

Gender: Your Guide, 2nd Edition

The Gender-Friendly Primer on What to Know, What to Say, and What to Do in the New Gender Culture

Lee Airton, PhD

BOOK DESCRIPTION

Be a part of the ever-evolving conversation around gender and discover how to navigate gender diversity in today's families, communities, and workplaces in this updated edition that is "an invaluable resource for both new and veteran allies" (*Library Journal*, starred review).

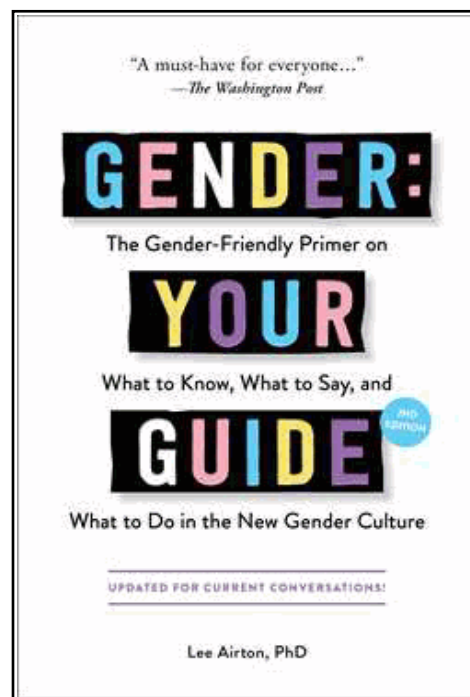
Gender is now a global conversation, and one that is constantly evolving. More people than ever before are openly living their lives as transgender men or women, and many transgender people are coming out as neither men nor women, instead living outside the binary. Gender is changing, and this change is gaining momentum.

From the differences among gender identity, gender expression, and sex, to the use of gender-neutral pronouns like singular they/them to thinking about your own participation in gender, *Gender: Your Guide, 2nd Edition* serves as a complete primer to all things gender. Guided by professor and gender diversity advocate Lee Airton, PhD, learn how gender works in everyday life; how to use accurate terminology to refer to transgender, nonbinary, and/or gender nonconforming individuals; and how to ask when you aren't sure what to do or say. It provides you with the information you need to talk confidently and compassionately about gender diversity, whether simply having a conversation or going to bat as an advocate. In this updated edition, Dr. Airton explores updated definitions of intersex people, conversion therapy bans, transgender students in sports, online and social community discussions, updated pop culture references, and much more.

Just like gender itself, being gender-friendly is a process for all of us. *Gender: Your Guide, 2nd Edition* invites everyone on board to make gender more flexible and less constricting: a source of more joy, and less harm, for everyone.

AUTHOR BIO

Lee Airton, PhD, is assistant professor of gender and sexuality studies in education at Queen's University in Kingston, Ontario. They are a frequent keynote speaker and media commentator and are regularly asked to consult on gender-neutral language and gender diversity issues in relation to media, policy, and education. They founded TheyIsMyPronoun.com, a blog on gender-neutral pronoun usage and user support in 2012 and the No Big Deal Campaign (NBDCampaign.ca) in 2016. Learn more at LeeAirton.com.



PAPERBACK

On Sale: 06/04/24

Adams Media

9781507220313

Social Science

First Print: 60,000

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

Carton quantity: 40

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

AUTHOR HOMETOWN

Lee Airton/ Kingston/ Ontario

OTHER FORMATS

eBook: 9781507220320, \$11.99

Dungeonmeister: The Deck of Many Drinks

The RPG Cocktail Recipe Deck with Powerful Effects!

Jef Aldrich & Jon Taylor

BOOK DESCRIPTION

Serve up tabletop-themed cocktails and matching effects for an adventurous add-on that gives any game night an extra dash of excitement with this cocktail twist on the infamous in-game item The Deck of Many Things.

Stir up your RPG session—and your cocktail game—with this interactive deck of tabletop role-play-themed drinks with potent in-game effects.

Dungeonmeister: The Deck of Many Drinks lets gamers add some excitement to their game with 50 RPG-inspired cocktails, each paired with a related effect compatible with 5E and other systems. Players can draw a card at random to let chance decide their fate, then look up the drink recipe in the included booklet to mix up the cocktail. The drink's effect strikes the player's character as soon as they start to imbibe.

Drinks include:

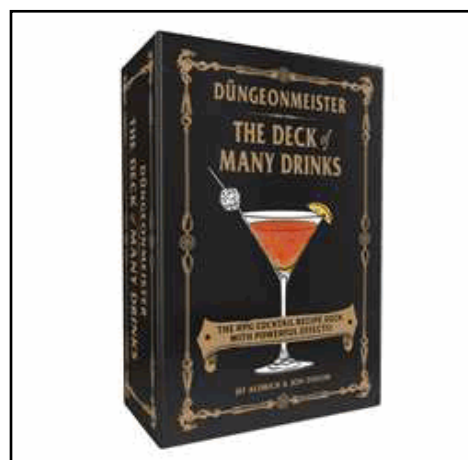
- The tart and rejuvenating Healing Surge, which patches you up and gives you a second wind
- The citrusy Giant Bee with its accompanying in-game melee weapon
- The dark and smooth Turn Undead that actually (temporarily) turns you undead
- And more!

Dungeonmeister: The Deck of Many Drinks adds a tasty new layer of adventure to your campaign.

AUTHOR BIO

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

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



FLASHCARDS

On Sale: 05/28/24

Adams Media

9781507222218

Cooking

First Print: 75,000

4 x 6, 50 pages

Carton quantity: 40

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

AUTHOR HOMETOWN

Jef Aldrich / San Diego / CA Jon Taylor / Santee / CA

Affirmations for Queer People

100+ Positive Messages to Affirm, Empower, and Inspire

Jess Vosseteig

BOOK DESCRIPTION

Celebrate your resilience and bravery in the face of discrimination and empower yourself and your community with these 100 affirmations for queer people that celebrate being LGBTQIA+.

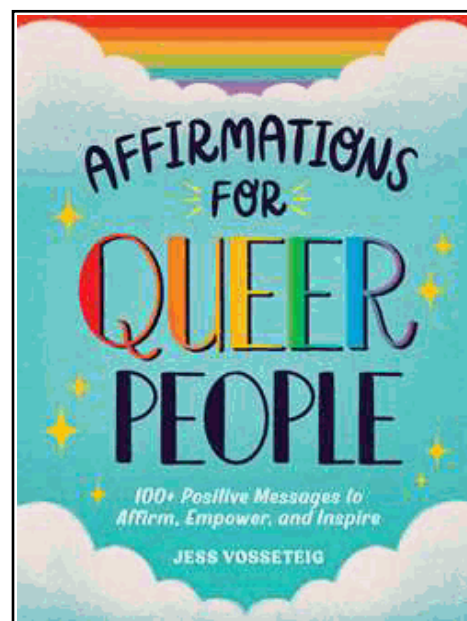
Queer people are essential members of society—trailblazing for positive change and building up a strong and more vibrant community every day. It's time to affirm these truths and so many more with *Affirmations for Queer People*.

In this book, discover more than 100 affirmations to empower yourself, emphasize your self-worth, care for your mental health and emotional well-being, and so much more. You can use these affirmations and the accompanying texts to reflect on your own life and your future. You'll find amazing, inclusive artwork throughout that speaks to the beauty, bravery, and diversity of this incredible community.

With *Affirmations for Queer People*, celebrate being a queer person, affirm your talent and worth, and bring your dreams to fruition.

AUTHOR BIO

Jess Vosseteig (Jess Voss Art) is a queer illustrator and writer born and raised in Colorado. Partnering with brands and organizations like Dr. Martens, Lush, Ulta, the Ms. Foundation for Women, Facebook/Meta, and more, her work focuses on inclusivity, empowerment, and creating conversations surrounding feminism and the queer community. Jess loves illustrating to empower all genders, break stereotypes, and promote body positivity/neutrality. Jess wants her audience to feel seen and heard in her work, be empowered to be themselves, educate others, and push societal norms. You can find more of her work and shop at JessVossart.com and on socials [@JessVoss_Art](https://www.instagram.com/JessVoss_Art).



HARDCOVER

On Sale: 05/21/24

Adams Media

9781507222263

Self-Help

First Print: 75,000

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

Carton quantity: 24

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

AUTHOR HOMETOWN

Jess

Vosseteig/Broomfield/Colorado

OTHER FORMATS

eBook: 9781507222270, \$10.99

It Wasn't a Phase!

The Ultimate Emo Activity Book
Yasmine Summan

BOOK DESCRIPTION

Celebrate your former (or current!) emo days with this interactive activity book perfect for elder emos reliving their youth *and* the latest wave of emo trend-setters alike—just grab your colored pencils and get ready to let those emotions fly!

If studded belts and fingerless gloves were the ultimate fashion statement...

If you can still translate MySpace chatspeak without a second thought...

If surviving a summertime music festival dressed in all black is still the highlight of your year...

Then this ultimate emo coloring and activity book is meant for you!

Relive the classic emo moments of the early 2000s, discover little known trivia about emo culture across the ages, and explore the ways the trends have changed and continued to grow even to today. Activities include:

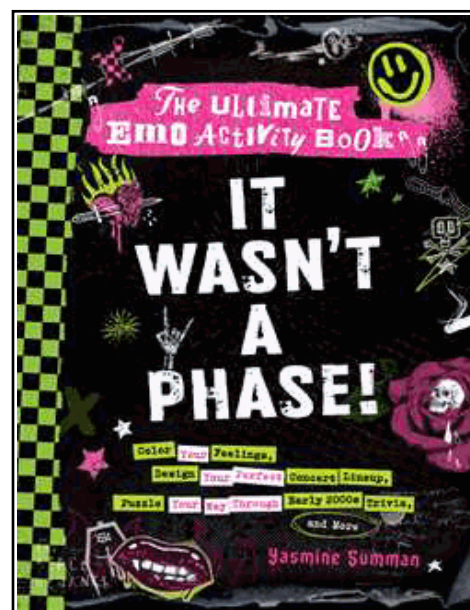
- Testing your knowledge of iconic emo fanfiction with quiz questions that will stump even the most dedicated fans
- Grabbing your colored pencils and decorating the perfect chunky wristbands to show off your emo style
- Creating your ideal lineup for the emo festival of your dreams
- Finding out how emo you *really* are by writing your own cathartic lyrics inspired by helpful prompts and hints
- And many more!

This must-have for any emo fan features fun facts, coloring pages, and more activities to help you learn those little-known facts you *really* want to know...and get a healthy dose of your favorite emo moments (cringey MySpace photos, anyone?) at the same time.

This book is here to remind you: it definitely wasn't a phase!

AUTHOR BIO

Yasmine Summan (they/them) is a multimedia journalist and digital media specialist, best known for their extensive research in the world of emo, rock, and metal. After graduating from Coventry University with a BA in journalism, their work has appeared in *Metal Hammer*, *Loudwire*, *NME*, *Refinery29*, *Slate*, *Alternative Press*, and many more. Yasmine is also the cohost of the award-winning podcast, *On Wednesdays We Wear Black* (now proudly partnered with Knotfest), which is breaking barriers in the alternative podcasting space for queer, BIPOC, and female music fans. Learn more at YasminSumman.JournoPortfolio.com.



PAPERBACK

On Sale: 08/06/24

Adams Media

9781507222287

Games & Activities

First Print: 50,000

6 x 8, 176 pages

Carton quantity: 40

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

AUTHOR HOMETOWN

Yasmine Summan/West

Bromwich/West Midlands, UK

The Cryptid Creatures Coloring Book

From Bigfoot and Mothman to the Chupacabra, Color the World's Most Mysterious Monsters

Illustrated by Andy Price

BOOK DESCRIPTION

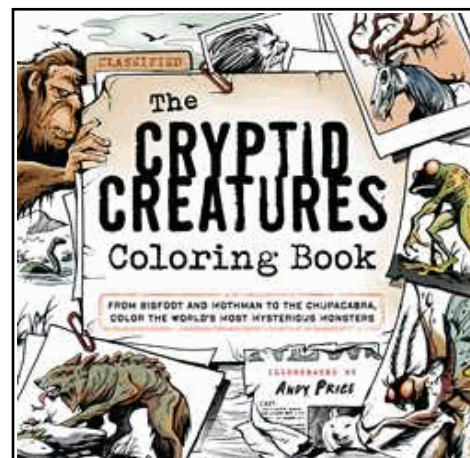
Bigfoot! Nessie! Chupacabra! Break out your colored pencils and get ready to color—and learn all about—30 of the most fascinating and famous cryptids with fun facts and documented sightings for each one of these *colorful* mystery creatures.

Embrace the mysteries of the unknown.

This spooky collection of 30 of the world's creepiest cryptids is guaranteed to make your spine tingle. Color your way from Bigfoot and the Mothman to Skin-Walkers, Chupacabra, Mngwa, Yeren, and more, learning a little bit about their history as you go. With fun facts, trivia, and real-life encounters accompanying each spooky coloring page, you'll learn exactly why you should fear each cryptid, and why they should be revered. Break out your colored pencils and get coloring.

AUTHOR BIO

Andy Price is an American comic artist and author of *The Cryptid Creatures Coloring Book*.



