



# SHE WRITES PRESS CATALOG 2020





# ABOUT SHE WRITES PRESS

She Writes Press is an independent publishing company, founded in 2012, with a thriving publishing program dedicated to community, education, and giving women authors a voice and a platform for their writing.

We are a curated press that's both mission-driven and community-oriented, aiming to serve writers who wish to maintain greater ownership and control of their projects while still getting the highest-quality editorial help possible for their work.

Every expert we work with has been handpicked by She Writes Press Publisher Brooke Warner.

Celebrating seven years of publishing in 2019, She Writes Press has signed more than 400 authors. We are an award-winning press whose authors have appeared in publications ranging from *O, The Oprah Magazine* to *People* to *Redbook*, as well as all the industry trade reviews. Our books are distributed by Ingram Publisher Services and are sold into bookstores, libraries, and specialty retail accounts. We are excited to be partnering with high-caliber authors whose books are giving the publishing industry reason to keep its eye on She Writes Press.

She Writes Press is a proud member of the SparkPoint Studio family, spearheaded by its CEO, Crystal Patriarche.

Publisher Brooke Warner is a cofounder of the press and leads the editorial and production department along with associate publisher and editorial manager Lauren Wise and two project managers, Samantha Strom and Shannon Green.

She Writes Press is known for its beautiful cover designs and interiors; for this we would like to thank our design team, led by Creative Director Julie Metz, who's supported in her efforts by Leah Lococo, Tabitha Lahr, Rebecca Lown, Kiran Spees, Stacey Aaronson, and Katherine Lloyd.

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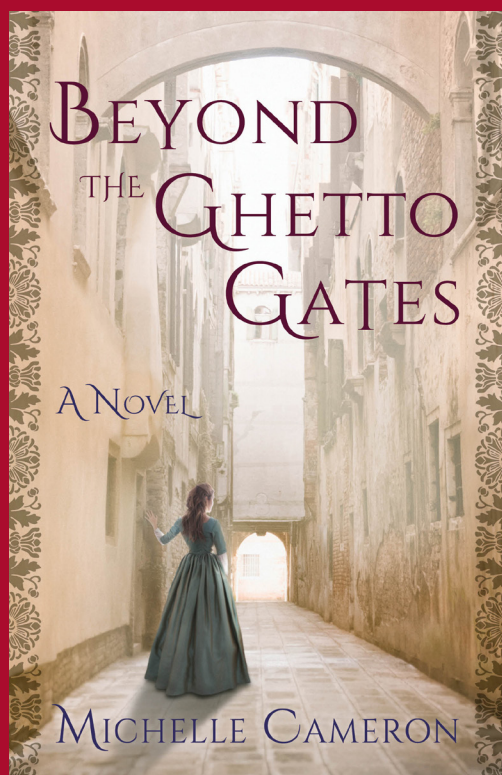


# Spring 2020





APRIL 2020



Publication Date: April 7, 2020

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E-ISBN: 978-1-63152-851-4

“One of those novels which is so evocative, so compelling, that after you’ve finished you’re left thinking about the book for days. Beautifully written and completely engaging!”

—Michelle Moran, best-selling author of *The Second Empress* and *Madame Tussaud*

“Fascinating! Cameron shines a light on a rarely explored facet of the Napoleonic era set in the Italian provinces with a spirited Jewish woman at its center.”

—Heather Webb, international best-selling author of *Becoming Josephine* and coauthor of *Ribbons of Scarlet*

# BEYOND THE GHETTO GATES

A NOVEL

MICHELLE CAMERON

## DESCRIPTION:

When French troops occupy the Italian port city of Ancona, freeing the city’s Jews from their repressive ghetto, it unleashes a whirlwind of progressivism and brutal backlash as two very different cultures collide. Mirelle, a young Jewish maiden, must choose between her duty—an arranged marriage to a wealthy Jewish merchant—and her love for a dashing French Catholic soldier. Meanwhile, Francesca, a devout Catholic, must decide if she will honor her marriage vows to an abusive and murderous husband when he enmeshes their family in the theft of a miracle portrait of the Madonna.

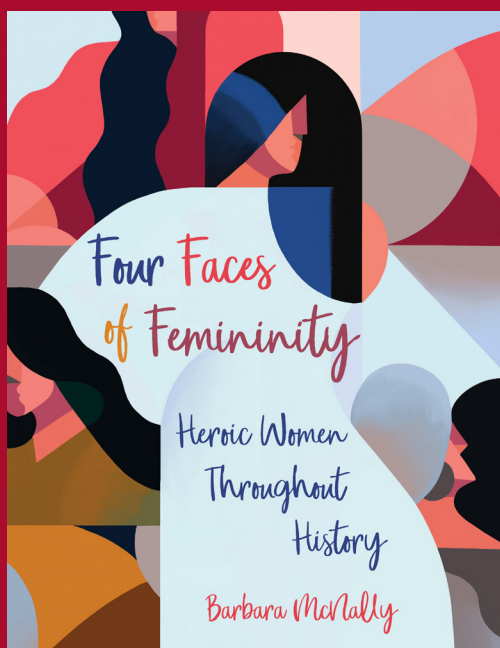
Set during the turbulent days of Napoleon Bonaparte’s Italian campaign (1796–97), *Beyond the Ghetto Gates* is both a cautionary tale for our present moment, with its rising tide of anti-Semitism, and a story of hope—a reminder of a time in history when men and women of conflicting faiths were able to reconcile their prejudices in the face of a rapidly changing world.

## ABOUT THE AUTHOR:

Michelle Cameron is a director of the Writers Circle, an NJ-based organization that offers creative writing programs to kids and adults, and the author of works of historical fiction and poetry including *The Fruit of Her Hands: The Story of Shira of Ashkenaz* (Pocket, 2009) and *In the Shadow of the Globe* (Lit Pot Press, 2003). She lived in Israel for fifteen years (including three weeks in a bomb shelter during the Yom Kippur War), where she served as an officer in the Israeli army teaching air force cadets technical English. Michelle lives in New Jersey with her husband and has two grown sons of whom she is inordinately proud.



APRIL 2020



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**French flaps, Four-color**

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**E-ISBN:** 978-1-63152-885-9

# FOUR FACES OF FEMININITY

HEROIC WOMEN THROUGHOUT HISTORY

BARBARA McNALLY

## DESCRIPTION:

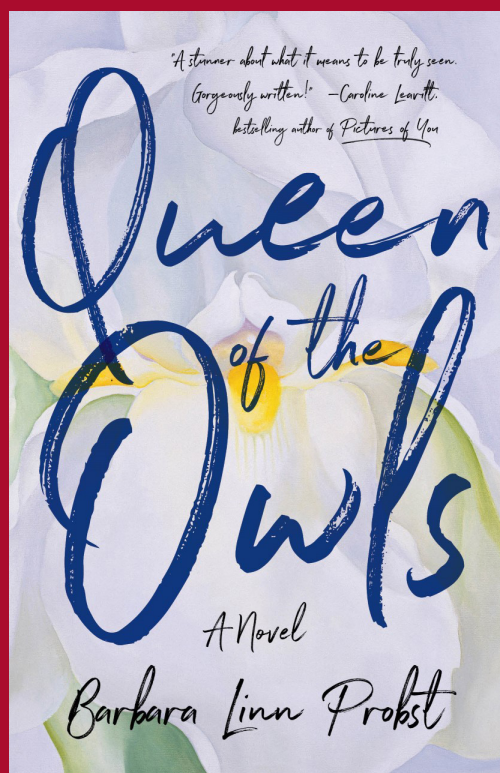
*Four Faces of Femininity* tells the story of remarkable women who, through their creativity, passion, intelligence, and sheer determination, have left an indelible mark on the history of humankind. The book is divided into four sections, with figures placed in Mother, Lover, Warrior, or Sage. Accessible, informative, and uplifting, *Four Faces of Femininity* explores the many ways in which women have changed the course of history—and demonstrates how crucial it is that women from every background be provided with role models that inspire. The book includes questions for exploration to help modern, multifaceted women see these qualities in themselves and balance them to lead a fuller life.

## ABOUT THE AUTHOR:

Barbara McNally is the author of *Unbridled*, a soulful memoir of personal liberation, and *Wounded Warrior, Wounded Wife*, firsthand accounts of woman thrust into the role of caregiver when their spouses return from the battlefield with major wounds. These stories inspired the launch of the Barbara McNally Foundation, which offers seminars, scholarships, and workshops dedicated to enhancing the lives of women. Barbara is a licensed physical therapist who makes her home in Southern California, where she juggles the responsibilities of being a mother, lover, warrior, and sage.



APRIL 2020



Publication Date: April 7, 2020

Collections: Fiction

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"This is a stunner about the true cost of creativity, and about what it means to be really seen. Gorgeously written and so, so smart (and how can you resist any novel that has Georgia O'Keeffe in it?), Probst's novel is a work of art in itself."

—Caroline Leavitt, best-selling author of *Pictures of You*, *Is This Tomorrow*, and *Cruel Beautiful World*

"*Queen of the Owls* is a powerful novel about a woman's relation to her body, diving into contemporary controversies about privacy and consent."

—Barbara Claypole White, best-selling author of *The Perfect Son* and *The Promise Between Us*

# QUEEN OF THE OWLS

A NOVEL

BARBARA LINN PROBST

## DESCRIPTION:

A chance meeting with a charismatic photographer will forever change Elizabeth's life.

Until she met Richard, Elizabeth's relationship with Georgia O'Keeffe and her little-known Hawaii paintings was purely academic. Now it's personal. Richard tells Elizabeth that the only way she can truly understand O'Keeffe isn't with her mind—it's by getting into O'Keeffe's skin and reenacting her famous nude photos.

In the intimacy of Richard's studio, Elizabeth experiences a new, intoxicating abandon and fullness. It never occurs to her that the photographs might be made public, especially without her consent. Desperate to avoid exposure—she's a rising star in the academic world and the mother of young children—Elizabeth demands that Richard dismantle the exhibit. But he refuses. The pictures are his art. His property, not hers.

As word of the photos spreads, Elizabeth unwittingly becomes a feminist heroine to her students, who misunderstand her motives in posing. To the university, however, her actions are a public scandal. To her husband, they're a public humiliation. Yet Richard has reawakened an awareness that's haunted Elizabeth since she was a child—the truth that cerebral knowledge will never be enough.

Now she must face one question: How much is she willing to risk to be truly seen and known?

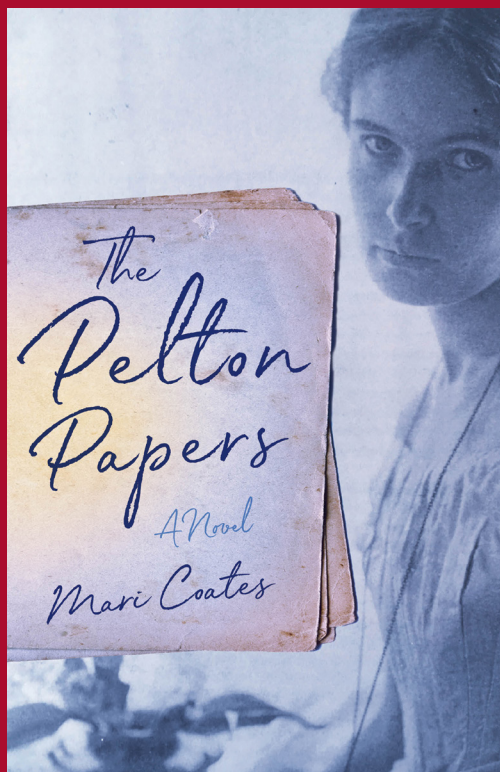
## ABOUT THE AUTHOR:

Barbara Linn Probst is a writer, researcher, and former clinician living on an historic dirt road in New York's Hudson Valley. Her novels (*Queen of the Owls*, April 2020, and *The Sound of One Hand*, forthcoming in April 2021) tell of the search for authenticity, wholeness, and connection. In both novels, art helps the protagonist to become more fully herself. *Queen of the Owls* has been chosen as a 2020 selection by the Pulpwood Queens Book Club. Author of the groundbreaking book on nurturing out-of-the-box children *When the Labels Don't Fit*, Probst holds a PhD in clinical social work and is a frequent guest essayist on major online sites for fiction writers. Please see [www.barbaralinnprobst.com](http://www.barbaralinnprobst.com).

Title has been chosen as the May 2020 selection for The Pulpwood Queens, a network of more than 780 book clubs throughout the US and in international markets.



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*"The Pelton Papers is an extraordinary book. Like its subject, Agnes Pelton, it avoids the obvious at every turn. I loved accompanying her through the first half of the twentieth century to her own visionary modernism as a painter. It's the skill of this novel to make her life of contradictions—solitary, social, ignored, glorified—the quietly fabulous tale that it is."*

—Joan Silber, author of *Improvement*, winner of the PEN/Faulkner award for Fiction and the National Book Critics Circle Award

# THE PELTON PAPERS

A NOVEL

MARI COATES

## DESCRIPTION:

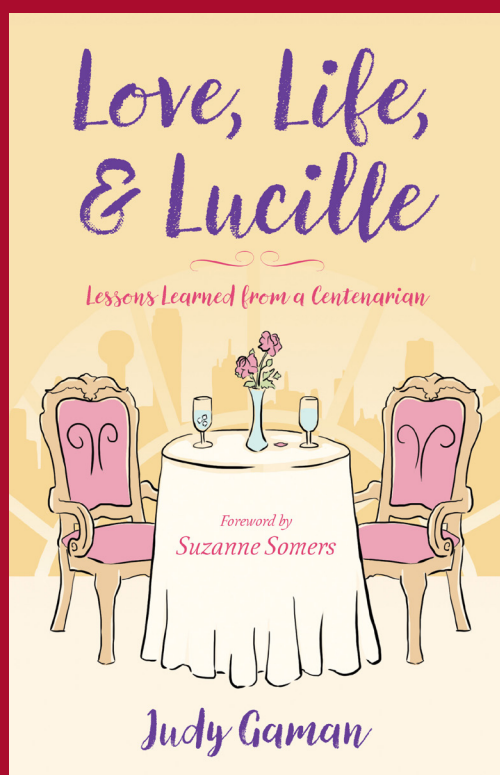
A richly imagined novel based on the life of artist Agnes Pelton, whose life tracks the early days of modernism in America. Born into a family ruined by scandal, Agnes becomes part of the lively New York art scene, finding early success in the famous Armory Show of 1913. Fame seems inevitable, but Agnes is burdened by shyness and instead retreats to a contemplative life, first to a Long Island windmill and then to the California desert. Undeclared by her history—family ruination in the Beecher-Tilton scandal, a shrouded Brooklyn childhood, and a passionate attachment to another woman—she follows her muse to create more than a hundred luminous and deeply spiritual abstract paintings.

## ABOUT THE AUTHOR:

Mari Coates lives in San Francisco, where, before diving into fiction writing, she was an arts writer and the theater critic for the *SF Weekly*. She holds degrees from Connecticut College and the Warren Wilson MFA Program for Writers.



APRIL 2020



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“Part memoir, part tribute . . . Alternately witty and touching.”

—Kirkus Reviews

“Lucille captured the lives of so many in the Dallas area and around the country. This is a behind-the-scenes look at how Lucille and Judy forged an inseparable bond. A story that had to be told!”

—Jane McGarry, host of *Good Morning Texas*

# LOVE, LIFE, AND LUCILLE

LESSONS LEARNED FROM A CENTENARIAN

JUDY GAMAN

## DESCRIPTION:

Judy Gaman was so busy making a name for herself that she barely took the time to meet a stranger, enjoy life, or simply stop to breathe. Immersed in her job as the director of business development for a high-profile medical practice—a job that required her to write health and wellness books and host a nationally syndicated radio show—she spent every day going full speed ahead with no looking back. That is, until the day she met Lucille Fleming.

While writing a book on longevity, Judy interviewed Lucille, an elegant and spirited woman who had just recently turned 100. Lucille had the fashion and style of old Hollywood, but it was all hidden behind the doors of her assisted living center. What began as a quick meeting became a lasting friendship that transformed into an inseparable bond. Lucille brought incredible wisdom and great stories to the table, while Judy provided an avenue for excitement and new opportunities. Together, the two began living life to the fullest, and meeting the most interesting people along the way (including Suzanne Somers). But then Lucille’s life came to an end through unexpected and unfortunate circumstances—and the very first lesson she ever taught Judy proved to be the most important one of all.

## ABOUT THE AUTHOR:

Author, speaker, and CEO Judy Gaman is a force to be reckoned with. She spent almost a decade as a nationally syndicated radio show host of the *Staying Young Show* and has now ventured out with a new podcast, *Luxury Medicine Playbook*, in addition to continuing to offer *Stay Young America* on both radio and podcast every day. She is an award-winning author whose past works have won accolades from the Beverly Hills Book Award (finalist), National Indie Excellence Awards, Next Generation Indie Book Awards, and *ForeWord Magazine*’s Book of the Year Awards (bronze), as well as earned a *Readers’ Favorite* 5-star review. A mother of ten and grandmother of five, she lives in Texas with her husband.



