Book clubs are a great way to read new books and discover different genres and new topics that you may not be too familiar with. You can share your thoughts in a social setting and enjoy interesting conversations that might open your eyes to other opinions about the book. But all too often we forget the best details once the book is finished and put back on the shelf. With *The Book Club Journal*, you can collect and remember all your important thoughts and feelings so that you can reflect on them for future meetings or rereadings.

Made specifically for book club members, this journal has prompts for all the basic book stats, such as the title, author, and who suggested the book, along with book club specific questions like “How does this book compare with the titles we have read previously?” This fun and useful journal also includes reference pages with lists of classic book club must-reads, and room for you to create your very own to-read list.



**PAPERBACK**

**On Sale: 10/13/20**

**Adams Media**

**9781507214022**

Literary Criticism

First Print: 40,000

7 x 9 1/4, 256 pages

Carton quantity: 24

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



## Maddie Eisenhart

# Wedding Hacks

500+ Ways to Stick to Your Budget, Stay Stress-Free, and Plan the Best Wedding Ever!

Take control of your wedding planning (and budget) with over 500 easy hacks to help your wedding go as smoothly as possible—from preventing wardrobe malfunctions to making an adjustable seating chart.

Congratulations—you're engaged! But, now what? As you start to share the news with your family and friends, you might start feeling slightly stressed about the amount of planning you suddenly have to do. But wedding planning can actually be easier than you think!

With *Wedding Hacks* you'll find solutions to all your wedding planning worries and prevent any problems that you might not have seen coming. From finding cheaper prices online to dealing with difficult relatives, this book has everything you need to know to make your wedding day one you'll never forget (all while keeping your sanity intact)!

---

Maddie Eisenhart is a wedding industry veteran with nearly a decade's worth of experience working to make weddings (and wedding planning) better. With a background in entertainment, she was originally a sought-after wedding photographer before spending eight years as a writer for the popular wedding website, *A Practical Wedding*. A Maine native, she currently resides with her family on a pony farm in the Bay Area.

final cover  
to come

**PAPERBACK**

**On Sale: 11/17/20**

**Adams Media**

**9781507214053**

Reference

First Print: 45,000

5 1/2 x 7 1/2, 256 pages

Carton quantity: 40

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

**Lisa Rowan**

## **Money Hacks**

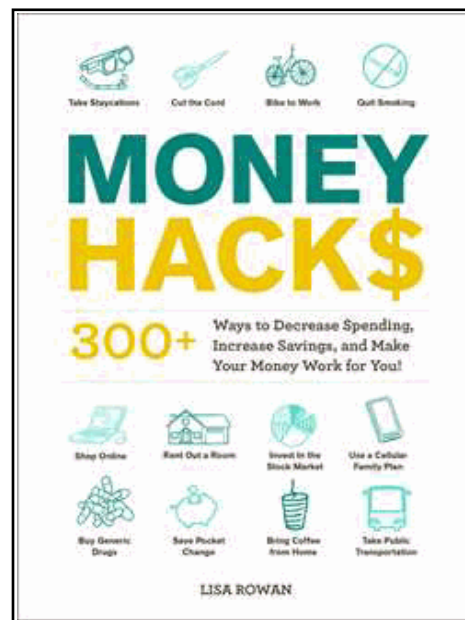
**300+ Ways to Decrease Spending, Increase Savings, and Make Your Money Work for You!**

**Achieve all of your financial goals with these 300 easy solutions to all your personal finance questions—from paying off your student loans to managing investments.**

Are you looking for ways to decrease your spending...and start increasing your savings? Need some simple advice for maximizing your investments? Want to start planning for your retirement but don't know where to start? It's now easier than ever to achieve all your financial goals!

Many people are afraid to talk about money, which means that you might be missing some of the best money-saving skills out there! In *Money Hacks* you will learn the basics of your finances so you can start making every penny count. Whether you're trying to pay down debt, start an emergency fund, or make the smartest choice on a major purchase, this book is chock-full of all the useful hacks to make your money work for you in every situation!