PAPERBACK

On Sale: 08/06/24

Adams Media

9781507222317

Games & Activities

First Print: 75,000

10 x 10, 64 pages

Carton quantity: 24

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

AUTHOR HOMETOWN

Andy Price / Maumelle, Arkansas

Stock Market 101, 2nd Edition

From Bull and Bear Markets to Dividends, Shares, and Margins—Your Essential Guide to the Stock Market

Michele Cagan, CPA

BOOK DESCRIPTION

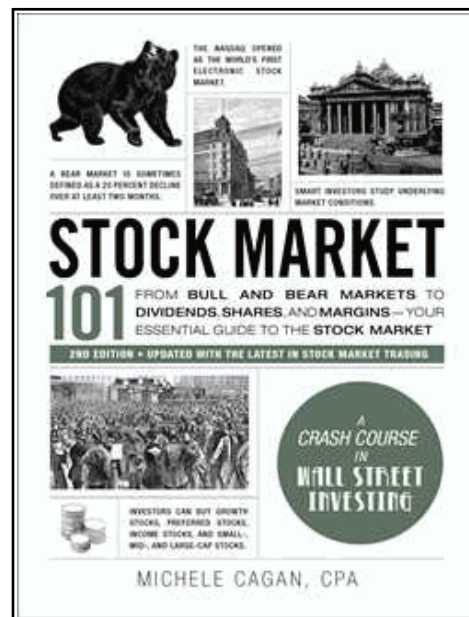
Discover the ins and outs of Wall Street with the 2nd edition to the engaging, informative, and easy-to-navigate guide to investing with all-new entries and updates throughout.

Investing for the first time can be intimidating. In easy-to-understand language, *Stock Market 101, 2nd Edition* provides the groundwork needed to begin building knowledge on the stock market. It cuts out the boring explanations of basic investing, and instead provides hands-on lessons that keep you engaged as you learn how to build a portfolio and expand your wealth. Full of basic definitions and real-life examples, *Stock Market 101, 2nd Edition* alleviates any uneasy or overwhelmed feelings during your first steps toward your investment goals. From bull markets to bear markets to sideways markets, this primer is packed with hundreds of entertaining tidbits and concepts that you won't be able to get anywhere else.

So whether you're looking to master the major principles of stock market investing or just want to learn more about how the market shifts over time, *Stock Market 101, 2nd Edition* has all the answers—even the ones you didn't know you were looking for.

AUTHOR BIO

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



HARDCOVER

On Sale: 05/07/24

Adams Media

9781507222324

Business & Economics

First Print: 55,000

5 1/4 x 7 1/8, 272 pages

Carton quantity: 24

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

AUTHOR HOMETOWN

Michele Cagan / Baltimore / MD

OTHER FORMATS

eBook: 9781507222331, \$10.99

Economics 101, 2nd Edition

From Consumer Behavior to Competitive Markets—Everything You Need to Know about Economics

Michele Cagan, CPA, and Alfred Mill

BOOK DESCRIPTION

Discover the ins and outs of the economy with this engaging, informative, and easy-to-navigate 2nd edition guide with all-new entries and updates.

Too often, textbooks turn the noteworthy details of economics into tedious discourse that would put even Joseph Stiglitz to sleep. This new edition of *Economics 101* cuts out the boring explanations and instead provides a hands-on lesson that keeps you engaged as you explore how societies allocate their resources for maximum benefit.

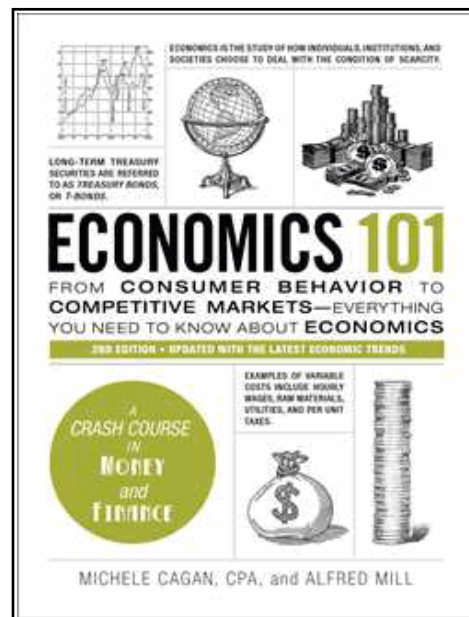
From quantitative easing to marginal utility, this primer is packed with hundreds of entertaining tidbits and concepts that you won't be able to get anywhere else. You'll learn the basics on terms such as monopolies and oligopolies, game theory, inflation, price ceilings, and so much more. Have you ever wondered about the origin of banking or how banks create money? This book has all the answers.

Whether you're looking to master major principles of finance or just want to learn more about why money matters, *Economics 101* has all the answers—even the ones you didn't know you were looking for.

AUTHOR BIO

Alfred Mill has a deep interest in personal finance and economics. He is the author of *Personal Finance 101*, *Economics 101*, and *Social Security 101*.

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



HARDCOVER

On Sale: 06/11/24

Adams Media

9781507222386

Business & Economics

First Print: 55,000

5 1/4 x 7 1/8, 288 pages

Carton quantity: 24

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

AUTHOR HOMETOWN

Alfred Mill / Boston /

Massachusetts

Michele Cagan/ Baltimore /

Maryland

OTHER FORMATS

eBook: 9781507222393, \$10.99

London

A Color-Your-Own Travel Journal

Evie Carrick; Illustrated by Emma Taylor

BOOK DESCRIPTION

Color your way around the world as this travel-journal-meets-coloring-book guides you through the streets of London, featuring 30 expertly curated sites to learn about, color, and record whether you're already there, planning a trip, or dreaming about your next adventure.

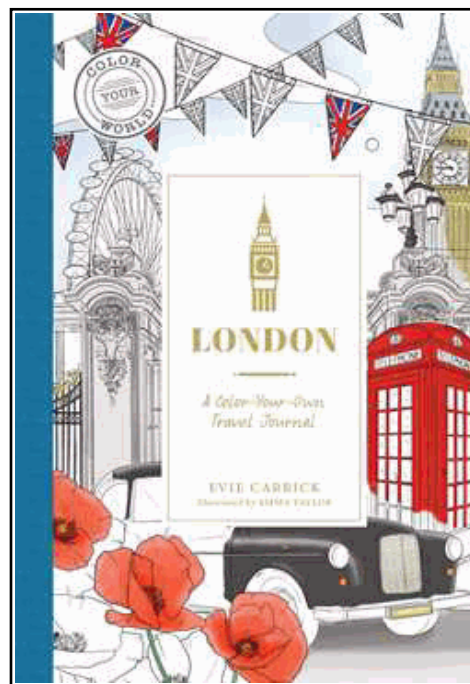
Grab your colored pencils—and get ready to travel the world! Whether your flights are booked or you'll only be traveling in your mind, *London: A Color-Your-Own Travel Journal* takes you on an interactive, colorful tour of England's capital city.

This travel journal features 30 sites within the city to discover—from bucket list worthy must-sees like Buckingham Palace and Tower Bridge to the colorful townhouses of Notting Hill and the best place to buy tea in Piccadilly. Learn about each landmark with fascinating histories, fun facts, and travel tips. Accompanying journal pages allow space to record, plan, or imagine a dream vacation. Plus, all 30 landmarks feature beautifully rendered coloring pages to shade in while taking in the sites.

London: A Color-Your-Own Travel Journal is a perfect, portable airplane take-along or gift for those dreaming of exploring Great Britain.

AUTHOR BIO

Evie Carrick is a freelance writer and editor with a passion for travel, food, and adventure. She has lived in or explored over fifty countries and writes regularly for *Travel + Leisure*, *VICE*, *BuzzFeed*, *Outside*, *SKI*, and *Insider*. A graduate of the University of Denver with a BA in journalism and marketing, Carrick also attended the NYU Summer Publishing Institute. She has worked as an editor for both print and online media, as well as a developmental editor for book publishers. She splits her time between Telluride, Colorado, and Paris, France.



PAPERBACK

On Sale: 05/21/24

Adams Media

9781507222416

Games & Activities

First Print: 60,000

6 x 9, 128 pages

Carton quantity: 24

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

AUTHOR HOMETOWN

Evie Carrick - Ridgway, CO

Thailand

A Color-Your-Own Travel Journal

Evie Carrick; Illustrated by Emma Taylor

BOOK DESCRIPTION

Color your way around the world as this travel-journal-meets-coloring-book guides you through the streets of Thailand, featuring 30 expertly curated sites to learn about, color, and record whether you're already there, planning a trip, or dreaming about your next adventure.

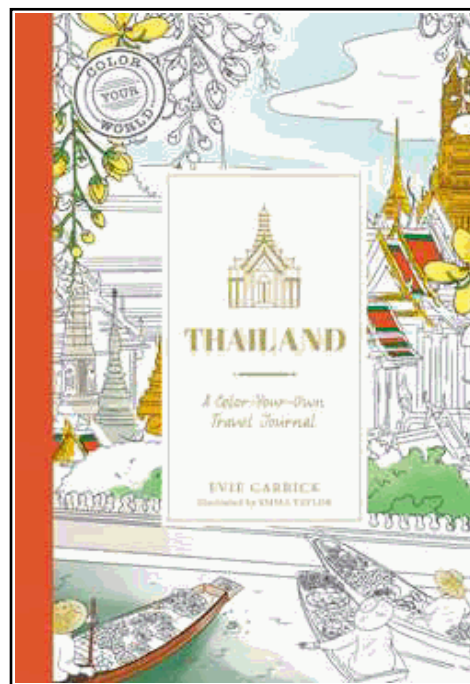
Grab your pen and colored pencils—and get ready to travel the world! Whether your flights are booked or you'll only be traveling in your mind, *Thailand: A Color-Your-Own Travel Journal* takes you on an interactive, colorful tour of this majestic country.

This travel journal features 30 sites within the country to discover—from bucket list worthy must-sees in Bangkok like the Grand Palace and Wat Pho Temple of the Reclining Buddha to Phuket's scenic coastline and the pink water lily blooms of Udon Thani's Red Lotus Lake. Learn about each landmark with fascinating histories, fun facts, and travel tips. Accompanying journal pages allow space to record, plan, or imagine a dream vacation. Plus, all 30 landmarks feature beautifully rendered coloring pages to shade in while taking in the sites.

Thailand: A Color-Your-Own Travel Journal is a perfect, portable airplane take-along or gift for those dreaming of exploring Thailand.

AUTHOR BIO

Evie Carrick is a freelance writer and editor with a passion for travel, food, and adventure. She has lived in or explored over fifty countries and writes regularly for *Travel + Leisure*, *VICE*, *BuzzFeed*, *Outside*, *SKI*, and *Insider*. A graduate of the University of Denver with a BA in journalism and marketing, Carrick also attended the NYU Summer Publishing Institute. She has worked as an editor for both print and online media, as well as a developmental editor for book publishers. She splits her time between Telluride, Colorado, and Paris, France.



PAPERBACK

On Sale: 05/28/24

Adams Media

9781507222423

Games & Activities

First Print: 60,000

6 x 9, 128 pages

Carton quantity: 24

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

AUTHOR HOMETOWN

Evie Carrick - Ridgway, CO

Dungeonmeister: The Random Monster Generator

A Mix-and-Match RPG Flipbook

Jef Aldrich & Jon Taylor

BOOK DESCRIPTION

Mix and match your very own RPG monster with this interactive, illustrated flip book creating fully functional monsters by piecing together heads, torsos, and legs so GMs have exciting new monsters to unleash!

Is your adventure party tired of the same old boring monsters? Instead of filling your next dungeon with zombies, flip through *Dungeonmeister: The Random Monster Generator* and create something brand-new.

With each page split into three separate sections (head, torso, and legs), this mix-and-match flip book assembles unique creatures with stats to match each of the beast's body parts. For instance, GMs can create:

- A zombie head kobold with spider legs giving you an unstoppable undead monstrosity that will chase your party across walls and ceilings
- A monster with a snake head and tentacles for legs making an enemy that's resistant to piercing damage with a venomous bite
- A dragon that's more than a dragon when you mix in gelatinous body and a giant's legs, turning your typical fire breather into an oversized firebreather that's resistant to bludgeoning and slashing

Fully compatible with 5E, this book is perfect for DMs looking for something functional and fun to help them fill out dungeons and encounters with interesting and challenging enemies.

AUTHOR BIO

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

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

final cover
to come

HARDCOVER

On Sale: 07/16/24

Adams Media

9781507222539

Games & Activities

First Print: 75,000

6 x 8 1/4, 128 pages

Carton quantity: 24

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

AUTHOR HOMETOWN

Jef Aldrich / San Diego / CA Jon Taylor / Santee / CA

Make It a Mocktail Recipe Deck

Classic & Modern Drink Recipes with a Nonalcoholic Twist

Derick Santiago

BOOK DESCRIPTION

The answer to all your mocktail needs in this fun and functional deck featuring 50 alcohol-free recipes that reimagine classic cocktail recipes as fresh, modern mocktails.

Hold the hangover! If you're looking to get the full-on cocktail experience without the booze, in a fun and functional package, the *Make It a Mocktail Recipe Deck* is for you! As more and more people embrace the alcohol-free lifestyle, the range of mocktail recipes continues to grow. From plays on classic cocktails to mocktails to new flavor concoctions, the options are endless. The 50 mocktails in card deck are divided by base alcohol-free spirit and perfect for a delicious drink anytime you want.

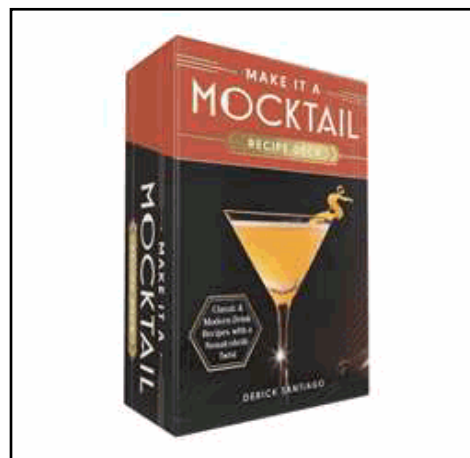
This deck includes alcohol-free recipes for:

- Bloody Mary
- Cosmopolitan
- Vodka Gimlet
- Chocolate Martini
- Frozen Berry Sangria
- And more!