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**"Irene Kessler captures the flavor and feeling of the ancient world and makes the spiritual journey of a remarkable woman into something alive, earthy, and incredibly vivid."**

**—Joyce Sweeney, author of *Headlock* and *The Guardian***

# **MOUNTAIN OF FULL MOONS**

**A NOVEL**

**IRENE KESSLER**

## **DESCRIPTION:**

Thirteen-year-old Elisha lives in a village near Shechem in the Land of Canaan in ancient Israel. She wants to be like other girls but is unmarried, speaks to an angel, and composes and sings her own songs—a pursuit her parents disapprove of. When she tells the women of her village to stand up for themselves, the men are outraged and her tribe banishes her.

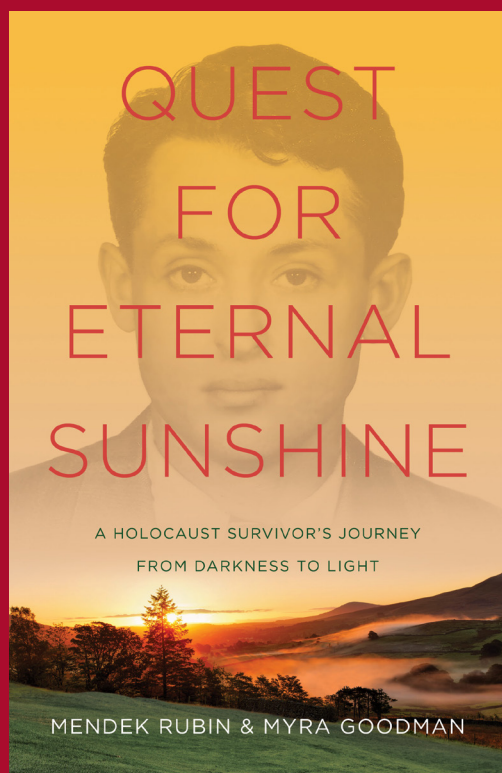
After journeying alone through the desert, where she escapes bandits, wild animals, and men who would sell her as a servant, Elisha makes it to Jerusalem. There, her angel guides her to study with Abraham and Sarah. She learns much, including reading and writing, and Abraham even gives her Doron, his servant, to accompany her as she sings her songs throughout the country. Doron becomes her lover and her songs are well accepted—until she sings one about equality for women.

*Mountain of Full Moons* explores how we overcome our fears, go out into the world, and gain the courage to speak up and be who we choose to be.

## **ABOUT THE AUTHOR:**

Born in New York City, Irene Kessler is a Jill of many trades. As a single mother of three, she was the Polaroid Camera Girl, sold jewelry, and held makeup parties to supplement her alimony. She moved on to sing minor roles at New York City Opera, the Metropolitan Opera, and the Teatro Principal in Barcelona, Spain. Next, she received her master's degree in psychology, moved to Florida, and became an eating disorder specialist at Glenbeigh Hospital. She completed her PhD in 1997 and went on to work at the Radar Institute and Renfrew Center. She was in private practice for over thirty years, during which time she also joined a local quartet that performed opera, operetta, and Broadway tunes at venues in Broward and Palm Beach counties. She was inspired to begin writing after attending a presentation by writer and teacher Joyce Sweeney.

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"Mendek's unique and beautifully told story is one of the most inspiring healing journeys I've ever read. I've savored this gem of a book many times, and each time, I am amazed and filled with awe. If you want to be deeply inspired, buy this book today."

—Laura Davis, author of *The Courage to Heal* and *I Thought We'd Never Speak Again*

"Mendek's story is moving and realistic. His journey is remarkable precisely because it is so honest and human."

—Rabbi Leah Novick, author of *On the Wings of Shekinah: Rediscovering Judaism's Divine Feminine*

# QUEST FOR ETERNAL SUNSHINE

A HOLOCAUST SURVIVOR'S JOURNEY FROM DARKNESS TO LIGHT

**MENDEK RUBIN & MYRA GOODMAN**

## DESCRIPTION:

*Quest for Eternal Sunshine* chronicles the triumphant, true story of Mendek Rubin, a brilliant inventor who overcame both the trauma of the Holocaust and decades of unrelenting depression to live a life of deep peace and boundless joy.

Born into a Hassidic Jewish family in Poland in 1924, Mendek grew up surrounded by extreme anti-Semitism. Armed with an ingenious mind, he survived three horrific years in Nazi slave-labor concentration camps while virtually his entire family was murdered in Auschwitz. After arriving in America in 1946—despite having no money or professional skills—his inventions helped revolutionize both the jewelry and packaged-salad industries. Remarkably, Mendek also applied his ingenuity to his own psyche, developing innovative ways to heal his heart and end his emotional suffering. After Mendek died in 2012, his daughter, Myra Goodman, found an unfinished manuscript in which he'd revealed the intimate details of his healing journey.

*Quest for Eternal Sunshine*—the extraordinary result of a posthumous father-daughter collaboration—tells Mendek's whole story and is filled with eye-opening revelations, effective self-healing techniques, and profound wisdom that have the power to transform the way we live our lives.

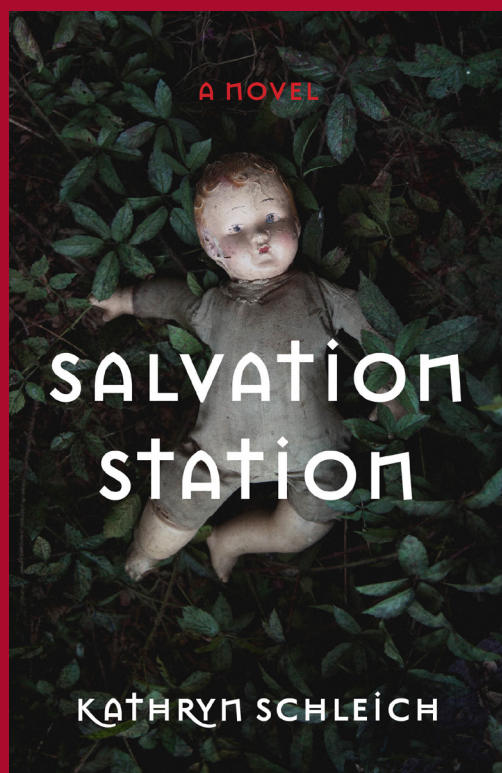
## ABOUT THE AUTHOR:

Mendek Rubin was a Holocaust survivor and brilliant inventor who helped revolutionize the jewelry manufacturing industry, generating numerous patents in the 1960s and 1970s. He is the author of two books: *Why Not Now*, a book of poems and prose, and *I Am Small, I Am Big: The Way We Choose to Live*, a book about positive thinking written for children. A self-taught artist and nature photographer, Mendek died in September 2012 in Carmel Valley, California, at the age of eighty-seven.

Myra Goodman is a well-known pioneer in the world of organic food and farming and is the author of three cookbooks. She has appeared on national television shows and has been featured in hundreds of publications. Myra and Drew have two grown children and continue to live on their original farm in Carmel Valley with their two yellow labs, Oscar and Henry.



APRIL 2020



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**"An edge-of-your-seat, page-turning thriller that might possibly leave you unable to sleep when you meet this female killer . . . Luckily, the heroine is stronger and smarter and just as determined."**

—Margo Dill, Managing Editor, WOW! Women On Writing

**"A devilishly good, juicy page-turner about murder, faith, and ultimately . . . revenge."**

—Cara Lockwood, USA Today best-selling author of *I Do (But I Don't)*

# SALVATION STATION

A NOVEL

KATHRYN SCHLEICH

## DESCRIPTION:

Despite her years of experience investigating homicides for the force, Captain Linda Turner is haunted by the murders of the Hansen family. The two small children, clothed in tattered Disney pajamas, were buried with their father, a pastor, in the flower garden behind a church parsonage in Lincoln, Nebraska. But Mrs. Hansen is nowhere to be found—and neither is the killer.

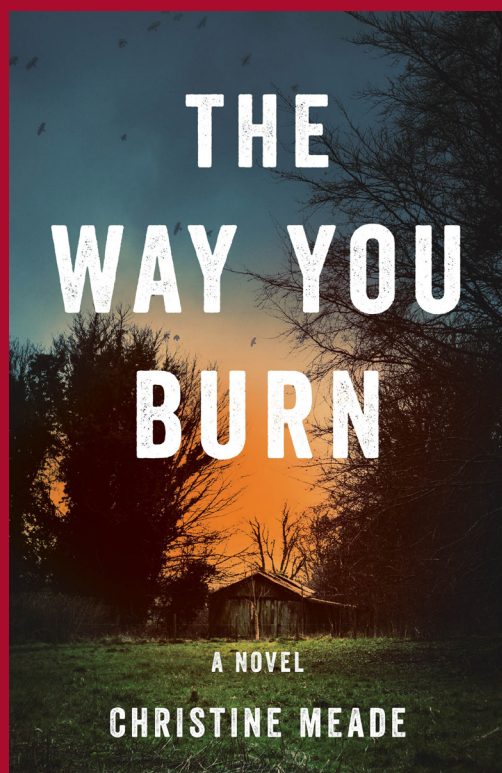
In St. Louis, the televangelist Ray Williams is about to lose his show—until one of his regular attendees approaches him with an idea that will help him save it. Despite his initial misgivings, Ray agrees to give it a try. He can't deny his attraction to this woman, and besides, she's assured him the plan is just—God gave her the instructions in a dream.

Multiple story lines entwine throughout this compelling mystery, delving into the topics of murder, religious faith, and the inherent dangers in blindly accepting faith as truth. While Reverend Williams is swept up in his newfound success and plans for his wedding, Captain Turner can only hope that she and her team will catch the Hansens' cunning killer—before more bodies surface.

## ABOUT THE AUTHOR:

Kathryn Schleich has been a writer for thirty years. Her most recent publications include the short story "Reckless Acts," featured in *After Effects: A Zimbell House Anthology*, and her story "Grand Slam," published in *The Acentos Review* in May 2017. She is the author of two editions of the book *Hollywood and Catholic Women: Virgins, Whores, Mothers, and Other Images*, which evolved from her master's thesis. Her guest posts have been featured on the Women On Writing blog and *The Muffin*, and she writes for the Amherst H. Wilder Foundation's volunteer newsletter. When she's not writing, Schleich is likely volunteering in the education and arts communities in the Twin Cities, where she lives. Friends, family, good food, wine, and traveling are important aspects of her life. *Salvation Station* is her first novel.

**APRIL 2020**



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**E-ISBN: 978-1-63152-692-3**

# **THE WAY YOU BURN**

**A NOVEL**

**CHRISTINE MEADE**

## **DESCRIPTION:**

When David approaches his New Hampshire cabin one cool October night to find it engulfed in flames, he knows his girlfriend Hope set the fire. At least, he's pretty sure he knows.

David first decides to upend the creature comforts of his post-collegiate life and try roughing it for a year after he inherits two acres of land and a rustic cabin from his deceased grandfather. Life at the cabin proves to be more difficult than expected, however, and it all starts with the woman he loves—Hope—whose dark past is written in the twisting pink scars covering her body. Their relationship is challenged after his car slides through an intersection one dark night and, later, his realization that someone is out there, watching him through the trees.

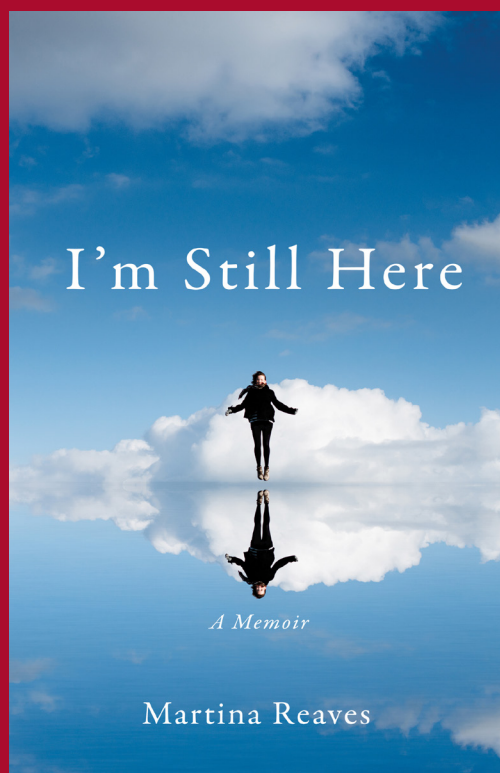
Over the course of five seasons, David struggles to maintain his relationship with Hope. Ultimately, in an attempt to understand the sacrifices she has had to make, he decides to rewrite their story. In doing so, he explores the lessons he's left with—after everything he thought mattered has been or burned away—and the surprising bits of wisdom he finds in the ashes.

## **ABOUT THE AUTHOR:**

Christine Meade is a freelance writer, a book editor, and a writing teacher. She holds an MFA in creative writing from the California College of the Arts. A native New Englander, she currently lives and writes in Somerville, MA.



**APRIL 2020**



**Publication Date: April 21, 2020**

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**Trim size: 5.5 X 8.5**

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**E-ISBN: 978-1-63152-877-4**

# **I'M STILL HERE**

**A MEMOIR**

**MARTINA REAVES**

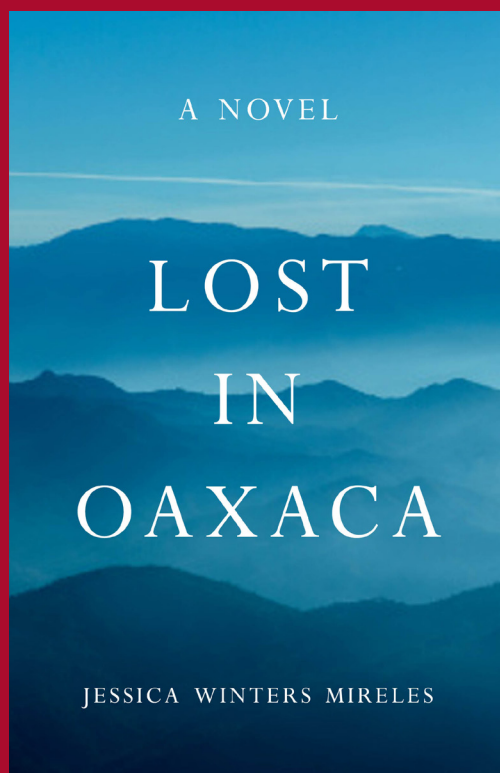
## **DESCRIPTION:**

In 1969, at age twenty, Martina moves to San Francisco. She lives in a commune, marries her hippie streetcar driver, and moves away from the city—first to Mendocino County, Oregon, and then to the Virgin Islands. In 1980, Martina comes out. She finds her life partner, Tanya, at work, and in 1986 they have a son, Cooper. In 2008, Martina is diagnosed with serious tongue cancer. Her journey in the aftermath of this diagnosis is one of hope, fear, family, friendship, perseverance, and learning to live with a terminal diagnosis. Reaves braids these strands of her life together in *I'm Still Here*, presenting readers with a nuanced, poignant exploration of what it means to live—and love—authentically.

## **ABOUT THE AUTHOR:**

Martina Reaves grew up in a Navy family and lived in thirty-four places before she finally settled in her current home in Berkeley with her wife, Tanya, and their son, Cooper, who now lives in Oakland. She considers living in one place for over thirty years a major accomplishment. A lawyer who hated practicing law, she became a mediator in 1986 and worked with divorcing couples and neighbors with disputes. In 2007, she dropped writing legal documents and began writing fiction and memoir, and she has been at it ever since. She loves creating serenity in her home, gardening, reading, going to plays, and that the music venue Freight and Salvage is five minutes from her home. She thinks eating is wonderful but cooking is boring.

APRIL 2020



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Collections: Women's Fiction

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Print ISBN: 978-1-63152-880-4

E-ISBN: 978-1-63152-881-1

"Warm and lyrical, *Lost in Oaxaca* made me long for the tastes and authenticity of village life. Add the sweetness of romance, heartrending injustice, and the suspense that all could be lost, and you have a delightful and exciting read."

—Rossandra White, author of *Loveyoubye: Holding Fast, Letting Go, And Then There's The Dog*

"Jessica Winters Mireles's *Lost in Oaxaca* is a beautiful, moving, and timely love story that will tug at your heartstrings, along with your sense of right and wrong."

—Jessica Anya Blau, author of *The Trouble with Lexie*

# LOST IN OAXACA

A NOVEL

JESSICA WINTERS MIRELES

## DESCRIPTION:

Once a promising young concert pianist, Camille Childs retreated to her mother's Santa Barbara estate after an injury to her hand destroyed her hopes for a musical career. She now leads a solitary life teaching piano, and she has a star student: Graciela, the daughter of her mother's Mexican housekeeper. Camille has been grooming the young Graciela for the career that she herself lost out on, and now Graciela, newly turned eighteen, has just won the grand prize in a piano competition, which means she gets to perform with the LA Philharmonic. Camille is ecstatic; if she can't play herself, at least as Graciela's teacher, she will finally get the recognition she deserves.

