

# Habits of a Happy Brain, Updated & Expanded Edition

Retrain Your Brain to Boost Your Dopamine, Serotonin, Oxytocin, & Endorphin Levels

Loretta Graziano Breuning, PhD

## BOOK DESCRIPTION

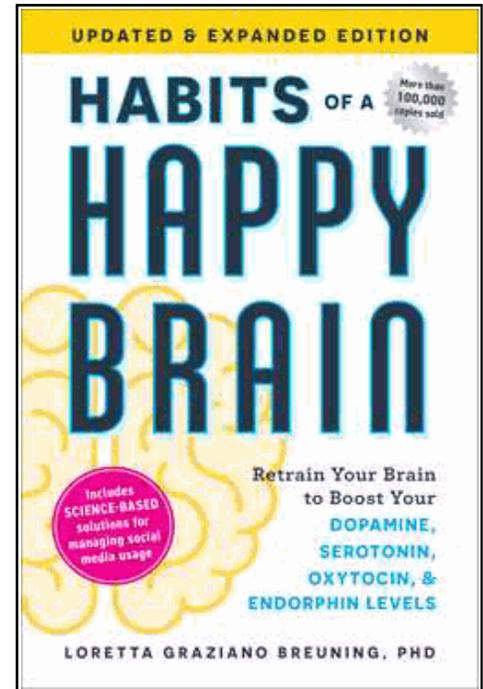
A revolutionary approach to enhancing your happiness! *Habits of a Happy Brain* teaches you the neuroscience behind releasing dopamine, serotonin, oxytocin, and endorphin to boost your mood. This fully updated edition has the latest discussions on dopamine and an all-new chapter on effectively managing social media usage!

Get ready to boost your happiness in just forty-five days! *Habits of a Happy Brain* shows you how to retrain your brain to turn on the chemicals that make you happy. Each page offers simple activities that help you understand the roles of your “happy chemicals”—dopamine, serotonin, oxytocin, and endorphin. You’ll also learn how to build new habits by rerouting the electricity in your brain to flow down a new pathway, making it even easier to trigger these happy chemicals and increase feelings of satisfaction when you need them most. A new chapter dedicated to social media gives you even more ways to find happiness in the evolving social and technological landscape.

Filled with dozens of exercises that will help you reprogram your brain, *Habits of a Happy Brain* shows you how to live a happier, healthier life!

## AUTHOR BIO

Loretta Breuning, PhD, is the author of *Habits of a Happy Brain* and *The Science of Positivity*. She is the Founder of the Inner Mammal Institute and Professor Emerita of Management at California State University, East Bay. As a teacher and mom, she was not convinced by prevailing theories of human motivation. Then she learned about the brain chemistry humans share with earlier mammals, and everything made sense. She began creating resources that have helped thousands of people manage their inner mammal. Her work has appeared in *The Wall Street Journal*, *Psychology Today*, *Real Simple*, *Cosmopolitan*, *Men’s Health*, and on *Forbes*, NPR, and numerous podcasts. Her work has been translated into Spanish, Russian, Chinese, Arabic, French, Dutch, Portuguese, and Turkish.



## PAPERBACK

On Sale: 10/06/26

Adams Media

9781507226773

Self-Help

First Print: 75,000

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

Carton quantity: 40

\$18 (US) / \$25 (CAN)

## AUTHOR HOMETOWN

Loretta Graziano Breuning /

Oakland / California

# The Dopamine Code Workbook

Your Guided Companion for Unlocking Habits to Boost Happiness and Productivity

**Sydney Ceruto**

## BOOK DESCRIPTION

**Reshape your brain—and break the Dopamine Code! Developed by leading cognitive and behavioral neuroscientist Dr. Sydney Ceruto, this workbook fosters dopamine-building habits and empowers you to boost motivation, focus, and mood—without the crash of overstimulation or burnout.**

This interactive workbook helps you *apply* the science of dopamine to your everyday life so you can feel more energized, focused, and emotionally balanced without relying on quick fixes or external rewards.

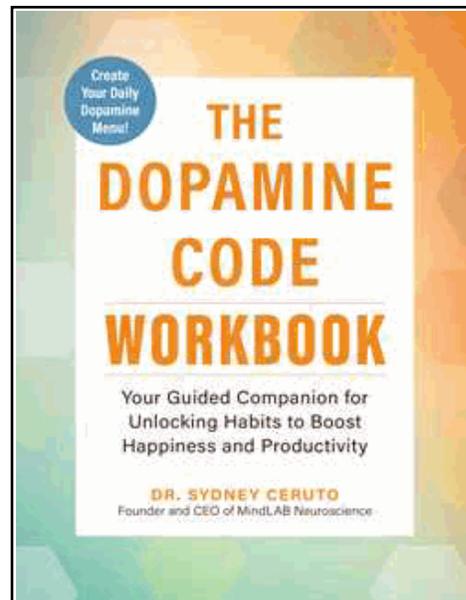
*The Dopamine Code Workbook* uses guided exercises, reflective prompts, and actionable neuroscience-based tools to:

- Identify the habits, thoughts, and environments that either fuel or drain your motivation
- Rebuild your brain's reward pathways
- Cultivate high-dopamine habits that enhance mood, focus, and drive—without the crash of overstimulation or burnout
- Break free from the “dopamine traps” of modern life: social media, stress, overwork, and instant gratification
- Design your own Dopamine Menu—a personalized daily routine that reinforces healthy dopamine rhythms, promoting resilience, creativity, and inner satisfaction

Whether you're looking to reignite your ambition, elevate your mental health, or rediscover joy in the simple moments, this workbook provides the structure and science-backed strategies to help you *live The Dopamine Code*—not just read it.

## AUTHOR BIO

Dr. Sydney Ceruto, founder of MindLAB Neuroscience, has been at the forefront of integrating neuroscience into personal and professional coaching for over two decades. With two master's degrees in psychology and two PhDs in behavioral and cognitive neuroscience, Dr. Ceruto is widely recognized as an expert in the field of neuroscience. She practices personal coaching across the globe, with offices in New York, Miami, Beverly Hills, and Lisbon, Portugal. Dr. Ceruto is also a *Forbes* Coaching Council executive contributor, where she shares insights on neuroscience and leadership, and she has earned numerous prestigious awards and recognitions, including a 2024 Lifetime Achievement Award from the World Coaching Congress and a 2022 induction into the International Society for Female Professionals as one of the World's Top 3 Best Life Coaches.



## PAPERBACK

**On Sale: 10/06/26**

**Adams Media**

**9781507226278**

Self-Help

First Print: 75,000

6 x 8, 192 pages

Carton quantity: 40

\$18 (US) / \$25 (CAN)

## AUTHOR HOMETOWN

Dr. Sydney Ceruto / New York / New York

# Meditations on Becoming a Man

A Guide to Building Value, Purpose, and Connection in Your Life

Jor-EI Caraballo, LMHC

## BOOK DESCRIPTION

Young men are struggling, but licensed therapist and celebrated author Jor-EI Caraballo is here to help. This collection of powerful, thought-provoking meditations and reflections gives young men guidance and space to deal with difficult topics, reinforce their purpose, build stronger connections, and better understand what it truly means to be a man.