With full-color photos and easy-to-follow instructions, you'll be whipping up mocktails for you and your friends in no time!

AUTHOR BIO

Derick Santiago is a mixologist based in Southern California. He is the creator of @MocktailWiz, an Instagram page and website dedicated to craft mocktails, non-alcoholic cocktail recipes, and mindful mixology techniques. He has worked as a mocktail recipe designer, photographer, and video creator with leading brands in the non-alcoholic beverage industry. Find out more at MocktailWiz.com.



FLASHCARDS

On Sale: 07/23/24

Adams Media

9781507222546

Cooking

First Print: 35,000

4 x 6, 57 pages

Carton quantity: 40

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

AUTHOR HOMETOWN

Derick Santiago / Tustin / CA

How to Grow Flowers in Small Spaces

An Illustrated Guide to Planning, Planting, and Caring for Your Small Space Flower Garden

Stephanie Walker

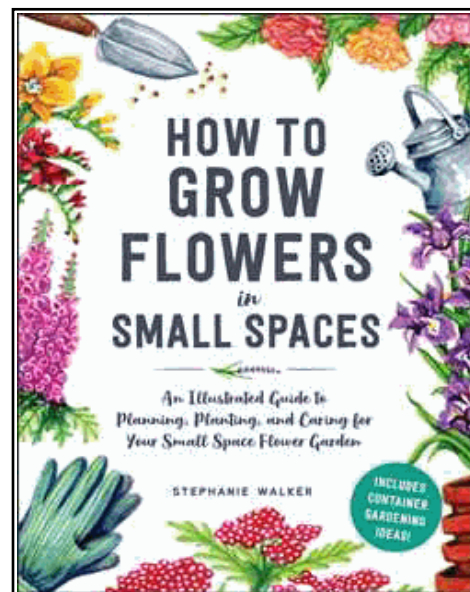
BOOK DESCRIPTION

Take your gardening to the next level...with flowers! After learning how to manage their houseplants and grow their own food, this highly stylized, fully illustrated, modern guidebook teaches reluctant green thumbs to brighten up their gardens with flowers.

Did you know that begonias can be dug up in the fall, stored indoors in the winter, and be ready to be planted and bloom again in the spring? That daylilies need to be divided every three to four years to produce more blooms? Or that marigolds can be both a beautiful and helpful addition to a vegetable garden as a natural deterrent to common garden pests? Whether you're a first-time gardener or an experienced green thumb looking to learn more about flowers, this book is your must-have guide! *How to Grow Flowers in Small Spaces* features 40 beautiful flowers (from smaller pincushion flowers to towering lilacs) that can all be grown in containers or small spaces. Along with detailed care instructions and beautiful illustrations of each plant, you'll also find everything you need to know for your floral garden to flourish, including: -How to establish a garden bed (no matter the size!) -How to determine which flowers are best grown from seeds or from transplants -How to water your flowers for optimal growth (whether they're in the ground or in a container) -How to turn those blooms into a beautiful home-grown bouquet -And much more! No more trips to the florist—with *How to Grow Flowers in Small Spaces*, your home and garden will be bursting with color to keep you healthier and happier than ever. From peonies and marigolds to snapdragons and foxgloves, grab your gloves and get to gardening!

AUTHOR BIO

Stephanie Walker is a mother of three and a certified master gardener in Arizona who specializes in small space flower gardening. She is also a garden coach, consultant, and the blogger behind *The Potter's Bench*. She currently maintains a small flower farm, growing flowers for CSA flower subscriptions, special-order bouquets, and floral arrangements. Stephanie offers consultation services, online and in-person workshops, and more. Learn more at ThePottersBench.com.



HARDCOVER

On Sale: 04/02/24

Adams Media

9781507220481

Gardening

First Print: 50,000

7 x 9 1/8, 144 pages

Carton quantity: 24

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

AUTHOR HOMETOWN

Stephanie Walker/Queen
Creek/Arizona

OTHER FORMATS

eBook: 9781507220498, \$10.99

Affirmations for Manifestation

365 Daily Affirmations to Attract the Life You Want

Candice Nikeia

BOOK DESCRIPTION

Focus on positivity, build self-love, and change your life with this daily devotional-style book featuring 365 affirmations from popular influencer and daily motivational speaker Candice Nikeia.

Harness the power of daily affirmations to manifest the life you've always dreamed of!

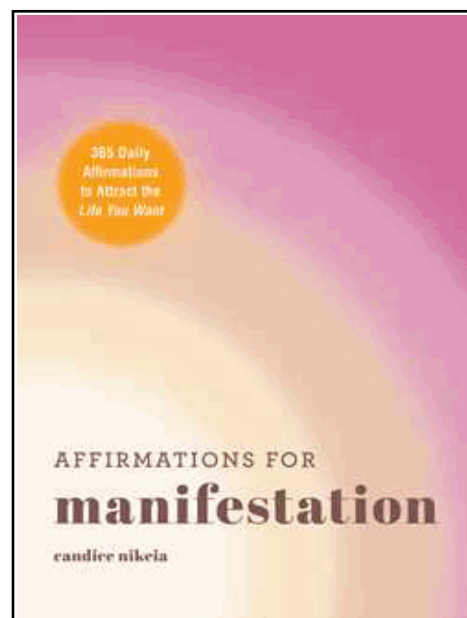
Affirmations for Manifestation is an inspiring collection of daily affirmations that helps you shift your mindset, focus on positivity, and channel your inner power to create the changes you wish to see in the world around you. Touching on common goals for everyday life—from improving your career, to strengthening your relationships, to building your self-esteem—this book is a daily guide to manifesting change.

With guidance from popular manifestation influencer Candice Nikeia, this book gives you the tools to heal, grow, and love yourself more than ever. By approaching these affirmations with an open mind, you'll soon see the benefits of positive thinking. Whether you're in need of a quick boost on a tough day or looking for a way to share more joy with the world, this book has the affirmations you need.

Get started on your affirmation journey today!

AUTHOR BIO

Candice Nikeia is a Los Angeles-based, multi-talented content creator, manifestation coach, and motivational speaker. Through her coaching and workshops, Candice has helped countless individuals overcome limiting beliefs and achieve their goals. She is known for her @DailyAffirmationswithCandice Instagram page where she shares positive affirmations every day. Her work has been featured in *Forbes*, *Glamour*, *USA TODAY*, and more. Learn more at ManifestwithCandice.com.



HARDCOVER

On Sale: 01/09/24

Adams Media

9781507221501

Self-Help

First Print: 60,000

5 1/2 x 7 1/2, 384 pages

Carton quantity: 24

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

AUTHOR HOMETOWN

Candice Nikeia/Los

Angeles/California

OTHER FORMATS

eBook: 9781507221518, \$10.99

The Mocktail Club

Classic Recipes (and New Favorites) Without the Booze

Derick Santiago

BOOK DESCRIPTION

Skip the bar—and the alcohol—with mocktail recipes that bring the fun of a speakeasy right to your couch! *The Art of Mixology* meets mocktails in this beautiful collection of 75 alcohol-free recipes for classic drinks, new flavor concoctions, and twists on old favorites, so you can experience the joy of cocktail creation without the booze!

If you are looking to experience the joy of cocktail mixology without the bar, crowd, or booze, *The Mocktail Club* has you covered! As more and more people embrace the alcohol-free lifestyle, the range of mocktail recipes continues to grow. From plays on classic cocktails to mocktails to new flavor concoctions, the options are endless. The 75 creative mocktails in this book are all about fresh ingredients, classic flavors, and keeping the booze out, so you can bring the fun of a classic cocktail bar right to your couch.

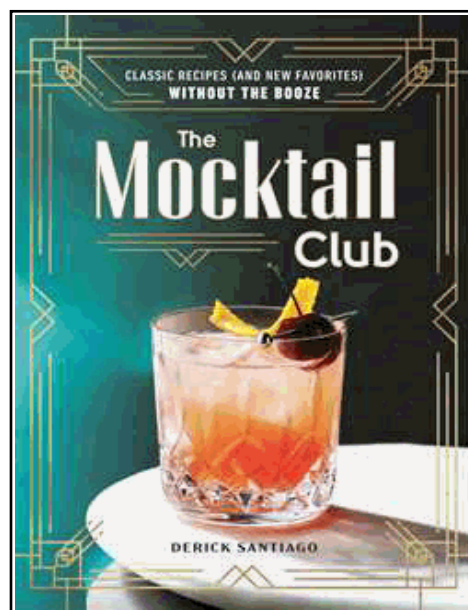
Learn to make the delicious, alcohol-free recipes for:

- Whiskey Sidecar
- Citrus Rose Martini
- Blackberry Gin Basil Smash
- Golden Fruit Daiquiri
- Spicy Pineapple Margarita
- And more!

With full color photos, this sophisticated book will make a great addition to any home bar. Embrace the mocktail movement with all the flavors you love without the alcohol with *The Mocktail Club*! Cheers!

AUTHOR BIO

Derick Santiago is a certified mixologist based in Southern California. He is the creator of @MocktailWiz, an Instagram page and website dedicated to craft mocktails, non-alcoholic cocktail recipes, and mindful mixology techniques. He has worked as a mocktail recipe designer, photographer, and video creator with leading brands in the non-alcoholic beverage industry. Find out more at MocktailWiz.com.



HARDCOVER

On Sale: 01/02/24

Adams Media

9781507221631

Cooking

First Print: 50,000

6 x 8, 160 pages

Carton quantity: 32

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

AUTHOR HOMETOWN

Derick Santiago / Tustin, CA

OTHER FORMATS

eBook: 9781507221648, \$10.99

The Ultimate RPG Game Master's Guide

Advice and Activities to Help You Lead the Best Game Ever!

James D'Amato

BOOK DESCRIPTION

Up your game with everything you need to run your next tabletop roleplay game with expert advice, gameplay guidance, and playable content from RPG expert James D'Amato.

How do I make combat more interesting?

How do I encourage my players to role-play?

How do I avoid killing all the characters in the first battle?

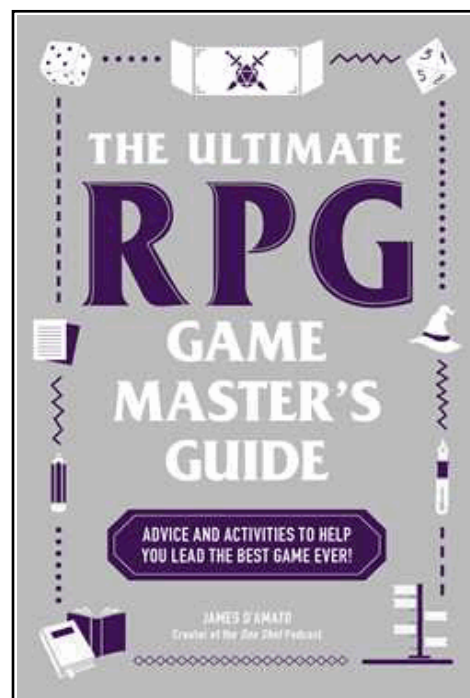
Leading an RPG can be a challenge, but *The Ultimate Game Master's Guide* is here to help! With advice from RPG expert James D'Amato, you'll find answers to all these questions and more, along with guidance for bringing your game to life from behind the GM screen. James covers everything you need to know to bring your GM game to the next level including:

- How to make player decisions meaningful
- How to add more roleplay to your adventure
- How to keep combat interesting—without ending up with a TPK
- How to make NPCs dynamic, but keep them from stealing the show
- And so much more!

Add excitement to your game and keep players fully engaged with *The Ultimate RPG Game Master's Guide*.

AUTHOR BIO

James D'Amato is the author of The Ultimate RPG Series, cofounder of the One Shot Podcast Network, and host of the *One Shot* and *Campaign: Skyjacks* podcasts. He trained at Second City and iO in Chicago in the art of improvisational comedy: he now uses that education to introduce new people to role-playing, and incorporates improvisational storytelling techniques to create compelling and entertaining stories for RPG campaigns and one-shot adventures.



PAPERBACK

On Sale: 03/26/24

Adams Media

9781507221853

Games & Activities

First Print: 50,000

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

Carton quantity: 40

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

AUTHOR HOMETOWN

James D'Amato / Chicago / IL

OTHER FORMATS

eBook: 9781507221860, \$11.99

The Modern Witchcraft Book of Moon Magick

Your Complete Guide to Enhancing Your Magick with the Power of the Moon
Julia Halina Hadas

BOOK DESCRIPTION

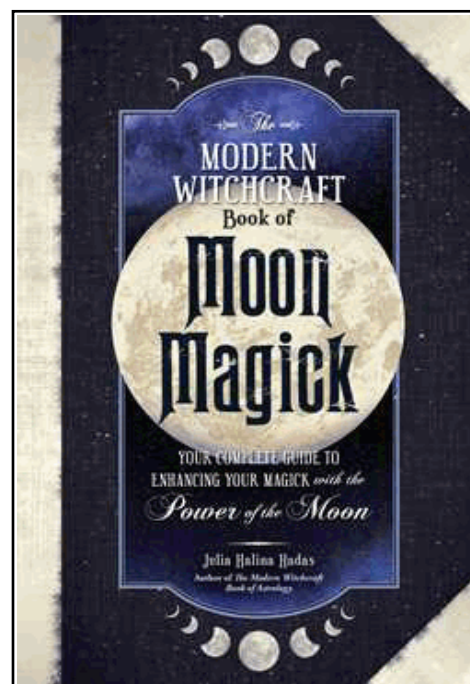
Imbue celestial power into your magickal practice with this new addition to the Modern Witchcraft series so you can amplify your spells and rituals with lunar magick.

