

Self-Care for People with ADHD

100+ Ways to Recharge, De-Stress, and Prioritize You!

Sasha Hamdani

BOOK DESCRIPTION

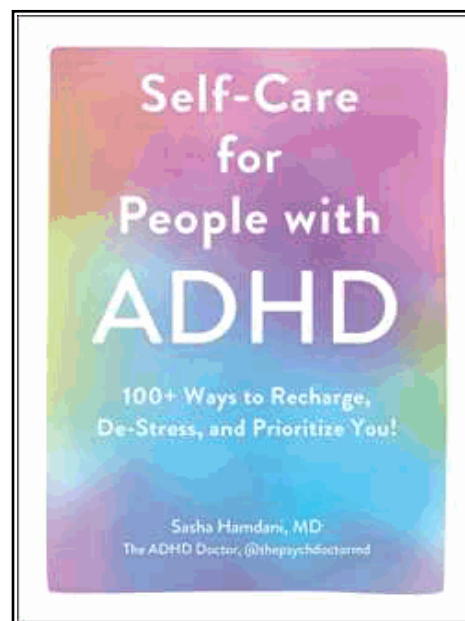
Destress, find your community, and practice self-love with these 100+ exercises to reinforce ADHD as a strength.

When you have ADHD, it can be hard to stay on top of your wellness. *Self-Care for People with ADHD* is here to help!

This book can help you engage in some neurodiverse self-care—without pretending to be neurotypical. You'll find more than 100 tips to accepting yourself, destigmatizing ADHD, finding your community, and taking care of your physical and mental health. You'll find solutions for managing the negative aspects of ADHD, as well as ideas to bring out the positive aspects. With expert advice from psychiatrist and clinician Sasha Hamdani, MD, *Self-Care for People with ADHD* will help you live your life to the fullest!

AUTHOR BIO

Dr. Sasha Hamdani is a board-certified psychiatrist and ADHD clinical specialist. In high school, she founded WorldHarmonyOnline, a nonprofit organization serving to create global access to healthcare, education, and technology. Her passion for advancing accessible healthcare led her to medical school and eventually through psychiatry residency. @ThePsychDoctorMD on Instagram and TikTok, she breaks down stigmas and provides evidence-based information about ADHD from the unique perspective of someone who has been both a patient and a provider. Most recently, she was selected to participate in the Healthcare Leaders in Social Media roundtable at the White House. She currently practices in Kansas City.



HARDCOVER

On Sale: 01/03/23

Adams Media

9781507219430

Psychology

First Print: 45,000

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

Carton quantity: 24

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

AUTHOR HOMETOWN

Sasha Hamdani, MD/Kansas
City/Missouri

The Little Book of Self-Soothing

150 Ways to Manage Emotions, Relieve Stress, and Restore Calm

Robin Raven

BOOK DESCRIPTION

Regulate your emotions, defuse your triggers, control your thoughts, and find your calm no matter where you are using the practical and proven self-soothing activities in *The Little Book of Self-Soothing*.

Stressful experiences are an unfortunate and unavoidable part of everyday life. While you can't always predict, control, or eliminate triggering events, you can limit the impact these events have on your emotions and state of mind by practicing self-soothing.

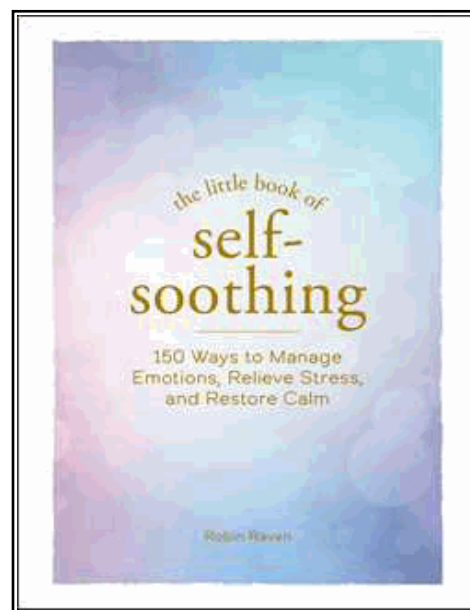
In *The Little Book of Self-Soothing*, you'll find 150 self-soothing activities that immediately help you manage your emotions and reduce feelings of distress or anxiety. The practical and proven techniques will help you find peace in the moment and stop negative feelings from taking control of your emotions. Some of the activities include:

- Wrap Yourself in Warmth
- Reimagine Judgmental Thoughts
- Breathe to Your Belly
- Hold Your Heart While Humming
- Savor the Spices

With *The Little Book of Self-Soothing* you can regulate all your emotions, control your thoughts, defuse your triggers, and find your calm no matter where you are.

AUTHOR BIO

Robin Raven is an accomplished author and journalist who is passionate about writing about kindness and self-soothing. The transformative power of kindness helped Robin heal after she experienced deep trauma in her own life. Through therapy, time with her mentor, the support of other loved ones, mindfulness, journaling, and learning self-compassion, Robin learned to live her life to the fullest. Self-soothing helped Robin through difficult times, and she loves to share what she learned with others. Robin has an MFA from California State University, Northridge, and she has been published in *The Washington Post*, *USA TODAY*, and many other publications.



HARDCOVER

On Sale: 01/03/23

Adams Media

9781507219614

Self-Help

First Print: 40,000

4 1/2 x 6, 192 pages

Carton quantity: 48

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

AUTHOR HOMETOWN Robin
Raven/Saraland/Alabama

Bible 101

From Genesis and Psalms to the Gospels and Revelation, Your Guide to the Old and New Testaments

Edward D. Gravely, PhD, and Peter Link Jr., PhD

BOOK DESCRIPTION

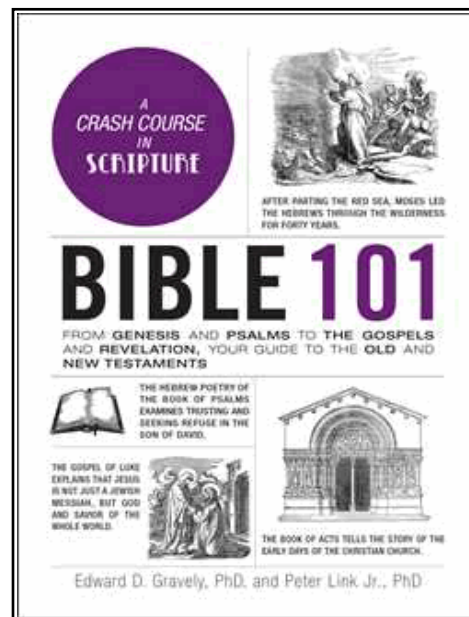
A comprehensive, easy-to-understand guide to the ins and outs of the Old and New Testaments.

Get a crash course in the most beloved book of all time—the bible. Simplifying the words and concepts of the Bible doesn't have to be an overwhelming undertaking. From Exodus to the prophets and the Psalms and Revelation, *Bible 101* gives you a basic overview of every part of this important book. Written in easy-to-understand language, *Bible 101* offers a fascinating—and memorable—glimpse at the sacred stories, traditions, and doctrines that appear in the New and Old Testaments. No matter what your familiarity with the bible is currently, *Bible 101* can help you understand the word of God.

AUTHOR BIO

Dr. Ed Gravely serves as Professor of Christian Studies at Charleston Southern University and occupies the Ott Chair of Theology there. He has been teaching koine Greek and New Testament at the university and graduate level since 2002, and the focus of his research and writing is in the field of Textual Criticism. Gravely serves as an elder at his church in the Charleston area. He is married and has two children.

Dr. Peter Link, Jr., serves as an Associate Professor of Christian Studies at Charleston Southern University. He teaches biblical Hebrew, Old Testament, and hermeneutics with a focus on the Torah. Dr. Link earned his PhD from Southeastern Baptist Theological Seminary in 2012, and he currently serves as the Secretary/Treasurer of the Southeast Region of the Evangelical Theological Society. In addition to his academic work, he also serves as a Groups Pastor at Crossroads Community Church in Summerville, South Carolina. God has blessed him and his wife, Becky, with five wonderful children.



HARDCOVER

On Sale: 01/03/23

Adams Media

9781507219805

Religion

First Print: 50,000

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

Carton quantity: 24

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

AUTHOR HOMETOWN

Peter Link, Jr. PhD and Ed

Gravely PhD / Charleston, SC

Do This, Not That: Career

What to Do (and NOT Do) in 75+ Difficult Workplace Situations

Jenny Foss

BOOK DESCRIPTION

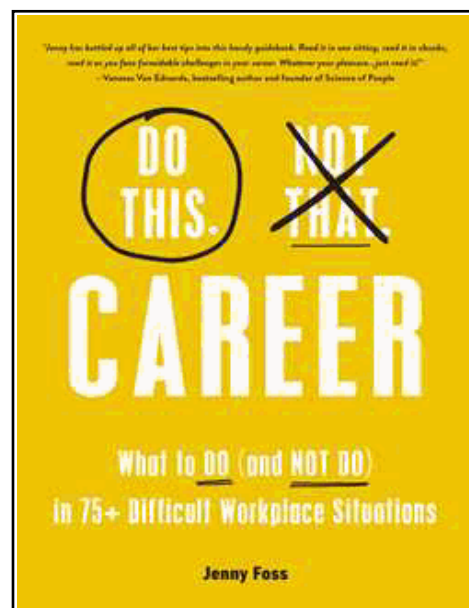
A must-have step-by-step guide on what to do (and what NOT to do) in the workplace featuring clear instructions and helpful scripts so you can deal with any unexpected situation at work.