But there are only two weeks left before the concert, and Graciela has disappeared—gone back to her family's village in the mountains of Oaxaca, Mexico. Desperate to bring Graciela back in time for the concert, Camille goes after her, but on the way there, a bus accident leaves her without any of her possessions. Alone and unable to speak the language, Camille is befriended by Alejandro, a Zapotec man who lives in LA but is from the same village as Graciela. Despite a contentious first meeting, Alejandro helps Camille navigate the rugged terrain and unfamiliar culture of Oaxaca, allowing her the opportunity to view the world in a different light—and perhaps find love in the process.

## ABOUT THE AUTHOR:

Born and raised in Santa Barbara, California, Jessica Winters Mireles holds a degree in piano performance from USC. After graduating, she began her career as a piano teacher and performer. Four children and a studio of over forty piano students later, Jessica's life changed drastically when her youngest daughter was diagnosed with leukemia at the age of two; she soon decided that life was too short to give up on her dreams of becoming a writer, and after five years of carving out some time each day from her busy schedule, she finished *Lost in Oaxaca*. Jessica's work has been published in *GreenPrints* and *Mothering* magazines. She also knows quite a bit about Oaxaca, as her husband is an indigenous Zapotec man from the highlands of Oaxaca and is a great source of inspiration. She lives with her husband and family in Santa Barbara, California.



APRIL 2020

## once a girl, always a boy

a family memoir of  
a transgender journey



Jo Ivester

Publication Date: April 21, 2020

Collections: Memoir

Trim size: 5.5 X 8.5

Price: \$16.95 paperback / \$9.95 ebook

Distribution by Ingram Publisher Services

Print ISBN: 978-1-63152-886-6

E-ISBN: 978-1-63152-887-3

“This is a story of how acceptance happens. It is a universal one about how good people can struggle to find the right path when challenged by the unfamiliar. This optimistic book is an excellent read for anyone nervous about sharing their private lives and thoughts with their loved ones, and for those who are unsure about how to respond. *Once a Girl, Always a Boy* guides us through the key decision points Jeremy and his family got to and got through as parents, siblings, and Jeremy himself all moved toward acceptance—at different speeds but, ultimately, together.”

—Mara Keisling, founder and executive director of the National Center for Transgender Equality (NCTE) openly transgender police officer

# ONCE A GIRL, ALWAYS A BOY

A FAMILY MEMOIR OF A TRANSGENDER JOURNEY  
JO IVESTER

### DESCRIPTION:

Jeremy Ivester is a transgender man. Thirty years ago, his parents welcomed him into the world as what they thought was their daughter. As a child, he preferred the toys and games our society views as masculine. He kept his hair short and wore boys' clothing. They called him a tomboy. That's what he called himself.

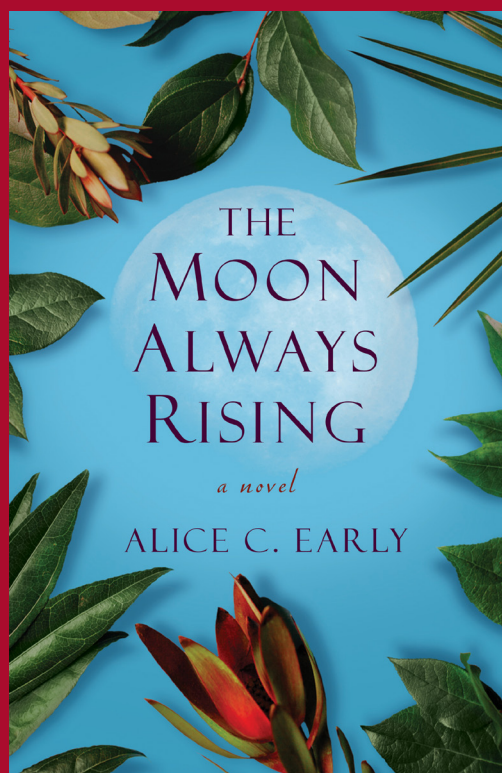
By high school, when he showed no interest in flirting, his parents thought he might be lesbian. At twenty, he wondered if he was asexual. At twenty-three, he surgically removed his breasts. A year later, he began taking the hormones that would lower his voice and give him a beard—and he announced his new name and pronouns.

*Once a Girl, Always a Boy* is Jeremy's journey from childhood through coming out as transgender and eventually emerging as an advocate for the transgender community. This is not only Jeremy's story but also that of his family, told from multiple perspectives—those of the siblings who struggled to understand the brother they once saw as a sister, and of the parents who ultimately joined him in the battle against discrimination. This is a story of acceptance in a world not quite ready to accept.

### ABOUT THE AUTHOR:

Jo Ivester was raised in a politically active family. In 1967, when she was ten years old, her father moved their family from Boston, MA to an all-black town in the Mississippi Delta, where they were drawn into the heart of the civil rights movement. Because of this experience, Jo is committed to advocating for equal rights for all. Her best-selling, award-winning memoir about her family's time in Mississippi, *The Outskirts of Hope* (She Writes Press, April 2015), has led to numerous speaking engagements about racial relations. In the last few years, she has broadened her focus to raise awareness about the transgender community, and now serves on the board of Equality Texas, a non-profit LGBTQ rights organization. When not focused on family, writing, and advocate work, Jo enjoys skiing, walking on the beach, and swing dancing with her husband.

**APRIL 2020**



**Publication Date: April 21, 2020**

**Collections: Women's Fiction**

**Trim size: 5.5 X 8.5**

**Price: \$16.95 paperback / \$9.95 ebook**

**Distribution by Ingram Publisher Services**

**Print ISBN: 978-1-63152-683-1**

**E-ISBN: 978-1-63152-684-8**

# THE MOON ALWAYS RISING

A NOVEL

**ALICE C. EARLY**

## DESCRIPTION:

In 1998, fiery Eleanor “Els” Gordon thought the new century would find her married to her childhood soul mate, rejuvenating her family’s Scottish Highlands estate, and finally earning a managing director title at her investment bank. Maybe she’d even have the courage to discover why her estranged mother ran home to Italy thirty years earlier.

But when 2000 dawns, Els is mourning her fiancé and her father, and she’s unemployed, broke, and sharing an antique plantation house on the Caribbean island of Nevis with the ghost—or “jumbie”—of Jack Griggs, the former owner. Jack’s jumbie wangles Els’s help in making amends for wrongs committed during his Casanova life, and in exchange he appoints himself Cupid on behalf of a charter captain who’s as skittish about vulnerability as Els. Meanwhile, Els lures her mother to Nevis in hopes of unraveling the family secrets—but will the shocking truth set her free, or pull her fragile new happiness apart?

A moving and lyrical novel that transports readers from lush tropics to rugged highlands and back again, *The Moon Always Rising* explores how the power of forgiveness can help even the most damaged person fix whatever is broken.

## ABOUT THE AUTHOR:

Alice C. Early’s career has involved academia, international executive recruiting, commercial real estate, career-change coaching, and always writing. Her Vassar English/creative writing major and her Harvard degree in counseling helped hone her writer’s ability to see and listen, and to touch others. Alice and her partner have visited Nevis annually since 1996 and otherwise share a hand-built life on Martha’s Vineyard in view of the sea.



APRIL 2020



Publication Date: April 28, 2020

Collections: Historical Fiction, Women's Fiction

Trim size: 5.5 X 8.5

Price: \$16.95 paperback / \$9.95 ebook

Distribution by Ingram Publisher Services

Print ISBN: 978-1-63152-836-1

E-ISBN: 978-1-63152-837-8

"Cox's eye for historical detail remains sharp. . . . A pleasant, escapist diversion."

—Kirkus Reviews

"Set in the 1930s, this romantic mystery combines the teetering elegance of *Downton Abbey* and the staid traditions of *Pride and Prejudice* with a bit of spunk and determination."

—Booklist

# A CHILD LOST

A HENRIETTA AND INSPECTOR HOWARD NOVEL  
BOOK 5

MICHELLE COX

## DESCRIPTION:

A spiritualist, an insane asylum, a lost little girl . . .

When Clive, anxious to distract a depressed Henrietta, begs Sergeant Frank Davis for a case, he is assigned to investigating a seemingly boring affair: a spiritualist woman operating in an abandoned schoolhouse on the edge of town who is suspected of robbing people of their valuables. What begins as an open-and-shut case becomes more complicated, however, when Henrietta—much to Clive's dismay—begins to believe the spiritualist's strange ramblings.

Meanwhile, Elsie begs Clive and Henrietta to help her and the object of her budding love, Gunther, locate the whereabouts of one Liesel Klinkhammer, the German woman Gunther has traveled to America to find and the mother of the little girl, Anna, whom he has brought along with him. The search leads them to Dunning Asylum, where they discover some terrible truths about Liesel. When the child, Anna, is herself mistakenly admitted to the asylum after an epileptic fit, Clive and Henrietta return to Dunning to retrieve her. This time, however, Henrietta begins to suspect that something darker may be happening. When Clive doesn't believe her, she decides to take matters into her own hands . . . with horrifying results.

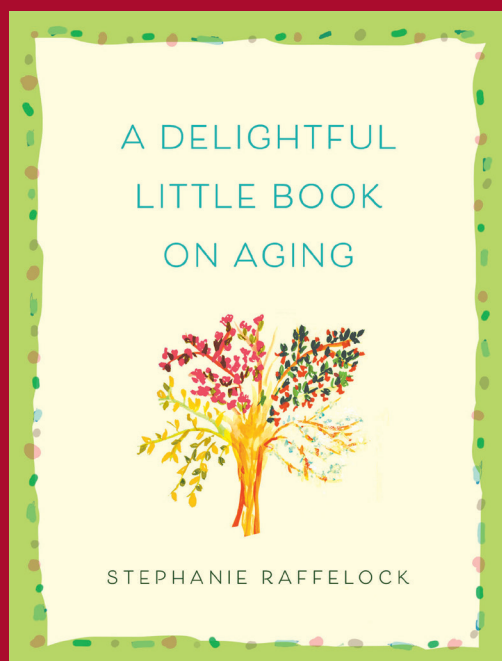
## ABOUT THE AUTHOR:

Michelle Cox is the author of the multiple award-winning *Henrietta and Inspector Howard* series as well as *Novel Notes of Local Lore*, a weekly blog dedicated to Chicago's forgotten residents. She suspects she may have once lived in the 1930s and, having yet to discover a handy time machine lying around, has resorted to writing about the era as a way of getting herself back there. (Her books have been praised by *Kirkus*, *Library Journal*, *Publishers Weekly*, *Booklist*, and many others, so she might be on to something.) Unbeknownst to most, Cox hoards board games she doesn't have time to play and is, not surprisingly, addicted to period dramas and big band music. Also, marmalade.

## AWARDS:

2019 Next Generation Indie Book Awards: Finalist in Romance  
2019 Next Generation Indie Book Awards: Finalist in Series

APRIL 2020



**Publication Date: April 28, 2020**

**Collections: Nonfiction, Self-help**

**Trim size: 5.5 x 7.25**

**Two-color with illustrations**

**Price: \$19.95 paperback / \$9.95 ebook**

**Distribution by Ingram Publisher Services**

**Print ISBN: 978-1-63152-840-8**

**E-ISBN: 978-1-63152-841-5**

“Where are the elders? The wise women, the crones, the guardians of truth here to gently, lovingly, and playfully guide us toward the fulfillment of our collective destiny? It turns out that they are right here, in our midst, and Stephanie Raffelock is showcasing the reclamation of aging as a moment of becoming, no longer a dreaded withering into insignificance. *A Delightful Little Book on Aging* lays down new and beautiful tracks for the journey into our richest, deepest, and wildest years.”

—Kelly Brogan, MD, author of the *New York Times* bestseller of *A Mind of Your Own*

# A DELIGHTFUL LITTLE BOOK ON AGING

A NOVEL

STEPHANIE RAFFELOCK

## DESCRIPTION:

All around us, older women flourish in industry, entertainment, and politics. Do they know something that we don't, or are we all just trying to figure it out? So many of us still feel in our hearts and minds that we are twenty-something young women who can take on the world. But in our bodies, the flexibility and strength that we once took for granted are far from how we remember them. Every day we have to rise above the creaky joints and achy knees to earn the opportunity of moving through the world with a modicum of grace. Yet we do rise, because it's a privilege to grow old, and every single day is a gift. Peter Pan's mantra was "never grow up"; our collective mantra should be "never stop growing."

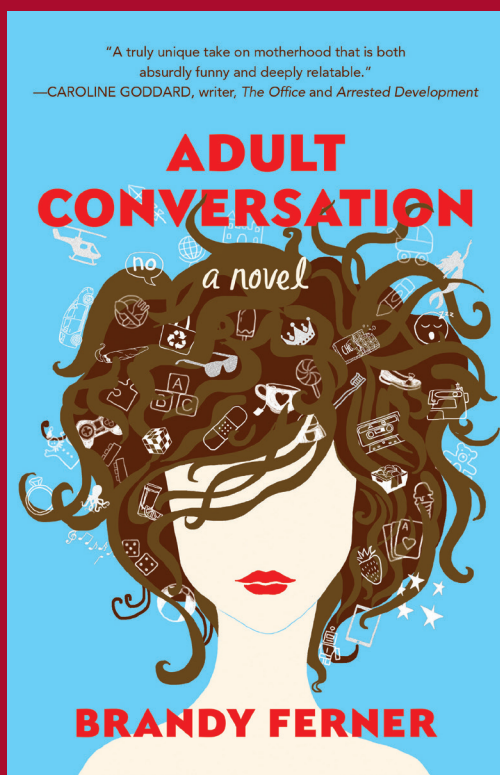
This collection of user-friendly stories, essays, and philosophies invites readers to celebrate whatever age they are with a sense of joy and purpose and with a spirit of gratitude.

## ABOUT THE AUTHOR:

Stephanie Raffelock is a graduate of Naropa University's program in writing and poetics. She has penned articles for numerous publications, including *The Aspen Times*, *Quilters Magazine*, *Care2.com*, *Nexus Magazine*, *Omaha Lifestyles*, and *The Rogue Valley Messenger*. Currently she writes a monthly column for *SixtyandMe.com*. A recent transplant to Austin, Texas, she enjoys life with her husband, Dean, and their Labrador retriever, Jeter (yes, named after the great Yankee shortstop). Raffelock lives an active life that she fills with hiking, Pilates, and swimming in an attempt to offset the amount of time that she spends in her head thinking up stories and essays.



MAY 2020

**Publication Date: May 5, 2020**

## Collections: Women's Fiction

**Trim size: 5.5 X 8.5**

**Price: \$16.95 paperback / \$9.95 ebook****Distribution by Ingram Publisher Services****Print ISBN: 978-1-63152-842-2**

**E-ISBN: 978-1-63152-843-9**

**"In *Adult Conversation*, Brandy Ferner presents a truly unique take on motherhood that is both absurdly funny and deeply relatable. If you've ever considered going out to buy diapers and never coming back, read this book."**

—Caroline Goddard, writer on *The Office* and *Arrested Development*

# ADULT CONVERSATION

A NOVEL

## BRANDY FERNER

**DESCRIPTION:**

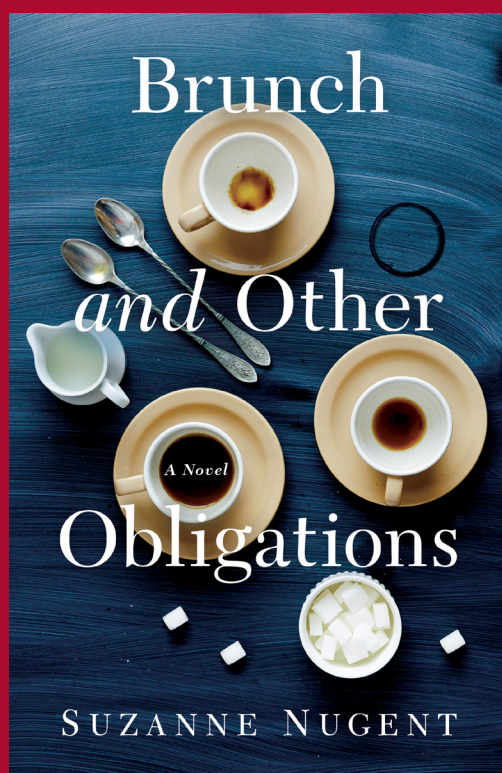
April is a thoughtful yet sarcastic mother of two who tries her best to be a caring, connected mom in a middle-class culture where motherhood has become relentless. April rages at modern motherhood's impossible pressures, her husband's "Dad privilege," and her kids' incessant snack requests. She wants to enjoy motherhood, but her idealist vision and lived experience are in constant conflict with one another. Is she broken—or is motherhood?