Bask in the power of the moon! *The Modern Witchcraft Book of Moon Magick* is written to help witches of every level harness the power of the moon. This book is packed with information to help you understand how every moon phase can affect your magick and spellcraft and provides tips on how you can use that understanding to strengthen your magick by becoming in tune with the power of the moon.

Expert author Julia Halina Hadas offers in depth explanations about the moon's energy and history in witchcraft, it's phases and what that means for your magickal spells, rituals, and intentions, and how best to work with the moon to amplify your witchcraft power. And with over 50 spells and rituals based on the moon's phases, you'll find the power of the moon is all you need to take your magick to the next level.

AUTHOR BIO

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



HARDCOVER

On Sale: 03/19/24

Adams Media

9781507221877

Body, Mind & Spirit

First Print: 60,000

6 x 9, 256 pages

Carton quantity: 24

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

AUTHOR HOMETOWN

Julia Halina Hadas / Maricopa, AZ

OTHER FORMATS

eBook: 9781507221884, \$10.99

Spot the Bullsh*t Trivia Challenge

Find the Lies (and Learn the Truth) from Science, History, Sports, Pop Culture, and More!

Neil Patrick Stewart

BOOK DESCRIPTION

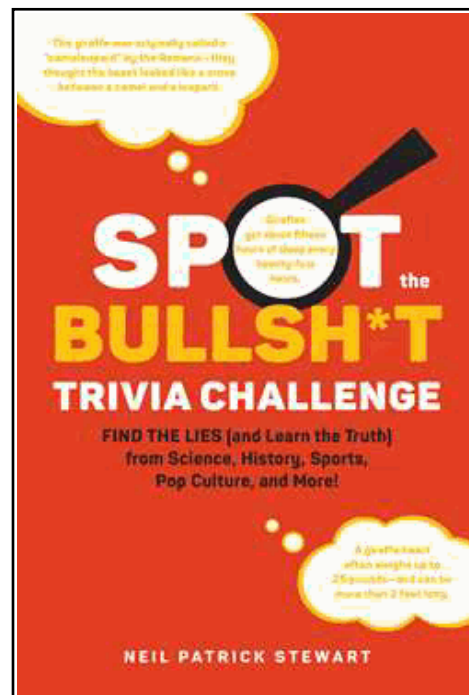
Learn some amazing truths about sports, science, history, and more with this interactive trivia book asking you to spot the lie—perfect for a personal challenge or group game night!

Was Cleopatra the last Egyptian pharaoh? Can you really make diamonds out of tequila? Is the platypus actually poisonous? Think you can spot the fake? Get your bullsh*t radar warmed up, because each entry in *Spot the Bullsh*t* hides one well-crafted fib among a pair of unbelievable truths. And it's up to you to figure out what's fascinating and what's full of sh*t in science, history, pop culture and more.

A flip of the page reveals whether you're right or wrong as well as more information on the true trivia—and why you might have fallen for the fake fact. Whether you're in the mood to learn some fun facts or challenge your friends in a game of trivia, this book has you covered.

AUTHOR BIO

Neil Patrick Stewart is an actor, director, and writer. He holds an MFA in acting from the world-renowned American Repertory Theatre/Moscow Art Theatre Institute for Advanced Theatre Training (ART) at Harvard University. Neil is the associate artistic director of The Performing Arts Project, and he is a faculty member at Texas State University. He lives in San Marcos, Texas, with his wife, Lynzy, his son, Rocket, and his dogs, Puzzle and Gravy.



HARDCOVER

On Sale: 02/06/24

Adams Media

9781507221891

Humor

First Print: 60,000

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

Carton quantity: 24

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

AUTHOR HOMETOWN

Neil Patrick Stewart/San Marcos, Texas

OTHER FORMATS

eBook: 9781507221907, \$10.99

The Book of Japanese Folklore: An Encyclopedia of the Spirits, Monsters, and Yokai of Japanese Myth

The Stories of the Mischievous Kappa, Trickster Kitsune, Horrendous Oni, and More

Thersa Matsuura; Illustrated by Michelle Wang

BOOK DESCRIPTION

Discover everything you've ever wondered about the legendary spirits, creatures, and figures of Japanese folklore including how they have found their way into every corner of our pop culture from the creator of the podcast *Uncanny Japan*.

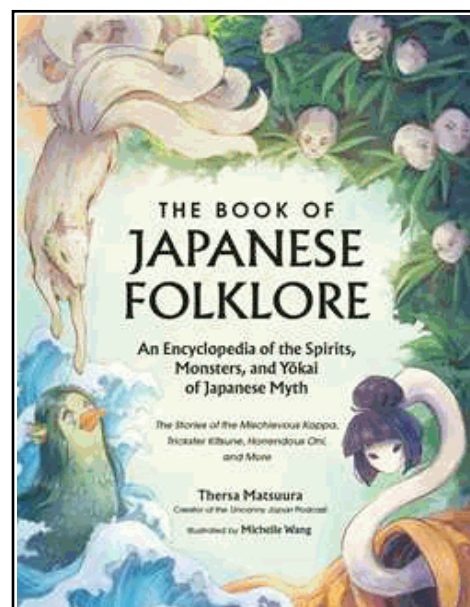
Welcome to *The Book of Japanese Folklore*: a fascinating journey through Japan's folklore through profiles of the legendary creatures and beings who continue to live on in pop culture today.

From the sly kitsune to the orgrish oni and mischievous shape-shifting tanuki, learn all about the origins of these fantastical and mythical creatures. With information on their cultural significance, a retelling of a popular tale tied to that particular yokai, and how it's been spun into today's popular culture, this beautifully illustrated tome teaches you about the stories and histories of the beings that inspired characters in your favorite movies, animes, manga, and games.

Adventure, mystery, and amazing tales await in *The Book of Japanese Folklore*.

AUTHOR BIO

Thersa Matsuura is an American expat who has lived in Japan for over thirty years. Her fluency in the language allows her to explore her favorite part of Japanese culture: all the myths, legends, folktales, and superstitions. Thersa retells these Japanese folktales and ghost stories on her popular podcast *Uncanny Japan*. Thersa has also published two short story collections, including *A Robe of Feathers and Other Stories* and *The Carp-Faced Boy and Other Tales*, a collection of horror stories inspired by Japanese folktales, which was nominated for a Bram Stoker Award in 2017.



HARDCOVER

On Sale: 04/30/24

Adams Media

9781507221914

Social Science

First Print: 60,000

6 x 8, 240 pages

Carton quantity: 24

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

AUTHOR HOMETOWN

Thersa Matsuura / Shizuoka / Japan

OTHER FORMATS

eBook: 9781507221921, \$10.99

Self-Care for Autistic People

100+ Ways to Recharge, De-Stress, and Unmask!

Dr. Megan Anna Neff

BOOK DESCRIPTION

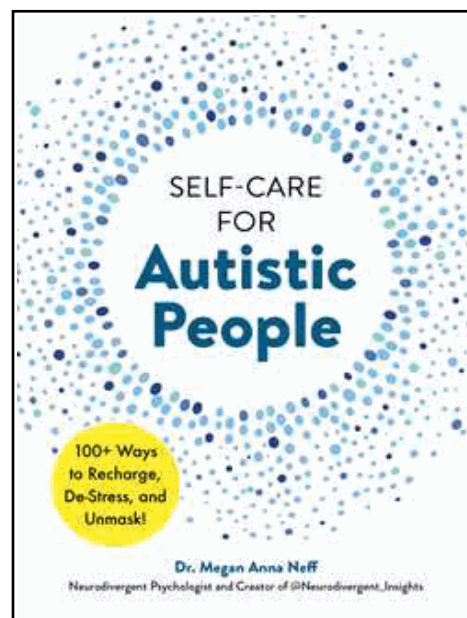
Ditch the stigma, stop masking, and put yourself first with these 100+ exercises that reinforce the idea that neurodiversity is a strength and teaches you how to relax, destress, find your community, practice self-love, and more.

When you're autistic, it can be tough to prioritize wellness.

Self-Care for Autistic People can help you engage in some neurodivergent self-care—without pretending to be neurotypical. You'll find more than 100 activities that help you accept yourself, destigmatize autism, find your community, and take care of your physical and mental health. You'll find solutions for managing the challenging aspects of autism, as well as ideas to bring out the many positive aspects. With expert advice from therapist Megan A. Neff, this book will help you make the most of your life and your diagnosis.

AUTHOR BIO

Dr. Megan A. Neff is a neurodivergent (Autistic-ADHD) clinician, parent, and advocate. She works with late-in-life diagnosed autistic and ADHD people and creates mental health and wellness resources with the neurodivergent person in mind. She is a clinical psychologist, researcher, and writer who stumbled into becoming an accidental "Instagram therapist" and content creator. In a constantly evolving digital and mental health landscape, she often finds herself reflecting on what it means to be human, a helper, and how we can show up for each other.



HARDCOVER

On Sale: 03/19/24

Adams Media

9781507221938

Psychology

First Print: 60,000

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

Carton quantity: 24

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

AUTHOR HOMETOWN

Dr Megan Anna Neff / Portland / OR

OTHER FORMATS

eBook: 9781507221945, \$10.99

Walt Disney World Hacks, 2nd Edition

350+ Park Secrets for Making the Most of Your Walt Disney World Vacation

Susan Veness with Samantha Davis-Friedman

BOOK DESCRIPTION

Hack your next Disney vacation to make the most magical place on earth the absolute *happiest* it can be with this updated guide to getting the most out of your visit.

Did you know...

- If you can't land a coveted Advance Dining Reservation in Disney Springs, you can try checking OpenTable.com for more availability?
- Disney Genie+ actually comes with "extras" (like free digital PhotoPass downloads)?
- Park prices can vary day-by-day so you can plan ahead to build your trip around the cheapest days and parks on the schedule?

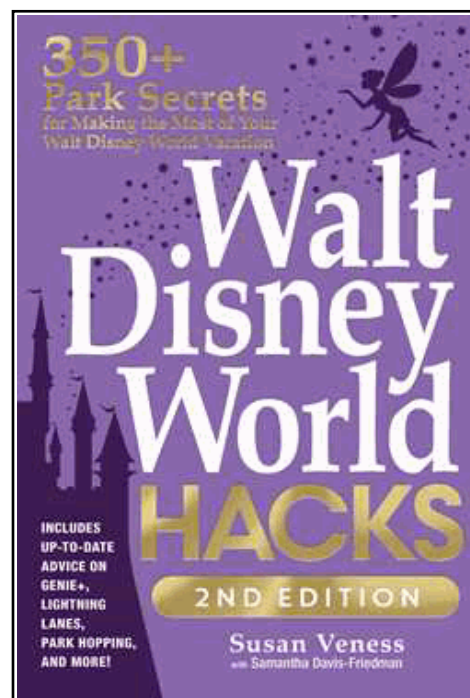
Hack your next Disney vacation to experience as much Disney magic as possible. With this book in hand, you'll be prepared to handle every park change in stride, meet your favorite characters, and enjoy your favorite rides...while skipping the lines, the large price tags, and the stress. Manage the Park Reservation System (and make the most of Park Hopping) with ease, utilize the new Genie+ program to the fullest, choose the Annual Passholder option that's best for you, and more! *Walt Disney World Hacks, 2nd Edition* helps you maximize your experience with up-to-date hacks on everything from Genie+ to new attractions and more.

With more than 350 simple tricks, little-known facts, and helpful hacks, *Walt Disney World Hacks, 2nd Edition* will help you make sure your next Disney vacation is your happiest ever.

AUTHOR BIO

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

Samantha Davis-Friedman was born and raised in southern California and spent ten years working in television production; however, her UCLA English degree was finally put to good use in 2011 when she began writing about family travel for *TravelAge West Magazine*. Samantha currently covers theme parks for *TravelAge West*, *Family Getaways*, and *Attractions* magazines, as well as the *MiceChat* and *LA Family Travel* websites. She enjoys visiting the parks with her two sons and sharing their adventures with readers.



PAPERBACK

On Sale: 04/02/24

Adams Media

9781507221952

Travel

First Print: 60,000

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

Carton quantity: 40

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

AUTHOR HOMETOWN

Susan Veness/Apopka/Florida

Samantha
Davis-Friedman/Woodland
Hills/California

OTHER FORMATS

eBook: 9781507221969, \$11.99

Toxic Relationship Recovery

Your Guide to Identifying Toxic Partners, Leaving Unhealthy Dynamics, and Healing Emotional Wounds after a Breakup

Jaime Mahler

BOOK DESCRIPTION

Let go of your toxic partner, heal your emotional wounds, and set healthy boundaries for future relationships with this step-by-step guide to overcoming toxic relationships.

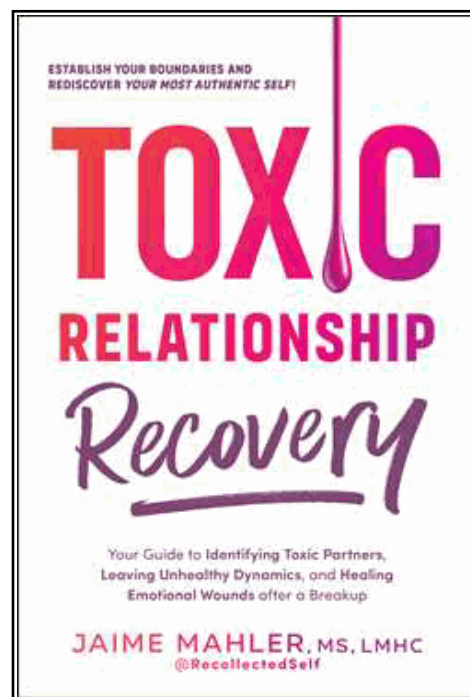
From red flags to crossed boundaries, to lies and gaslighting, you've recognized that you were or currently are in a toxic relationship. But now what?