Lisa Rowan is a writer and editor based in St. Petersburg, Florida. She is a staff writer at *Lifehacker*, where she covers personal finance for the "Two Cents" vertical. Prior to that, she was a senior writer and on-air analyst at *The Penny Hoarder*, where she wrote more than 500 personal finance-related posts and launched the "Dear Penny" advice column syndicated by *The Tampa Bay Times*. A graduate of the University of Maryland and Georgetown University, her work has appeared in *Retail Dive*, *The Washington Post*, *Family Circle*, *CityLab*, and the *Washington City Paper*, among others.



### **PAPERBACK**

**On Sale: 09/22/20**

**Adams Media**

**9781507214077**

Business & Economics

First Print: 35,000

5 1/2 x 7 1/2, 256 pages

Carton quantity: 40

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

**Ann Gold Buscho, PhD**

## **The Parent's Guide to Birdnesting**

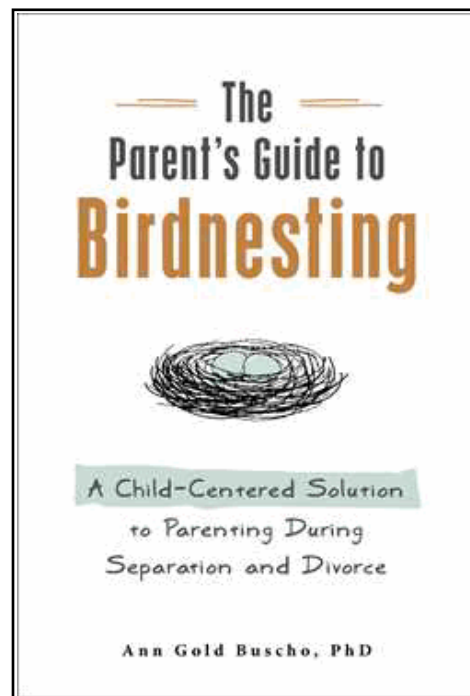
A Child-Centered Solution to Co-Parenting During Separation and Divorce

**Take coparenting to the next level and provide a stable environment for your children as you and your spouse begin tackling your separation or divorce.**

For parents who are separating and want to put their children first, birdnesting could be the interim custody solution you've been looking for. Instead of the children splitting their time being shuttled between mom and dad's separate homes, birdnesting allows the children to stay in the "nest" and instead, requires mom and dad to swap, allowing each parent to stay elsewhere when not with the children.

Initially popularized by celebrities, this method of coparenting is now becoming more mainstream as a way to help ease children into a new family dynamic. Birdnesting takes work and commitment but with Dr. Ann Gold Bushco's guidance, you'll learn everything you need to know about this revolutionary method. In *The Parent's Guide to Birdnesting*, you will discover the pros and cons, the financial and interpersonal considerations, and if it's the right decision for you and your family.

Ann Gold Buscho, PhD, is a licensed clinical psychologist who specializes in family issues and issues related to divorce, parenting, parenting planning, and coparenting counseling. She has professional and personal experience in nesting, coparenting, stepparenting, and single-parenting issues. She has presented widely at state and national conferences for attorneys, mental health professionals, and financial professionals on collaborative divorce, forgiveness practices, nesting during divorce, and consensual dispute resolution.



### **PAPERBACK**

**On Sale: 09/01/20**

**Adams Media**

**9781507214091**

Family & Relationships

First Print: 40,000

5 1/2 x 8 7/16, 256 pages

Carton quantity: 40

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

## Tanya Carroll Richardson

# Self-Care for Empaths

100 Activities to Help You Relax, Recharge, and Rebalance Your Life

**Take control of your emotions—without taking on other people's feelings—with these 100 practical activities, rituals, and quizzes designed specifically for empaths everywhere!**

If you are an empath, you know your gifts—unusually high awareness of surrounding emotions—can sometimes feel like a challenge. You may find yourself overwhelmed by large groups, worn out by the effects of other people's emotions, or inexplicably uncomfortable in certain places due to the negative energy around you. It can be difficult to find the time and space to rest, recharge, and reconnect with your own feelings. Finally, there's a book that helps you do just that!