Desperate for an answer, she seeks out a therapist, and lands with an unexpected woman whose validation and wisdom gives April the clarity to reclaim herself and even start designing clothes—her pre-motherhood passion. But when the ever-elusive babysitter cancels last-minute, April finds herself back at square one. She seeks guidance, but her therapist is now dealing with her own crumbling marriage—and instead of counseling April, she convinces her to speed off to Las Vegas with her to help catch her husband cheating. With a little weed, alcohol, and topless pool hopping, plus a male stripper and some much-needed autonomy, the two find lost pieces of themselves that motherhood has swallowed up. But neither one is prepared for how tested—and tempted—they will be, or for the life-altering choices their journey will force them to make. Who is guiding whom anymore?

### ABOUT THE AUTHOR:

Brandy Ferner is a mother and wife and the creator of the Adult Conversation podcast, social media pages, and blog. Her writing has been featured on *Good Morning America* and at *HuffPost*, Romper, CafeMom, TODAY Parents, and more. In addition to writing and fulfilling her kids' endless snack requests, she spent the past decade working as a doula, childbirth educator, and birth trauma mentor, ushering clients through the intense transition into motherhood. The insight gained from watching moms crack wide open—literally and figuratively—and her own experience as an independent woman who suddenly traded autonomy for snuggles led her to say out loud the things that modern mothers are thinking. Sometimes it's serious, sometimes it's comedic, but it's always honest. She currently lives in Southern California, and her love language is sleep.

**MAY 2020**



**Publication Date: May 5, 2020**

**Collections: Women's Fiction**

**Trim size: 5.5 X 8.5**

**Price: \$16.95 paperback / \$9.95 ebook**

**Distribution by Ingram Publisher Services**

**Print ISBN: 978-1-63152-854-5**

**E-ISBN: 978-1-63152-855-2**

# **BRUNCH AND OTHER OBLIGATIONS**

**A NOVEL**

**SUZANNE NUGENT**

## **DESCRIPTION:**

The only thing reclusive bookworm Nora, high-powered attorney Christina, and supermom-in-training Leanne ever had in common was their best friend, Molly. When Molly dies, she leaves mysterious gifts and cryptic notes for each of her grieving best friends, along with one final request: that these three mismatched frenemies have brunch together every month for a year.

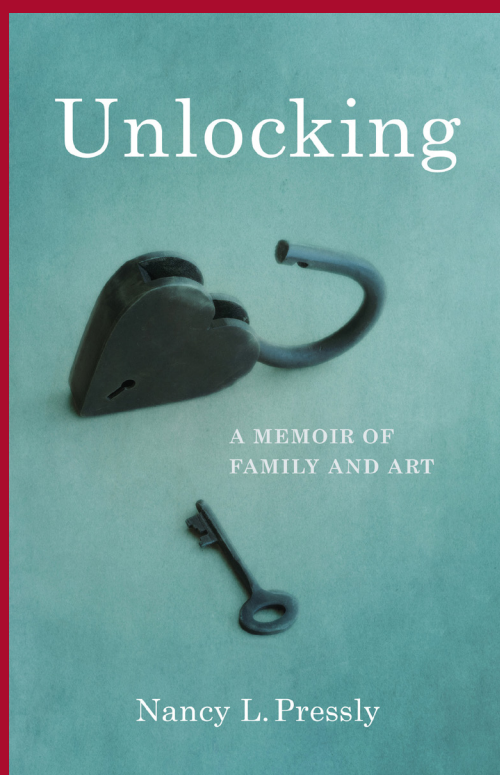
Filled with heart-wrenching scenes and witty prose, *Brunch and Other Obligations* explores the intricate dynamics of girlhood acquaintances who are forced to reconnect as women. This upbeat novel reminds readers that there's hope for getting through the hard times in life—with a lot of patience, humor, and a standing brunch date.

## **ABOUT THE AUTHOR:**

Suzanne Nugent is a writer committed to exploring women's lives and relationships through poignant comedy (or funny drama, depending on your level of optimism). She was shortlisted for the prestigious Academy Nicholl Fellowship in Screenwriting and has received accolades from the Denver Film Festival and the San Francisco Writers Conference. She holds a dual degree in journalism and film from UMass Amherst and studied screenwriting at UCLA. She lives in Los Angeles with her husband and son. *Brunch and Other Obligations* is her first novel.



**MAY 2020**



**Publication Date: May 5, 2020**

**Collections: Memoir**

**Trim size: 5.5 X 8.5**

**Price: \$16.95 paperback / \$9.95 ebook**

**Distribution by Ingram Publisher Services**

**Print ISBN: 978-1-63152-862-0**

**E-ISBN: 978-1-63152-863-7**

# UNLOCKING

A MEMOIR OF FAMILY AND ART

**NANCY L. PRESSLY**

## DESCRIPTION:

While recovering from a near-fatal illness, Nancy Pressly discovers a treasure trove of family material stored in her attic. Haunted by images of her grandparents and her parents in their youth, she sets out to create a family narrative before it is lost forever. It takes several more years before she summons the courage to reconstitute a path back to her own past, slowly pulling back the veil of amnesia that has, until now, all but obliterated her memory of her childhood.

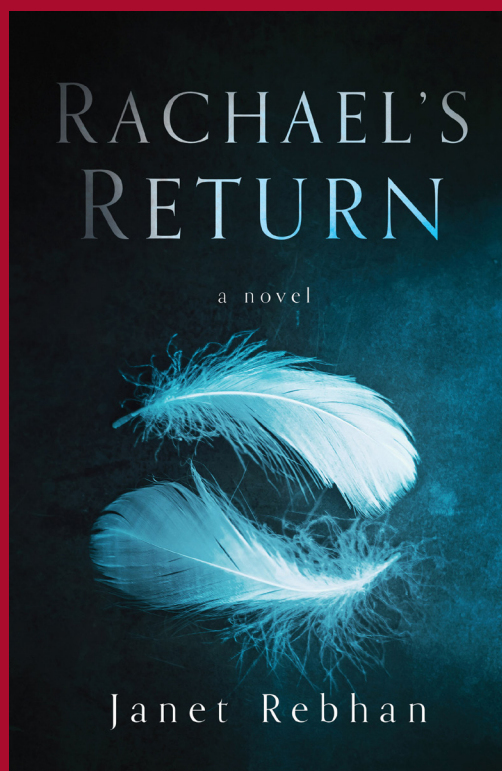
In this sensitive and forgiving meditation on the meaning of family, Pressly unravels the family dynamics and life in a small rural town in the 1950s that so profoundly affected her—then moves forward in time, through to her adulthood. With an eye attuned to visual detail, she relates how she came into her own as a graduate student in the tumultuous sixties in New York; examines how she assumed the role of caretaker for her family as she negotiated with courage and resilience the many health setbacks, including her own battle with pancreatic cancer, that she and her husband encountered; and evokes her interior struggle as a mother as she slowly traverses the barriers of expectations, self-doubt, and evolving norms in the 1980s to embrace a remarkable life as a scholar, champion of contemporary art, and nationally recognized art museum strategic planning consultant.

Full of candor and art-inspired insight, *Unlocking* leaves the reader with a deep appreciation of the power of art and empathy and the value of trying to understand one's life journey.

## ABOUT THE AUTHOR:

Nancy L. Pressly, a graduate of Goucher College, received her master's degree in art history from Columbia University. She began her career at the Metropolitan Museum of Art and subsequently held curatorial positions at the Yale Center for British Art and the San Antonio Museum of Art. In 1984 she became Assistant Director of the Museum Program at the National Endowment for the Arts in 1992 was a visiting Senior Fellow at the Center for Advanced Studies in the Visual Arts; and in 1993 she founded Nancy L. Pressly & Associates, a nationally recognized consulting firm specializing in strategic planning for art museums. She has authored numerous publications, most recently a book titled *Settling the South Carolina Backcountry*. She and her husband live in Atlanta, Georgia, close to their son and two grandchildren.

**MAY 2020**



**Publication Date: May 5, 2020**

**Collections: Women's Fiction**

**Trim size: 5.5 X 8.5**

**Price: \$16.95 paperback / \$9.95 ebook**

**Distribution by Ingram Publisher Services**

**Print ISBN: 978-1-63152-868-2**

**E-ISBN: 978-1-63152-869-9**

# RACHAEL'S RETURN

A NOVEL

**JANET REBHAN**

## DESCRIPTION:

In present-day Los Angeles, Caroline Martin has everything but the thing her soul craves most: a daughter. When she undergoes what is supposed to be a routine hysterectomy, she unwittingly aborts the little girl she's always longed for, leaving the unborn baby's soul in limbo. Sharing a hospital room with Caroline is a pregnant woman who's just been shot by her boyfriend. Her unborn child is barely hanging on—and the soul of Caroline's hovering baby cannot resist the overwhelming urge to rebirth via this unclaimed fetus.

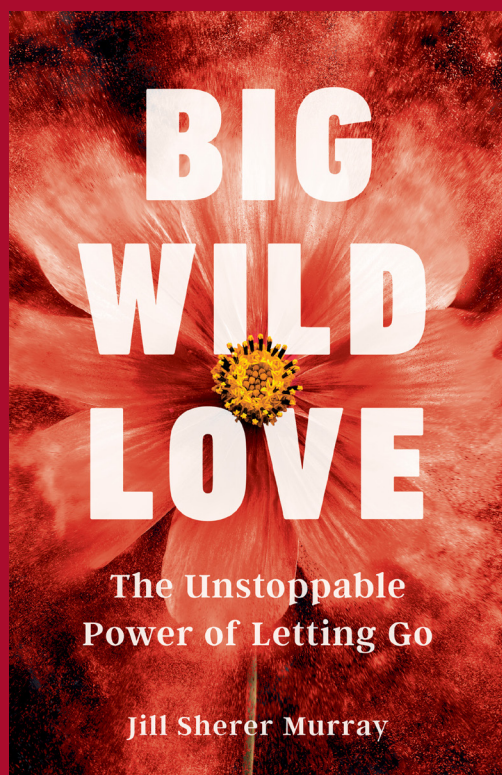
In the aftermath of these events, two engaging heavenly guides, working together through sensitive humans, struggle to find an alternate way to help Caroline and her would-be daughter forge the link that was always meant to be between them—before the child's brutal father makes good on his vow to steal the girl and disappear with her forever.

By turns comic and tragic, *Rachael's Return* explores the concept of soulmates, the afterlife, reincarnation, and relationships that never die, even as it offers readers a glimpse of the mysteries that exist within the ordinary and challenges assumptions about the true nature of reality.

## ABOUT THE AUTHOR:

Janet Rebhan is the author of the novel *Finding Tranquility Base* (2012). Born in Texas, she was sixteen when she moved to Los Angeles, where she pursued acting and modeling before studying creative writing at UCLA. Rebhan has two grown daughters and still resides in the Los Angeles area. For more information, visit her website at [www.janetrebhan.com](http://www.janetrebhan.com).

MAY 2020



Publication Date: May 12, 2020

Collections: Nonfiction, Self-help

Trim size: 5.5 X 8.5

Price: \$16.95 paperback / \$9.95 ebook

Distribution by Ingram Publisher Services

Print ISBN: 978-1-63152-852-1

E-ISBN: 978-1-63152-853-8

*"Big Wild Love is a beautifully written, frequently hilarious, occasionally tear-jerking, miles-deep, wonderful resource for anyone who's ever experienced self-doubt or had a broken heart . . . and that is everyone! Highly recommended!"*

—Jonathan Maberry, *New York Times*  
best-selling author

*"Jill Sherer Murray is your best friend, getting you through your worst heartbreak. If you think you've loved and lost, you will relate to her truly personal story."*

—Lu Ann Cahn, author of *I Dare Me*, speaker,  
and eight-time Emmy Award — winning  
journalist

# BIG WILD LOVE

THE UNSTOPPABLE POWER OF LETTING GO

JILL SHERER MURRAY

## DESCRIPTION:

Jill Sherer Murray lived in a dead-end relationship into her forties before she finally let it go. She was like millions of women who struggle with whether to stay in a loveless marriage, a bad relationship, or give up on dating altogether, believing love isn't in the cards. You may be struggling with a similar decision yourself. Perhaps you're terrified of being single, and yet you don't truly feel you're living the life you want.

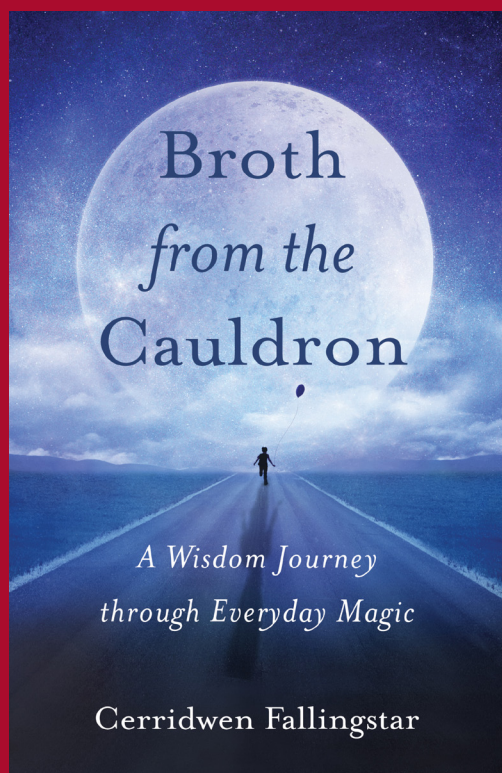
With warmth and honesty, Murray shows you how letting go—of feeling stuck, afraid, and alone, and of believing what you've got is all you deserve—can free you from a life that isn't serving you. She knows this is true, because she did it herself—and ultimately attracted the love and life she wanted. Through her story, other women's stories, surprising facts and statistics, and helpful exercises, *Big Wild Love* will show you the way back to the self you've lost. It will put you on the path to change and teach you that, wherever you are, it's never too late to start anew and find the Big Wild Love you deserve.

## ABOUT THE AUTHOR:

Jill Sherer Murray is a TEDx speaker, author, blogger, coach, and founder of Let Go For It®, a lifestyle brand dedicated to helping individuals let go for a better life. She is also an award-winning journalist and communications leader who can trace practically every success she's had in her career, love life, and more to letting go. Her TEDx talk, "The Unstoppable Power of Letting Go" has been viewed by more than one million people—a number that is currently growing by 30k each week. Murray also coaches and consults with business leaders on how to let go and communicate effectively. She spent a year studying improvisation comedy at the famous Second City Training Center in Chicago, and another five years writing a popular blog called *Diary of a Writer in Mid-Life Crisis* for the *Wild River Review*. She also let go of just about everything to put her weight in *Shape Magazine*—twelve times—as part of a year-long assignment to document her weight loss journey for millions of readers.



**MAY 2020**



**Publication Date: May 12, 2020**

**Collections: Memoir**

**Trim size: 5.5 X 8.5**

**Price: \$16.95 paperback / \$9.95 ebook**

**Distribution by Ingram Publisher Services**

**Print ISBN: 978-1-63152-699-2**

**E-ISBN: 978-1-63152-704-3**

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**"Cerridwen Fallingstar is a brilliant writer. The power of the Goddess shines through all that she does."**

**—Merlin Stone, author of *When God Was a Woman* and *Ancient Mirrors of Womanhood***

# **BROTH FROM THE CAULDRON**

**A WISDOM JOURNEY THROUGH EVERYDAY MAGIC**  
**CERRIDWEN FALLINGSTAR**

## **DESCRIPTION:**

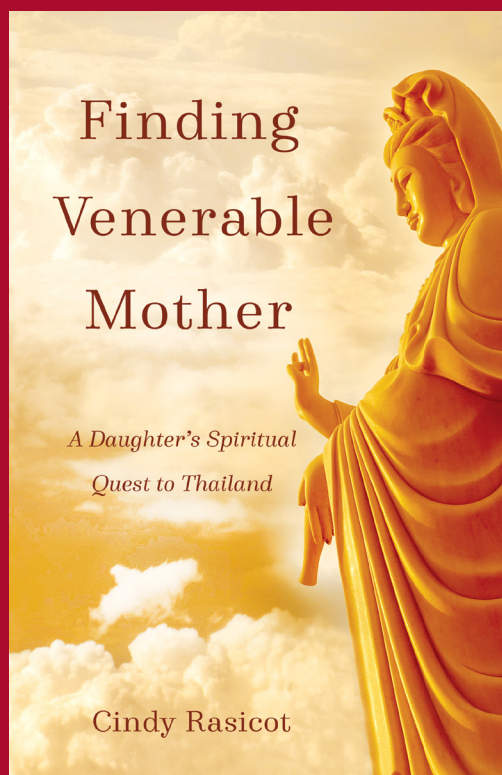
*Broth from the Cauldron* is a collection of "teaching stories," a literary Wiccan soup for the soul. It is a distillation of the wisdom Cerridwen Fallingstar has gathered from her journey through life, and from her forty years as a Shamanic teacher and Wiccan Priestess. At turns poignant and humorous, it chronicles her trajectory from a Republican Cold War upbringing to Pagan Priestess, offering a portrait of a culture growing from denial to awareness.

Accessible to any audience interested in personal growth, *Broth from the Cauldron* is for anyone who's ever stood at the crossroads wishing a faery godmother would come along and show them the path.