It's time to fully let the relationship go and begin to heal. With *Toxic Relationships*, you'll address the ways that you were wronged during your relationship. You'll learn strategies for how to trust other people and yourself again after being gaslit, find the warning signs of toxicity and narcissism in others, and reframe negative, harmful thoughts to a positive outlook on life.

As you work to let go of the toxic relationship that ate away at your happiness, you'll learn how to carve out space for you to be happy on your own and to love yourself for who you are. When you're ready to enter another relationship, you'll implement healthy boundaries and clear communication. Put yourself first with *Toxic Relationships*.

AUTHOR BIO

Jaime Mahler, MS, LMHC, is the New York-based psychotherapist and mental health educator behind the popular Recollected Self social media brand. Jaime's therapeutic education on trauma and toxic relationships has gone viral on TikTok, Instagram, and YouTube with millions of views and likes. In addition to becoming the trusted empathetic resource for her many followers, Jaime is a noted mental health contributor for outlets such as USA TODAY, NBC News, *Bustle*, *Insider*, *Parade*, and more. She is actively engaging in conversations around trauma healing and toxic relationship dynamics through her social channels and popular mental health podcast *Unlearned*. When she isn't working, you can find her raising her three children with her incredibly supportive partner, Stewart.



PAPERBACK

On Sale: 09/05/23

Adams Media

9781507220504

Self-Help

First Print: 50,000

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

Carton quantity: 40

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

AUTHOR HOMETOWN

Jaime Mahler, MS, LMHC/

Rochester/ New York

Norse Mythology: The Gods, Goddesses, and Heroes Handbook

From Vikings to Valkyries, an Epic Who's Who in Old Norse Mythology

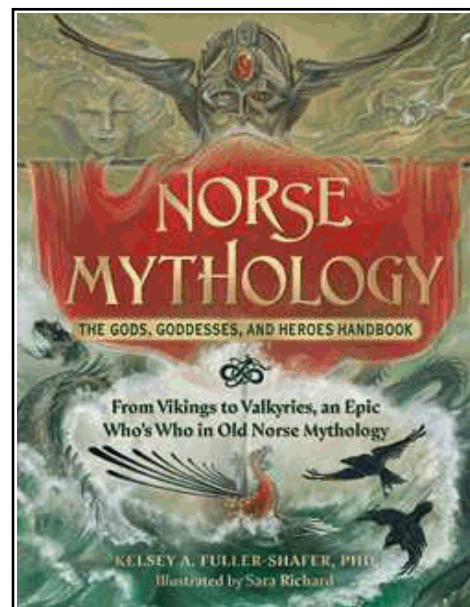
Kelsey A. Fuller-Shafer

BOOK DESCRIPTION

Discover the gods, goddesses, and heroes from Norse mythology with this beautiful handbook that captures the ancient stories that captivated the Vikings.

Learn more about your favorite Norse gods, goddesses, and heroes with this collection of profiles that share the real stories behind the characters.

With characters from Norse myths coming to life on the big and small screens, and in the pages of new and exciting fiction, this guide can give you all the details you need to understand your favorite heroes, villains, and powerful deities. With comprehensive entries that outline each character's names, roles, related symbols, and foundational myths, you can get to know the roots of these personas, and better understand the new stories we tell about them today.



AUTHOR BIO

Dr. Kelsey A. Fuller-Shafer is currently the supervisor of access services at the DiMenna-Nyselius Library at Fairfield University. Previously, she spent several years as an instructor of Nordic and Scandinavian studies, with experience teaching numerous courses in music, language, literature, and history at the University of Colorado Boulder and at Augustana College in Rock Island, Illinois. She also served as a library and archives assistant in the Swenson Swedish Immigration Research Center, where she aided patrons with research and translation of English and Swedish language materials. Kelsey is originally from Connecticut.

Sara Richard is an Eisner and Ringo Award–nominated artist from New Hampshire. Her art is inspired by Art Nouveau, Art Deco, funerary imagery, and the natural world. Her creations tend to skew into the macabre and unknown with a balance of sweetness and sentimentality, honoring the Victorian-era theme of Memento Mori. As a native of New Hampshire, Sara grew up surrounded by trees and plenty of wild mushrooms. When not making art or writing, she's watching horror movies, cleaning forgotten gravestones with her mom, and collecting possibly haunted curiosities from the 19th century. Her online gallery can be found at SaraRichard.com.

HARDCOVER

On Sale: 10/03/23

Adams Media

9781507220528

Social Science

First Print: 50,000

6 x 8, 240 pages

Carton quantity: 28

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

Hand Lettering for Happiness

An Introduction to Hand Lettering & Calligraphy Techniques—Designed to Spark Joy!

Brenna Jordan

BOOK DESCRIPTION

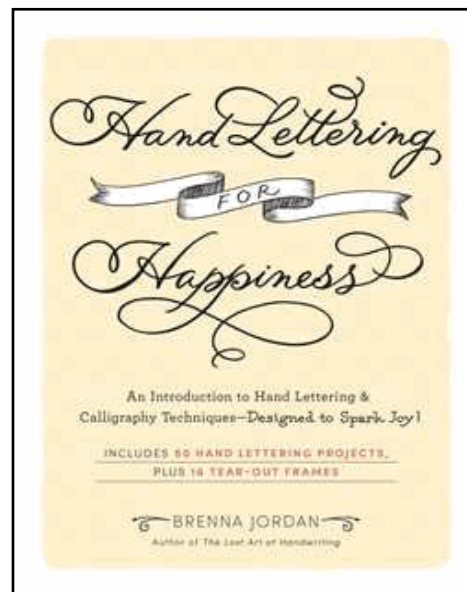
Hand letter your way to happiness with these 50 joyful projects that highlight uplifting quotes and provide a variety of techniques to learn and practice.

Learn intricate designs and styles as you invite joy into your life with *Hand Lettering for Happiness*. Here, you'll learn how to illustrate beautiful pieces of art alongside quotes and affirmations all about happiness. Hand letter with intention as you hone in on the meaning behind blissful quotes, and internalize the messaging behind positive affirmations.

From wreathes and accents to bolding, banners, leaves, and more you'll practice tracing beautiful, handcrafted pieces of art before creating the personalized final project on your own paper—or use the blank pages with designed frames at the end of the book to create art you can keep forever or gift to loved ones! In today's hectic world, it's more important than ever to slow down, and what better way to do so than to spend time making each detail perfect on happy quotes and beautiful affirmations that you'll want to frame and hang on your wall.

AUTHOR BIO

Brenna Jordan is the author of *The Lost Art of Handwriting*. She has been exploring the art of lettering since receiving her first calligraphy pen in sixth grade and has studied with IAMPETH (International Association of Master Penmen, Engrossers, and Teachers of Handwriting) and the Colleagues of Calligraphy. Brenna is known for her ability to meld traditional technique with modern flair. She offers customized calligraphy services through her studio, Calligraphy by Brenna, in Duluth, Minnesota, where she lives with her family. She enjoys running, skiing, and jumping in the chilly waters of Lake Superior.



PAPERBACK

On Sale: 11/07/23

Adams Media

9781507221006

Language Arts & Disciplines

First Print: 50,000

7 x 9 1/8, 192 pages

Carton quantity: 24

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

AUTHOR HOMETOWN

Brenna Jordan/ Duluth/ Minnesota

Self-Care for Black Men

100 Ways to Heal and Liberate

Jor-El Caraballo

BOOK DESCRIPTION

A self-care guidebook full of activities for Black men everywhere pursuing joy, creating connections, confronting racism, and working through intergenerational trauma.

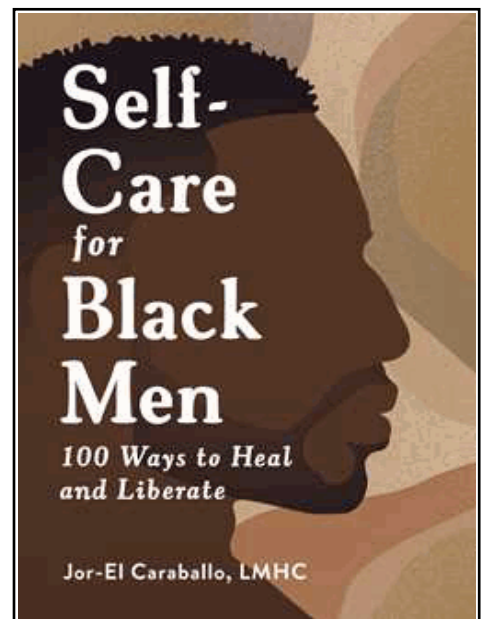
Black men desperately need care and restoration. But what does that restoration look like when you're a Black man in today's world? How do you take care of your mental health when men who look like you die at the hands of police? How do you find peace and refuge when you're not sure how to keep up with your partner? Or navigate a challenging workplace? While scrolling through social media feeds, you may feel like you don't have access to wellness like women do. But Black men need a space for self-care too.

In *Self-Care for Black Men*, you will find practical answers to your questions. This book contains self-care strategies that address some of the most common issues Black men face, such as dealing with racism, navigating prejudice in the workplace, managing romantic relationships, and working through intergenerational trauma.

This is your guide to wellness and self-discovery written specifically for Black men. There will opportunities to learn new skills to manage your mental health, as well as do more deep reflection on your own terms. It's time to take your health firmly within your own hands and *Self-Care for Black Men* will help you do that.

AUTHOR BIO

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



HARDCOVER

On Sale: 11/07/23

Adams Media

9781507221044

Self-Help

First Print: 50,000

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

Carton quantity: 24

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

AUTHOR HOMETOWN

Jor-El Caraballo / New York / New York

OTHER FORMATS

eBook: 9781507221051, \$10.99

The Green Witch's Coloring Book

From Enchanting Forest Scenes to Intricate Herb Gardens, Conjure the Colorful World of Natural Magic

Arin Murphy-Hiscock

BOOK DESCRIPTION

The magic of *The Green Witch* meets adult coloring with this collection of 35 witchcraft-inspired scenes showcasing the natural elements and mysticism of green witchcraft.

Nurture your creative energy and the green witch within with *The Green Witch's Coloring Book* featuring 35 witchcraft-inspired scenes that nourish and nurture green witchcraft lovers. From the Green Witch series, this coloring book includes lush forest scenes to crystal spreads and herb bundles. Each of these illustrated pages evoke the mystical energies of natural magic. Now you can fully embrace your inner artist (and witch) within.

AUTHOR BIO

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

Sara Richard is an Eisner and Ringo Award–nominated artist from New Hampshire. Her art is inspired by Art Nouveau, Art Deco, funerary imagery, and the natural world. Her creations tend to skew into the macabre and unknown with a balance of sweetness and sentimentality, honoring the Victorian-era theme of Memento Mori. As a native of New Hampshire, Sara grew up surrounded by trees and plenty of wild mushrooms. When not making art or writing, she's watching horror movies, cleaning forgotten gravestones with her mom, and collecting possibly haunted curiosities from the 19th century. Her online gallery can be found at SaraRichard.com.



PAPERBACK

On Sale: 09/05/23

Adams Media

9781507221068

Games & Activities

First Print: 75,000

10 x 10, 80 pages

Carton quantity: 24

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

AUTHOR HOMETOWN

Arin Murphy-Hiscock / Montreal,
Canada

Happy Dog

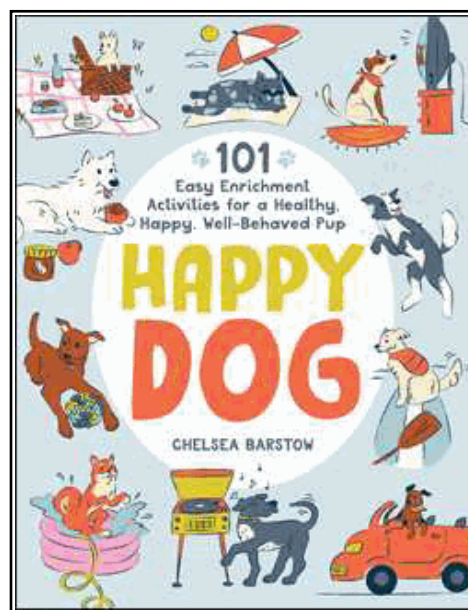
101 Easy Enrichment Activities for a Healthy, Happy, Well-Behaved Pup Chelsea Barstow

BOOK DESCRIPTION

Go beyond training and tricks with enrichment activities to improve your dog's mental health from TikTok dog enrichment specialist Chelsea Barstow.

It's time to take a big step beyond the regular old sit, stay, and roll over with your dog. Canine enrichment can help reduce stress in your dog as well as give them a constructive way to drain their energy. We all know what it's like to be bored at home, and with a dog, boredom leads to trouble.

With *Happy Dog*, you will learn simple ways to stimulate your dog's mind and keep them occupied whenever they need. From rolling treats in a towel, to playing the Find It game, a variety of lick mats, creating obstacles your dog must navigate, going on an adventure walk, and canine puzzles, there are tons of ways to help keep your dog mentally (and physically) happy and healthy.



AUTHOR BIO

Chelsea Barstow holds a bachelor of science degree in zoology from the University of New Hampshire and is a certified Canine Enrichment Technician (CET-DN). As a former zookeeper, she has spent the last nine years in hands-on practice becoming an expert in animal enrichment. She now shares her passion and learnings through her social media presence, accumulating a rapidly growing community of tens of thousands of appreciative pet parents. She is also the owner of WillowBeeGoods.com, a dog centric shop and enrichment site. Chelsea lives in Connecticut with her fiancé and dog, and spends her free time trying to find the best iced coffee in the state.