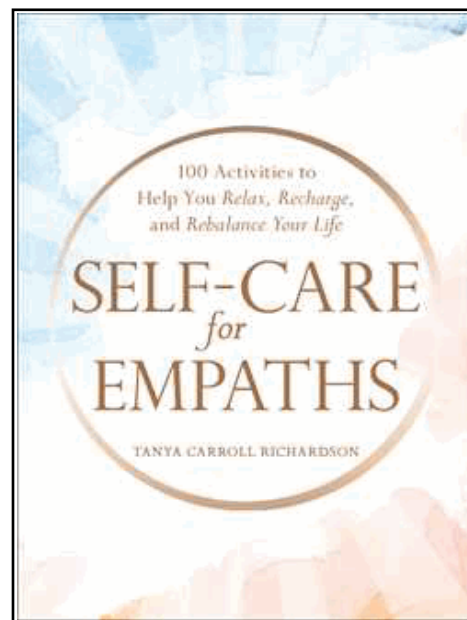
In *Self-Care for Empaths*, you'll find 100 exercises, activities, and rituals that you can incorporate in your daily life to keep you feeling your best including:

- Techniques for protecting your mental state, like building in transition time between activities so you can recharge
- Tools for setting stronger boundaries, like saying "no" to things you don't have the emotional bandwidth to manage
- Tricks for avoiding negative emotions, like skipping out on gossip and drama with coworkers, friends, family, or even reading about celebrities online
- And tips for honoring your personal gifts and skills, like creating a sacred space in your home just for you

With *Self-Care for Empaths*, you'll learn how easy it can be to incorporate self-care techniques into your daily routine to stay relaxed, refreshed, and looking at your empathic abilities in a positive light.

---

Tanya Carroll Richardson is a self-improvement/spiritual author and professional intuitive who works with empath clients all over the world. She is a regular contributor to *MindBodyGreen* and *Spirit & Destiny*, as well as the author of several books, including *Angel Intuition*, *Zen Teen*, *Angel Insights*, and *Forever in My Heart: A Grief Journal*. Learn more at [TanyaBlessings.com](http://TanyaBlessings.com).



### HARDCOVER

**On Sale: 09/08/20**

**Adams Media**

**9781507214121**

Self-Help

First Print: 45,000

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

Carton quantity: 24

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

**Carole Jones**

## **The 30-Minute Cooking from Frozen Cookbook**

100 Delicious Recipes That Will Save You Time and Money?—No Thawing Required!

**Transform your convenient and affordable frozen ingredients into a fresh, home-cooked meal in less than 30 minutes with these 100 quick and easy recipes—no thawing required.**

If you're not someone who plans out their weekly menu days in advance, then this cookbook is for you. Thanks to your freezer, you can create more than 100 different recipes for fresh, delicious meals that you can devour in less than 20 minutes. No need to wait hours for the ingredients to thaw and defrost, simply grab your ingredients and start cooking.

Filled with simple solutions to your dinner dilemmas, *The 30-Minute Cooking from Frozen Cookbook* allows you to spend less time shopping, prepping, and planning your meals and spend more time doing the things you actually enjoy! Save money and eliminate food waste by storing the ingredients you buy in the freezer, keeping them fresher for longer. Cooking from frozen ingredients is a quick, cost-effective way to feed your family and with this cookbook to guide you, it is now easier—and tastier—than ever.

---

Carole Jones is a Minnesota-based food blogger, recipe creator, and author of the *Take 5: Chicken* e-cookbook. For the past twelve years, she has shared her culinary adventures cooking and baking for her six brutally honest children at MyKitchenEscapades.com. Hot, crusty bread is Carole's love language, but her two adorable grandchildren are a close second. Yes, second. Don't judge.