How do you deal with a difficult boss who is always unavailable? How should you handle a coworker who never completes their portion of a project on schedule? How can you establish a strong work-life balance when starting a new job? The workplace can be full of challenging situations and no matter how passionate, frustrated, excited, or downright angry you feel, it's important to stay polite and professional. Whether you struggle with finding the right words or simply aren't sure how to approach a topic, *Do This, Not That: Career* is here to help!

This book gives you the tools you need to move forward productively so you can learn when to let go and move on. You'll find more than 75 common workplace issues that cover everything from your first day on the job to your last. For each situation, discover what to do and what to avoid, then learn exactly how to make it happen. Find tips to reframe your thinking, simple scripts to help you figure out what to say, and even advice on your next steps depending on your initial response. *Do This, Not That: Career* is your one-stop-shop to handling any situation that work throws your way so you can prepare yourself for a successful career.

AUTHOR BIO

Jenny Foss is a long-time recruiter, job search strategist, and the founder and CEO of the internationally recognized career website, JobJenny.com. She also partners with LinkedIn in developing career-focused video courses for their LinkedIn Learning platform. Through all of her work, Jenny aims to provide exceptional, accessible, and easy-to-act-upon advice that enables people to thrive in their careers. A Certified Professional Resume Writer (CPRW), ferocious Scrabble player, and mean margarita maker, Jenny lives in Portland, Oregon with her husband, three kids, and rescue dog Daisy.



HARDCOVER

On Sale: 01/10/23

Adams Media

9781507219669

Business & Economics

First Print: 45,000

6 x 8, 192 pages

Carton quantity: 28

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

AUTHOR HOMETOWN

Jenny Foss/Lake Oswego/Oregon

Do This, Not That: Dating

What to Do (and NOT Do) in 75+ Difficult Dating Situations

Hayley Quinn

BOOK DESCRIPTION

A must-have step-by-step guide on what to do (and what NOT to do) while dating featuring clear instructions and helpful scripts so you can deal with any difficult circumstance in every aspect of your love life.

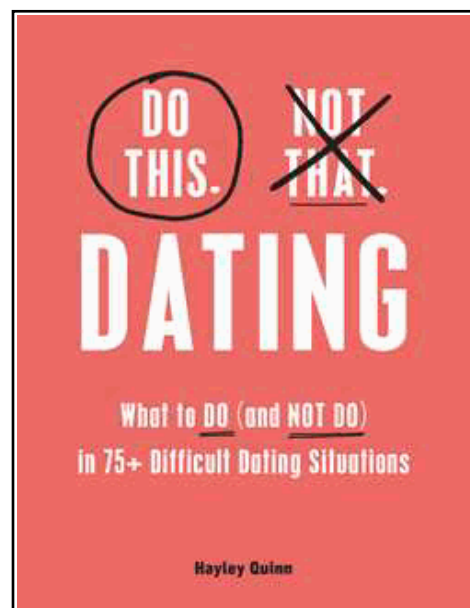
How do you deal with dating apps, that commitment question, or if you want kids but they don't? *Do This, Not That: Dating* is here to help with all your relationship situations.

Romantic relationships can be full of challenging situations and emotions, and no matter how passionate, frustrated, excited, or downright angry you feel, it's important for you to communicate and find a solution that works for both you and your partner. Whether you're struggling to find the right words or simply aren't sure how to approach a topic, this book will give you the tools you need to move forward productively...or learn when to let go and move on.

In *Do This, Not That: Dating*, you'll find eighty common relationship issues that cover everything from your first date to your first fight—and beyond. For each situation, you'll discover exactly what to do *and* what to avoid, then learn exactly how to make it happen. Find tips to reframe your thinking, simple scripts to help you figure out what to say, and even advice on your next steps depending on your initial conversation. This book is your must-have guide to any unexpected situation relationships throw your way.

AUTHOR BIO

Hayley Quinn is a London-based dating coach who empowers men and women to enjoy a more fulfilling dating life with live coaching, hands-on tutorials, and guidance for any age or sexual orientation. From her popular Ted X talk to TV and radio appearances on BBC News and *Celebs Go Dating*, her goal is to help people feel confident and meet the people they deserve. She is the spokesperson for Match UK, the biggest online dating site in the world, and her work has been featured on *Elle*, *Match*, *Cosmopolitan*, and more. Learn more at HayleyQuinn.com.



HARDCOVER

On Sale: 01/10/23

Adams Media

9781507219690

Family & Relationships

First Print: 40,000

6 x 8, 192 pages

Carton quantity: 28

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

AUTHOR HOMETOWN Hayley
Quinn / London, England

The Modern Witchcraft Book of Astrology

Your Complete Guide to Empowering Your Magick with the Energy of the Planets

Julia Halina Hadas

BOOK DESCRIPTION

Witchcraft meets astrology in this comprehensive guide to the power of the planets tailored specifically for witches so you can incorporate the celestial study into your spells and magical rituals.

This guide to astrology was written just for witches, with information to help you understand how the positions of the celestial bodies can affect your magic and spellcraft—and how you can use a deeper understanding of the zodiac to strengthen your magic by becoming in tune with the planets.

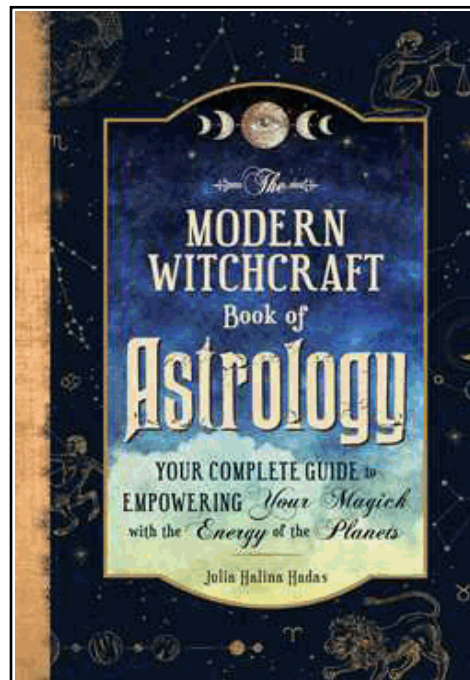
The Modern Witchcraft Book of Astrology includes:

- Expert information on how to use astrology to strengthen your magic
- An index of the magical energies and correspondences for the astrological seasons, houses, the planets, asteroids, and other celestial bodies
- Dozens of spells to try, organized by astrological season so you have powerful magic to choose from at every point in the wheel of the year

The Modern Witchcraft Book of Astrology is perfect for witches who are just starting out or practiced spellcasters who are looking to deepen their relationship with the stars and planets.

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: 01/24/23

Adams Media

9781507220153

Body, Mind & Spirit

First Print: 50,000

6 x 9, 256 pages

Carton quantity: 24

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

AUTHOR HOMETOWN

Julia Halina Hadas / Concord / CA

The Psychic Workbook

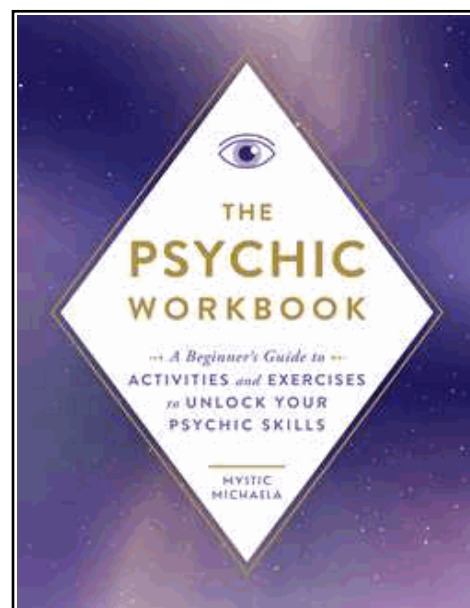
A Beginner's Guide to Activities and Exercises to Unlock Your Psychic Skills
Mystic Michaela

BOOK DESCRIPTION

Train your intuition and embrace your psychic power with compelling activities and expert advice to get in touch with your connection to the universe.

Everyone has the power to be a psychic: and psychic to the stars Mystic Michaela is here to help you learn how!

With expert information about how intuition works, how to connect with your psychic senses, and how to prepare your body and mind to use your psychic abilities, along with forty exercises to put your skills to the test, *The Psychic Workbook* can help you connect with your intuition and hone your psychic skills. From scrying, to remote viewing, to looking for auras, these workbook exercises give you the chance to explore all aspects of your psychic power with accompanying journal prompts to help you record your experiences.



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.