HARDCOVER

On Sale: 12/05/23

Adams Media

9781507221075

Pets

First Print: 50,000

6 x 8, 224 pages

Carton quantity: 30

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

AUTHOR HOMETOWN

Chelsea Barstow / Milford, CT

OTHER FORMATS

UAB eAudio: 9781797170893,

\$17.99

Happy at Work

How to Create a Happy, Engaging Workplace for Today's (and Tomorrow's!) Workforce

Robyn L. Garrett

BOOK DESCRIPTION

Revamp your workplace culture with these 100 accessible strategies for creating a supportive, flexible, productive, and *happy* work environment, perfect for managers, human resource representatives, and other workplace leaders.

It's time to update your workplace culture! One of the most important reasons people today choose to stay—or leave—a job is the culture of the company. As people become more socially conscious; focus more on wellness, self-care, and work-life balance; and seek jobs where they feel a real connection, it's more important than ever to think about the elements of a job between the work itself. But how do you create a culture that people enjoy while staying productive and successful?

In *Happy at Work*, you'll first learn a bit more about why a happy workplace is so important and how it can benefit both the individual employees and the company as a whole. Then, it's time to take action. Considering new trends in the workplace and the ever-changing workplace, this book provides 100 strategies for improving your work environment.

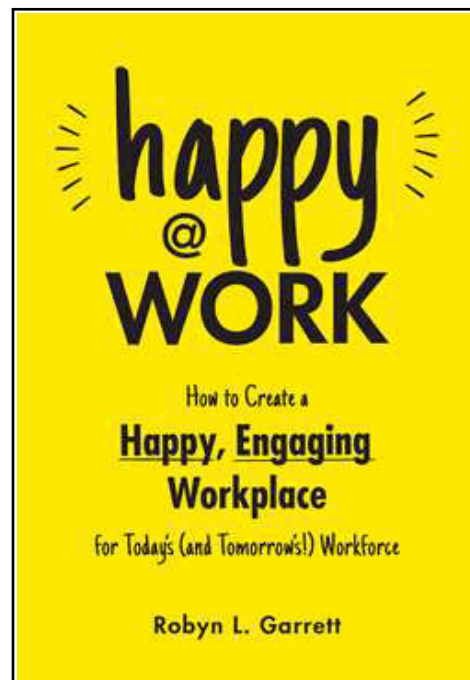
You'll learn to tackle big topics that are important to people today, such as:

- Providing fair compensation and benefits
- Giving your employees real recognition and rewards
- Respecting diverse needs
- Cultivating a healthy work-life balance
- And much more!

This book not only provides great ideas for changing your workplace for the better, but also provides clear guidance on how to make those changes happen. Whether you're a new manager, a long-time HR representative, or another leader ready to make a change, *Happy at Work* gives you everything you need to know to revitalize your workplace and make you (and your employees) happy to come to work every single day.

AUTHOR BIO

Robyn L. Garrett is CEO of the leadership technology company Beamably, and also TikTok's leadership muse. After many years as a startup executive, Robyn became tired of working with "leaders" that continuously put profits before people. She wanted to guide a new generation of leaders, teaching them to bring a "beam" of light into the lives of others. Now, she is building tools and technology to further this mission. Robyn has been featured as a leadership expert by NPR, *The Hill*, *The Wall Street Journal*, *Talent Quarterly*, and numerous podcasts and other media outlets. Learn more at RobynLGarrett.com.



PAPERBACK

On Sale: 09/19/23

Adams Media

9781507221099

Business & Economics

First Print: 50,000

6 x 9, 256 pages

Carton quantity: 30

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

AUTHOR HOMETOWN

Robyn L. Garrett/Wynnewood/PA

OTHER FORMATS

UAB eAudio: 9781797168821,

\$17.99

The Green Witch's Oracle Deck

Embrace the Wisdom and Insight of Natural Magic

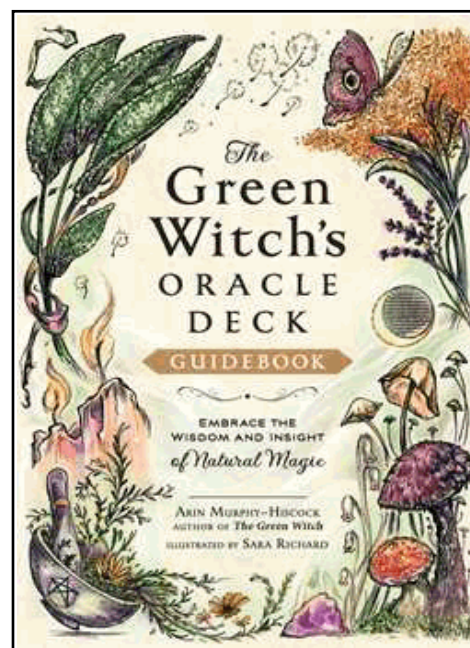
Arin Murphy-Hiscock

BOOK DESCRIPTION

The power of *The Green Witch* meets the magic of oracle cards with these 50 green witchcraft-inspired oracle cards to guide you with the wisdom and insight from natural magic.

Embrace the power of the Green Witch with these 50 magical cards enhanced with wisdom green witchcraft. From the author of *The Green Witch* Arin Murphy-Hiscock, comes insight inspired by the grounding energy of a green witch, calling on the earth, the elements, and all the plants and flowers that green witches use in their practice.

From the Cauldron card that inspires change and the Earth that symbolizes peace and balance to Mint for clarity and Bird card that inspires freedom and opportunity, these oracle cards play on the natural elements of green witchcraft to help you give guidance in your witchcraft practice and everyday life. You will also find an informational booklet that details how to use the cards, interpret them, and even which spreads to choose.



AUTHOR BIO

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

Sara Richard is an Eisner and Ringo Award–nominated artist from New Hampshire. Her art is inspired by Art Nouveau, Art Deco, funerary imagery, and the natural world. Her creations tend to skew into the macabre and unknown with a balance of sweetness and sentimentality, honoring the Victorian-era theme of Memento Mori. As a native of New Hampshire, Sara grew up surrounded by trees and plenty of wild mushrooms. When not making art or writing, she's watching horror movies, cleaning forgotten gravestones with her mom, and collecting possibly haunted curiosities from the 19th century. Her online gallery can be found at SaraRichard.com.

FLASHCARDS

On Sale: 12/12/23

Adams Media

9781507221136

Body, Mind & Spirit

First Print: 75,000

4.07 x 5.57, 100 pages

Carton quantity: 36

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

AUTHOR HOMETOWN

Arin Murphy-Hiscock / Montreal, Canada

Emotionally Immature Parents: A Recovery Workbook for Adult Children

Unpack Harmful Dynamics from Your Childhood, Empower Yourself As an Adult, and Set Boundaries for the Future

Kai Tai Kevin Qiu, MD

BOOK DESCRIPTION

Process your childhood trauma, learn to set boundaries, and finally put yourself first with these exercises and journal prompts from TikTok's popular healing transformation coach Dr. Kai.

If you were raised by emotionally immature parents, you know that unpacking your childhood isn't easy. You were made to feel like your feelings didn't matter, while your parent or parents' feelings were of paramount importance. You may have been neglected emotionally, gaslit, or had your boundaries crossed time and time again.

In *Emotionally Immature Parents: A Recovery Workbook for Adult Children*, you'll work through all of these experiences and more as you unpack your childhood, and practice creating boundaries with your parents in the present day. Whether you're estranged from your parents now, or working out how to establish boundaries, you'll find advice for future interactions, as well as how to go about processing difficult memories. You'll dive into times when you could have used an emotionally mature parenting approach and were met with a lack of emotional intelligence.

As you begin the healing process, you'll complete exercises like:

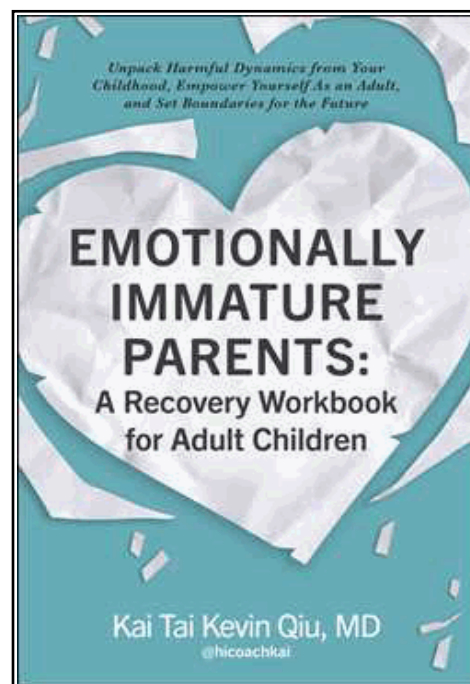
- Cultivating a nonjudgmental attitude toward yourself, others, and even your parents

- Learning the distinction between yourself and harmful thoughts
- Practicing gratitude to eliminate negativity in your day-to-day-life
- Rediscovering love within yourself through a guided meditation
- Determining your wants versus needs in your relationships
- And more!

In this book, you'll learn what methods work best for you in your current relationship with your parents, as well as strategies to move on from the pain you've endured in the past. Let's unpack what it means to be raised emotionally immature parents.

AUTHOR BIO

Kai Tai Kevin Qiu, MD, is the founder of Boundaries to Freedom and a healing transformation coach and digital creator. His coaching, courses, and virtual events focus on empowering codependent adults raised by emotionally immature parents. His unique approach is both holistic and practical, based on his experience studying medicine, personal development, and spirituality. Kai is a first-generation Chinese Canadian currently living in Thailand. Learn more at Beacons.ai/HiCoachKai and on Instagram and TikTok @HiCoachKai.



PAPERBACK

On Sale: 10/10/23

Adams Media

9781507221174

Self-Help

First Print: 50,000

6 x 9, 224 pages

Carton quantity: 40

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

AUTHOR HOMETOWN

Dr. Kai Qiu/ Whitehorse/ Yukon/
Canada

OTHER FORMATS

UAB eAudio: 9781797170299,
\$17.99

The Modern Witchcraft Book of Crystal Magick

Your Complete Guide to the Power of Crystals

Judy Ann Nock

BOOK DESCRIPTION

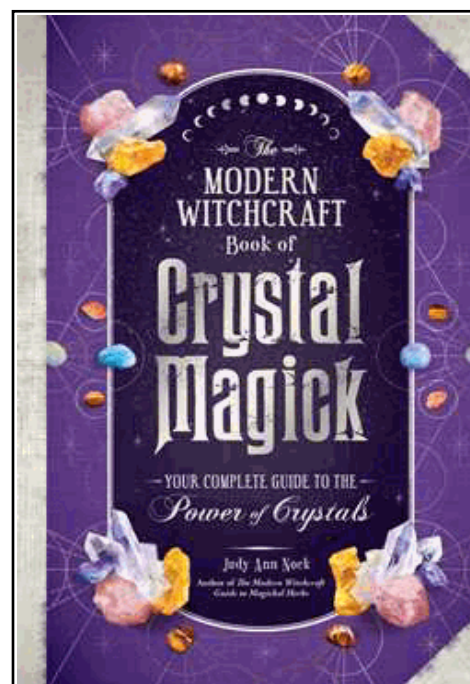
Harness the power of crystals in your spells and rituals with this comprehensive guide to crystal magick as well as crystal-focused spells and full-color inventory of 50 useful stones and gems.

In the intensity of the fiery cauldron of transformation, a series of reactions and bonds occurred to culminate in the creation of this beautiful structure, carrying the energy of the earth. Now, more than ever, modern witches have a vast number of powerful crystals from around the world right at their fingertips, harnessing their power in spellwork and rituals.

With *The Modern Witchcraft Book of Crystal Magick*, you can explore the power of crystals in spellcraft and beyond from the history and tradition of crystal magick to how to work with crystals and how to curate your own collection to meet your magickal needs. With an index of the 50 crystals you need to know, as well as rituals and spells, you'll have everything you need to unlock the magick of crystals and tap into the timeless beauty, power, and wisdom of the earth as you harness its magickal powers.

AUTHOR BIO

Judy Ann Nock, MS, is the bestselling author of six books on witchcraft including *The Modern Witchcraft Book of Crystal Magick*, *The Modern Witchcraft Guide to Runes*, *The Modern Witchcraft Guide to Magickal Herbs*, and *The Modern Witchcraft Book of Natural Magick*. Her books have been translated into multiple languages and are enjoyed throughout the world. Judy Ann Nock is a popular musician in the Hoboken supergroup Psych-O-Positive, a metalsmith, a graduate of the Gemological Institute of America, a member of Mensa, and has appeared in *The New York Times*, *Publishers Weekly*, *The Guardian*, *Refinery29*, and *The Village Voice*. She lives with her daughter and her cat in New York City.



HARDCOVER

On Sale: 09/19/23

Adams Media

9781507221181

Body, Mind & Spirit

First Print: 75,000

6 x 9, 256 pages

Carton quantity: 24

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

AUTHOR HOMETOWN

Judy Ann Nock / New York / New York

OTHER FORMATS

UAB eAudio: 9781797168852,
\$17.99

eBook: 9781507221198, \$10.99

The D ngeonmeister Goblin Quest Coloring Book

Follow Along with—and Color—This All-New RPG Fantasy Adventure!

Jef Aldrich & Jon Taylor; Illustrated by Zachary Bacus

BOOK DESCRIPTION

Follow a party of adventurers and color in their journey as they visit taverns, fight off monsters, and save the day in this coloring book-meets-RPG adventure made just for tabletop RPG players.

D ngeonmeister: The Goblin Quest Coloring Book is filled with coloring pages based on classic fantasy tabletop adventures, with playable game elements to inspire your next quest.