Written by licensed therapist Jor-EI Caraballo, *Meditations on Becoming a Man* is a thoughtful and accessible guide designed to help young men redefine masculinity on their own terms. Through a collection of insightful reflections, Caraballo offers practical advice and compassionate guidance for those navigating the complexities of modern life while striving for mental and emotional well-being.

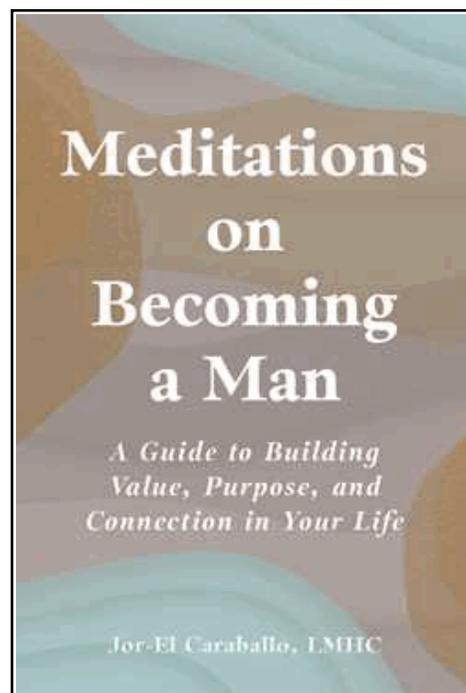
This book delves into a wide range of topics that resonate deeply with the experiences of young men today. Caraballo provides a roadmap for self-discovery and improvement with meditations divided into sections focused on:

- Identity & Purpose: Dealing with personal values, stereotypes, and real selfhood
- Mental Health & Stress: Covering topics such as internalized pressures, shame, and anger
- Close Relationships & Community: Exploring friendship, loneliness, and healthy partnerships
- Confidence & Social Skills: Tackling self-esteem, emotional intelligence, and proper communication
- Growth & Daily Practice: Helping to make smart decisions, asking for help, and setting yourself up for success

Each meditation is crafted to address the unique challenges and concerns faced by young men, offering support and actionable steps to help them thrive. With its blend of practical insights and compassionate reflections, *Meditations on Becoming a Man* serves as a valuable companion for young men seeking clarity, strength, and a deeper understanding of themselves.

## AUTHOR BIO

Jor-EI Caraballo is a licensed therapist and cofounder of Viva, a multi-state mental health practice. Caraballo received a BA in psychology from the University of North Carolina at Wilmington and MA and EdM degrees in psychological counseling from Teachers College at Columbia University. He has been featured as a mental health expert across many magazines and websites, including *Mind Body Green*, *Men's Health*, *Healthline*, *Insider*, *Self*, and more, sharing advice and insight on self-care, interpersonal relationships, dealing with trauma, and more.



## HARDCOVER

**On Sale: 11/24/26**

**Adams Media**

**9781507226803**

Self-Help

First Print: 75,000

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

Carton quantity: 24

\$17 (US) / \$24 (CAN)

## AUTHOR HOMETOWN

Jor-EI Caraballo / New York / New York

# Loving Your Autistic Mom

A Guide to Understanding, Accepting, and Appreciating Your Autistic Mother  
**Meghan Graham**

## BOOK DESCRIPTION

**Explore the unique challenges autistic mothers face—from sensory sensitivities to societal parenting pressures—with expert strategies, real-life stories, and inclusive support for neurodivergent families in this groundbreaking guide.**

An increasing number of moms are being diagnosed with autism who face unique challenges, including sensory issues, social interactions, and navigating societal expectations around parenting. *Loving Your Autistic Mom* examines growing up with autistic mothers, shedding light on the nuances of understanding and embracing the neurodivergent mom in your life. Through real-life stories of families with moms on the spectrum and expert reflections on how to best understand and handle these familial dynamics, this thoughtful and insightful self-help guide is aimed at supporting families with autistic mothers.

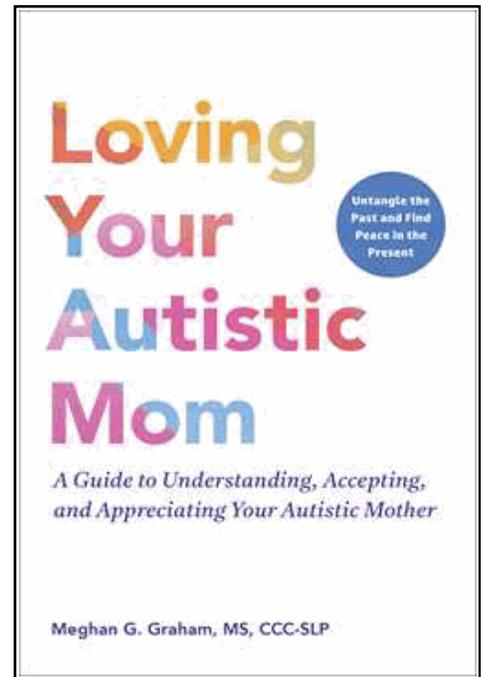
This book delves into these challenges using discussions from a clinical perspective, practical strategies, for understanding and accommodating the needs of autistic mothers, and case studies for real-life experiences. It also provides actionable advice for adult children and other family members on how to create a supportive, compassionate environment that fosters positive relationships and mutual understanding.

By focusing on the lived experiences of autistic mothers and their families, paired with expert reflections and advice, this book helps bridge the gap in existing family literature, promoting creating empathy and inclusivity in both personal and professional circles. With its blend of familial stories and practical advice, this is a valuable resource for creating stronger, more understanding families.

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## AUTHOR BIO

Dr. Meghan Graham is a speech-language pathologist and clinical assistant professor at Boston University. Dr. Graham, whose research focuses on neurodiversity in autistic girls and women, holds a doctorate from BU in educational leadership and policy. She teaches courses including autism spectrum disorder and preschool language disorders as part of BU's College of Health and Rehabilitation Sciences. Since 2021, Dr. Graham has also led a support group for high-achieving autistic women, where she offers coaching for navigating executive functioning and social demands. In 2014, Dr. Graham opened AllyMyChild, a multidisciplinary clinic in Massachusetts that provides direct therapy services and assessments to children with a variety of communication disorders. She lives in Massachusetts with her two daughters.



## PAPERBACK

**On Sale: 10/06/26**

**Adams Media**

**9781507225530**

Family & Relationships

First Print: 75,000

6 x 9, 256 pages

Carton quantity: 24

\$18 (US) / \$25 (CAN)

## AUTHOR HOMETOWN

Dr. Meghan Graham / Boston /  
Massachusetts

# The Green Witch's Book of Seasons

A Seasonal Guide to the Power of Natural Magic

Arin Murphy-Hiscock

## BOOK DESCRIPTION

Discover the power of natural magic and healing all year round in this seasonal guide to green witchcraft.

Bestselling author Arin Murphy-Hiscock goes beyond the wheel of the year to provide you with her distinctive and unique guidance on honoring nature and harnessing the power of the seasons.