PAPERBACK

On Sale: 01/24/23

Adams Media

9781507220207

Body, Mind & Spirit

First Print: 50,000

6 x 8, 256 pages

Carton quantity: 40

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

AUTHOR HOMETOWN

Mystic Michaela / Boynton

Beach / FL

Spirits of the Tarot

From The Cups' Abundance to The Magician's Creation, 78 Cocktail Recipes Inspired by the Tarot

Thea Engst

BOOK DESCRIPTION

Sip like a psychic and let the magic of the cards reveal your true drink of choice with this collection of 78 cocktail recipes based on the Rider Waite tarot deck.

Reading tarot is all about trusting your intuition and connecting with your spirit guides. When you pull cards, they are a direct message from your guides, giving you insight into your life and choices. There's no better way to thank and commune with your guides after their counsel than having a drink together.

Drinks include:

- The Magician's Magic
- The Hanged Man's Rope
- Gift of Aces
- The Moon's Shine
- And more!

Whether you want to pull one card and make a drink based on that card or do a full three, nine, or twelve card reading and decide which card speaks to you most, this tarot cocktail companion will help you connect with your spirit guides and embody the cards. Celebrate your intuition and let your spirit guides be your bartender!

AUTHOR BIO

Thea Engst is currently a cocktail developer and writer. Thea has spent more than a decade in restaurants delving into cocktail, beer, spirit, and wine knowledge, but most importantly making friends and her own family of skilled restaurant workers, artists, and wonderful human beings. She has been featured on *Chronicle* and in *The Boston Globe*, *Boston Eater*, *Boston*, and *Boston Metro*. Her first book *Drink Like a Bartender* was rated one of the Best Booze Books of 2017 by *Forbes*. Thea specializes in making and consuming strong and stirred drinks, she reads tarot regularly, and shares a whiskey with her guides every Monday.



HARDCOVER

On Sale: 02/14/23

Adams Media

9781507219850

Cooking

First Print: 60,000

8 x 8, 224 pages

Carton quantity: 20

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

AUTHOR HOMETOWN

Thea Engst/Providence, RI

Women of Myth

From Deer Woman and Mami Wata to Amaterasu and Athena, Your Guide to the Amazing and Diverse Women from World Mythology

Jenny Williamson and Genn McMenemy; Illustrated by Sara Richard

BOOK DESCRIPTION

Uncover the fascinating and complex women from mythology and folklore with this collection of stories profiling powerful goddesses, mighty queens, and legendary creatures.

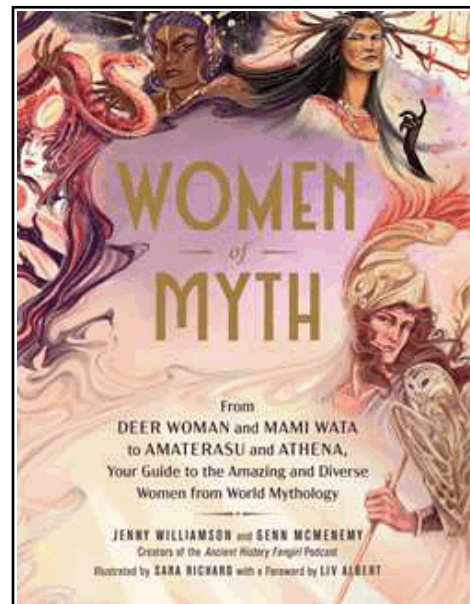
Get inspired with 50 fascinating stories of powerful female figures from mythologies around the world. From heroines and deities to leaders and mythical creatures, this collection explores figures of myth who can inspire modern readers with their ability to shape our culture with the stories of their power, wisdom, compassion, and cunning.

Featured characters include:

- Atalanta: Greek heroine and huntress who killed the Caledonia Boar and joined the Argonauts
- Sky-Woman: The first woman in Iroquois myth who fell through a hole in the sky and into our world
- Pele: Hawaiian volcano goddess
- Clíodna: Queen of the Banshees in Irish legend
- La Llorona: A ghostly woman in Mexican folklore who wanders the waterfront

Celebrate these game-changing, attention-worthy female characters with this collection of engaging tales.

AUTHOR BIO



HARDCOVER

On Sale: 02/21/23

Adams Media

9781507219416

Social Science

First Print: 50,000

6 x 8, 256 pages

Carton quantity: 24

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

AUTHOR HOMETOWN

Jenny Williamson / Brooklyn / New York

Genn McMenemy / Basildon / Essex UK

Jenny Williamson is a poet, writer, storyteller, freelance copywriter, and cocreator of the *Ancient History Fangirl* podcast. She has always been obsessed with ancient history and mythology, and blends her love of both with her passion for writing and storytelling, making the stories she tells accessible for modern readers. She has published poetry in multiple journals online and in print, and has a chapbook out with Finishing Line Press. She lives in Brooklyn with her cat Heloise and usually one or two foster kittens.

Genn McMenemy has been in love with mythology since before she could read. She and her brothers used to listen to their mother read myths and fairytales and dream about what life was like a long time ago. She has used her nerdy knowledge of mythology and ancient history to cocreate the *Ancient History Fangirl* podcast. Now she is a full-time award-winning freelance marketer, writer, researcher, and copywriter. Originally from the US, she now lives in the UK with her husband, Glen, and their tiny dog, Triss. She spends all of her free time traveling, visiting historical sites, and researching her next writing projects. *Women of Myth* is her first book.

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.

The Green Witch's Garden Journal

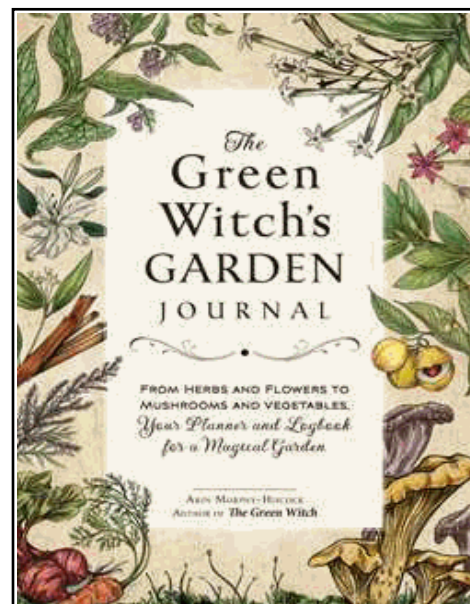
From Herbs and Flowers to Mushrooms and Vegetables, Your Planner and Logbook for a Magical Garden

Arin Murphy-Hiscock

BOOK DESCRIPTION

Catalog and track the various herbs, flowers, and plants you're growing in your magical space and how you intend to use them in your witchcraft practice with this companion journal to *The Green Witch's Garden*.

Every green thumb needs a place to write their garden secrets, even green witches! A green witch embraces the power of nature, draws energy from the Earth and the Universe, and relies on stones, plants, flowers, and herbs for healing. With *The Green Witch's Garden Journal*, you can record all of your garden progress and secrets, making a log of how you've cultivated your magical space. With easy checklists, garden grids, and template pages, you will easily be able to keep a magical record of what you've planted, when it's bloomed, how much water and light it needs, what it's magical use is, and more. Your witchcraft practice has never been greener!



AUTHOR BIO

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

HARDCOVER

On Sale: 03/07/23

Adams Media

9781507220061

Body, Mind & Spirit

First Print: 75,000

6 x 8, 240 pages

Carton quantity: 24

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

AUTHOR HOMETOWN

Arin Murphy-Hiscock / Montreal,
Canada

Daily Skincare Journal

From Testing New Products to Tracking Your Daily Routine, Your Guide to the Best Skin Ever!

Maria Del Russo

BOOK DESCRIPTION

Keep your skin looking its best by journaling your daily skincare routine, recording all your favorite products, and tracking long-term progress towards healthy skin with this easy-to-use, must-have skincare journal.

Make your skincare routine easier than ever with this skincare journal made just for you! *Daily Skincare Journal* helps you keep track of everything—from your daily routine to the products you're using to the results you're seeing over longer periods of time.

Start by taking an inventory of your skin and the products you have on hand and getting an overview of some of basic skincare advice. Then, use the log pages to keep track of your daily routine and the results you're seeing in your skin over the course of three months. Easily introduce and keep an eye on your progress with new products. Track patterns in your skin's health and use your records to experiment with solutions, treat recurring issues like dry skin, acne, and more. No matter your skin type, your products of choice, or the complexity of your daily routine, this journal is easy-to-use and easy to customize to suit your everyday needs.

Gather your cleansers, toners, and serums and take your skincare to the next level with *The Daily Skincare Journal*.

AUTHOR BIO

Maria Del Russo is a writer, editor, and consultant specializing in women's issues, relationships, wellness, and beauty. She is currently the director of branded content for The Newsette. Maria lives in Brooklyn, by way of New Jersey. She is the author of *Daily Skincare Journal*.