The coloring pages follow a party of heroes as they travel through their game world, encountering monsters, ambushes, and other adventures while trying to put a stop to an evil dragon plaguing the area. Meanwhile, setting intros and interactive random table elements give players the information necessary to run the setting as a small campaign.

This fantasy art features a diverse set of character archetypes and species, fantastical locations, and magical treasures. Fantasy settings are filled with a variety of colors and textures, magical creatures, and varied biomes to keep your colored pencils busy and your creativity flowing.

AUTHOR BIO

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

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



PAPERBACK

On Sale: 10/17/23

Adams Media

9781507221204

Games & Activities

First Print: 60,000

10 x 10, 96 pages

Carton quantity: 24

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

Starting a Business 101

From Creating a Business Plan and Sticking to a Budget to Marketing and Making a Profit, Your Essential Primer to Starting a Business

Michele Cagan, CPA

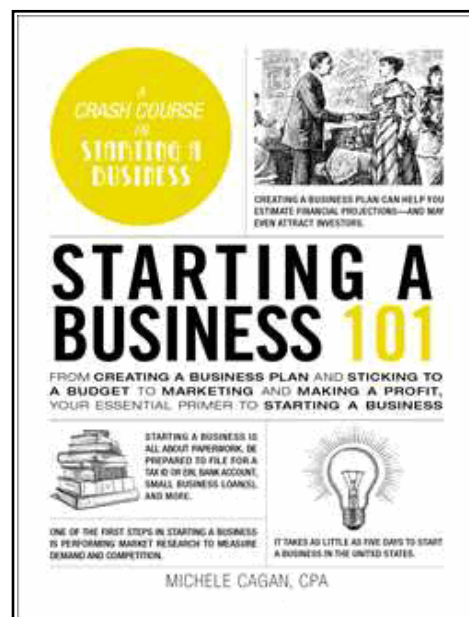
BOOK DESCRIPTION

Become your own boss and make money your way with this helpful guide for hopeful business owners everywhere looking to begin the complicated process of starting a business.

Starting a business can be an overwhelming and difficult process. From creating a business plan and budget to hiring employees and paying taxes, there are a myriad of things that need to happen on a relatively quick timeline. In *Starting a Business 101*, you will learn everything you need to know to start a successful business and handle any obstacle that is thrown your way during the process.

AUTHOR BIO

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



HARDCOVER

On Sale: 12/12/23

Adams Media

9781507221228

Business & Economics

First Print: 50,000

5 1/4 x 7 1/8, 272 pages

Carton quantity: 24

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

AUTHOR HOMETOWN

Michele Cagan, CPA / Baltimore, Maryland

OTHER FORMATS

UAB eAudio: 9781797174815,

\$17.99

eBook: 9781507221235, \$10.99

What's My Aura?

Learn Your Color, What It Means, and How You Can Embrace Your Unique Energy Signature

Mystic Michaela

BOOK DESCRIPTION

Identify your aura and use that unique energy signature to unlock who you truly are with this informative guide from new age influencer and author Mystic Michaela.

Your aura tells your unique story: and this book can help you understand and embrace the colors you shine out to the world.

In *What's My Aura?*, aura expert and psychic to the stars Mystic Michaela teaches you everything you need to know to “see” and identify your aura colors and to learn what each color means and how they represent different personality traits. She provides insight about how these aura colors show up in all aspects of your life, from how you interact with the spiritual world to how you communicate with the people around you—and even in your personal style.

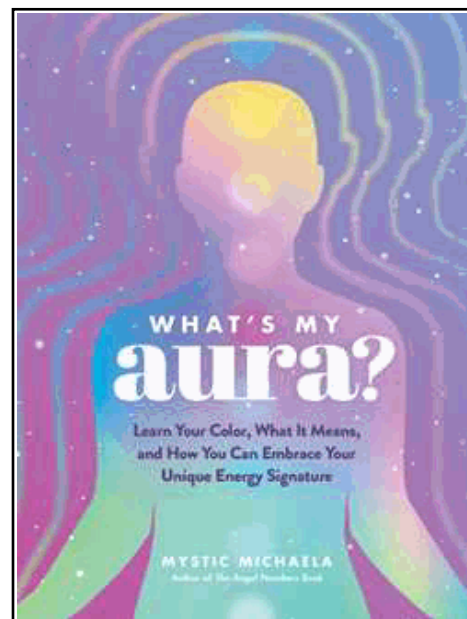
With activities and exercises to explore your aura identity, this book goes beyond the aura photos and filters to help you understand what your aura is, and how understanding it can help you better understand yourself. You'll find out if your aura is:

- Red, which shows you're motivated and ambitious
- Blue, which shows you're kind and helpful
- Yellow, which shows you're curious and introspective
- Purple, which shows you're creative and eccentric
- Green, which shows you're intelligent and systematic
- Indigo, which shows you're compassionate and sensitive
- Pink, which shows you're romantic and innocent
- Turquoise, which shows you're spiritual and reflective
- Orange, which shows you're focused and energetic

So shine up your glow, and learn what your aura says about you!

AUTHOR BIO

Mystic Michaela is a fourth-generation psychic medium. Her true passion is guiding people through spirit to live their own authentic lives. Michaela currently resides in South Florida where she has a thriving practice of personal clients. She is also the host of her own podcast *Know Your Aura with Mystic Michaela*. She has been featured as a New Age expert in *Well+Good*, *Cosmopolitan*, *Shape*, *Mashable*, *HelloGiggles*, and more.



HARDCOVER

On Sale: 12/05/23

Adams Media

9781507221310

Body, Mind & Spirit

First Print: 50,000

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

Carton quantity: 28

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

AUTHOR HOMETOWN

Mystic Michaela / Boynton Beach / FL

OTHER FORMATS

UAB eAudio: 9781797168760,
\$17.99

eBook: 9781507221358, \$10.99

Setting Boundaries

100 Ways to Protect Yourself, Strengthen Your Relationships, and Build the Life You Want...Starting Now!

Krystal Mazzola Wood, MEd, LMFT

BOOK DESCRIPTION

Build healthy boundaries, manage difficult relationships, and live a happy life in accordance with your personal values with this unique, activity-based supplement to start or support your therapy practice.

Setting boundaries can be tough—you don't want to disappoint other people, but you also don't want to be stuck in a situation that makes you uncomfortable or unhappy. The good news is that setting healthy boundaries is really a *good* thing that can make you happier and strengthen those relationships you were so worried about.

So how do you get started? Setting boundaries is an important skill, and the only way to get better is by practicing. In this book, you'll find 100 activities that will help you become better at setting boundaries. Dive into activities that will get you thinking about and practicing those boundaries that are most important to you.

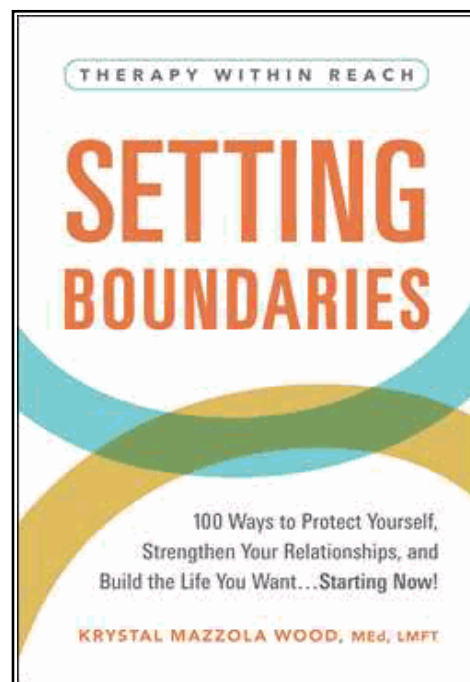
You'll learn:

- How to find your boundary-setting role model to encourage you in those tough moments
- How to consider your authentic schedule...and then how to give up on tasks and activities that don't match your values to set boundaries around your personal time
- How to develop authentic holiday celebrations while navigating complicated family situations
- How to say no gently
- And much more!

Whether you're a recovering people pleaser or want to build new boundaries that match other changes in your life, these activities will give you the tools you need to get started. Boundaries are healthy, important, and even necessary to create the life you want—so start building your happier life today!

AUTHOR BIO

Krystal Mazzola Wood is a licensed marriage and family therapist. She founded the Healthy Relationship Foundation to help people experience greater self-love and deeper intimacy with others. Krystal is the author of two bestselling books: *The Codependency Recovery Plan: A 5 Step Guide to Understand, Accept, and Break Free from the Codependent Cycle* and *The Codependency Workbook: Simple Practices for Developing and Maintaining Your Independence*. She also maintains the blog, *Confidently Authentic*, which focuses on mentally healthy dating advice. Krystal lives in Phoenix, AZ, with her husband and their rescue pets, a cat and a dog.



PAPERBACK

On Sale: 09/05/23

Adams Media

9781507221334

Self-Help

First Print: 50,000

6 x 9, 240 pages

Carton quantity: 40

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

AUTHOR HOMETOWN

Krystal Mazzola

Wood/Phoenix/Arizona

OTHER FORMATS

UAB eAudio: 9781797170954,

\$17.99

eBook: 9781507221327, \$11.99

Feral Self-Care

100 Ways to Liberate and Celebrate Your Messy, Wild, and Untamed Self
Mandi Em

BOOK DESCRIPTION

Ditch the green smoothies and reconnect with your authentic self using this wellness guide that taps into nature and helps you live your wildest, freest life.

It's time for a new type of self-care. No bubble baths. No yoga. Just some truly wild—truly effective—ideas and activities that are good for you and your overall wellness. It's time to get feral!

Feral Self-Care is loaded with self-care ideas that will actually help nourish your soul and make you feel good. Each entry covers an activity that reconnects you with your authentic self, helping you feel more empowered, free, and confident in embracing this human experience—in all its messy glory.

From self-care activities that will have you connecting with nature to those that have you digging deep and exploring your truest self, *Feral Self-Care* goes beyond the skin creams and face masks to reveal and restore your inner being.

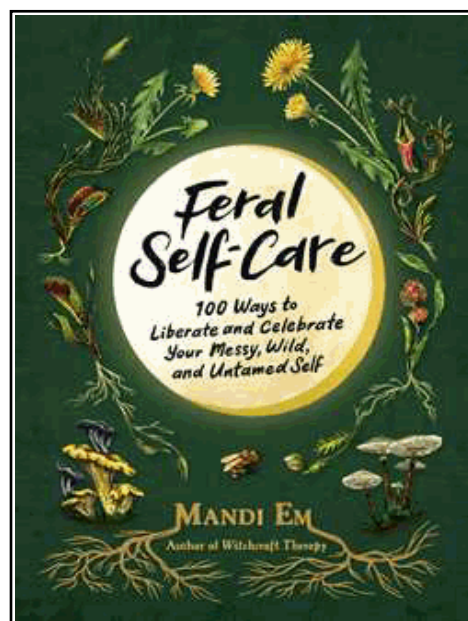
You'll find inspired ideas such as:

- Nature sounds ASMR
- Dancing in the rain
- Primal screaming
- Creating a chaotic symphony
- And much more!

It's time to make self-care as wild as you are, and *Feral Self-Care* is here to help.

AUTHOR BIO

Mandi Em is a humorist, author, and chaotic wellness witch. She's the author of *Witchcraft Therapy*, and she shares funny, approachable self-help guidance on her blog and social channels for *Healing for Hot Messes* and resources for nonreligious witches over at *The Secular Witch*. Her writing has been featured in *The New York Times*, *HuffPost*, *SheKnows*, *Refinery29*, *McSweeney's*, and more. She and her husband are born-again hippies raising their three children in beautiful Vernon, BC, in Canada.



HARDCOVER

On Sale: 10/24/23

Adams Media

9781507221372

Self-Help

First Print: 60,000

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

Carton quantity: 24

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

AUTHOR HOMETOWN

Mandi Em / Vernon / BC / Canada

OTHER FORMATS

UAB eAudio: 9781797171425,

\$17.99

eBook: 9781507221389, \$10.99

New York City

A Color-Your-Own Travel Journal

Evie Carrick, Illustrated by Emma Taylor

BOOK DESCRIPTION

Color your way around New York City with this coloring-book-meets-travel-journal featuring 30 expertly curated sites to learn about, color, and record so you can experience the city whether you're already there, planning a trip, or dreaming about your next adventure.

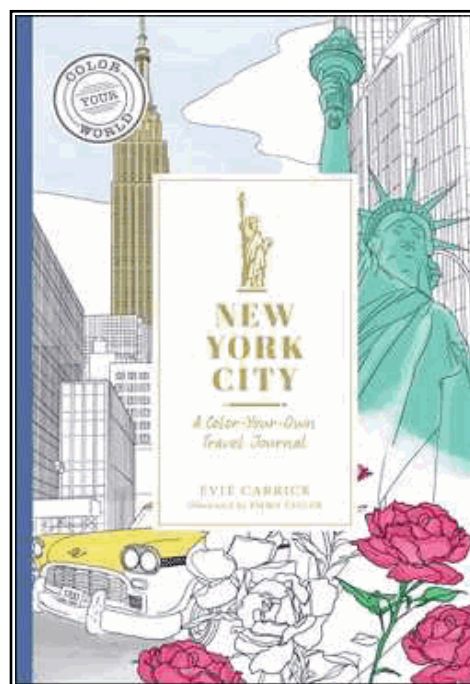
Grab your pen and colored pencils—and get ready to travel the world! Whether your flights are booked or you'll only be traveling in your mind, *New York City* takes you on an interactive, colorful tour of the metropolis.