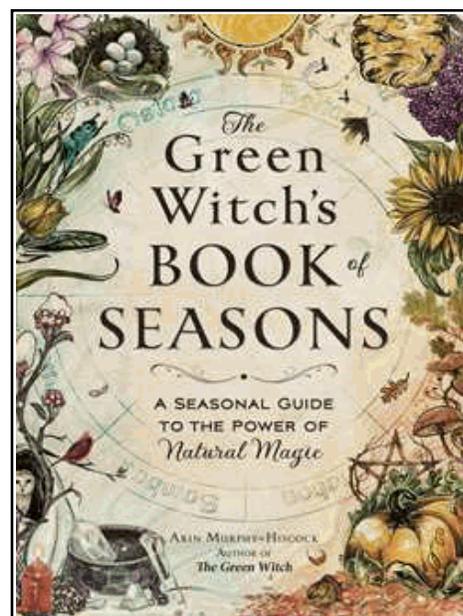
The green witch embraces the power of nature; calls on nature for guidance; and uses plants, flowers, and herbs as an essential element of her healing practice. But that doesn't mean her magick stops when the weather turns cold and the earth seems barren.

In *The Green Witch's Book of Seasons*, you'll learn about the power of every season—and how you can harness it to develop your practice. This book is your guide to deepening your practice and your connection with the earth, no matter the weather, no matter what plants are available, and no matter the season. You'll learn a bit more about green witchcraft, the importance of honoring the seasonal cycles, and how to use cultural celebrations to enhance the season and create your own personal "wheel of the year". From there, you'll dive into a series of spells, each specifically designed to fully capture the magick of each unique season.

Learn about the world of the green witch and discover what the power of nature has in store for you—all year long.

## AUTHOR BIO

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



## HARDCOVER

**On Sale: 12/29/26**

**Adams Media**

**9781507226575**

Body, Mind & Spirit

First Print: 100,000

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

Carton quantity: 24

\$18 (US) / \$25 (CAN)

## AUTHOR HOMETOWN

Arin

Murphy-Hiscock/Montreal/Canada

# Healthy Liver Hacks

200 Ways to Heal Your Liver and Improve Your Health!

Supriya Joshi, MD

## BOOK DESCRIPTION

Heal your liver, transform your health! *Healthy Liver Hacks* gives you more than 175 easy, accessible hacks that promote liver health and help you prevent or reverse damage from fatty liver disease, autoimmune diseases, diabetes, inflammation, and stress.

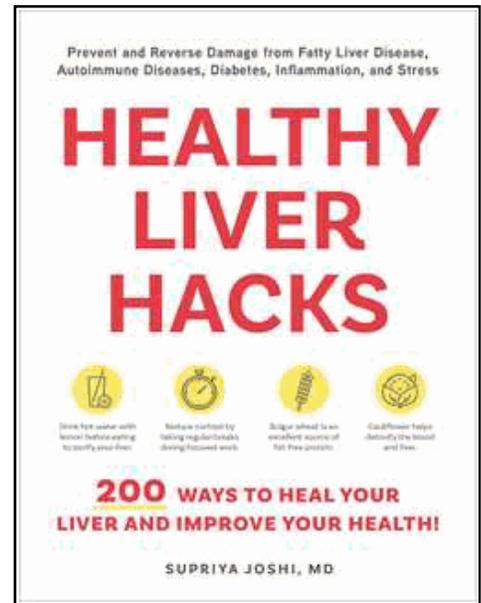
Your liver is a guardian of your health—filtering toxins and bacteria from your blood, processing nutrients from food, regulating hormones, and so much more. And because the liver can regenerate itself, you have the power to optimize its function and your health.

In *Healthy Liver Hacks*, you'll find more than 175 practical and effective ways to support your liver every day. And these tips can also help you boost your energy, sleep better, manage your weight, and improve your gut health, heart health, and metabolic health. You'll also find a complete overview of what the liver does, how the liver works, and how diseases, including fatty liver, NASH, fibrosis, hepatitis, and cirrhosis, impact the liver and impair its function.

Whether you've been diagnosed with fatty liver disease or are taking steps to prevent such a diagnosis, you'll learn simple, effective ways to nourish and protect your liver, promote healing, and safeguard your health.

## AUTHOR BIO

Supriya Joshi, MD, is a gastroenterologist and hepatologist at Trillium Health Partners; a lecturer at the University of Toronto's Temerty Faculty of Medicine; and the current medical director at West GTA Endoscopy. She serves as medical advisor and board member of Fatty Liver Alliance, an organization promoting public advocacy and education. Passionate about lifestyle-based liver care, Dr. Joshi completed executive education in sustainable nutrition at Harvard University and coursework in Coaching Essentials for Healthcare Professionals through Temerty Faculty of Medicine. With more than twenty years of clinical experience, she is frequently invited to speak on liver disease, has appeared as a guest on many podcasts, and is the founder of the public education platform @LiverHealthMD. When she educates, her aim is to empower people to pivot and learn the tools that can optimize their health journey. Learn about Dr. Joshi's master class and coaching services at LiverHealthMD.com. Outside of caring for her patients, she walks the talk, is a fitness enthusiast, and cherishes spending time with her family.



## PAPERBACK

On Sale: 09/15/26

Adams Media

9781507226605

Health & Fitness

First Print: 60,000

6 x 8, 224 pages

Carton quantity: 40

\$18 (US) / \$25 (CAN)

## AUTHOR HOMETOWN

Supriya

Joshi/Mississauga/Ontario,

Canada

# Oh Sis, You're Pregnant!

The Ultimate Guide to Black Pregnancy & Motherhood  
Shanicia Boswell

## BOOK DESCRIPTION

*Oh Sis, You're Pregnant!* is the go-to guide for modern pregnant Black women. In this newly updated edition in a lovely giftable package, mothers-to-be will find the sister-to-sister guidance and expert insight on pregnancy, labor, and motherhood that readers have praised, cherished, and lived by for years.

This book is the essential "what to expect when you're expecting" guide to understanding pregnancy from a millennial Black mom's point of view. Written by *Black Moms Blog* founder Shanicia Boswell Jones, this book tackles hard topics in a way that truly resonates with today's Black moms-to-be.

You'll find answers to questions on how to financially plan for birth, how to maintain relationships and friendships during motherhood, and how to self-advocate for your rights as a pregnant Black person. With stories and lessons learned from the author's own experiences through pregnancy, labor, and motherhood, *Oh Sis, You're Pregnant!* also includes interviews with professionals like OBGYNs, midwives, nutritionists, and lactation consultants. It focuses on the common knowledge Black pregnant mothers should consider when having their first baby, while also sharing topics beneficial to pregnant Black women on their second, third, or fourth-born.

If you're looking for a pregnancy guide that speaks to *your* experience, *Oh Sis, You're Pregnant* is the book for you!

## AUTHOR BIO

Shanicia Boswell is the founder of *Black Moms Blog*, an online community discussing parenting, culture, and lifestyle from a Black mom's point of view. In 2019, she launched The Self Care Retreats, an international retreat destination to help women learn to release, relax, and unwind. Shanicia has written for *The New York Times*, *The Washington Post*, *HuffPost*, among other publications. She has been featured on the OWN Network, recruited as a guest moderator on CNN's HLN Weekend Express, and spoken at numerous conferences on millennial Black motherhood.

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## PAPERBACK

On Sale: 11/03/26

Adams Media

9781507226728

Health & Fitness

First Print: 60,000

6 x 9, 336 pages

Carton quantity: 24

\$19 (US) / \$26 (CAN)

## AUTHOR HOMETOWN

Shanicia Boswell/Atlanta/Georgia

# Facts of the Fellowship

99 Obscure Lord of the Rings Facts from Tolkien's Middle-earth

**Don Marshall**

## BOOK DESCRIPTION

More exciting than second breakfast! Don Marshall, the Obscure Lord of the Rings Facts Guy—loved by so many online—is back with a compendium of fascinating facts, little-known connections, and incredible insights about the enduring trilogy that launched the modern high fantasy genre!