## **ABOUT THE AUTHOR:**

Cerridwen Fallingstar is a shamanic Witch who has taught classes in magic and ritual for over thirty years. She gives lectures tying together psychology, spirituality, history, contemporary issues, and politics in an entertaining, enlightening, and humorous format. She is the author of three historical novels based on her past lives: *The Heart of the Fire*, *White as Bone*, *Red as Blood: The Fox Sorceress*, and *White as Bone*, *Red as Blood: The Storm God*. She lives in Marin County, California.

**MAY 2020**



**Publication Date: May 12, 2020**

**Collections: Memoir**

**Trim size: 5.5 X 8.5**

**Price: \$16.95 paperback / \$9.95 ebook**

**Distribution by Ingram Publisher Services**

**Print ISBN: 978-1-63152-702-9**

**E-ISBN: 978-1-63152-703-6**

# FINDING VENERABLE MOTHER

A DAUGHTER'S SPIRITUAL QUEST TO THAILAND  
**CINDY RASICOT**

## DESCRIPTION:

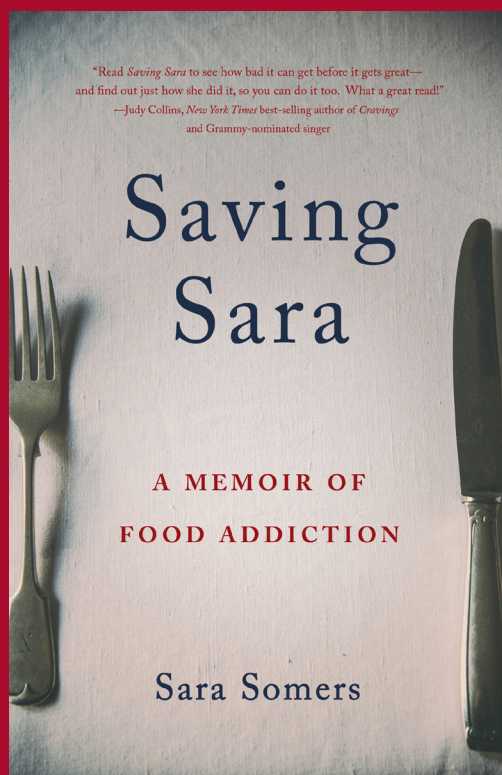
When Cindy moves to Thailand with her husband and teenage son, she finds herself strangely adrift in a foreign culture, unprepared for the challenges she encounters there. On an impulse, she signs up for a conference where she unexpectedly meets a Thai Buddhist nun, Venerable Dhammananda Bhikkhuni, who leads her on a spiritual journey from which there is no turning back. Along the way, she discovers the beauty of the Thai people and culture.

This soulful and engaging memoir is the story of one woman's journey of physical, emotional, and spiritual healing through her connection to a loving Buddhist teacher who fully accepts and nurtures her in a way her own mother never did. *Finding Venerable Mother* is a testimony to the power of faith, forgiveness, and love.

## ABOUT THE AUTHOR:

Cindy Rasicot's life has been a spiritual journey since she was a small child. At four she asked her older brother (who was five at the time): "Where is God?" His answer: "Everywhere." Puzzled, she looked all around her, but didn't find evidence. She kept her brother's words in her heart while growing up, and figured she'd have an answer someday. In the meantime, she got her master's degree in marriage, family, and child counseling, married, and held management positions in non-profits for twenty-five years—all while exploring her passion for dance, art, and writing. Cindy's spiritual journey took on new dimensions when she, her husband, and their son moved to Bangkok, Thailand, where she met her spiritual teacher, Venerable Dhammananda Bhikkhuni, the first fully ordained Thai Theravada nun—an encounter that opened her heart and changed her life forever. Her other writings include an article in *Sawasdee Magazine* in 2007 and essays featured in two anthologies: *Wandering in Paris: Luminaries and Love in the City of Light* (Wanderland Writers, 2013) and *A Café in Space: The Anaïs Nin Literary Journal, Volume 11* (Sky Blue Press, 2014). She currently resides in Point Richmond, California, where she writes and enjoys views of the San Francisco Bay.

MAY 2020



Publication Date: May 12, 2020

Collections: Memoir

Trim size: 5.5 X 8.5

Price: \$16.95 paperback / \$9.95 ebook

Distribution by Ingram Publisher Services

Print ISBN: 978-1-63152-846-0

E-ISBN: 978-1-63152-847-7

“Read *Saving Sara* to see how bad it can get before it gets great—and find out just how [Sara Somers] did, so you can do it too.”

—Judy Collins, *New York Times* best-selling author of *Cravings*, Grammy-nominated singer, and Academy Award-nominated director

# SAVING SARA

A MEMOIR OF FOOD ADDICTION

SARA SOMERS

## DESCRIPTION:

For nearly fifty years, Sara Somers suffered from untreated food addiction. In this brutally honest and intimate memoir, Somers offers readers an inside view of a food addict's mind, showcasing her experiences of obsessive cravings, compulsivity, and powerlessness regarding food.

*Saving Sara* chronicles Somers's addiction from childhood to adulthood, beginning with abnormal eating as a nine-year-old. As her addiction progresses in young adulthood, she becomes isolated, masking her shame and self-hatred with drugs and alcohol. Time and again, she rationalizes why this time will be different, only to have her physical cravings lead to ever-worse binges, to see her promises of doing things differently next time broken, and to experience the amnesia that she—like every addict—experiences when her obsession sets in again.

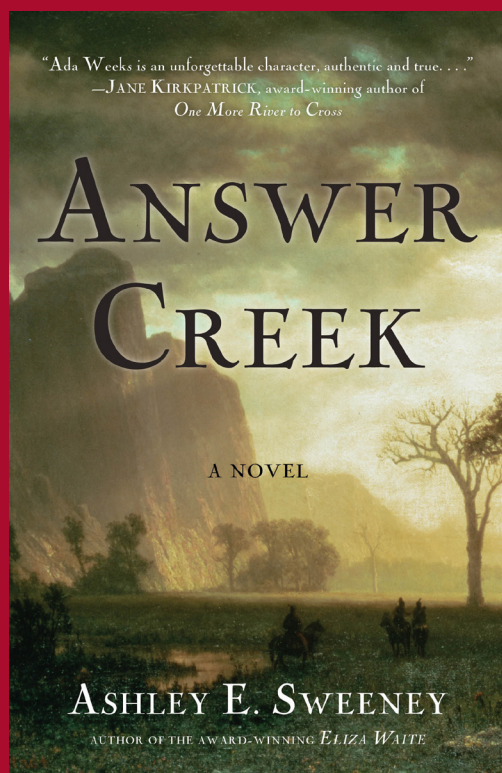
Even after Somers is introduced to the solution that will eventually end up saving her, the strength of her addiction won't allow her to accept her disease. Twenty-six more years pass until she finally crawls on hands and knees back to that solution and learns to live life on life's terms. A raw account of Somers's decades-long journey, *Saving Sara* underscores the challenges faced by food addicts of any age—and the hope that exists for them all.

## ABOUT THE AUTHOR:

Sara Somers suffered from food addiction from age nine to age fifty-eight; she has been in food recovery since 2005. In a double life of sorts, Somers worked as a licensed psychotherapist in the San Francisco Bay Area for thirty-four years. After finding recovery, Somers moved to Paris, France, where she currently lives. She writes a blog called *Out My Window: My Life in Paris*. When she's not writing, Somers volunteers at the American Library in Paris, enjoys the cinema, reads prolifically, and follows her favorite baseball team, the Oakland Athletics. Most important, Somers devotes time each day to getting the word out about food addiction and helping other food addicts. *Saving Sara* is her first book.



**MAY 2020**



**Publication Date: May 19, 2020**

**Collections: Historical Fiction, Women's Fiction**

**Trim size: 5.5 X 8.5**

**Price: \$16.95 paperback / \$9.95 ebook**

**Distribution by Ingram Publisher Services**

**Print ISBN: 978-1-63152-844-6**

**E-ISBN: 978-1-63152-845-3**

**"So well researched, one can almost feel the cold of winter and the stifling pain inflicted upon the heart and soul of these courageous pioneers."**

**—K.S. Jones, award-winning author of *Shadow of the Hawk***

**"With faultlessly authentic period detail and relentless, riveting twists of fate, *Answer Creek* puts the reader right on the Oregon–California Trail in every sensory and emotional aspect imaginable."**

**—Ellen Notbohm, award-winning author of *The River by Starlight***

# ANSWER CREEK

A NOVEL

**ASHLEY E. SWEENEY**

## DESCRIPTION:

From the award-winning author of *Eliza Waite* comes a gripping tale of adventure and survival based on the true story of the ill-fated Donner Party on their 2,200-mile trek on the Oregon–California Trail from 1846 to '47.

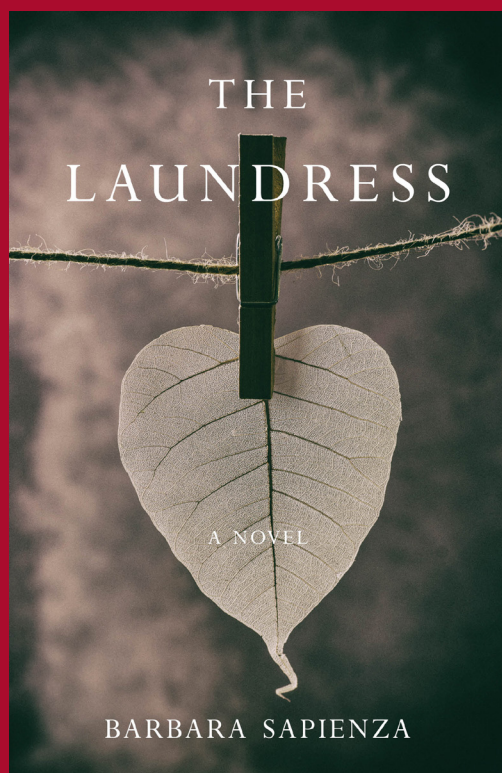
Nineteen-year-old Ada Weeks confronts danger and calamity along the hazard-filled journey to California. After a fateful decision that delays the overlanders more than a month, she—along with eighty-one other members of the Donner Party—finds herself stranded at Truckee Lake on the eastern side of the Sierra Nevada Mountains, stuck there for the entirety of a despairing, blizzard-filled winter. Forced to eat shoe leather and blankets to survive, will Ada be able to battle the elements—and her own demons—as she envisions a new life in California?

Researched with impeccable detail and filled with imagery as wide as the western prairie, *Answer Creek* blends history and hearsay in an unforgettable story of challenging the limits of human endurance and experiencing the triumphant power of love.

## ABOUT THE AUTHOR:

Ashley E. Sweeney is the winner of the 2017 Nancy Pearl Book Award for her debut novel, *Eliza Waite*. A native New Yorker, she is a graduate of Wheaton College in Norton, Massachusetts, and resides in the Pacific Northwest and Tucson. *Answer Creek* is her second novel.

**MAY 2020**



**Publication Date: May 19, 2020**

**Collections: Women's Fiction**

**Trim size: 5.5 X 8.5**

**Price: \$16.95 paperback / \$9.95 ebook**

**Distribution by Ingram Publisher Services**

**Print ISBN: 978-1-63152-679-4**

**E-ISBN: 978-1-63152-680-0**

# THE LAUNDRESS

A NOVEL

**BARBARA SAPIENZA**

## DESCRIPTION:

Twenty-six-year-old Lavinia is burdened by her unknown heritage—but her uncle Sal, who raised her in San Francisco, has always kept silent, refusing to reveal the devastating secret of her origin. And now, following the death of his wife, he's left for Italy.

In the wake of her uncle's departure, Lavinia has quit school. Now she works as a personal laundress to a diverse cast of San Francisco residents—people with stories as complicated as her own. As time progresses, through the sacred ritual of washing clothes—and with the help of a friend and her nurturing, flamenco-dancing mother—Lavinia begins to recover memories of her mother. Gradually, her gifts of receptivity multiply, and she communes with nature, finding messages from birds and the leaves of her garden's fig tree. And when she recovers Raggedy, a beloved doll that accompanied her from Naples when she was four years old, she experiences a tangible connection to her mother.

Even as Lavinia makes these discoveries, she is busy building new relationships—discovering healing dance with her lover, a barista in a North Beach coffee shop; learning to understand Time and forgiveness with an elderly client; and even getting to know her father, a man who has never been a part of her life. Poetic and poignant, *The Laundress* is a coming-of-age story for anyone who's ever sought to understand where they came from in order to figure out who they're meant to become.

## ABOUT THE AUTHOR:

Barbara Sapienza, PhD, is a retired clinical psychologist and an alumna of San Francisco State University's creative writing master's program. She writes and paints, nourished by her spiritual practices of meditation, tai chi, and dance. Her family, friends, and grandchildren are her teachers. Her first novel, *Anchor Out* (She Writes Press, 2017) received an IPPY bronze medal for Best Regional Fiction, West Coast. Sapienza lives in Sausalito, CA, with her husband.

MAY 2020

# The Little A to Z

A Companion for  
FIRST-TIME MOTHERS & THEIR PARTNERS

Rachel Perks, PhD

**Publication Date:** May 19, 2020

**Collections:** Nonfiction

**Trim size:** 6 X 4.75

**Two-color**

**Price:** \$16.95 paperback / \$9.95 ebook

**Distribution by Ingram Publisher Services**

**Print ISBN:** 978-1-63152-681-7

**E-ISBN:** 978-1-63152-682-4

“Rachel’s *The Little A–Z* is the perfect combination of advice and pep talk for new moms. I especially appreciate the fact that she’s reached beyond traditional medical topics to address health and well-being in a holistic way—for mother, child and partner alike. If only this type of book had been around when I had my son!”

—Jamie McClean, image consultant, stylist, author, and blogger

“As a doula, I thought I knew a lot about those first years after birth. But Rachel’s *The Little A–Z* offers gems even for ‘experts’ like me. It’s the kind of resource I wish I’d had access to when I had my son.”

—Bridget Boland, author of *The Doula*

## THE LITTLE A-Z

A COMPANION FOR FIRST-TIME MOTHERS AND THEIR PARTNERS

RACHEL PERKS

### DESCRIPTION:

Early days of motherhood can be overwhelming. The initial weeks are fraught with a lack of confidence in parenting abilities, heightened by the absence of sleep. Once the multitude of visits die down, new mothers and their partners can slip into isolation, facing very real day-to-day problems of child rearing on their own. Parenting chat sites and blogs are becoming a popular source of information and community for some new parents, yet the plethora of information can inadvertently contribute to increases in stress. How, in this modern age, can new mothers and their partners nurture their own parenting confidence?

*The Little A–Z* is here to help. This curated, wholistic treasure trove of parenting advice is organized alphabetically with a tab system so that information is literally at your fingertips. It assumes that medical issues confronting you and your baby are not to be treated in isolation to personal questions of well-being, relationships, and going back to work. You will find tips, tricks, and advice on issues ranging from diaper rash to travel to negotiating reentry with your boss. Compiled from the author’s own experience as a working mother, and complemented by input from friends across the globe, this book is a must-have for any new mother asking herself how to navigate childrearing, a career, and loving relationships in this busy, modern and highly digitized age of parenting.

### ABOUT THE AUTHOR:

Following over a decade of working and living in sub-Saharan Africa, Rachel Perks moved to Washington DC in 2012. Shortly thereafter, she met her husband at a horse race in Virginia, at which point the biggest adventure of her life began: motherhood. Though her professional career has brought her to war zones and developing countries across the globe, motherhood has proven to be by far the riskiest yet most rewarding assignment she’s ever accepted. *The Little A–Z* is her response to the frequent feelings of overwhelm, isolation, and confusion she experienced as a foreigner navigating the early days of parenting in the nation’s capitol.



**MAY 2020**

**Beginning with  
Cannonballs**

**A Novel**



**JILL McCROSKEY COUPE**

**Publication Date: May 26, 2020**

**Collections: Historical Fiction**

**Trim size: 5.5 X 8.5**

**Price: \$16.95 paperback / \$9.95 ebook**

**Distribution by Ingram Publisher Services**

**Print ISBN: 978-1-63152-848-4**

**E-ISBN: 978-1-63152-849-1**

**“This lyric novel is a gorgeous mosaic, fragmented in a way that lets the reader into the gaps in order to complete the meaning, to connect the narrative dots. *Beginning with Cannonballs* reminds me of an Alice Munro story, one that looks at people’s lives over decades, like catching them in snapshots, so we can see how they relate to the people they once were. Jill McCroskey Coupe is one savvy, irresistible, and fearless writer.”**

**—John Dufresne, author of *I Don’t Like Where This Is Going***

# **BEGINNING WITH CANNONBALLS**

**A NOVEL**

**JILL McCROSKEY COUPE**

## **DESCRIPTION:**

In the 1940s, in segregated Knoxville, Tennessee, Gail (white) and Hanna (black) shared a crib in Gail’s parents’ house, where Hanna’s mother, Sophie, was the live-in maid. When the girls were four, Sophie taught them to swim, and soon they were gleefully doing cannonballs off the diving board, playing a game they’d invented based on their favorite Billie Holiday song.