This travel journal features 30 sites within the city to discover—from the bucket-list worthy must-sees like the Statue of Liberty and Times Square to lesser-known gems in the boroughs outside of Manhattan. Learn about each landmark with fascinating histories, fun facts, and travel tips. Accompanying journal pages allow space to record, plan, or imagine a dream vacation. Plus, all 30 landmarks feature beautifully rendered coloring pages to shade in while taking in the sites.

New York City is the perfect airplane take-along or gift for those dreaming about the city that never sleeps.

AUTHOR BIO

Evie Carrick is a freelance writer and editor with a passion for travel, food, and adventure. She has lived in or explored over fifty countries and writes regularly for *Travel + Leisure*, *VICE*, *BuzzFeed*, *Outside*, *SKI*, and *Insider*. A graduate of the University of Denver with a BA in journalism and marketing, Carrick also attended the NYU Summer Publishing Institute. She has worked as an editor for both print and online media, as well as a developmental editor for book publishers. She splits her time between Telluride, Colorado, and Paris, France.



PAPERBACK

On Sale: 11/28/23

Adams Media

9781507221471

Games & Activities

First Print: 60,000

6 x 9, 128 pages

Carton quantity: 56

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

AUTHOR HOMETOWN

Evie Carrick / Telluride / Colorado

Paris

A Color-Your-Own Travel Journal

Evie Carrick, Illustrated by Emma Taylor

BOOK DESCRIPTION

Color your way around Paris with this coloring-book-meets-travel-journal featuring 30 expertly curated sites to learn about, color, and record so you can experience the city whether you're already there, planning a trip, or dreaming about your next adventure.

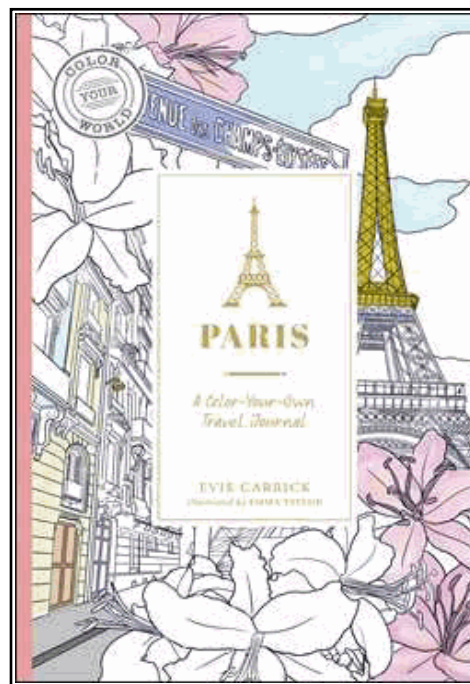
Grab your pen and colored pencils—and get ready to travel the world! Whether your flights are booked or you'll only be traveling in your mind, *Paris* takes you on an interactive, colorful tour of France's capital city.

This travel journal features 30 Parisian sites to discover—from the bucket-list worthy must-sees like the Eiffel Tower and Notre Dame to lesser-known gems (like where the locals go for the city's best baguette). Learn about each landmark with fascinating histories, fun facts, and travel tips. Accompanying journal pages allow space to record, plan, or imagine a dream vacation. Plus, all 30 landmarks feature beautifully rendered coloring pages to share in while taking in the sites.

Paris is the perfect airplane take-along or gift for those dreaming about the city of love.

AUTHOR BIO

Evie Carrick is a freelance writer and editor with a passion for travel, food, and adventure. She has lived in or explored over fifty countries and writes regularly for *Travel + Leisure*, *VICE*, *BuzzFeed*, *Outside*, *SKI*, and *Insider*. A graduate of the University of Denver with a BA in journalism and marketing, Carrick also attended the NYU Summer Publishing Institute. She has worked as an editor for both print and online media, as well as a developmental editor for book publishers. She splits her time between Telluride, Colorado, and Paris, France.



PAPERBACK

On Sale: 11/28/23

Adams Media

9781507221488

Games & Activities

First Print: 60,000

6 x 9, 128 pages

Carton quantity: 56

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

AUTHOR HOMETOWN

Evie Carrick / Telluride / Colorado

Tokyo

A Color-Your-Own Travel Journal

Evie Carrick, Illustrated by Emma Taylor

BOOK DESCRIPTION

Color your way around Tokyo with this coloring-book-meets-travel-journal featuring 30 expertly curated sites to learn about, color, and record so you can experience the city whether you're already there, planning a trip, or dreaming about your next adventure.

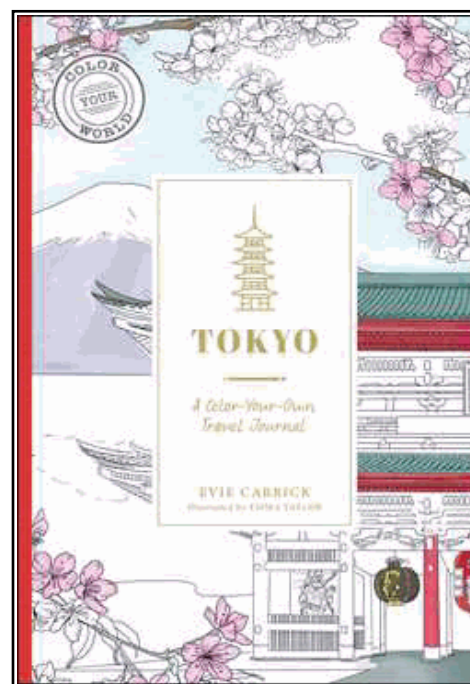
Grab your pen and colored pencils—and get ready to travel the world! Whether your flights are booked or you'll only be traveling in your mind, *Tokyo* takes you on an interactive, colorful tour of Japan's capital city.

This travel journal features 30 sites in Tokyo to discover—from the bucket-list worthy must-sees like the Senso-ji Temple and the Imperial Palace to places to shop in the Ginza District and explore in Shinjuku Gyoen National Garden. Learn about each landmark with fascinating histories, fun facts, and travel tips. Accompanying the journal pages allow space to record, plan, or imagine your dream vacation. Plus, all 30 landmarks feature beautifully rendered coloring pages to shade in while taking in the sites.

Tokyo is the perfect airplane take-along or gift for those dreaming about exploring Japan.

AUTHOR BIO

Evie Carrick is a freelance writer and editor with a passion for travel, food, and adventure. She has lived in or explored over fifty countries and writes regularly for *Travel + Leisure*, *VICE*, *BuzzFeed*, *Outside*, *SKI*, and *Insider*. A graduate of the University of Denver with a BA in journalism and marketing, Carrick also attended the NYU Summer Publishing Institute. She has worked as an editor for both print and online media, as well as a developmental editor for book publishers. She splits her time between Telluride, Colorado, and Paris, France.



PAPERBACK

On Sale: 11/28/23

Adams Media

9781507221495

Games & Activities

First Print: 60,000

6 x 9, 128 pages

Carton quantity: 56

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

AUTHOR HOMETOWN

Evie Carrick / Telluride / Colorado

The Creepy Cute Goth Coloring Book

30 Pretty Scary Coloring Pages for Year-Round Fun!

Gaynor Carradice

BOOK DESCRIPTION

It's Halloween all year round with these thirty creepy (but cute!) seasonal coloring pages in *The Creepy Cute Goth Coloring Book*.

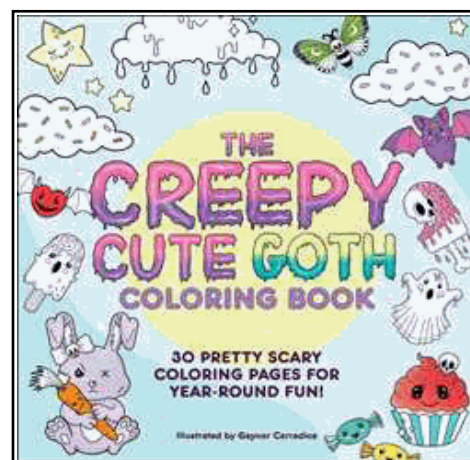
Goth has gone mainstream—and multicolored!

Forget outfits of black on black on black (though those are still in). The goth aesthetic has expanded to include bright colors, pastels, and cute twists on the traditionally macabre mode of expressing yourself. *The Creepy Cute Goth Coloring Book* takes a page from that direction by providing thirty fun twists on seasonal imagery so you can channel your inner Wednesday Addams while using all the colors in the crayon box—or marker pack or colored pencil bin.

Celebrate with springtime cemetery scenes, ice cream cones with skulls and crossbones, and snowmen covered in spiders with the perfect mash-up coloring book that's sure to please even the most tortured souls.

AUTHOR BIO

Gaynor Carradice is a graphic designer and the creator of *The Creepy Cute Goth Coloring Book*.



PAPERBACK

On Sale: 10/10/23

Adams Media

9781507221662

Games & Activities

First Print: 75,000

10 x 10, 64 pages

Carton quantity: 24

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

AUTHOR HOMETOWN

Gaynor Carradice / Blackburn,
Lancashire / United Kingdom

The Kitchen Witch

Your Complete Guide to Creating a Magical Kitchen with Natural Ingredients, Sacred Rituals, and Spellwork

Skye Alexander; Foreword by Arin Murphy-Hiscock, Author of The Green Witch

BOOK DESCRIPTION

Discover the magical properties, qualities, and symbolism of 100 basic ingredients so they can add magic to any meal—at any time and in any situation.

Every house witch knows: the kitchen is an essential part of your magical practice. From preparing food to enjoying a meal, it's important to honor the process of making a dish, to appreciate each individual ingredient, and to make magic from the recipes you already know and love. First, dive into the world of kitchen magic and spellwork; then go back to the basics to learn the magical properties, qualities, and symbolism of 100 essential everyday ingredients so that you can learn to add a little magic to every meal. You'll learn:

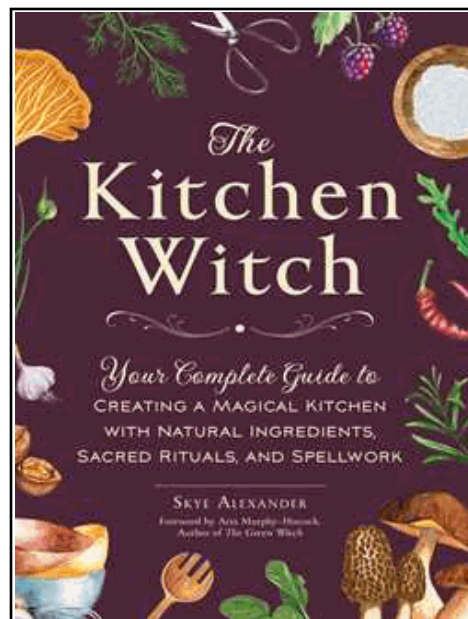
- That chocolate (especially the rich, dark variety!) is associated with love
- That snacking on figs can spark creativity and even help you earn money from your creative endeavors
- That you should choose your squash wisely for different shapes, colors, and even growing seasons are associated with different outcomes
- That onions can be used to ward off evil spirits and negative energies and can protect your home
- And much more!

Transform your favorite recipes into magical spells, use different ingredients to maximum advantage, and enhance your kitchen witchery with the help of *The Kitchen Witch*.

AUTHOR BIO

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

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



HARDCOVER

On Sale: 07/11/23

Adams Media

9781507220887

Body, Mind & Spirit

First Print: 75,000

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

Carton quantity: 24

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

AUTHOR HOMETOWN

Skye Alexander / Kerrville / Texas

OTHER FORMATS

UAB eAudio: 9781797166834,

\$17.99

eBook: 9781507220894, \$10.99

The Unofficial Horror Movie Coloring Book

From The Exorcist and Halloween to Get Out and Child's Play, 30 Screams and Scenes to Slay with Color

Vernieda Vergara; Illustrated by Andy Price

BOOK DESCRIPTION

Grab your colored pencils and get ready for a scare with *The Unofficial Horror Movie Coloring Book*, which is full of scenes inspired by your favorite horror films.

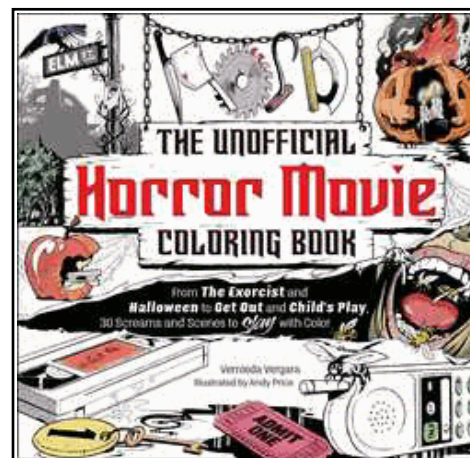
What's your favorite scary movie? With *The Unofficial Horror Movie Coloring Book*, you don't have to pick just one. Featuring coloring pages inspired by your favorite scary movies, you'll find creepy images sure to spook any horror fan.

The Unofficial Horror Movie Coloring Book features art inspired by:

- Halloween
- Child's Play/Chucky
- Scream
- The Exorcist
- Annabelle
- Candyman
- The Amityville Horror
- Evil Dead
- The Ring
- And more!

AUTHOR BIO

Vernieda Vergara first discovered manga as a teenager when a friend gave her a copy of *Battle Angel Alita* for her birthday. The introduction sparked a lifelong affair with Japanese comics that continues to this day. Vernieda's manga must-read lists, anime reviews, articles, and more have appeared on sites including *Den of Geek*, *Book Riot*, and *Women Write about Comics*. She lives in the suburbs of Washington, DC, where she practices yoga, drinks far too much bubble tea, and takes care of even more houseplants.



PAPERBACK

On Sale: 07/18/23

Adams Media

9781507221365

Games & Activities

First Print: 75,000

10 x 10, 64 pages

Carton quantity: 40

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