**final cover  
to come**

### **PAPERBACK**

**On Sale: 10/06/20**

**Adams Media**

**9781507214183**

Cooking

First Print: 45,000

7 x 9 1/8, 192 pages

Carton quantity: 24

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

# Marie Feldman, RD, CDCES and Jodi Dalyai, MS, RD, CDCES

## The Everything Guide to the Insulin Resistance Diet

Lose Weight, Reverse Insulin Resistance, and Stop Pre-Diabetes

**Lose weight while enjoying delicious meals with these 125 insulin resistant recipes and meal plans to improve your health and lower your risk for type 2 diabetes.**

Many people struggle with their weight, trying every new diet and health trend but still are unable to keep the weight off or lose unwanted belly fat. The problem may not be lack of willpower, but insulin resistance. When insulin can't do its job of removing sugar from the blood, that sugar is turned to fat, causing weight gain and increasing the risk of type 2 diabetes.

But this damage can be reversed simply by changing your diet and activity level. In *The Everything Guide to the Insulin Resistance Diet*, you will learn how to choose healthy foods like fruits, vegetables, whole grains, fish, and lean poultry, while limiting the amount of unhealthy fat, sugar, meats, and processed starches. Now you can make the lifestyle changes you need to lose weight and improve your health with this valuable resource that includes 125 recipes and a 10-week plan for healthy eating and increased activity. With this guidebook you can have the body—and health—of your dreams, all while eating the delicious food you love!

---

Marie Feldman, RD, CDE is a registered dietitian and a certified diabetes educator. She provides medical nutrition therapy and education in the areas of weight management and diabetes. In addition, she has served as a research department manager and helped facilitate over thirty industry-based clinical trials, primarily with a focus on diabetes and cardiovascular disease. Marie is the author of *The Big Book of Diabetic Recipes* and *Healthy Habits for Managing & Reversing Prediabetes*.

Jodi Dalyai, MS, RDN, CDE is a registered dietitian and certified diabetes educator. She works with a broad range of patients, including people with prediabetes and diabetes to help them use nutrition to heal and improve their overall wellness.

---

final cover  
to come

### PAPERBACK

**On Sale: 11/10/20**  
**Adams Media**  
**9781507214206**  
Health & Fitness  
First Print: 40,000  
8 x 9, 272 pages  
Carton quantity: 24  
\$18.99 (US) / \$25.99 (CAN)



**Diane K. Smith**

# **The Everything Plant-Based Meal Prep Cookbook**

200 Healthy, Make-Ahead Recipes Featuring Plant-Based Ingredients

---

**final cover  
to come**

## **PAPERBACK**

**On Sale: 11/17/20**

**Adams Media**

**9781507214220**

Cooking

First Print: 45,000

8 x 9, 272 pages

Carton quantity: 24

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

**Stefania Patinella, Alexandra Zeitz, Hilary McClafferty, MD, Jonathan Deutsch, PhD, and Maria Mascarenhas, MBBS**

## **The Anti-Inflammatory Family Cookbook**

**100 Anti-Inflammatory Recipes the Whole Family Will Love!**

**Transform the way your family eats with this easy-to-use, child-friendly guide to anti-inflammatory eating, including 100 simple and tasty recipes the whole family will love.**

The anti-inflammatory diet can help both adults and children suffering from obesity, asthma, inflammatory bowel disease, and high blood pressure. In *The Anti-Inflammatory Family Cookbook* you will find easy-to-use, medically accurate, and child specific guidance for anti-inflammatory eating.

This cookbook includes 100 simple, easy, and tasty recipes that are straightforward to prepare and cover every development phase from infancy through adolescence. With great recipes for all meals, as well as snacks and special occasions, you'll always know what to make. These delicious, plant-forward recipes include a wide variety of vegetables, fruits, legumes, and whole grains while lacking processed foods which are known to increase inflammation.

*The Anti-Inflammatory Family Cookbook* offers practical tips to help you healthily stock your pantry and incorporates fun ways to get your child exposed to new foods.

---

Chef Stefania Patinella has seventeen years of experience teaching nutrition and healthful cooking to diverse audiences, from children and families to health care professionals. She was Founding Director of the Go!Healthy cooking, nutrition education, and gardening programs at The Children's Aid Society, a nonprofit serving 70,000 children and families each year in New York City. There she also developed a model meal program for children, replacing all processed foods with whole-foods, plant-based recipes cooked from scratch. She also served as Executive Chef at Amherst College, where she oversaw a meal program for 1,800 students that sought to balance health, sustainability and cultural diversity. Stefania received her BA from the University of Pennsylvania and MA in Health Arts and Sciences from Goddard College. She also completed her Chef's training at the Natural Gourmet Institute and studied herbalism at the Vermont Center for Integrative Herbalism. Mostly, though, she's a humble lover of plants—from seed to table.