HARDCOVER

On Sale: 03/14/23

Adams Media

9781507220252

Health & Fitness

First Print: 50,000

6 x 8, 224 pages

Carton quantity: 36

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

AUTHOR HOMETOWN

Maria Del Russo/Brooklyn/New York

Midnight Magic

A Tarot Deck of Mushrooms

Sara Richard

BOOK DESCRIPTION

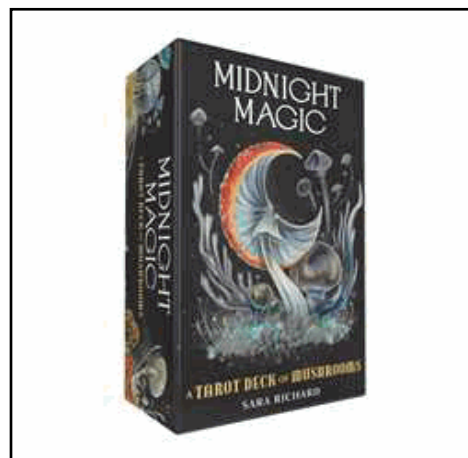
Featuring dark, dreamy illustrations of the beautiful fungi of the forest discover your fortune with *Midnight Magic*, which reflects the themes and archetypes of the traditional Rider Waite.

Welcome to a tarot deck of mushrooms, where you'll find 78 unique tarot card designs based on the mysterious world of mushrooms. Based on the symbolism of the Rider Waite deck, these cards depict traditional tarot archetypes through images of fungi, from the authoritative, red-capped Fly Agaric as the Emperor to the brightly colored Chicken of the Woods as the impetuous Fool and so much more!

These ethereal illustrations were created by Eisner-Award-nominated artist and mushroom enthusiast Sara Richard whose art is inspired by the natural world and the trees and mushrooms she was surrounded by while growing up in New Hampshire. This deck is filled with magical artwork reflecting the hidden power, magic, and wonder of the woods. So whether you're an avid mushroom hunter or you just want to add some earthy magic to your tarot card practice, this deck is for you.

AUTHOR BIO

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: 03/28/23

Adams Media

9781507220139

Body, Mind & Spirit

First Print: 50,000

3 1/2 x 5 1/2, 144 pages

Carton quantity: 32

\$24.99 (US) / \$33.99 (CAN)

AUTHOR HOMETOWN

Sara Richard / New London / NH

The Art of Chilling Out for Women

100+ Ways to Replace Worry and Stress with Spiritual Healing, Self-Care, and Self-Love

Angela D. Coleman

BOOK DESCRIPTION

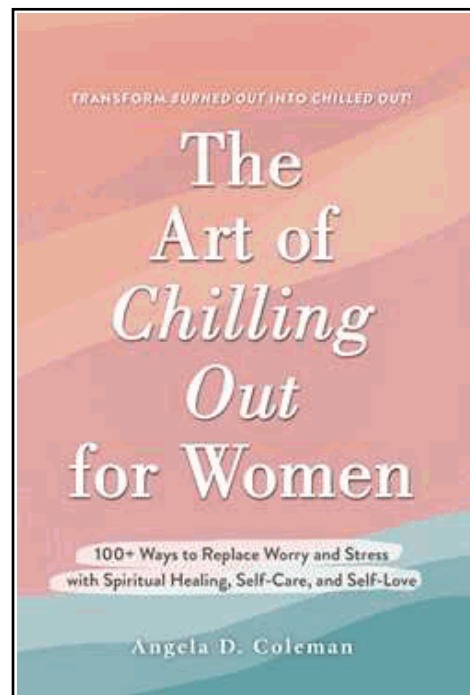
Banish burnout, worry, and stress once and for all with these practical tips and strategies for relaxing, going beyond simple self-care to chill your mind, body, and soul.

Women are resilient leaders driven to achieve but can often feel *stressed out*. They are being adversely impacted by the Covid-19 “she-cession” with less and less women returning to the workforce due to the multi-faceted responsibilities they face inside and outside of their homes. And in a world where heart disease is the leading cause of death for women, they can’t afford to wait to relax.

Author Angela D. Coleman's prescription in *The Art of Chilling Out for Women* teaches women the value of chilling out. Here women can learn to seek self-awareness, self-love, happiness, peace, and health. With this essential resource, women will eliminate burnout, stress, and excessive personal sacrifice with practical tips and holistic wellness, like creating cleansing spaces and sacred spots, releasing childhood trauma, establishing boundaries, increasing compassion and self-love, eliminating doubt, regulating with herbs, and listening to your physical self, and much more. This book is a must-have for any woman burdened by taking on the world.

AUTHOR BIO

Angela D. Coleman, holistic health specialist and founder of the global nonprofit, Sisterhood Agenda, has authored over twenty books. She grew up in Newark, New Jersey, and graduated cum laude from Princeton University with an AB degree in psychology and African American studies. Later, she studied clinical psychology at Howard University, earned a degree in nonprofit management from Duke University, and received an MBA from the University of Phoenix. She holds certifications in trauma, psychological first aid, suicide prevention, and African holistic health.



HARDCOVER

On Sale: 04/04/23

Adams Media

9781507219935

Self-Help

First Print: 50,000

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

Carton quantity: 24

\$24.99 (US) / \$33.99 (CAN)

AUTHOR HOMETOWN

Angela D.

Coleman/Baltimore/Maryland

How to Kill an Earworm

And 500+ Other Psychology Facts You Need to Know

Jana Louise Smit

BOOK DESCRIPTION

Discover why you were always afraid of a monster under your childhood bed, why people truly believe in their “lucky” lotto numbers, and more with hundreds of quick facts, research-based explanations, and challenging quiz questions on everything from the psychology of our ancient ancestors to the dark side of the world of psychology.

Did you know:

- The fear of losing your cell phone is real...and there's even a name for it.
- The way you kiss might actually be based in science?
- That gaslighting actually has a psychological “cousin” known as “moonwalking”?

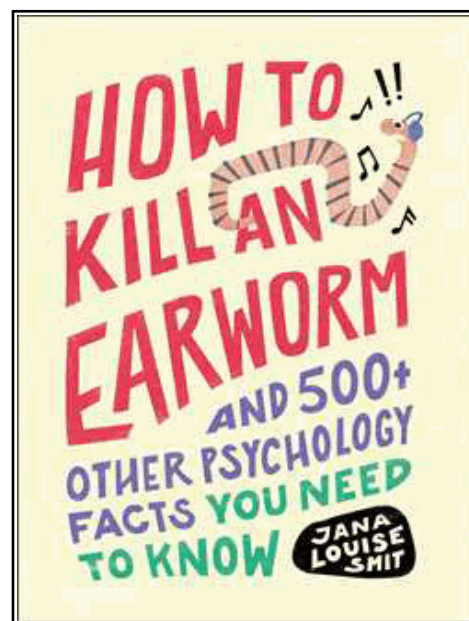
Psychology is the scientific study of the mind and behavior, which means there's a lot of ground to cover. But this isn't your average “intro to psychology” book. Instead, *How to Kill an Earworm* is here to help you learn those little-known trivia facts you really want to know.

This must-have guide features hundreds of fun facts and challenging quiz questions about psychology, covering everything from influential historical figures who impacted the study of psychology as we know it today to learning psychological principles you might not realize are at work right now in your everyday life. Did you know about the dark side of daylight savings time? What about the way kids' cereal boxes are intentionally designed to manipulate the child's emotions?

From “zombie behaviors” to the “doorway effect”, it's time to dive into over 500 psychological facts you definitely didn't know before picking up this book!

AUTHOR BIO

Jana Louise Smit honed her craft as a trivia writer at *Listverse*, the internet's original Top Ten site. She also wrote for the award-winning *Introvert, Dear*, the world's largest online community and blog for introverts. Born and raised in sunny South Africa, Jana has now settled in the Eastern Cape where she enjoys life as a busy freelance writer, a blogger on various topics, and a deep thinker (mostly about snacks and dogs).



PAPERBACK

On Sale: 04/18/23

Adams Media

9781507220283

Psychology

First Print: 45,000

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

Carton quantity: 40

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

AUTHOR HOMETOWN

Jana Louise Smit/Eastern

Cape/South Africa

The Stuff I Hate Journal

Trends I Hate. Foods I Loathe. People Who Annoy Me. And Everything Else That's the Absolute Worst.

Emily Rose

BOOK DESCRIPTION

Tell the world what *really* bugs with you prompts, questions, lists, and more to help you express yourself without judgement with *The Stuff I Hate Journal*.

Why be toxically positive when you can positively *negative*? What really gets under your skin? Can't stand the latest clothes trends, popular shows, or TikTok challenges? That's okay. This is your safe space to tell it like it is and do it without reserve. So ready, set, get mad!

With *The Stuff I Hate Journal*, you will find ample opportunity to express what makes them want to scream, with 150 prompts, lists, questions, and more. From creating a list of your top five hate songs to crafting your perfect comeback to a nasty comment to deciding what three things could happen in a grocery store that would make you leave seething, this book has it all. No opinion is too angry, no statement too dramatic. Proudly tell the world how you really feel!

AUTHOR BIO

Emily Rose is a pop culture commentator from Montreal. She spent the better part of the past decade living in a small mountain town working as an herbalist and children's nature school animator. She has since returned to her hometown to sit on her couch, make TikToks analyzing celebrity culture, and host a weekly podcast. She has never met a charcuterie board that she hasn't fallen in love with.