By the time they’re both in college, however, the two friends have lost touch with each other. A reunion in Washington, DC—sought by Gail and resented by Hanna—sets the tone for their relationship from then on. Marriage, children, and a tragic death further strain the increasingly fragile bond. How much longer can the friendship last?

## **ABOUT THE AUTHOR:**

Jill McCroskey Coupe’s first job was gathering (collating) in her father’s printing plant in Knoxville, Tennessee, in the foothills of the Great Smoky Mountains. A former librarian at Johns Hopkins University, she has an MFA in Fiction from Warren Wilson College, located in the heart of the Blue Ridge. The Southern Appalachians will always feel like home to her, but so does Baltimore, where she has lived for more than thirty years.

MAY 2020



Publication Date: May 26, 2020

Collections: Memoir

Trim size: 5.5 X 8.5

Price: \$16.95 paperback / \$9.95 ebook

Distribution by Ingram Publisher Services

Print ISBN: 978-1-63152-874-3

E-ISBN: 978-1-63152-875-0

# I'M SO GLAD YOU'RE HERE

A MEMOIR

PAMELA GAY

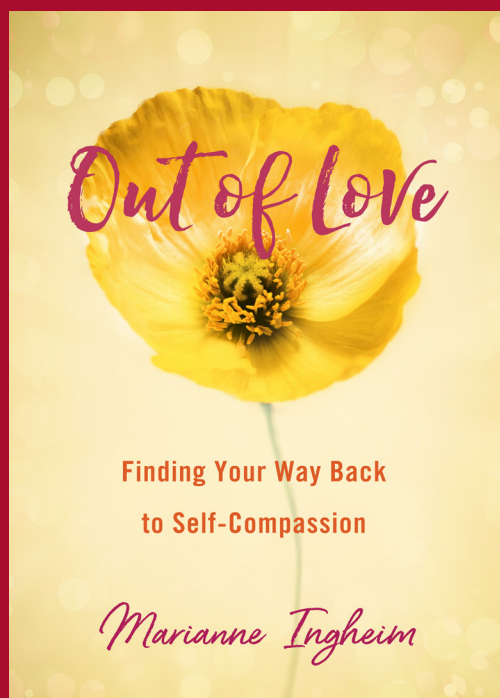
## DESCRIPTION:

*I'm So Glad You're Here* is a story of a family disrupted by the ramifications of a father's mental illness. The memoir opens with a riveting account of Gay, age eighteen, witnessing her father being bound in a straitjacket and carried out on a stretcher to a state mental hospital. The trauma she experiences escalates when, after her father has electroshock treatments, her parents leave her in a college dorm room and make the move from Massachusetts to Florida without her. She feels abandoned: now both her parents have gone missing.

## ABOUT THE AUTHOR:

Pamela Gay is the recipient of a New York Foundation for the Arts (NYFA) award in creative nonfiction and an Independent eBook Award for her memoir *Homecoming*, which combined text, image, and sound. An installation based on this memoir and sponsored by the New York State Council on the Arts (NYSCA) included artifacts. Gay's writing has been published in *Brevity*, *Iowa Review*, *Paterson Literary Review*, *Midway Journal*, *Monkeybicycle*, *Grey Sparrow*, *Vestal Review*, and other literary journals, as well as two anthologies. Gay is a professor emerita at Binghamton University, State University of New York, where she taught courses in flash memoir and flash fiction. She lives in Upstate New York.

**MAY 2020**



**Publication Date: May 26, 2020**

**Collections: Nonfiction, Self-help**

**Trim size: 5 X 7**

**Price: \$16.95 paperback / \$9.95 ebook**

**Distribution by Ingram Publisher Services**

**Print ISBN: 978-1-63152-695-4**

**E-ISBN: 978-1-63152-696-1**

**“In order to truly transform our lives we must be willing to go within ourselves and release the inner critic, shame, and self-blame. We can do this through more self-compassion, journaling, and learning through others’ stories. And Marianne’s book does just that—this guide can light your path with warmth, joy, and love, leading you to the ultimate destination, self-love.”**

**—Shannon Kaiser, best-selling author of *The Self-Love Experiment* and *Joy Seeker***

# OUT OF LOVE

FINDING YOUR WAY BACK TO SELF-COMPASSION

**MARIANNE INGHEIM**

## DESCRIPTION:

We all tell ourselves stories about who we are. Many of these stories are self-critical and disempowering. Through the practice of self-compassion, we can rewrite these stories and become more authentic and powerful versions of ourselves—transforming not only our own lives but also the lives of those around us.

In short and personal pieces, Marianne Ingheim tells the story of how the practice of self-compassion has changed her life in ways big and small, helping her unlearn harsh self-criticism, survive multiple tragedies, and live more authentically. In the wake of a breast cancer diagnosis and her husband’s suicide, she discovers the power of self-compassionate storytelling and finds belonging within herself—and in doing so, she learns how to manage anxiety and stress, how to be authentic in relationships, and how to let go of comparison and be truly creative.

Through stories and journaling prompts, *Out of Love: Finding Your Way Back to Self-Compassion* aims to inspire readers to unlearn the self-critical patterns holding them hostage—and begin to live a happier, more courageous life.

## ABOUT THE AUTHOR:

Marianne Ingheim is a Danish-Norwegian American writer, teacher, and PhD student at California Institute of Integral Studies. She lives in the San Francisco Bay Area. For more information, please visit [www.marianneingheim.com](http://www.marianneingheim.com).



**JUNE 2020**



**Publication Date: June 2, 2020**

**Collections: Science Fiction**

**Trim size: 5.5 X 8.5**

**Price: \$16.95 paperback / \$9.95 ebook**

**Distribution by Ingram Publisher Services**

**Print ISBN: 978-1-63152-872-9**

**E-ISBN: 978-1-63152-873-6**

# GRAVITY IS HEARTLESS

A NOVEL

**SARAH LAHEY**

## DESCRIPTION:

What will the world look like in thirty years' time? How will humanity survive the oncoming effects of climate change? Set in the near future and inspired by the world around us, *Gravity Is Heartless* is a romantic adventure that imagines a world on the cusp of climate catastrophe.

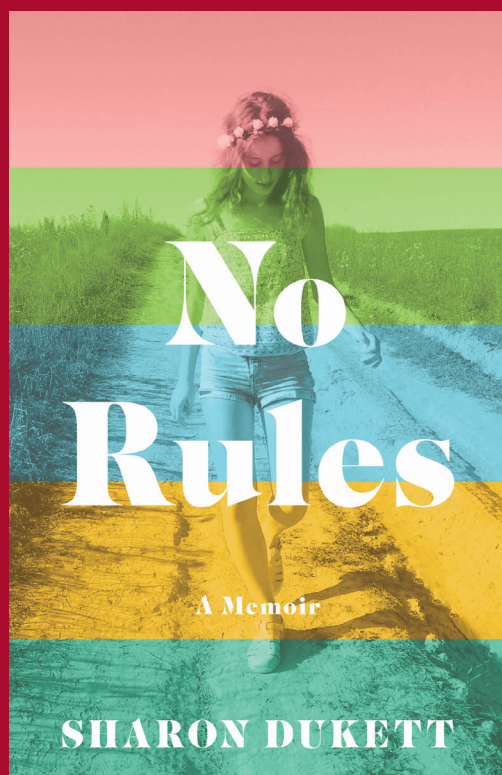
The year is 2050: automated cities, vehicles, and homes are now standard, artificial intelligence, CRISPR gene editing, and quantum computing have become a reality, and climate change is in full swing—sea levels are rising, clouds have disappeared, and the planet is heating up.

Quinn Buyers is a climate scientist who'd rather be studying the clouds than getting ready for her wedding day. But when an unexpected tragedy causes her to lose everything, including her famous scientist mother, she embarks upon a quest for answers that takes her across the globe—and she uncovers friends, loss, and love in the most unexpected of places along the way. *Gravity Is Heartless* is bold, speculative fiction that sheds a hard light on the treatment of our planet even as it offers a breathtaking sense of hope for the future.

## ABOUT THE AUTHOR:

Sarah Lahey is a designer, educator, and writer. She holds bachelor's degrees in interior design, communication, and visual culture, and works as a senior lecturer teaching classes on design, technology, sustainability and creative thinking. She has three children and lives on the Northern Beaches in Sydney, Australia.

**JUNE 2020**



**Publication Date: June 2, 2020**

**Collections: Memoir**

**Trim size: 5.5 X 8.5**

**Price: \$16.95 paperback / \$9.95 ebook**

**Distribution by Ingram Publisher Services**

**Print ISBN: 978-1-63152-856-9**

**E-ISBN: 978-1-63152-857-6**

***"No Rules does more than pull us into the adventures of a girl who finds the courage to leave home and forge a life contrary to everything she has been taught. It is also a reminder that every girl has the right—and owes it to herself—to grow, learn, succeed, and become the woman she is meant to be, no matter how difficult it is to find her way and her purpose in a male-dominated society."***

**—Victoria Zackheim, author of *The Bone Weaver***

# **NO RULES**

**A MEMOIR**

**SHARON DUKETT**

## **DESCRIPTION:**

It's 1971 in Connecticut, and sixteen-year-old Sharon's parents think that, because she's a girl, she should become a clerical office worker after high school and live at home until she marries and has a family. But Sharon wants to join the hippies and be part of the changing society, so she leaves home and heads to California.

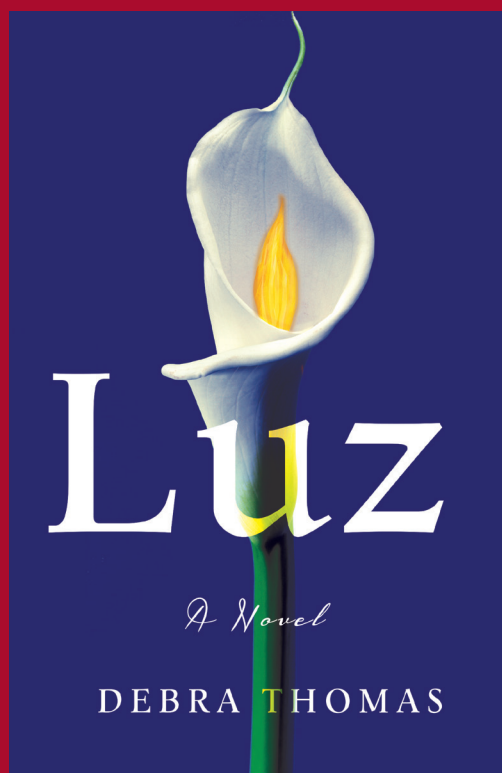
Upon arriving in California, Sharon is thrown into an adult world for which she is unprepared, and she embarks on a precarious journey amid the 1970s counterculture. On her various adventures across the country and while living on a commune, with friends and lovers filtering in and out of her life, she realizes she must learn quickly in order to survive—as well as figure out a way to reconcile her developing spirituality with her Catholic upbringing.

In this colorful memoir, Sharon reflects upon the changes that reshaped her during the 1970s women's movement and how they have transformed society's expectations for girls and women today—and, through it all, shares moments of triumph, joy, love, and awakening.

## **ABOUT THE AUTHOR:**

Sharon Dukett has been a computer programmer, deputy director in state government, cocktail waitress, and project manager (PMP certified), and she has designed and embroidered handmade clothing. She travels extensively, using loyalty points and avoiding tourist traps. When she is home, she and her husband live in central Connecticut in a house he built that overlooks the Connecticut River—the house they raised their family in. When not writing or blogging, she is reading, skiing, biking, golfing, spending time with family and friends, creating clutter, and committing to more activities than she probably should. She loves reading memoir from a variety of backgrounds—to learn how others feel, experience life, and deal with their struggles. *No Rules* is her debut memoir.

**JUNE 2020**



**Publication Date: June 9, 2020**

**Collections: Women's Fiction**

**Trim size: 5.5 X 8.5**

**Price: \$16.95 paperback / \$9.95 ebook**

**Distribution by Ingram Publisher Services**

**Print ISBN: 978-1-63152-870-5**

**E-ISBN: 978-1-63152-871-2**

**"This is a novel of great tenderness and great brutality—Debra is right inside of her characters' minds, bodies, spirits, their souls, and doesn't spare the reader either tenderness or brutality."**

**—Alma Luz Villanueva, author of *The Ultraviolet Sky*, winner of the American Book Award**

**"*Luz* is a deeply generous novel, steeped with compassion, [and] written with an open, observant heart."**

**—Gayle Brandeis, author of *The Book of Dead Birds*, winner of Barbara Kingsolver's Bellwether Prize for Fiction of Social Engagement**

# LUZ

A NOVEL

**DEBRA THOMAS**

## DESCRIPTION:

Alma Cruz wishes her willful teenage daughter, Luz, could know the truth about her past, but there are things Luz can never know about the journey Alma took to the US to find her missing father when she was a young woman.

Alma's father knows her better than anyone else, encouraging her love of math and her dreams of becoming a teacher, so when he disappears in 1997 after leaving home to work on farms in California, a part of her is lost as well.

After three years of poverty, Alma and her sister Rosa set out on a perilous journey north to find their father. Along the way, Alma discovers first love and encounters both kindness and profound cruelty. What happens once she reaches the US is a journey from despair to hope. A connection to her father's past, the truth about a hidden letter, and her determined search to find farmworker-champion Dolores Huerta all help Alma move forward as she finds answers and gains the strength she needs to begin a new life in Los Angeles.

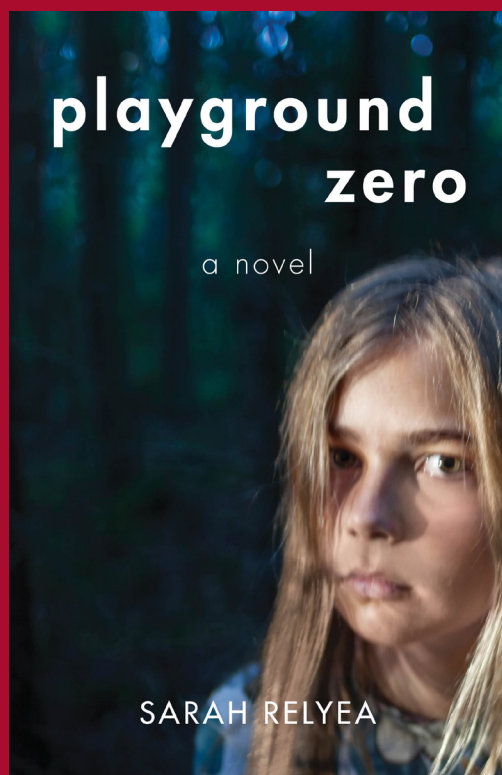
A timely novel that illuminates the plight of those desperate to cross the US border, *Luz* is also timeless in its depiction of the depths of family devotion and the blaze of first love.

## ABOUT THE AUTHOR:

Originally from upstate New York, Debra Thomas has lived in Southern California for most of her adult life. She holds both a bachelor's and a master's in English from California State University, Northridge, and attended the UCLA Extension Writers' Program. She has taught literature and writing at a Los Angeles public high school and English as a Second Language to adults from all over the world. Her experience as an advocate for immigrant and refugee rights led her to write *Luz*. She is currently at work on her second novel.



**JUNE 2020**



**Publication Date: June 9, 2020**

**Collections: Historical Fiction**

**Trim size: 5.5 X 8.5**

**Price: \$16.95 paperback / \$9.95 ebook**

**Distribution by Ingram Publisher Services**

**Print ISBN: 978-1-63152-889-7**

**E-ISBN: 978-1-63152-888-0**

# PLAYGROUND ZERO

A NOVEL

**SARAH RELYEA**

## DESCRIPTION:

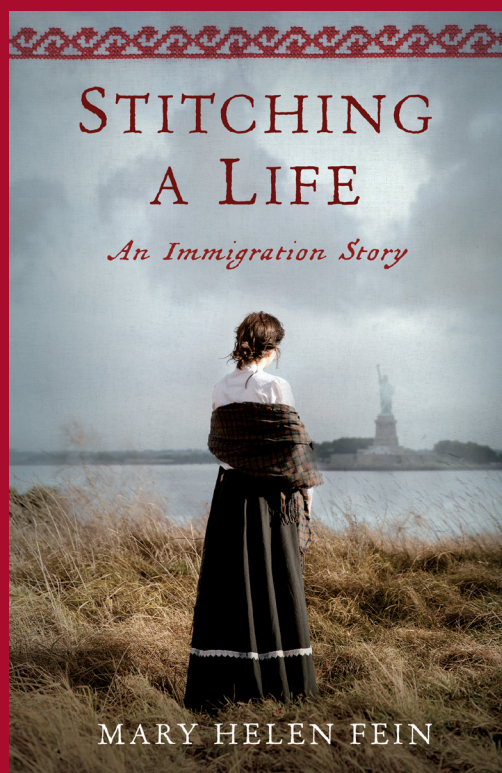
1968. It's the season of siren songs and loosened bonds—as well as war, campaign slogans, and assassination. Ten-year-old Alice Rayson has never thought of herself as a rebel, but when her father, Washington lawyer Tom Rayson, moves their family to Berkeley, everything changes. Her father soon busies himself earning his spurs chasing a sexy horsewoman through the Marin County woods; her mother, meanwhile, joins a peace party that's running a Black Panther for president.