Packed with obscure details and Tolkien tidbits, this book offers a collection of 99 vignettes that invite readers to join the adventure and dive deeper into the world of Middle-earth—beyond the well-traveled paths of the characters that fans know and love.

Explore the creation of Fangorn Forest, uncover the origin story of the Elves, learn more about Shakespeare’s influence on Mount Doom, and so much more. With details about the different adaptations of Tolkien’s works and the myths and legends that helped shape Tolkien’s universe, readers will gain a new understanding of his lasting legacy.

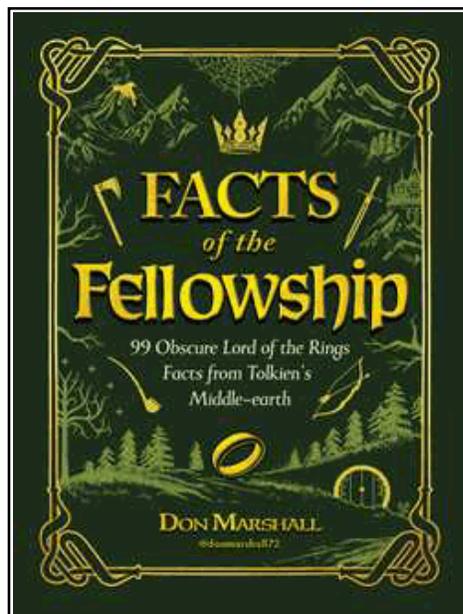
From the origins of Middle-earth through the impacts of the War of the Ring and what happened after the trilogy ended, this book has it all!

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## AUTHOR BIO

Don Marshall, known as “The Obscure Lord of the Rings Facts Guy” across the internet, has been inspiring fans and the nerd world at large with his Tolkien tidbits for years. With a decade of experience working in radio and television, Don’s skills have segued into a very successful TikTok account, which reached viral status in 2020 and continues to entertain and inform the Tolkien fandom at large. Outside of his Tolkienian interests, Don enjoys spending time with his wife Nat Marshall, their dogs River and Lucy, and their tortoise Wash.

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## HARDCOVER

**On Sale: 10/06/26**

**Adams Media**

**9781507226636**

Reference

First Print: 75,000

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

Carton quantity: 24

\$17 (US) / \$24 (CAN)

## AUTHOR HOMETOWN

Don Marshall/Florida

# The Book of Korean Mythology

From Dokkaebi to Mudang, an Encyclopedia of the Gods, Monsters, and Heroes of Korea

**Huck Kahng**

## BOOK DESCRIPTION

Korean culture is exploding worldwide—from K-pop and K-dramas to *Squid Game* and *KPop Demon Hunters*. And now with *The Book of Korean Mythology*, the folklore of the gods, monsters, and heroes that shape culture are brought together in this beautifully illustrated collection.

Begin your adventure exploring Korean folklore with *The Book of Korean Mythology* by Huck Kahng.

This rich collection introduces you to spirits, monsters, and heroes from the tales that populates Korea's mythological pantheon, from spirits of the home to the rulers of the underworld. This guide immerses you in the world of Korean mythology, with the original mythologies and their connections to today's popular culture, like with:

-Jeoseung Saja: Ambassadors from the other world, like the Saja Boys from *Kpop Demon Hunters*

-Gumiho: The nine-tailed temptress seen in *My Girlfriend Is a Nine-Tailed Fox* and *Tale of the Nine Tailed*

-Gwishin: The loveless spirits that haunted *The Ring Virus*.

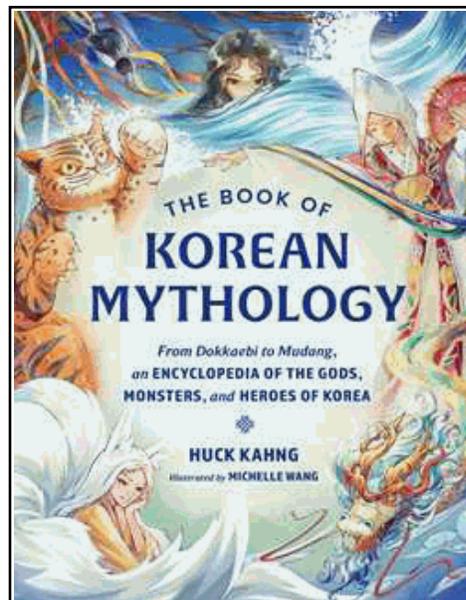
-And many more!

With wit and heart, Kahng invites both mythology lovers and new explorers to discover Korea's most imaginative creatures, unforgettable legends, and the enduring magic at their core.

## AUTHOR BIO

Huck Kahng is a Korean translator and author living in Canada. He has translated many popular titles for the Korean audience, including the Harry Potter series, The Wheel of Time series, and *Project Hail Mary*: he's also published several books in Korean, and most recently self-published *Mythical Creatures*, a guide to using Korean folklore as a basis for fantasy worldbuilding. He shares Korean myths and folklore on his substack, *The K-Lore Library*.

Michelle Wang is an artist based in California. Her artworks are inspired by anime and manga, as well as pop culture, old magazines and photographs, and the beautiful outdoors. Her pieces aim to elicit feelings of awe and serenity through a painterly style, flowing lines, clean details, and nature-inspired colors. Michelle is also a student at UC Berkeley studying computer science, and in her free time enjoys designing and programming apps, as well as practicing yoga and taking long walks with her sister. Her works can be found under the username @NuttyMelon on social media and Etsy.



## HARDCOVER

**On Sale: 11/17/26**

**Adams Media**

**9781507226698**

Social Science

First Print: 75,000

6 x 8, 256 pages

Carton quantity: 24

\$18 (US) / \$25 (CAN)

## AUTHOR HOMETOWN

Huck Kahng / Calgary / Canada

# The Odyssey: An Illustrated Guide

A Character-by-Character Guide to the Story of Odysseus

Doug Metzger

## BOOK DESCRIPTION

The story of Odysseus continues to capture the popular imagination from fiction like Madeline Miller's *Circe* to Christopher Nolan's upcoming film that's already selling out theaters: and this guide based on the character profiles of the most important figures in the tale goes beyond the recap to explore the narrative with a focus on the heroes, deities, and monsters that drive the classic tale.

The classic story of *The Odyssey*, told through portraits of its characters.

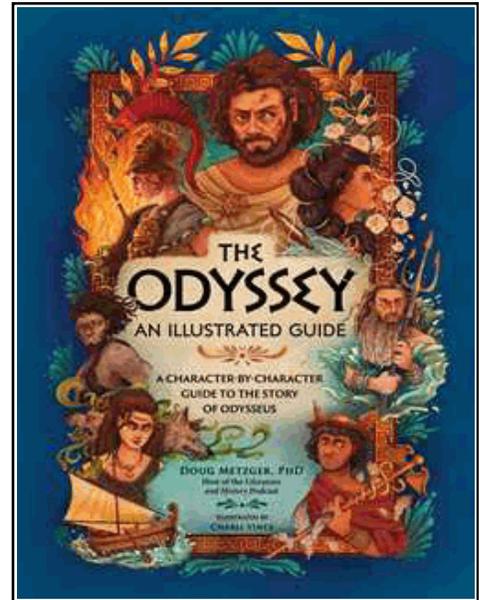
*The Odyssey* has captured imaginations since it was written in the 8th century, with countless retellings and reimagining of the story of gods, monsters, adventure, and a man's quest to return home. This guide helps readers to explore the epic story in a new way through character profiles exploring the story's most important characters

With 40 compelling entries set in story order and accompanied by beautiful full-color images, this guide will please readers with profiles exploring key figures from Penelope and Menelaus, to the gods Circes and Poseidon, to monsters like Scylla and the cyclops Polyphemus.