Alexandra Zeitz is the Culinary Developer at Saxbys, a coffee café with twenty-five locations in and around Philadelphia. She is a graduate of the Culinary Arts program at Drexel University, where she assisted in the founding of the Food Lab. She filed her first patent for a gluten free baking technology and has published more than 100 recipes. Alexandra has been recognized by Foodservice Director Magazine, has received the Edible Philly's Local Hero Award, and was named one of Billy Penn's Young Chefs to Watch in 2017. She has recently completed her Masters of Education at Drexel University in Creativity and Innovation.

**final cover  
to come**

### **PAPERBACK**

**On Sale: 12/01/20**

**Adams Media**

**9781507212974**

**Cooking**

**First Print: 45,000**

**7 x 9 1/8, 240 pages**

**Carton quantity: 24**

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

Hilary McClafferty, MD, FAAP, is board-certified in pediatrics, pediatric emergency medicine, and integrative medicine. She serves as Medical Director, Pediatric Emergency Medicine, at the Tucson Medical Center in Arizona. Dr. McClafferty is the Founding Director of the Pediatric Integrative Medicine in Residency program at the University of Arizona, and immediate past chair of the American Academy of Pediatrics Section on Integrative Medicine. She is chair of the Special Interest Group for Physician Health and Wellness in the Academy, and a founding member of the American Board of Integrative Medicine. Dr. McClafferty has authored two textbooks: *Integrative Pediatrics: Art, Science, and Clinical Application*, and *Mind-Body Medicine in Clinical Practice*.

Jonathan Deutsch, PhD, is Professor in the Center for Food and Hospitality Management and Department of Nutrition Sciences at Drexel University. He was the James Beard Foundation Impact Fellow, leading a national curriculum effort on food waste reduction for chefs and culinary educators and was named a food waste warrior by FoodTank. He is the author or editor of eight books including *Barbecue: A Global History* (with Megan Elias), *Culinary Improvisation*, and *Gastropolis: Food and Culture in New York City* (with Annie Hauck-Lawson). Deutsch has also authored numerous articles in journals of food studies, public health, and hospitality education. He earned his PhD in food studies and food management from New York University, his culinary degree from the Culinary Institute of America, and is an alumnus of Drexel University. A classically trained chef, Deutsch worked in a variety of settings including product development, small luxury inns, and restaurants. When not in the kitchen, he can be found behind his tuba.

Maria R. Mascarenhas, MBBS, is a Pediatric Gastroenterologist in the Division of Gastroenterology, Hepatology, and Nutrition at Children's Hospital of Philadelphia, considered the leading pediatric hospital in the United States. She serves as the Director of the Nutrition Support Service, Section Chief of Nutrition in the Division of Gastroenterology and Nutrition, Medical Director of the Clinical Nutrition Department, Medical Director of the Healthy Weight Program and Director of the Integrative Health Program. She is board-certified and fellowship-trained in pediatrics, nutrition and pediatric gastroenterology and certified in clinical hypnosis. She is a Professor of Pediatrics at the Perelman School of Medicine at the University of Pennsylvania.

# Arin Murphy-Hiscock

## The Witch's Grimoire

A Personal Book of Magic

---

Arin Murphy-Hiscock is the author of *Spellcrafting*, *Wicca*, *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 *The Hidden Meaning of Birds: A Spiritual Field Guide*. She has been active in the field of alternative spirituality for over twenty years and lives in Montreal, Canada.

final cover  
to come

### HARDCOVER

**On Sale: 10/13/20**

**Adams Media**

**9781507214244**

Body, Mind & Spirit

First Print: 45,000

7 x 9 1/8, 256 pages

Carton quantity: 24

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