HARDCOVER

On Sale: 04/25/23

Adams Media

9781507220306

Self-Help

First Print: 50,000

6 x 8, 160 pages

Carton quantity: 40

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

AUTHOR HOMETOWN

Emily Rose / Montreal, Canada

The Little Book of Mushrooms

An Illustrated Guide to the Extraordinary Power of Mushrooms

Alex Dorr

BOOK DESCRIPTION

A beautifully illustrated guide to 75 of the most unique and fascinating mushrooms in the world, including interesting insight into their history, uses, and etymologies.

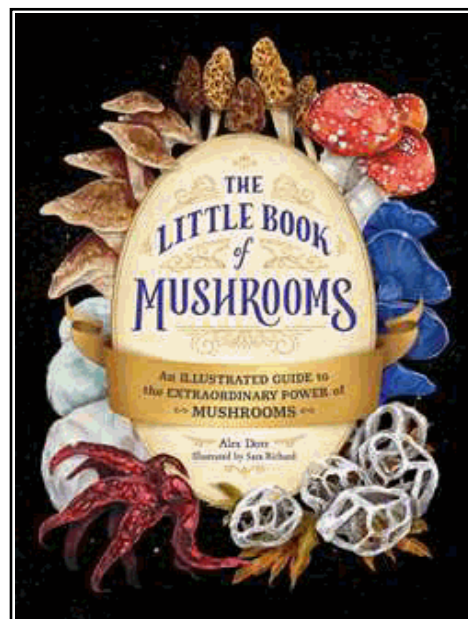
From sweet little toadstools to giant puffballs, mushrooms come in all shapes and sizes. With over 10,000 mushrooms in the world, some are cute and colorful, while others may look super adorable but are actually deadly. No matter the kind, it's time to celebrate all types of mushrooms with *The Little Book of Mushrooms*.

This book is a collection of everything you need to know about 75 of the world's most unique mushrooms. With information on their etymology, geographic location, characteristics, and culinary or healing powers, this book is the perfect companion for amateur mushroom hunters, cottage-core fans, or anyone just looking for a beautifully illustrated book on some of the most incredible fungi around the world.

AUTHOR BIO

Alex Dorr is the founder and CEO of the Austin-based functional mushroom company Mushroom Revival Inc. Alex cohosts the number one mushroom podcast in the world, *Mushroom Revival Podcast*, and authored the book *Mycoremediation Handbook: A Grassroots Guide to Growing Mushrooms and Cleaning Up Toxic Waste with Fungi*. He was recently nominated as one of Austin Inno's 25 Under 25, and is absolutely obsessed with the power of mushrooms.

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: 05/02/23

Adams Media

9781507219591

Nature

First Print: 50,000

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

Carton quantity: 24

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

AUTHOR HOMETOWN

Alex Dorr/ Austin, Texas

The Road Trip Journal & Activity Book

Everything You Need to Have and Record an Epic Road Trip!

Valerie Bromann

BOOK DESCRIPTION

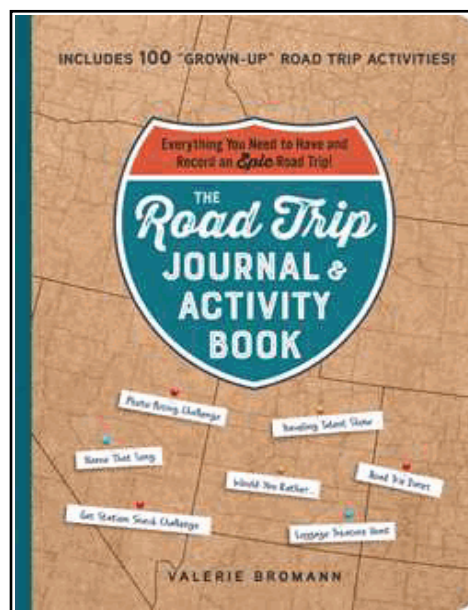
Enjoy fun games and challenges to pass the time on your next road trip and have a keepsake to look back on for years to come with this entertaining must-have for your next vacation.

The road trip you've been dreaming of starts here! Journal about your stops and get to know your fellow passengers with activities and exercises designed to pass the time and bring you closer together. Instead of "Are we there yet?" you'll find yourself asking, "We're there already?". Complete with prompts you can turn to while driving between locations, this journal will one day be a memento of your life-changing trip.

You'll be able to look back on entries about the best food you experienced or the most surprising moment of your trip, so you'll remember each part of your trip for years to come. And to pass the time as you drive between destinations on long strips of open road, are questions, games, and activities that can be played by both the driver and the passengers. From a scavenger hunt to play throughout the entirety of the trip to content creation challenges to get you through the last hour on your way to the campsite or hotel, this all-in-one book will be your guide and inspiration to your time on the road. *The Road Trip Journal and Activity Book* is a must-have for any upcoming trip.

AUTHOR BIO

Valerie Bromann is a website content manager from Chicago, Illinois. As an avid road tripper who has visited hundreds of roadside attractions, she always pulls over for a world's largest thing. Founder of the blog *Silly America*, she photographs and writes about weird tourist destinations and offers road trip planning advice and inspiration so you can hit the road for yourself.



PAPERBACK

On Sale: 05/02/23

Adams Media

9781507220436

Travel

First Print: 50,000

6 x 8, 224 pages

Carton quantity: 40

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

AUTHOR HOMETOWN

Valerie Bromann/ Dallas/ Texas

The Glow Up Journal

Everything You Need to Set Goals, Create Inspo—and Make It Happen!

Danielle Richardson

BOOK DESCRIPTION

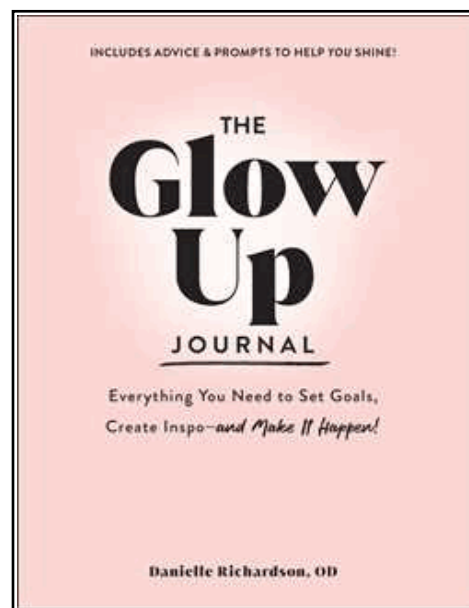
Create inspiration for your dream version of you with prompts on everything from beauty and wellness to self-care and fitness and then track your progress with this must-have journal.

A glow up is a transformation—transforming from where you currently are to the ultimate version of yourself. In *The Glow Up Journal*, you'll spend more time determining who this dream self is as you create a personalized bullet journal for your glow up journey and all your glow up goals.

From beauty and style to career goals, investing in yourself, and fitness, you'll brainstorm what exactly you want to get out of your glow up. With fun prompts like Main Character Energy Daily, Mix n' Match the Best Workout Routine, and more, you'll romanticize the process of glowing up and get excited to meet all your goals. Then, you'll track your progress with daily check-ins. Your glow up journey is on the way!

AUTHOR BIO

Dr. Danielle Richardson is a Los Angeles based optometrist, yoga teacher, and the founder of Fierce Clarity. She takes a holistic approach to wellness in her own life and is passionate about sharing these tools and practices with others. Dr. Danielle's science background and yogic studies blend together to create her unique approach to total wellness of the mind, body, and soul. She focuses on creating evidence-based wellness content to empower busy people to make healthier decisions. She has hosted international yoga retreats, corporate wellness programming, and pop-up events that introduce mindful and health-conscious living to a modern audience.



HARDCOVER

On Sale: 05/09/23

Adams Media

9781507220399

Self-Help

First Print: 60,000

6 x 8, 176 pages

Carton quantity: 36

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

AUTHOR HOMETOWN

Danielle Richardson/ Los Angeles/
California

The Family Guide to Outdoor Adventures

30 Wilderness Activities to Enjoy Nature Together! Creek Stewart

BOOK DESCRIPTION

Explore and experience nature with your kids with these 30 fun and educational family activities dedicated to spending more time outside.

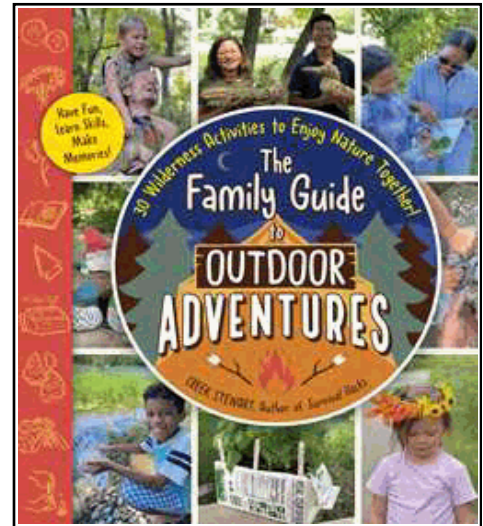
Less screen, more green! In the world of smartphones, tablets, and online learning, the need for children to engage with nature has never been more evident. Outdoor activities and projects inspire exploration, creativity, curiosity, learning, and a sense of wonder. Interacting with nature also fosters a healthy love and respect for the outdoors.