With dozens of important characters, storylines, and plot points, *The Odyssey* is a complex tale: but this book breaks it into clear, perfect opportunity for a character-based reference to help readers, musical fans, and movie goers understand this ancient tale.

## AUTHOR BIO

Doug Metzger is the host of the hit *Literature and History Podcast*, a long-form, single-narrator show where he has produced about three-hundred hours of content on ancient literature, around eighty of which focus on ancient Greek literature. Having covered not only Homer's *Iliad* and *Odyssey*, but also centuries of later Greek and Latin literature influenced by these early epics, Doug brings panoramic knowledge of *The Odyssey's* history and legacy to this project, as well as a good dose of humor! Doug's podcast has been featured on *Literary Hub*, *Pacific Standard*, *The Paris Review*, *The American Scholar*, Harvard's *Sound Education*, and elsewhere.



## HARDCOVER

On Sale: 06/23/26

Adams Media

9781507226452

Social Science

First Print: 75,000

6 x 8, 256 pages

Carton quantity: 24

\$18 (US) / \$25 (CAN)

## AUTHOR HOMETOWN

Doug Metzger / Rancho Cordova / CA

# The Lost History of Walt Disney World

A Tour of the Forgotten, Little-Known, and Obscure History of the Most Magical Place on Earth

**Danielle Kelly with Ian Wilson**

## BOOK DESCRIPTION

**Think you know everything there is to know about Disney? Think again! For the true Disney fan comes this historical tour of Walt Disney World, which highlights the best kept secrets, hidden past, and little-known “random Disney facts” with insider knowledge from former cast member and popular Disney influencer, The Dapper Danielle.**

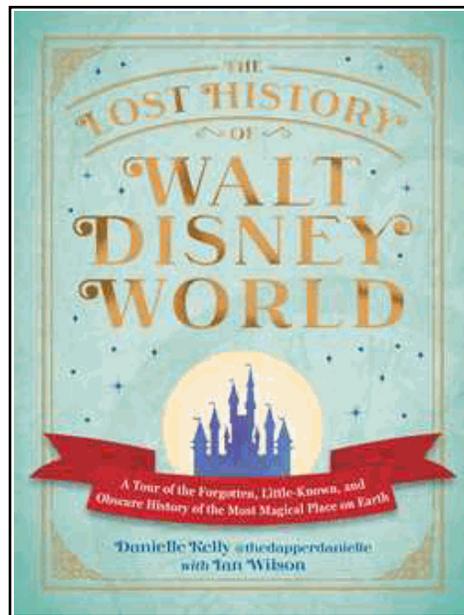
Whether you're visiting the Parks for the first time or consider yourself a seasoned visitor, you might be surprised to discover how much you *don't* know about Walt Disney World's history—and how much it influences the Parks as we know them today! Enter Danielle Kelly, also known as The Dapper Danielle, who's here to tell you the forgotten past and little-known history you really want to know about your favorite Walt Disney World parks. You'll discover surprising stories about Disney's past, including:

-Why there's only half a plane on the banks of the Rivers of Adventure—and what happened to the other half -Which classic Disney tale inspired a Fantasyland ride that was considered scarier than the Haunted Mansion—and where you can still find “recycled” props and figures from that ride today -How Florida's notorious sinkholes actually led to the creation of one of the most iconic features of EPCOT -And many more! These are the stories you won't hear in the parks and that you won't find in your travel guide—but are sure to shock, surprise, and impress even the biggest of Disney fans!

## AUTHOR BIO

Danielle Kelly, known as The Dapper Danielle to her more than half a million social media followers, has exploded into an influential personality known for creating authentic and consistent Disney-themed content. A former Disney cast member with over a decade of experience, Danielle uses her experience to illuminate the stories, people, and history that go into the most magical and happiest places on earth. In between speaking engagements, podcast recordings, and content creation, Danielle is most likely to be at a Disney park obsessing over Orange Bird merch, planning her next fabulous outfit, and reminding everyone to “night night, sleep tight, dream of churros tonight!”

Ian Wilson was born in Tallahassee, Florida, and raised in Anchorage, Alaska. Living between two diametrically different places has helped Ian as an editor connect the abstract to the tangible, the artistic to the quantified, and the wild to the refined. Ian has been helping authors find the right words for their ideas for the last five years and has supported on titles ranging from social commentary to works of fiction. He currently lives in Nashville, Tennessee, with his wife and new baby.



## HARDCOVER

**On Sale: 09/08/26**

**Adams Media**

**9781507226087**

Travel

First Print: 75,000

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

Carton quantity: 24

\$17 (US) / \$24 (CAN)

**AUTHOR HOMETOWN** Danielle Kelly/Championsgate/Florida Ian Wilson/Nashville/Tennessee

# The Unofficial TikTok Drink Recipe Book

100+ Internet-Breaking Recipes for Coffees, Milkshakes, Mocktails, Cocktails, and More!

**Palestrina McCaffrey**

## BOOK DESCRIPTION

Skip the long lines and crowded coffee shops and bring the most viral recipes from your FYP right to your own home! In this follow-up to *The Unofficial TikTok Cookbook*, you'll learn how to make the latest and greatest drinks social media has to offer.

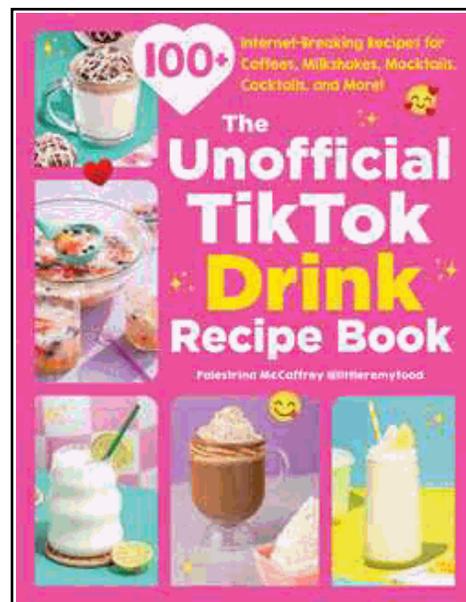
Test out the newest viral sensations and make some of the most iconic recipes you've seen on social media and have been dying to try, with more than 100 amazing recipes, including:

- Iced Strawberry Matcha Lattes
- Dirty Vanilla Cokes
- Sleepy Girl Mocktails
- Santa Jello Hats
- And many more!

Following the simple, easy-to-follow instructions, you can now recreate the recipes you've seen taking over your FYP from the comfort of your own home. Whether you're planning to post your latest beverage online (#HappyHour, anyone?) or simply planning a taste test with some friends, this book is a must-have for incredible drinks for any time of the day!