Feeling abandoned by her family and confused in her newly integrated school, Alice embraces the moment and falls in with Jim and Valerie Dupres, whose anti-government dad helped found People's Park. Jim and Valerie learn the ropes on Telegraph Avenue, cadging meals and camping out in People's Park. But when the park falls to government forces, they find themselves confronting tear gas-spewing helicopters and National Guardsmen. As Alice's family and school fade away in a tear gas fog, the countercultural world of Berkeley brings ambiguous freedom to all who occupy its homes—and streets.

## ABOUT THE AUTHOR:

Sarah Relyea left the Berkeley counterculture at age thirteen and processed its effects as a suburban teenager. She has long addressed questions of identity in her writing, including in her book of literary criticism, *Outsider Citizens: The Remaking of Postwar Identity in Wright, Beauvoir, and Baldwin* (Routledge 2006). She has degrees in literature from Harvard College and The CUNY Graduate Center and has taught at universities in New York and Taiwan. She lives in Brooklyn.

**JUNE 2020**



**Publication Date: June 9, 2020**

**Collections: Historical Fiction**

**Trim size: 5.5 X 8.5**

**Price: \$16.95 paperback / \$9.95 ebook**

**Distribution by Ingram Publisher Services**

**Print ISBN: 978-1-63152-677-0**

**E-ISBN: 978-1-63152-678-7**

# STITCHING A LIFE

AN IMMIGRATION STORY

**MARY HELEN FEIN**

## DESCRIPTION:

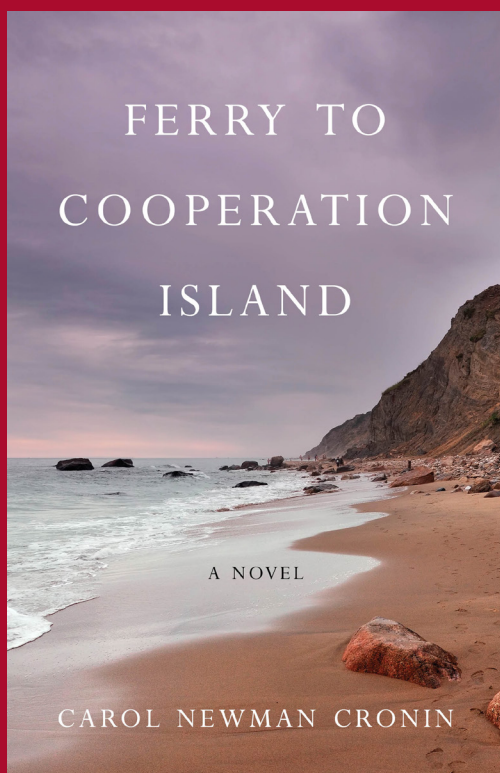
It's 1900, and sixteen-year-old Helen comes alone in steerage across the Atlantic from a small village in Lithuania, fleeing terrible anti-Semitism and persecution. After arriving at Ellis Island, she finds a place to live in the colorful Lower East Side of New York. She quickly finds a job in the thriving garment industry and, like millions of others who are coming to America during this time, devotes herself to bringing the rest of her family to join her in the New World, refusing to rest until her family is safe in New York.

A few at a time, Helen's family members arrive. Each goes to work with the same fervor she has and contributes everything to bringing over their remaining beloved family members in a chain of migration. Helen, meanwhile, makes friends and—once the whole family is safe in New York—falls in love with a man who introduces her to a different New York—a New York of wonder, beauty, and possibility.

## ABOUT THE AUTHOR:

Mary Helen Fein was born in New York City, in 1943. She attended schools in New York and began writing at the age of twelve, when her mother died. Writing has ever since been an important part of her life, a way to understand and process life's events. Mary Helen holds a BA in English literature from Temple University and an MS in computer science engineering from the University of Pennsylvania; she also studied painting at the Pennsylvania Academy of Fine Arts, America's oldest art school, for two years. Today she lives in Northern California, where she owns her own website design company, writes, paints, and teaches Insight meditation. In 2014, she published her first novel, *Loss of Deliverance*—the story of a young woman's adventures in the drug trade during the 1960s.

**JUNE 2020**



**Publication Date: June 16, 2020**

**Collections: Women's Fiction**

**Trim size: 5.5 X 8.5**

**Price: \$16.95 paperback / \$9.95 ebook**

**Distribution by Ingram Publisher Services**

**Print ISBN: 978-1-63152-864-4**

**E-ISBN: 978-1-63152-865-1**

**"Lifetime sailor Carol Newman Cronin combines well-drawn characters, their family legacies, and the history of the island itself in a vivid story about the struggle of preservation versus development, grace against greed.**

**Anyone who visits a New England island should have a copy of this in hand for summer reading. Wherever you look—the ferry landing, the coffee shop, the general store—you'll recognize the characters."**

**—Doug Logan, author of *BoatSense***

# FERRY TO COOPERATION ISLAND

A NOVEL

**CAROL NEWMAN CRONIN**

## DESCRIPTION:

Loner James Malloy is a ferry captain—or used to be, until he was unceremoniously fired and replaced by a girl named Courtney Farris. Now, instead of piloting Brenton Island's daily lifeline to the glitzy docks of Newport, Rhode Island, James spends his days beached, bitter, and bored.

When he discovers a private golf course staked out across wilderness sacred to his dying best friend, a Narragansett Indian, James is determined to stop such "improvements." But despite Brenton's nickname being "Cooperation Island," James is used to working solo. To keep rocky bluffs, historic trees, and ocean shoreline open to all, he'll have to learn to cooperate with other islanders—including Captain Courtney, who might just morph from irritant to irresistible once James learns a secret that's been kept from him for years.

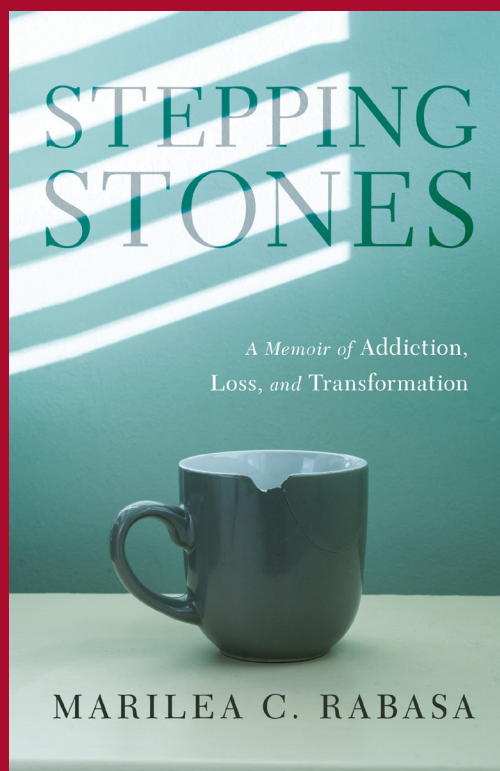
This salt-sprayed fourth novel by 2004 Olympic Sailor Carol Newman Cronin celebrates wilderness and water, open space and open-mindedness, and the redemptive power of neighborly cooperation.

## ABOUT THE AUTHOR:

Carol Newman Cronin is an award-winning writer of stories about boats and waterfront personalities. A lifetime sailor, she won two races at the 2004 Olympics and continues to compete at events around the world.



**JUNE 2020**



**Publication Date: June 16, 2020**

**Collections: Memoir**

**Trim size: 5.5 X 8.5**

**Price: \$16.95 paperback / \$9.95 ebook**

**Distribution by Ingram Publisher Services**

**Print ISBN: 978-1-63152-898-9**

**E-ISBN: 978-1-63152-899-6**

# STEPPING STONES

A MEMOIR OF ADDICTION, LOSS, AND  
TRANSFORMATION

**MARILEA C. RABASA**

## DESCRIPTION:

Addiction is a stealth predator. Unrecognized, it will grow and flourish. Unchecked, it destroys.

Marilea Rabasa grew up in post-WWII Massachusetts in a family that lived comfortably and offered her every advantage. But they were also haunted by closely guarded family secrets. Alcoholism reached back through several generations, and it was not openly discussed. Shame and stigma perpetuated the silence. And Marilea became part of this ongoing tragedy.

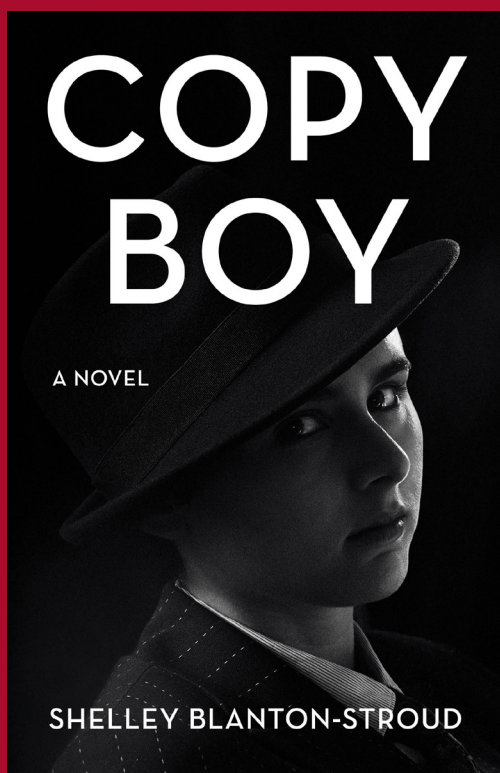
From an unhappy childhood to a life overseas in the diplomatic service to now, living on an island in Puget Sound, *Stepping Stones* chronicles Marilea's experiences, weaving a compelling tale of travel, motherhood, addiction, and heartbreaking loss. The constant thread throughout this story is the many faces and forms of addiction, phantoms that stalk her like an obsessed lover. What, if anything, will free her of the masks she has worn all her life?

An inspiring, poignant recovery story, *Stepping Stones* tells how Marilea took on the demons that plagued her all her life—and defeated them.

## ABOUT THE AUTHOR:

Marilea Rabasa grew up in a small Massachusetts town. Her marriage took her overseas, where she lived with her husband and children in the Foreign Service. After divorcing, she taught English as a Second Language in Virginia for seventeen years, and earned a Master of Arts (Reflective Practice) in teaching. She joined Story Circle Network in 2013; since then, her stories have appeared in several publications, among them the SCN anthologies, their journal, and their blog, *One Woman's Day*. She has also blogged at [www.recoveryofthespirit.com](http://www.recoveryofthespirit.com) on the topic of addiction recovery since 2015. Marilea and her partner spend most of the year enjoying grandchildren, boats, and salt air on an island in Puget Sound. The rest of the year they live in New Mexico, where they grow produce for sale.

JUNE 2020



Publication Date: June 23, 2020

Collections: Historical Fiction

Trim size: 5.5 X 8.5

Price: \$16.95 paperback / \$9.95 ebook

Distribution by Ingram Publisher Services

Print ISBN: 978-1-63152-697-8

E-ISBN: 978-1-63152-698-5

"A stellar debut. *Copy Boy* may be Shelley Blanton-Stroud's first novel, but it's apparent from page one that she's been working on her craft for many years. Combining the best elements of noir, historical fiction, and coming-of-age stories, Blanton-Stroud has written a compelling, nuanced story. Deftly plotted and expertly executed, *Copy Boy* is as mesmerizing as the moment when the fog lifts over Nob Hill. Highly recommended."

—Sheldon Siegel, *New York Times* best-selling author of the Mike Daley/Rosie Fernandez novels

# COPY BOY

A NOVEL

SHELLEY BLANTON-STROUD

## DESCRIPTION:

You think you're a body, but you're not—you're a kind of electricity, though you've got to fill the right body to go anywhere, do anything important. That's how seventeen-year-old Jane explains it to herself.

Manipulated by her mother and urged by the voice of her dead twin brother, Benjamin, Jane hits her father with a crowbar, leaves him for dead in an irrigation ditch, and escapes to San Francisco.

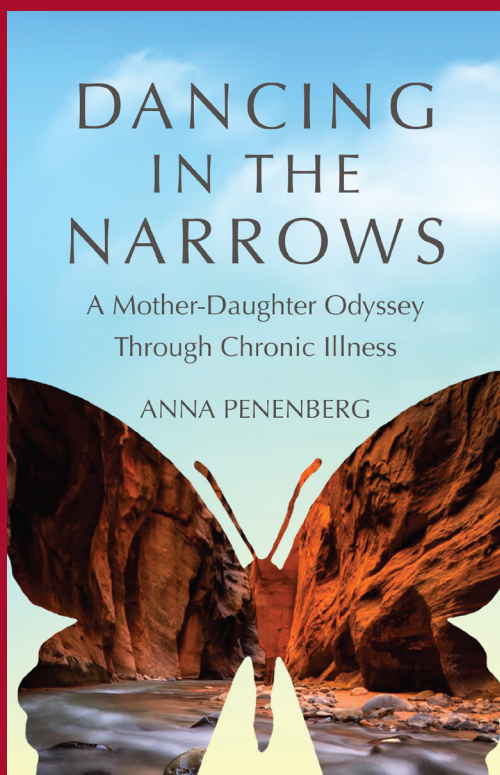
It's 1937, the height of the Great Depression, and there are almost no jobs for girls, so Jane turns herself into Benny and gets hired as a newspaper copy boy. She soon begins to climb the ladder at the paper, gaining validation, skill, and connections with the artists and thinkers of her day; but then her father appears on the paper's front page, his arm around a girl who was just beaten into a coma one block from Jane's newspaper—hit in the head with a crowbar.

Jane's got to find her father before he finds her, and before everyone else finds her out. She's got to protect her invented identity. This is what she thinks she wants. It's definitely what her dead brother wants.

## ABOUT THE AUTHOR:

Shelley Blanton-Stroud grew up in California's Central Valley, the daughter of Dust Bowl immigrants who made good on their ambition to get out of the field. She teaches college writing in Northern California and consults with writers in the energy industry. She serves on the advisory boards of 916 Ink, an arts-based creative writing nonprofit for children, and Stories on Stage Sacramento, where actors perform the stories of established and emerging authors. She has also served on the Writers' Advisory Board for the Belize Writers' Conference. *Copy Boy* is her first novel, and she's currently working on her second. She also writes and publishes flash fiction and nonfiction, which you can find at such journals as *Brevity* and *Cleaver*. She and her husband live in Sacramento with an aging beagle and many photos of their out-of-state sons. To learn where you can read her stories and more, go to [www.shelleyblanton-stroud.com](http://www.shelleyblanton-stroud.com).

**JULY 2020**



**Publication Date: July 7, 2020**

**Collections: Memoir**

**Trim size: 5.5 X 8.5**

**Price: \$16.95 paperback / \$9.95 ebook**

**Distribution by Ingram Publisher Services**

**Print ISBN: 978-1-63152-838-5**

**E-ISBN: 978-1-63152-839-2**

**"This compelling memoir pulls you into an epic search for answers in a medical system where there is limited understanding of chronic Lyme disease, and where both western and alternative medicines are challenged. Amidst fear and exhaustion, as well as the age-old struggle of independence between parent and child, we find humor, road trips, and nature treks. You will undoubtedly be inspired by this story of a woman's lifelong focus on wellness."**

**—JJ Virgin, *New York Times* best-selling author of *Warrior Mom***

# **DANCING IN THE NARROWS**

**A MOTHER-DAUGHTER ODYSSEY THROUGH CHRONIC ILLNESS**

**ANNA PENENBERG**

## **DESCRIPTION:**

*Dancing in the Narrows* is the story of a mother's love and persistence in the face of fear and defeat. At sixteen, Anna Penenberg's daughter, Dana, is stricken with a debilitating illness that is eventually identified as chronic Lyme disease—a disease with no known cure. In search of wellness, mother and child are propelled through the established medical world and beyond. Completely dependent on Anna, in so much pain that she can barely move, Dana spends years on the couch, and her extreme environmental sensitivities ultimately drive friends and family away—everyone but Anna.