The Family Guide to Outdoor Adventures features fun and engaging hands-on nature, camping, and bushcraft projects that get you and your children outside having more fun, strengthening your bond, and creating memories that will last a lifetime. Written by expert survival instructor Creek Stewart, each project is designed to get parents and their kids outside and teach them about nature and the great outdoors.

From casting animal tracks and dyeing t-shirts with walnuts to building a debris hut and catching minnows with a spider web your family will get your hands dirty, learn some cool nature facts, and complete some awesome projects with your family. Explore, create, laugh, love, and experience the great outdoors together with *The Family Guide to Outdoor Adventures*.

AUTHOR BIO

Creek Stewart is an expert survival instructor and the author of *Survival Hacks* and the bestselling Build the Perfect Bug Out series of books. Creek is the in-house and on-camera Survival Expert for The Weather Channel and hosts *Could You Survive? with Creek Stewart* on the network. Creek has been featured as a guest expert in numerous media outlets including, the *Today* show, *Fox & Friends*, *The Doctors*, *Men's Fitness*, *Backpacker*, and *Outdoor Life*. Creek is the owner and founder of Willow Haven Outdoor Survival Training School, located in Central Indiana, and APOCABOX, a bimonthly survival subscription box that ships to thousands of loyal subscribers every other month. He is the recipient of the prestigious Outstanding Eagle Scout Award, which is bestowed by the Boy Scouts of America to Eagle Scouts who have demonstrated outstanding achievement at the local, state, or national level.



PAPERBACK

On Sale: 05/23/23

Adams Media

9781507220405

Sports & Recreation

First Print: 60,000

8 x 9 1/4, 144 pages

Carton quantity: 30

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

AUTHOR HOMETOWN

Creek Stewart / Indianapolis /
Indiana

The Ultimate RPG Tarot Deck

Jef Aldrich & Jon Taylor

BOOK DESCRIPTION

Tabletop game meets tarot in this fun, useful tool for divination, making it perfect for daily readings as well as in your next campaign.

Welcome to *The Ultimate RPG Tarot Deck*, where you'll find 78 unique tarot card designs inspired by the exciting world of fantasy RPGs!

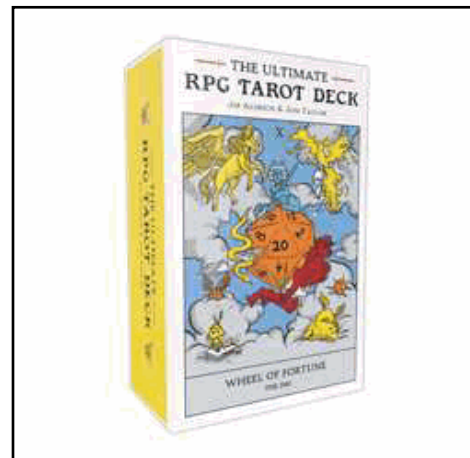
Based on the symbolism of the Rider Waite deck, these cards depict traditional tarot archetypes through the themes of sword-and-sorcery tabletop role-playing games. Featuring fantasy-fueled card interpretations like the Fool depicted as a first level adventurer, stepping out on their first quest, or the pentacles suit reimagined with loot and gold pieces, this deck brings your favorite campaign to life in a new way. It's the perfect deck for your daily divination, or to use as an in-game tool for idea generation, in-game readings, randomized events, and more! Included with the deck is a guidebook which explains how to use the deck for divination or gameplay, and provides definitions/explanations for each card.

With fun, action-packed art, and authors Jef Aldrich and Jon Taylor's cheeky RPG humor, *The Ultimate RPG Tarot Deck* takes your tarot readings and your gameplay to the next level!

AUTHOR BIO

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*. 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.

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*. 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.



PAPERBACK

On Sale: 06/06/23

Adams Media

9781507220146

Body, Mind & Spirit

First Print: 50,000

3 1/2 x 5 1/2, 144 pages

Carton quantity: 32

\$24.99 (US) / \$33.99 (CAN)

AUTHOR HOMETOWN

Jef Aldrich / San Diego / CA Jon

Taylor / Santee / CA

The Women of Myth Oracle Deck

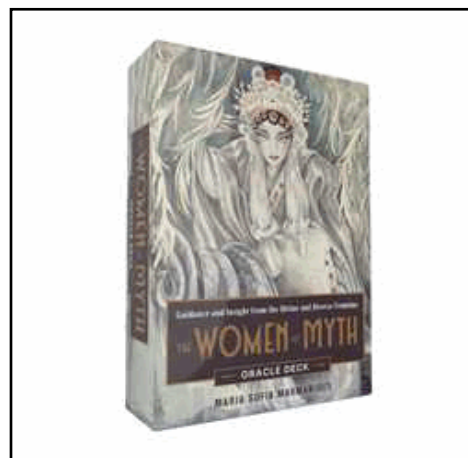
Guidance and Insight from the Divine and Diverse Feminine

Maria Sofia Marmanides

BOOK DESCRIPTION

Consult and connect with women of myth using this empowering oracle deck, featuring 50 goddesses, heroines, and monsters from mythologies around the world.

The Women of Myth Oracle Deck is an empowering deck that allows you to consult the wisdom of 50 mythic women, each with their own gripping tales of triumph, tragedy, victory, heartbreaking loss, and often, everything in between. This deck was created to take the lessons, advice, wisdom, and symbolism of these women, and put them into your hands. This deck is a powerful tool for intuition, self-discovery, and connecting with the divine feminine.



AUTHOR BIO

Maria Sofia Marmanides is a Leo Sun, Cancer Moon, and Virgo Rising along with being a tarot reader, astrologer, and intuitive who has been studying and practicing divination for over twenty years. Maria holds a practitioner's level certification in horary astrology from the School of Traditional Astrology, in addition to studying with and being mentored by many world-renowned astrologers. Maria's work has appeared in magazines, newspapers, and billboards, and her astrological writing and spiritual-based content has been featured in *Well+Good* (where she is one of their new age content experts), *Romper*, *HeyHero*, and *Keen*. Maria has written for *Astrology* and publishes daily content, tarot readings, horoscopes, and tutorials on her popular personal blog and social media accounts, found at @MariaSofia_Astro.

PAPERBACK

On Sale: 07/04/23

Adams Media

9781507220870

Body, Mind & Spirit

First Print: 50,000

4 x 5 1/2, 120 pages

Carton quantity: 36

\$24.99 (US) / \$33.99 (CAN)

AUTHOR HOMETOWN

Maria Sofia Marmanides / Easton / Connecticut

My Manga Collection

That Time I Read So Much Manga That I Needed This Tracker to Record Everything, from the God-Tier Volumes to Trash Faves and Must-Reads!

Vernieda Vergara

BOOK DESCRIPTION

Rate and record your favorite manga as well as track your progress and make notes with this must-have journal perfect for manga readers everywhere.

Calling all manga readers: this book is just for you!

My Manga Collection is a tracker and reading journal created for manga fans to record the details of their favorite series and keep track of their progress. Inside, you'll find easy-to-use templates for each series you're reading with space to review each volume as you read and make a note of what you read so you can easily pick up where you left off. Each template ends with a series of thoughtful questions to get you thinking about your reading, and help you decide what to read next. It's everything you need to keep up with your god-tier favorites, your trash reads, and everything in between.



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: 07/04/23

Adams Media

9781507220900

Comics & Graphic Novels

First Print: 75,000

7 x 9 1/8, 256 pages

Carton quantity: 26

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

AUTHOR HOMETOWN

Vernieda Vergara / Springfield / VA

The Kitchen Witch

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

Skye Alexander

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.

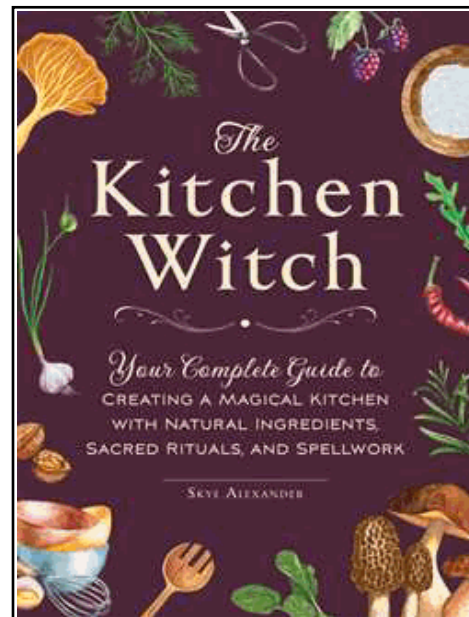
Every house witch knows: the kitchen is an essential part of your magical practice. From preparing food to enjoying a meal, it's important to honor the process of making a dish, to appreciate each individual ingredient, and to make magic from the recipes you already know and love. First, dive into the 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 is associated with love, but different types of chocolate are connected with different types of love from romance to friendship
- That figs promote safety while traveling, so you may want to incorporate figs into a dish before your next vacation
- That you should choose your pasta wisely for different shapes are associated with different outcomes
- That onion can be used for healing, and the tears the onion causes when you cut it can be just as important as the dish you make with it
- 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.