## AUTHOR BIO

Palestrina McCaffrey, better known as Little Remy Food on social media, is an amateur chef who brings her passion for food and love of learning to the kitchen. With her approachable style and honest feedback, she makes cooking fun and accessible for everyone. Known for testing viral recipes, she has become a trusted resource for home cooks looking to discover which recipes are genuinely worth recreating. Discover more by following @LittleRemyFood on your favorite social media platforms.



## HARDCOVER

**On Sale: 09/15/26**

**Adams Media**

**9781507226292**

Cooking

First Print: 100,000

6 x 8, 176 pages

Carton quantity: 24

\$18 (US) / \$25 (CAN)

## AUTHOR HOMETOWN

Palestrina

McCaffrey/Riverside/California

# Blackstone Griddle 101: The Official Cookbook

100+ Easy-to-Follow Recipes for Breakfast, Lunch, and Dinner

**Nathan Lippy, CJ Frazier, Todd Toven, Matthew Hussey, and Desirée Ruberti**

## BOOK DESCRIPTION

The official guide to your favorite flat-top griddle! From sizzling breakfasts to hearty dinners and everything in between *Blackstone Griddle 101* gives you time-tested favorites, expert advice, and inventive techniques that bring out the best in your Blackstone.

Whether you're brand-new to griddling or a backyard veteran, *Blackstone Griddle 101* is your go-to guide for mastering the art of flat-top cooking. Packed with a wide range of mouthwatering recipes, this book brings bold flavor and unbeatable versatility to your outdoor kitchen all year long. From perfectly seared steaks and crispy breakfast favorites to vibrant veggie sides and irresistible desserts, you'll find step-by-step instructions and expert tips to elevate every meal. No matter the season, no matter your skill level—*Blackstone Griddle 101* makes it easy to cook with confidence.

Inside you'll find:

- Pro techniques for temperature control, seasoning, and cleanup
- Easy-to-follow recipes for every occasion
- Seasonal inspiration to keep your griddle in use year-round
- Tips for both small gatherings and big cookouts

## AUTHOR BIO

Chef Nathan Lippy is a classically trained chef who spent years refining his culinary craft only to find his true passion in teaching. Following in the footsteps of his mentors, passing along the gift of a well-crafted meal is one of the best things someone could do for another. The heart of a cook is one that serves others, and for the last nineteen years, Chef Nathan has shared thousands of recipes, tips, and techniques with home cooks all around the world. One of his monikers "Delicious doesn't have to be difficult," has carried his professional path to becoming the executive chef and director of content and strategy for Blackstone Products.

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to come

## HARDCOVER

**On Sale: 10/20/26**

**Adams Media**

**9781507226513**

Cooking

First Print: 100,000

8 x 10, 264 pages

Carton quantity: 24

\$28 (US) / \$39 (CAN)

## AUTHOR HOMETOWN

Nathan Lippy, CJ Frazier, Todd Toven, Matthew Hussey, Desirée Ruberti / Logan / Utah

CJ Frazier serves as a key creative leader at Blackstone Products and is the manager of the Griddle Crew, Blackstone's innovative ambassador program. With a deep passion for outdoor cooking and a background in content creation and community building, CJ loves the innovative approach to the Blackstone social media experience. His dedication to inspiring others—through recipes, engaging storytelling, and a strong focus on connection—continues to elevate Blackstone's place at the forefront of the outdoor cooking world.

Todd Toven became the first social media personality to showcase Blackstone Griddles online in 2013. Since then, he has traveled the country as the headliner of Blackstone's annual Griddle More Tour, sharing great food, music, and enthusiasm at every stop. He is also the star of *Let's Give It A Try*, which airs on Blackstone's social media outlets. He lives in Colorado, where he enjoys the beauty of the Rocky Mountains with his wife and six children. As he often says, "Praise the Lord and pass the food!"

Matthew Hussey, better known as *The Hungry Hussey*, found his passion for cooking standing beside his mama in the kitchen at just eight years old. What started as a way to spend time with her quickly became a lifelong love for making folks feel cared for through food. He's been cooking on a Blackstone since 2015 and is proud to be part of the Blackstone Griddle Pro Team, where he's hosted over 150 weekly videos. With more than 500 videos on his YouTube channel, Matt brings simple, Southern-inspired meals to life—always with a big helping of heart.

Desirée Ruberti, also known as BlackstoneBetty, is a passionate home chef, content creator, and the fiery personality behind the griddle at Blackstone Products. As the host of *Family Style with BlackstoneBetty*, she brings flavor, flair, and feel-good vibes to kitchens and backyards everywhere. Known for "zhooshing up" everyday recipes, dishing out clever tips, and infusing everything she does with heart, Betty inspires home cooks of all skill levels to fire up their griddles and create meals that bring people together. From nostalgic family favorites to bold new bites, her crave-worthy creations are rooted in confidence, creativity, and connection. Off the griddle, BlackstoneBetty plays a key role in the griddle community as one of the leaders of the Blackstone Griddle Crew ambassador program, where she thrives at mentoring, encouraging, and empowering fellow creators. A proud Philly native, devoted mom, and loud-and-proud Italian-American, she credits her tight-knit family and heritage for sparking her lifelong love of food. Through this cookbook, she invites you to join her at the griddle—where the sizzle is constant, the food is full of soul, and every dish is served family style.

# The Official Zodiac Academy Coloring Book

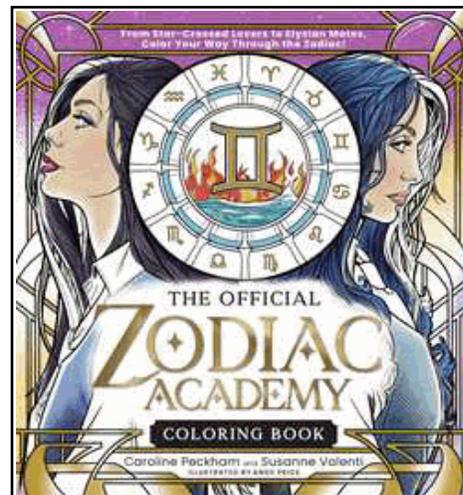
From Star-Crossed Lovers to Elysian Mates, Color Your Way Through the Zodiac!

**Caroline Peckham and Susanne Valenti**

## BOOK DESCRIPTION

Bring the blockbuster BookTok sensation *Zodiac Academy* to life with its first official coloring book! Immerse yourself in the celestial wonders of the immensely popular series with this captivating coloring book, an essential addition to Caroline Peckham and Susanne Valenti's extensive universe.

Unleash your inner magic with *The Official Zodiac Academy Coloring Book*! Inspired by the bestselling romantasy series, this captivating collection features detailed illustrations of your favorite characters, settings, and scenes from the *Zodiac Academy* universe. This coloring book brings the drama, romance, and elemental power of the *Zodiac Academy* series to life. Whether you're Team Vega Twins or loyal to the Heirs, every page offers a chance to reimagine the story with your own creative flair. Perfect for romantasy lovers and loyal readers alike, this book offers a spellbinding escape into a universe where destiny, danger, and romance collide.