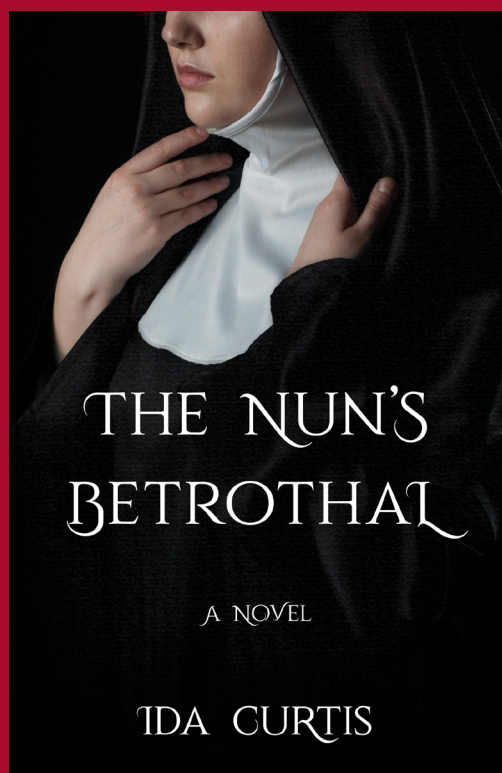
After a nearly fatal five-month trial of IV antibiotics, Dana and Anna decide to leave Western medicine behind. Together, they enter the rarified world of restricted diets, esoteric protocols, and alternative medical treatments, one of which necessitates fifteen trips over the Mexican border for RHP ozone treatments—treatments that are illegal in the United States. Full of terror, adventure, laughter, and sheer grit, *Dancing in the Narrows* is an exploration of the healing journey as an opportunity to grow and expand through love, commitment, and experience—and a chronicle of a mother-daughter odyssey like no other.

## **ABOUT THE AUTHOR:**

Anna Penenberg, MA, is a healer by nature and training, and the mother of two daughters. She holds a BA in dance and psychology and a master's degree in Dance Therapy from UCLA and a California license in psychotherapy. After her children were born, she trained as a Kundalini Yoga teacher and a somatic therapist in craniosacral therapy, Body-Mind Centering®, and Infant Developmental Movement Education. She has worked over the last thirty-five years with adults, children, and infants, focusing on facilitating integration—brain and body, psyche and spirit. She continues her healing practice in Topanga, CA, and in her free time she enjoys reading, yoga, hiking, and working on her next memoir.



JULY 2020



Publication Date: July 7, 2020

Collections: Historical Fiction

Trim size: 5.5 X 8.5

Price: \$16.95 paperback / \$9.95 ebook

Distribution by Ingram Publisher Services

Print ISBN: 978-1-63152-685-5

E-ISBN: 978-1-63152-686-2

“Curtis delivers a wonderfully fresh romantic mystery that combines the arcane complications of medieval marriage customs, court intrigue, and a smart, witty heroine in a fast-paced tale that will delight readers with twists and surprises right up to the very last page. Gilda and Justin are well-matched both as lovers and as sleuths. They deserve an entire series.”

—Jayne Ann Krentz (a.k.a. Amanda Quick),  
author of *Untouchables* and *The Lady Vanishes*, with over 35 million books in print

# THE NUN'S BETROTHAL

A NOVEL

IDA CURTIS

## DESCRIPTION:

Just before taking her vows, Sister Gilda, along with Lord Justin, King Louis's counselor, is given a task: investigate grounds for the annulment of a marriage between Count Cedric and Lady Mariel. Together, they discover that Mariel believes she actually married Cedric's younger half-brother Phillip—Cedric's surrogate—at the marriage ceremony, and that Cedric plans to marry Lady Emma as soon as the annulment is granted. Emma and Phillip, meanwhile, have declared their love for each other.

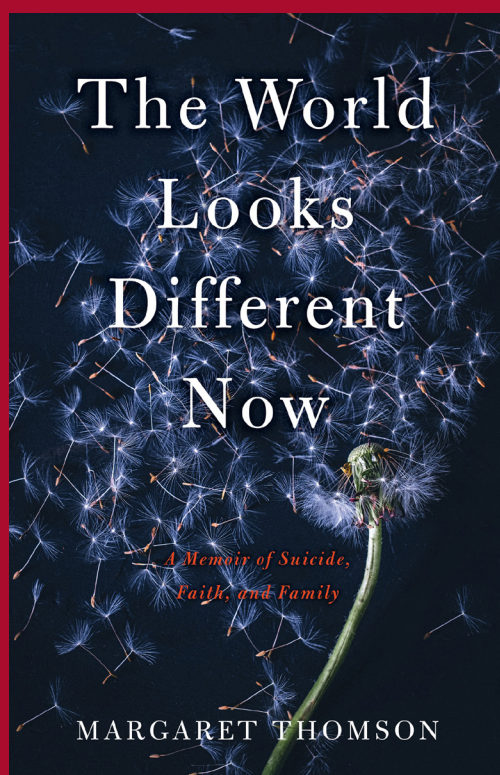
Gilda and Justin must find a fair and just solution that will satisfy the principals, the archbishop, and the king—and at the same time deal with the distracting passion developing between the two of them. As they work together to unravel the mysterious circumstances of the count's marriage, their attraction grows—threatening Gilda's freedom and Justin's reputation.

Set in ninth-century France, *The Nun's Betrothal* is a suspenseful, romantic tale of court intrigue and forbidden love.

## ABOUT THE AUTHOR:

Ida Curtis was born in 1935 in New Haven, Connecticut. She grew up and went to school in Newington, Connecticut, where at age eighteen she contracted polio. After two years of rehabilitation, she spent two years at St. Joseph's College in West Hartford before marrying her husband, Jared. Following his academic career, they lived in various places, including four years at Indiana University, where Ida finished her BA degree in history. In 2002, after thirty years in Vancouver, British Columbia, they returned to the US to live in Seattle, Washington. Ida has been writing fiction and memoir since she retired in 1996. A member of Pacific Northwest Writers Association, she won first prize for historical fiction at PNWA's annual convention in 2009. Her novel, *Song of Isabel*, grew out of that experience. She published *My Polio Memoir: 1953–2016* with Lulu.com in 2016.

JULY 2020



Publication Date: July 14, 2020

Collections: Memoir

Trim size: 5.5 X 8.5

Price: \$16.95 paperback / \$9.95 ebook

Distribution by Ingram Publisher Services

Print ISBN: 978-1-63152-693-0

E-ISBN: 978-1-63152-694-7

“A beautifully written and harrowing tale of a mother coming to terms with her son’s devastating suicide. *The World Looks Different Now* offers comfort and companionship to other parents grieving this unbearable loss.”

—Sarah Neustadter, PhD, author of *Love You Like the Sky*

# THE WORLD LOOKS DIFFERENT NOW

A MEMOIR OF SUICIDE, FAITH, AND FAMILY

MARGARET THOMSON

## DESCRIPTION:

*The World Looks Different Now* takes readers behind the statistics and into the private world of a family whose lives are forever changed following the suicide of the family’s older son less than three months before he was due to deploy to Afghanistan.

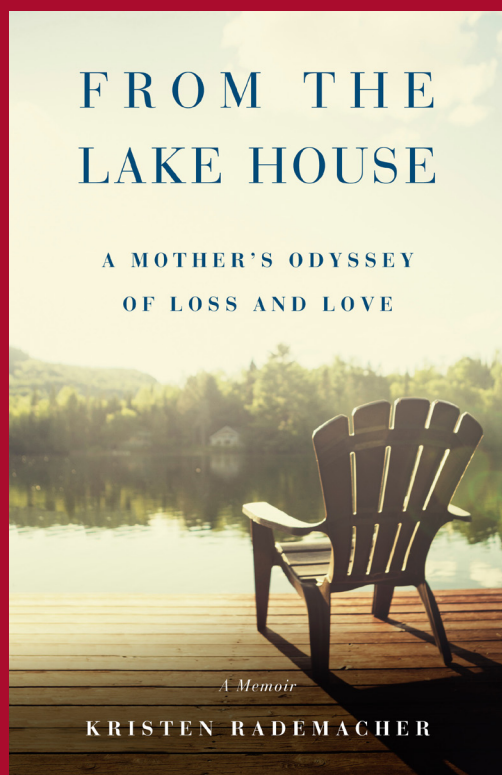
A journalist as well as a grieving mother, author Margaret Thomson instinctively turns to writing during the weeks, months, and even years following her son’s death in an effort to make sense out of a seemingly senseless act that she never dreamed could happen. In *The World Looks Different Now*, she chronicles the grueling journey she and her husband, along with their surviving son, are forced to embark upon as they move toward eventual—if only partial—healing.

Poignant and insightful, this memoir will help those who’s suffered a major loss to better understand the need to grieve at one’s own pace, as well as in one’s own individual way.

## ABOUT THE AUTHOR:

Margaret Thomson is a journalist and television producer who’s reported on a variety of subjects, from Middle East politics to the British royal family. As a radio correspondent for ABC News, she was the first American broadcast journalist to report the end of the Falklands War in May 1982; several years later she became the first radio correspondent to report on the AIDS epidemic in Africa. Upon returning to the United States in 1992, she taught journalism and television production at the University of Memphis. In 1993, she worked as a production associate on the HBO documentary *The Trial of James Earl Ray*. Thomson continues to write for print and online publications. In 2016, she and her husband, Tim relocated from Memphis to Franklin, Tennessee. Their son Matt, a recent graduate of the United States Merchant Marine Academy, visits frequently from his job in the shipping industry.

**JULY 2020**



**Publication Date: July 21, 2020**

**Collections: Memoir**

**Trim size: 5.5 X 8.5**

**Price: \$16.95 paperback / \$9.95 ebook**

**Distribution by Ingram Publisher Services**

**Print ISBN: 978-1-63152-866-8**

**E-ISBN: 978-1-63152-867-5**

# FROM THE LAKE HOUSE

A MOTHER'S ODYSSEY OF LOSS AND LOVE

**KRISTEN RADEMACHER**

## DESCRIPTION:

Dizzy with grief after a shattering breakup, Kristen did what any sensible thirty-nine-year-old woman would do: she fled, abandoning her well-ordered life in metropolitan Boston and impulsively relocating to a college town in North Carolina to start anew with a freshly divorced southerner.

Dismissing the neon signs that flashed Rebound Relationship, Kristen was charmed by the host of contrasts with her new beau. He loved hunting and country music, she loved yoga and NPR; he worried about nothing, she worried about everything. The luster of her new romance and small-town lifestyle soon—and predictably—faded, but by then a pregnancy test stick had lit up. As Kristen's belly grew, so did her concern about the bond with her partner—and so did a fierce love for her unborn child. Ready or not, she was about to become a mother. And then, tragedy struck.

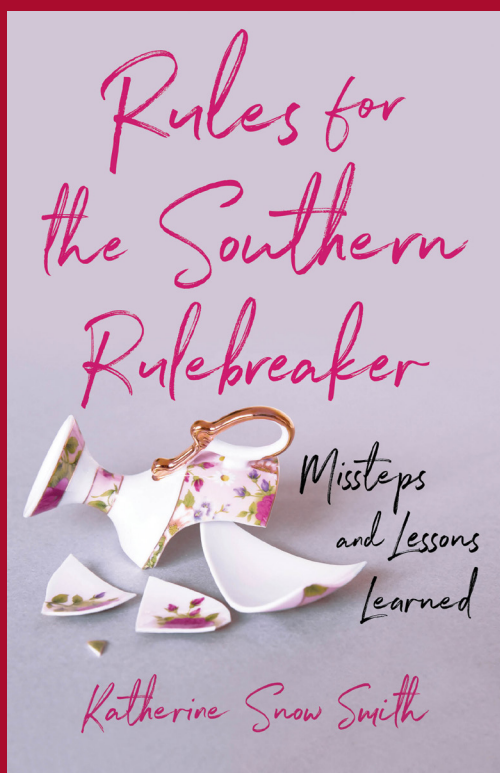
Poignant and insightful, *From the Lake House* explores the echoes of rash decisions and ill-fated relationships, the barren and disorienting days an aching mother faces without her baby, and the mysterious healing that can take root while rebuilding a life gutted by loss.

## ABOUT THE AUTHOR:

Kristen Rademacher has lived in Chapel Hill, North Carolina, since 2002, which is when she began writing. *From the Lake House* is her first memoir. She holds a master's degree in education and life coach certification. Rademacher is an Academic Coach at the University of North Carolina at Chapel Hill.



JULY 2020



Publication Date: July 21, 2020

Collections: Memoir

Trim size: 5.5 X 8.5

Price: \$16.95 paperback / \$9.95 ebook

Distribution by Ingram Publisher Services

Print ISBN: 978-1-63152-858-3

E-ISBN: 978-1-63152-859-0

“Katherine Snow Smith’s sure voice, deft pen, hilarious sense of humor, and always original slant on things offer the reader much to enjoy in these delightful essays—and also much to identify with, especially for another southern girl. Her delightful, humorous accounts always convey a deeper truth—about self-image, especially for women; about raising children; about an early death in the family and the later loss of a friend; about politics and belief—about life itself.”

—Lee Smith, author of *Fair and Tender Ladies* and winner of the Robert Penn Warren Award for Fiction and the Southern Book Critics Circle Award

# RULES FOR THE SOUTHERN RULE BREAKER

MISSTEPS AND LESSONS LEARNED

KATHERINE SNOW SMITH

## DESCRIPTION:

Southern women are inundated with rules starting early—from always wearing sensible shoes to never talking about death to the dying, and certainly not relying on song lyrics for marriage therapy.

Nevertheless, Katherine Snow Smith keeps doing things like falling off her high heels onto President Barack Obama, gaining dubious status as the middle school “lice mom,” and finding confirmation in the lyrics of Miranda Lambert after her twenty-four-year marriage ends. Somehow, despite never meaning to defy southern expectations for parenting, marriage, work, and friendship, Smith has found herself doing just that for over four decades. Luckily for everyone, the outcome of these “broken rules” is this collection of refreshing stories, filled with vulnerability, humor, and insight, sharing how she received lifelong advice from a sixth-grade correspondence with an Oscar-winning actress, convinced a terminally ill friend to write good-bye letters, and won the mother of all “don’t give up” lectures by finishing a road race last (as the pizza boxes were thrown away).

*Rules for the Southern Rule Breaker* will resonate with every woman, southern or not, who has a tendency to wander down the hazy side roads and realizes that the rewards that come from listening to the pull in one’s heart over the voice in one’s head.

## ABOUT THE AUTHOR:

Katherine Snow Smith has lived throughout the South as a newspaper reporter, editor, public relations executive, daughter, sister, mother, wife, divorcee, and friend. She graduated from the University of North Carolina at Chapel Hill and started her journalism career covering three miniscule towns in South Carolina. After a stint as a business reporter in Charlotte, NC, she got married, covered business for the *Tampa Bay Times*, had a baby, and started a parenting column called *Rookie Mom*. Now, with three kids, two careers, and one divorce later, she’s still trying to figure it all out.

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**She Writes Press awarded 2019  
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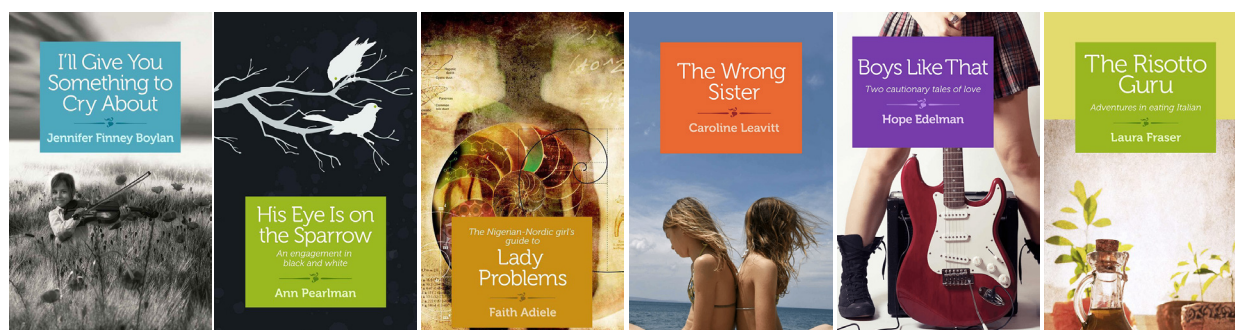


## SheBooks is now part of She Writes Press

SparkPoint Studio, parent company of award-winning hybrid publisher She Writes Press, announced in 2018 the acquisition of SheBooks, a women's e-book publisher with the mission of bridging the gap between magazines and books by carefully curating and publishing short e-books, by and for women, designed for women's busy lives. The acquisition of SheBooks, which SparkPoint will roll into She Writes Press, is a testament to the reputation and success of She Writes Press in the hybrid publishing space. It also demonstrates SparkPoint Studio's continued investment and commitment to growing She Writes Press as the leader and gold standard in hybrid publishing for women authors and expand She Writes Press's product offerings.

SheBooks was cofounded in 2013 by Laura Fraser, journalist and best-selling author (*An Italian Affair*); veteran magazine editor Peggy Northrop (former Global Editor-in-Chief of *Reader's Digest* and former Editor-in-Chief of *More* magazine and *Sunset* magazine); and publishing veteran Rachel Greenfield (former Executive Vice President, Martha Stewart Living Omnimedia).

When it launched, SheBooks was awarded a seed grant by the New Media Women's Entrepreneurial Fund, raised additional funding, and was able to publish 75 high-quality short e-book titles from well-respected authors, including best-selling author Hope Edelman; National Book Award nominee Ann Pearlman; best-selling author Caroline Leavitt; PEN award-winning memoirist Faith Adiele; and many others.





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