HARDCOVER

On Sale: 07/11/23

Adams Media

9781507220887

Body, Mind & Spirit

First Print: 75,000

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

Carton quantity: 24

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

AUTHOR HOMETOWN

Skye Alexander / Kerrville / Texas

The Ultimate RPG Campfire Card Deck

150 Cards for Sparking In-Game Conversation

James D'Amato

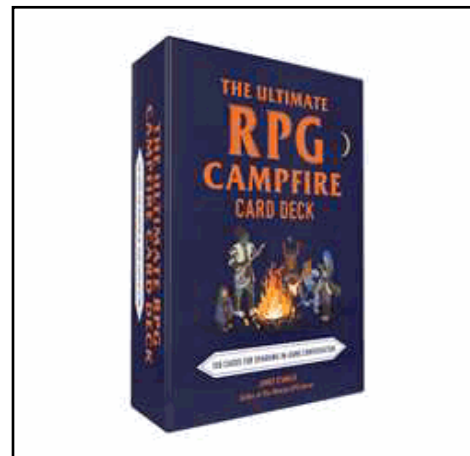
BOOK DESCRIPTION

Take your tabletop roleplay to the next level with this first-of-its-kind card deck filled with questions to help you get to know your character and your party!

Your adventuring party does a lot together, fighting side by side, and saving the world (or destroying it, depending your alignment): but at the end of the day, how well do you know them? This deck gives you the opportunity to share your character's backstory, and even create new details, through question-based roleplay. Created by the RPG expert, author, and podcaster James D'Amato, this deck has fifty unique and interesting question cards to spark discussion, inspiration, and collaboration.

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: 08/01/23

Adams Media

9781507220429

Games & Activities

First Print: 50,000

4 x 5 1/2, 151 pages

Carton quantity: 40

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

Toxic Relationship Recovery

A Step-by-Step 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.

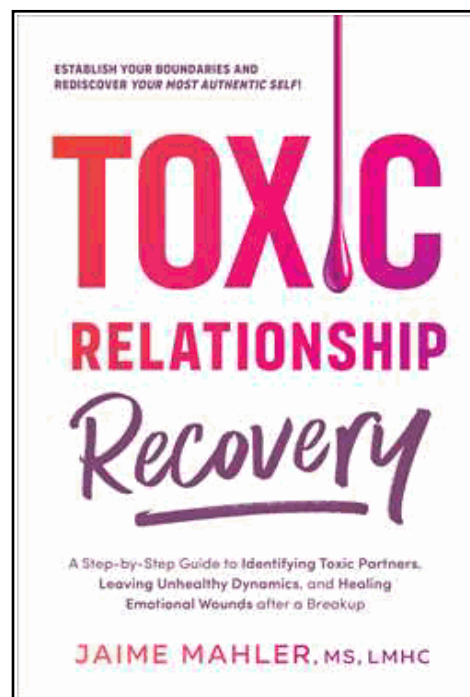
From red flags to crossed boundaries, to lies and gaslighting, you've recognized that you were or currently are in a toxic relationship. But now what?

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 a New York-based psychotherapist, mental health educator, and personal growth coach. She is the creator of the O.A.S.I.S model of care, which emphasizes the power of self sovereignty and cognitive autonomy. She specializes in complex trauma, religious trauma, and relationship trauma. She educates about how to break trauma narratives on social media and on her podcast *Unlearned*, which she cohosts with her closest friend of twenty years, CA. When she isn't working, you can find her raising her three children with her incredibly supportive partner, Stewart. She also competes in Ninja and trains in her newest passion, aerial hoop.



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

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

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:

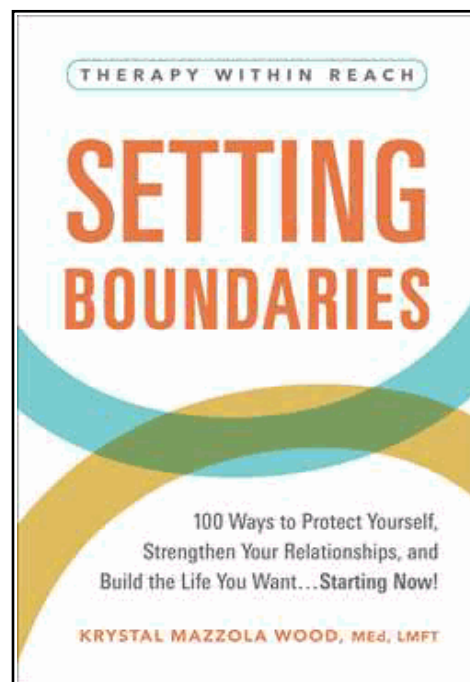
- How to find your boundary-setting role model to encourage you in those tough moments
- How to consider your authentic schedule...and then how to give up on tasks and activities that don't match your values to set boundaries around your personal time
- How to develop authentic holiday celebrations while 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.

30



PAPERBACK

On Sale: 09/05/23

Adams Media

9781507221334

Self-Help

First Print: 50,000

6 x 9, 240 pages

Carton quantity: 24

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

AUTHOR HOMETOWN

Krystal Mazzola

Wood/Phoenix/Arizona

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.

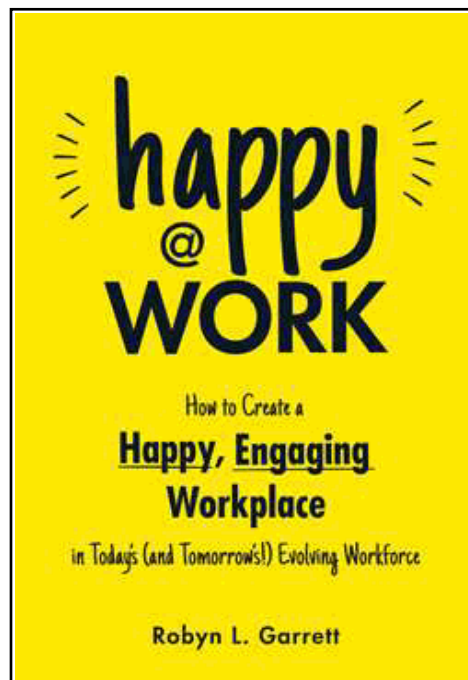
You'll learn to tackle big topics that are important to people today, such as:

- 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: 24

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

AUTHOR HOMETOWN Robyn
L. Garrett/Wynnewood/PA

The Modern Witchcraft Book of Crystal Magick

Your Complete Guide to the Power of Crystals

Judy Ann Nock

BOOK DESCRIPTION

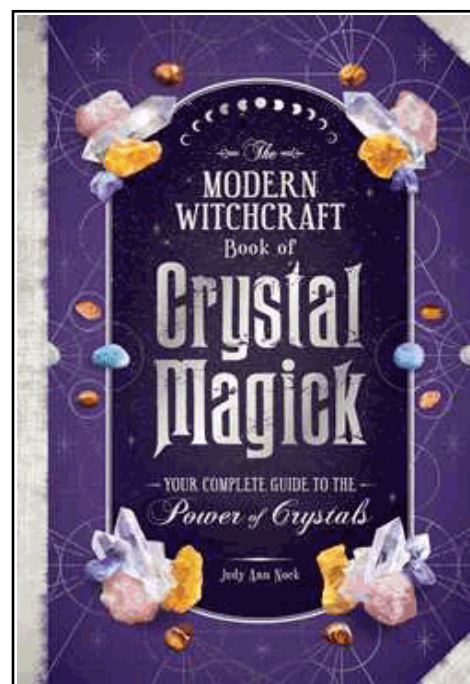
Harness the power of crystals in your spells and rituals with this comprehensive guide to crystal magick as well as crystal-focused spells and full-color inventory of 50 useful stones and gems.

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)

Norse Mythology: The Gods, Goddesses, and Heroes Handbook

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

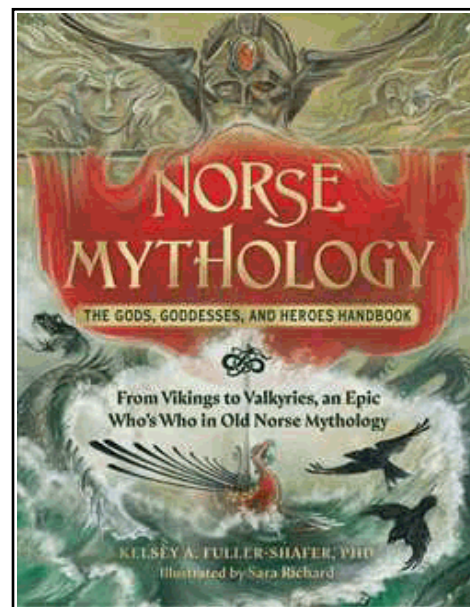
Kelsey A. Fuller-Shafer

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 a professor of Nordic and Scandinavian studies, with experience teaching numerous courses in cultural studies, 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 completed her PhD in ethnomusicology from the University of Colorado Boulder: her doctoral research explored the role of popular music in social commentary of the Sámi, the Indigenous peoples of northern Scandinavia. 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: 24

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

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.