## AUTHOR BIO

Caroline Peckham is a #1 Wall Street Journal and Amazon.com bestselling romance author who has sold over 7 million copies across her bestselling romantasy series, *Zodiac Academy*, as well as many more copies of her other fantasy and contemporary romance series. She co-writes full time with her sister, Susanne Valenti, and together the two of them work in their garden office in the UK, overlooking a lush green garden full of wildlife. They don't shy away from cliff-hangers and challenging redemption arcs for their love interests, and their leading women are always strong-hearted with fierce souls, the kind that never give up no matter what the authors throw at them.

Susanne Valenti is a #1 Wall Street Journal and Amazon.com bestselling romance author who has sold over 7 million copies across her bestselling romantasy series, *Zodiac Academy*, as well as many more copies of her other fantasy and contemporary romance series. She co-writes full time with her sister, Caroline Peckham, and together the two of them work in their garden office in the UK, overlooking a lush green garden full of wildlife. They don't shy away from cliff-hangers and challenging redemption arcs for their love interests, and their leading women are always strong-hearted with fierce souls, the kind that never give up no matter what the authors throw at them.

Andy Price is an American comic artist. He is also the creator of *The Cryptid Creatures Coloring Book* and *The Creepy Krampus Coloring Book*.

## PAPERBACK

**On Sale: 09/22/26**  
**Adams Media**  
**9781507226650**  
Games & Activities  
First Print: 150,000  
9 1/8 x 10, 80 pages  
Carton quantity: 24  
\$18 (US) / \$25 (CAN)

# The Night Before Christmas

A Color-Your-Own Storybook  
Clement C. Moore

## BOOK DESCRIPTION

Bring the magic of the holiday to life with *The Night Before Christmas: A Color Your Own Storybook!* Color along as an adorable family of cuddly bears gets a visit from Saint Nick, and personalize your own cute and cozy edition of *The Night Before Christmas!*

This charming coloring book invites you to add your personal touch to the timeless holiday classic, creating a keepsake that's uniquely yours. Filled with cozy, hand-drawn illustrations of beloved scenes from Clement C. Moore's cherished poem, this book is the perfect way to relax, unwind, and make lasting memories during the holiday season.

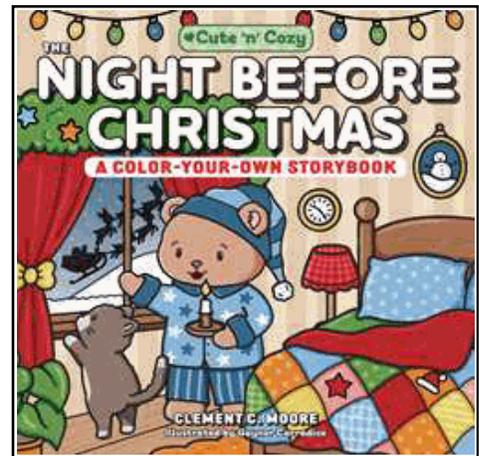
Celebrate the holidays in your own creative way with *The Night Before Christmas: A Color Your Own Story Book*. It's the perfect blend of nostalgia, creativity, and festive fun!

What's inside:

- 40 hand-drawn single-sided pages ready for coloring
- Super cute and cozy pages for stress relief and relaxation
- High-quality paper to prevent bleed-through
- An oversized 10 x 10 package, giving artists plenty of room for coloring
- High-resolution prints for clear, crisp images

## AUTHOR BIO

Gaynor Carradice is an experienced graphic designer and illustrator based in Lancashire, United Kingdom. She is the illustrator of the Creepy Cute series of coloring and sticker books and the Cute 'n' Cozy series of coloring books. Gaynor loves to create unique, fun illustrations with modern twists on well-known themes. In her free time, she enjoys binge-watching horror movies, long walks in the woodlands with her dogs, fishkeeping, and looking after her many houseplants.



## PAPERBACK

**On Sale: 10/20/26**

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First Print: 100,000

10 x 10, 64 pages

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\$14 (US) / \$19.5 (CAN)

**AUTHOR HOMETOWN** Gaynor  
Carradice / Lancashire / United  
Kingdom

## Murder on Vacation: Book 4

Solve the Puzzles—and the Plot of a Cozy Bed and Breakfast Mystery!  
**Rosie A. Point with Charles Timmerman**

### BOOK DESCRIPTION

Welcome to the fictional town of Cranberry Creek, where cozy mystery meets word search, creating the perfect killer combo! Abby may be ready to take a break from her amateur sleuthing with a romantic getaway—but trouble seems to follow everywhere she goes, and her detective skills are put to the test once again.

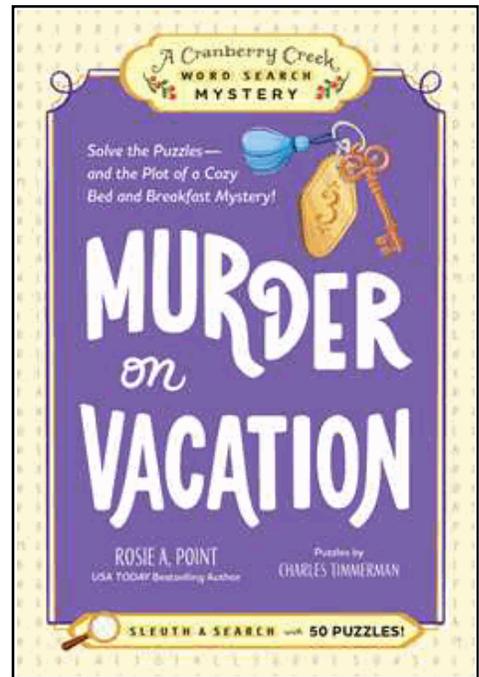
Puzzle along—and solve the case!—with 50 word searches in this charming mash-up from *USA TODAY* bestselling cozy mystery author Rosie A. Point and puzzle master Charles Timmerman. **Word Search Mysteries—the quintessential cozy activity!**

Abby Jones is ready to set her amateur sleuthing to the side and enjoy a peaceful, romantic, lakeside vacation with her boyfriend, Nathan. But when the beloved owner of the local bed and breakfast is shockingly murdered—and Nathan was the last person to see her alive—Abby puts her detective skills to the test yet again. It's Abby's most challenging case yet!

### AUTHOR BIO

Rosie A. Point is a *USA TODAY* bestselling cozy mystery author of more than ninety novels and novellas set in fictional small towns across the United States. She loves writing about food, amateur sleuths, cats, and secrets; her favorite books are ones you can snuggle up with under a cozy blanket on a winter's day. Rosie lives in Cape Town, South Africa, with her son, husband, and adorable kitten, Shiva the Destroyer. For more information, please visit [RosiePointBooks.com](http://RosiePointBooks.com).

Charles Timmerman is the founder of [Funster.com](http://Funster.com), a word game website that was selected as a Yahoo! Pick of the Year, and the bestselling author of more than one hundred puzzle books that have sold over three million copies. His titles include *The Everything Easy Large-Print Crosswords Book* (Volumes 2–9), *The Everything Giant Book of Word Searches* (Volumes 1–12), *Funster 100+ Large Print Easy Crossword Puzzles*, and *Funster 250+ Large Print Word Search Puzzles for Adults*.



### PAPERBACK

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Games & Activities

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6 x 9, 128 pages

Carton quantity: 24

\$15 (US) / \$21 (CAN)

### AUTHOR HOMETOWN

Rosie A. Point / Cape Town / South Africa  
Charles Timmerman / South Pasadena / California

# Murder at the Christmas Market: Book 5

Solve the Puzzles—and the Plot of a Cozy Holiday Mystery!

**Rosie A. Point with Charles Timmerman**

## BOOK DESCRIPTION

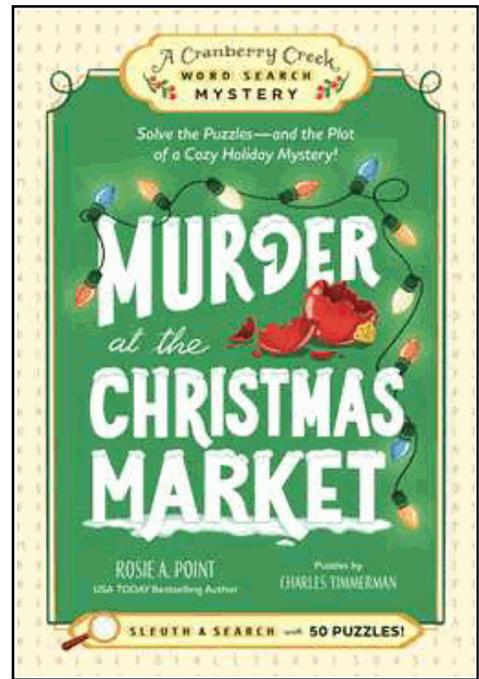
It's Christmastime in Cranberry Creek, where cozy mystery meets word search for the perfect killer combo! The charming town is celebrating the season with a lovely Christmas Market, but a murder spoils the fun and has our favorite amateur sleuth Abby Jones trading her Santa hat for a detective one. Puzzle along—and solve the case!—with 50 word searches in this charming mash-up from *USA TODAY* bestselling author Rosie A. Point and puzzle master Charles Timmerman.

It's Christmastime in Cranberry Creek! The town is decked out for the holidays and enjoying the Christmas Market. Abby Jones, our favorite bookstore owner-turned-amateur sleuth is ready to celebrate the season, but someone from the naughty list is about to spoil her holiday plans. The town council's annual Christmas costume contest comes to a shocking end when Willa Gunderson, dressed up as Santa's wife, winds up dead. Can you figure out who killed Mrs. Claus? Puzzle along—and solve the case!—with 50 word searches in this charming mash-up from *USA TODAY* bestselling cozy mystery author Rosie A. Point and puzzle master Charles Timmerman. Word Search Mysteries—the quintessential cozy Christmas activity!

## AUTHOR BIO

Rosie A. Point is a *USA TODAY* bestselling cozy mystery author of more than ninety novels and novellas set in fictional small towns across the United States. She loves writing about food, amateur sleuths, cats, and secrets; her favorite books are ones you can snuggle up with under a cozy blanket on a winter's day. Rosie lives in Cape Town, South Africa, with her son, husband, and adorable kitten, Shiva the Destroyer. For more information, please visit [RosiePointBooks.com](http://RosiePointBooks.com).

Charles Timmerman is the founder of [Funster.com](http://Funster.com), a word game website that was selected as a Yahoo! Pick of the Year, and the bestselling author of more than one hundred puzzle books that have sold over three million copies. His titles include *The Everything Easy Large-Print Crosswords Book* (Volumes 2–9), *The Everything Giant Book of Word Searches* (Volumes 1–12), *Funster 100+ Large Print Easy Crossword Puzzles*, and *Funster 250+ Large Print Word Search Puzzles for Adults*.



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## AUTHOR HOMETOWN

Rosie A. Point / Cape Town / South Africa

Charles Timmerman / South Pasadena / California

# The Dungeoneaster NPC Generator Deck

A Mix-and-Match NPC Creation Tool for RPGs

Jef Aldrich & Jon Taylor

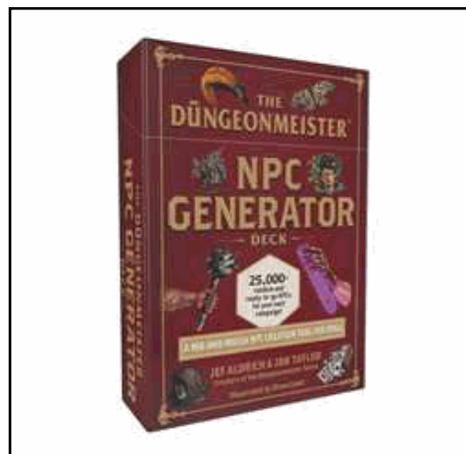
## BOOK DESCRIPTION

**The barkeep at the tavern. The blacksmith forging weapons. The odd stranger in the woods...Game Masters constantly need to flesh out new characters in the middle of a game, and this dynamic deck lets them create unique non-player characters (NPCs) with the draw of three cards. This deck is a fully functioning game add-on that'll create fully realized NPCs instantly!**

Does your adventuring party frequently engage with the characters you haven't generated stats for, leaving your well-thought-out NPCs in the dust and forcing you to create new and interesting characters on the fly? Don't worry—*The Dungeoneaster NPC Generator* is the perfect tool to help! With the pull of three cards, you can create a unique NPC (non-playable character) in an instant. Draw one of each type to find out: -**The Who?** provides a physical shell of a character, an alignment, personality details, and more. -**The What?** describes an item of note in the NPC's possession, its background, and how it modifies the character's abilities. -**The Why?** gives the character their desires, reasons to interact with the PCs, possible side quests, and other perspectives. The deck's 90 cards can create over 25,000 possible combinations—all fully compatible with 5E and adaptable to other RPG mechanics. This deck is perfect for GMs looking for something functional and fun to help them fill out encounters with interesting adventuring additions that can assist the party, generate side quests, or even serve as an improvised foe in the tavern. This deck focuses on the NPC element, providing thousands of NPC options to add to any campaign!

## AUTHOR BIO

Jef Aldrich is a professional podcaster from San Diego . Along with Jon Taylor, he has been building a podcast brand outside of the big network channels. Jef started entertaining people as a Sea World tour guide and eventually just started being funny for a living on his own. Jef is the coauthor of *Dungeoneaster*, *The Dungeoneaster Goblin Quest Coloring Book*, *The Dungeoneaster Cookbook*, *Dungeoneaster: The Deck of Many Drinks*, and *Dungeoneaster: The Random Monster Generator*. He is also a cocreator and cohost of the System Mastery podcast with Jon where they review and comment on odd classic RPGs, poking fun at obscure stories and systems while taking the game for a spin.



## FLASHCARDS

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4 1/4 x 6 1/4, 93 pages

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\$20 (US) / \$28 (CAN)

## AUTHOR HOMETOWN

Jef Aldrich/San Diego/California

Jon Taylor/Santee/California

Jon Taylor is a professional podcaster from San Diego. He has a degree in English Literature from UC Santa Cruz. He spent several years as a stand-up comic on the East Coast before moving back to Southern California. Jon is the coauthor of *Düngeonmeister*, *The Düngeonmeister Goblin Quest Coloring Book*, *The Düngeonmeister Cookbook*, *Düngeonmeister: The Deck of Many Drinks*, and *Düngeonmeister: The Random Monster Generator*. Jon is also a cocreator and cohost of the *System Mastery* podcast with Jef Aldrich where they review and comment on odd classic RPGs, poking fun at obscure stories and systems while taking the game for a spin.

Drew Laser is a freelance illustrator based in Milwaukee, Wisconsin, who specializes in science fiction illustrations and fantasy artwork.