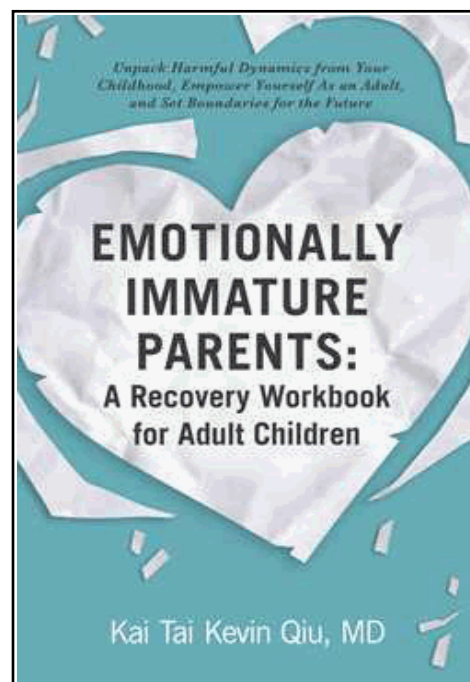
As you begin the healing process, you'll complete exercises like:

- 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



PAPERBACK

On Sale: 10/10/23

Adams Media

9781507221174

Self-Help

First Print: 50,000

6 x 9, 224 pages

Carton quantity: 24

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

AUTHOR HOMETOWN

Dr. Kai Qiu/ Whitehorse/ Yukon/
Canada

Kai Tai Kevin Qiu is a first generation Chinese-Canadian, a healing transformation coach, founder of Boundaries to Freedom, and a digital creator currently living in Thailand. He takes a holistic and practical approach in his own life and is passionate about sharing his teachings, tools, and practices with others. Kai's medical background, personal development and spiritual studies blend together to create his unique approach to healing and transforming of the mind, body, emotions, and spirit. He focuses on empowering codependent adults raised by emotionally immature parents. He has a strong presence on Instagram and TikTok, offers online coaching and courses, and hosts virtual events on healing from being raised by emotionally immature parents and becoming emotionally mature with healthy and firm boundaries.

The Düngeonmeister 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.

Düngeonmeister: 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.

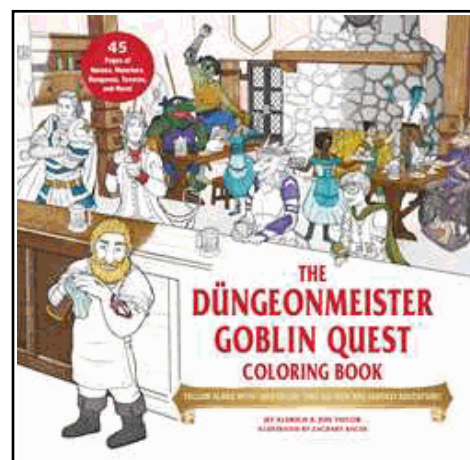
The coloring pages follow a party of heroes as they travel through their game world, encountering monsters, ambushes, and other adventures while trying to put a stop to an evil dragon plaguing the area. Meanwhile, setting intros and interactive random table elements give players the information necessary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

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.

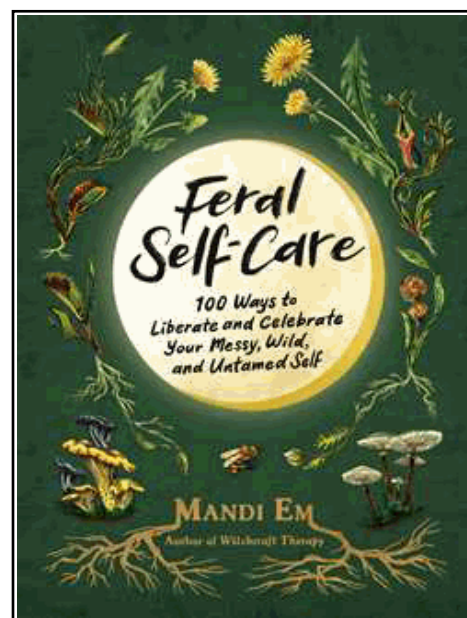
You'll find inspired ideas such as:

- 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

Hand Lettering for Happiness

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

Brenna Jordan

BOOK DESCRIPTION

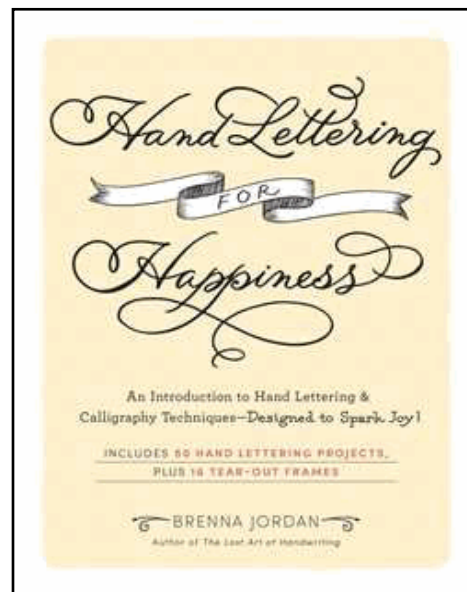
Hand letter your way to happiness with these 50 joyful projects that highlight uplifting quotes and provide a variety of techniques to learn and practice.

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 tear-out pages at the end of the book that 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.

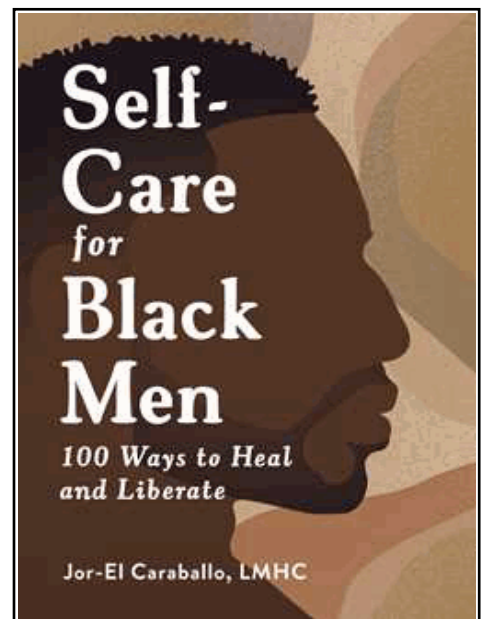
Black men desperately need care and restoration. But what does that restoration look like when you're a Black man in today's world? How do you take care of your mental health when men who look like you die at the hands of police? How do you find peace and refuge when you're not sure how to keep up with 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

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.

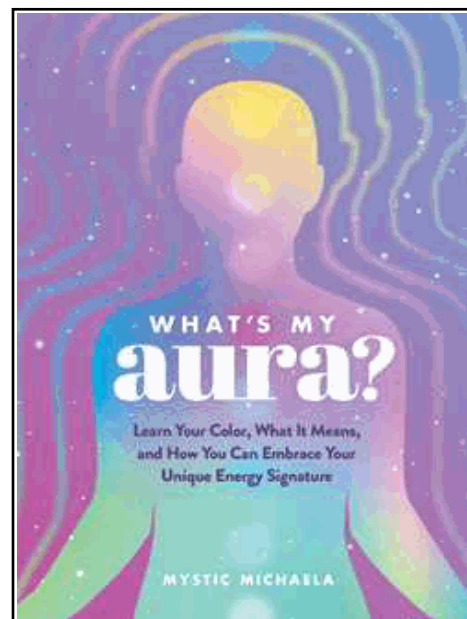
With activities and exercises to explore your aura identity, this book goes beyond the aura photos and filters to help you understand what your aura is, and how understanding it can help you better understand yourself. You'll find out if your aura is:

- 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: 40

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

AUTHOR HOMETOWN

Mystic Michaela / Boynton Beach / FL

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 Lotus Flower card that inspires inner peace and calm and the Air Plant that symbolizes creativity and freedom to Clear Quartz for clarity and the Fire card that inspires strength and fierce energy, 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.



PAPERBACK

On Sale: 12/12/23

Adams Media

9781507221136

Body, Mind & Spirit

First Print: 75,000

3 7/10 x 5 1/2, 120 pages

Carton quantity: 40

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

AUTHOR HOMETOWN

Arin Murphy-Hiscock / Montreal, Canada

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

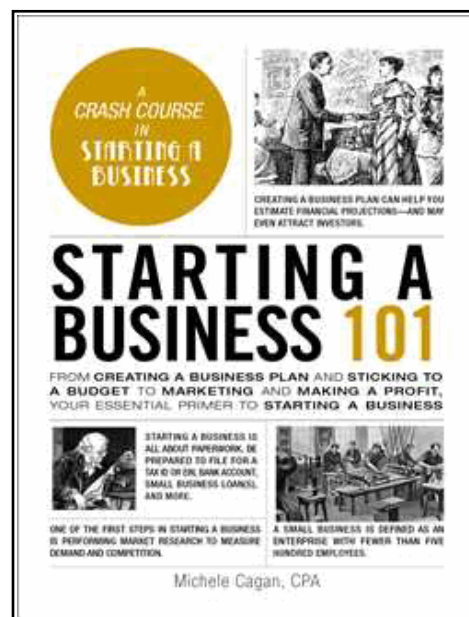
BOOK DESCRIPTION

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, 256 pages

Carton quantity: 24

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

AUTHOR HOMETOWN

Michele Cagan, CPA / Baltimore, Maryland