

2023
FRANKFURT HIGHLIGHTS LIST
**ZEITGEIST,
ZEITGEIST YOUNG ADULT,
Z KIDS,
and
DRIVEN**

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TABLE OF CONTENTS

Psychology, Self-Help, Tarot.....1

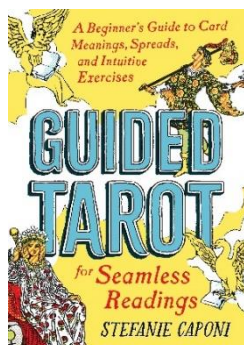
Family, Humor, Parenting.....6

Kids.....8

Religion.....11

Cooking.....12

PSYCHOLOGY, SELF-HELP, TAROT



Caponi, Stefanie

GUIDED TAROT: A Beginner's Guide to Card Meanings, Spreads, and Intuitive Exercises for Seamless Readings

Tarot/Body, Mind, Spirit | Zeitgeist Trade Paperback | October 2020

****NOW ALSO AVAILABLE AS A BOX SET WITH A TAROT DECK INCLUDED!****

For beginner tarot readers, learning all 78 cards and understanding how to use spreads may seem daunting, but, as Tarot expert Stefanie Caponi explains, interpreting the cards is a blend of knowing the card meanings, listening to your heart, and trusting your intuition. In her fully-illustrated guide, she offers easy exercises to nurture and grow your intuition and to attune your energy to the deck for more accurate readings. With GUIDED TAROT, you'll learn more about yourself, get divine guidance with life decisions, and overcome obstacles in your relationships—all while celebrating your unique gifts and honoring your higher self.

[Stefani Caponi](#) is an astrologer, tarot reader, illustrator, and bestselling author. Her work is centered around exploring shadow work, healing, and creativity using tarot and astrology as a vehicle to access the hidden realms of the self. She has been reading tarot for more than 20 years, and established her business after creating her tarot deck, [The Moon Void Tarot](#). She also writes monthly horoscopes for *Dame*, and contributes to *Well + Good*, *The Everygirl*, and *Refinery29*.

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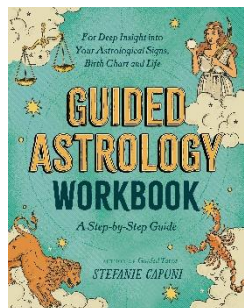
Russian – MIF

Spanish – Alfaomea

Turkish – Butik Yayincilik

Ukrainian – Bookchef Publishing

Vietnamese (Box Set) – Viet Nam AZ



Caponi, Stefanie

GUIDED ASTROLOGY WORKBOOK: A Step-by-Step Guide for Deep Insight into Your Astrological Signs, Birth Chart, and Life

Astrology/Body, Mind, Spirit | Zeitgeist Trade Paperback | June 2023

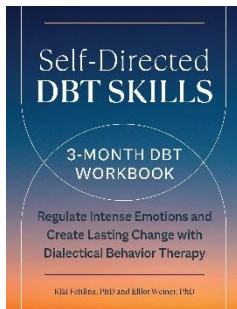
Your birth chart—a snapshot of the positions of the planets at the moment you were born—reveals your unique self: your gifts, challenges, and opportunities. GUIDED ASTROLOGY WORKBOOK explains the essential facts of astrology and includes interactive exercises to help you break down the detailed information in your birth chart. Bestselling author Stefanie Caponi guides you step-by-step as you learn to interpret seemingly complex astrological information with ease. With the language of astrology and your birth chart as your roadmap, you'll understand the role of the stars in your personality, life, and relationships, so that you can live with greater insight and intuition—and achieve your highest potential.

[Stefani Caponi](#) is an astrologer, tarot reader, illustrator, and bestselling author. Her work is centered around exploring shadow work, healing, and creativity using tarot and astrology as a vehicle to access the hidden realms of the self. She has been reading tarot for more than 20 years, and established her business after creating her tarot deck, [The Moon Void Tarot](#). She also writes monthly horoscopes for *Dame*, and contributes to *Well + Good*, *The Everygirl*, and *Refinery29*.

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Fehling, PhD, Kiki and Elliot Weiner, PhD

SELF-DIRECTED DBT SKILLS: A 3-Month DBT Workbook to Help Regulate Intense Emotions

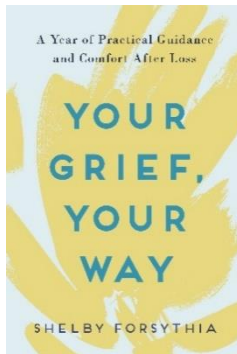
Psychology | **Zeitgeist Trade Paperback** | March 2023

Created by psychologist Marsha M. Linehan, Dialectical Behavior Therapy (DBT) is an evidence-based approach for managing difficult emotions, thoughts, and behaviors. In this practical guide and workbook, you will develop skills in four key areas: mindfulness, distress tolerance, emotion regulation, and interpersonal effectiveness. While traditional DBT programs take 6-12 months to complete and require weekly individual therapy, weekly groups skills training, and regular phone coaching, SELF-DIRECTED DBT SKILLS distills the DBT skills into a 3-month program that anyone can

access and implement on their own.

[Kiki Fehling, PhD](#), is a licensed psychologist and DBT-Linehan Board of Certification, Certified Clinician™. She specializes in borderline personality disorder, self-harming behaviors, and trauma, with particular expertise working with LGBTQ+ people. She is passionate about helping people build meaningful lives through DBT.

Elliot Weiner, PhD, is a licensed psychologist and the co-founder of [New York Cognitive Behavioral Therapy \(NYCBT\)](#). He has expertise in Dialectical Behavior Therapy, as well as Cognitive Behavioral Therapy, and specializes in working with people with post-traumatic stress disorder, as well as other difficulties related to trauma. He is a DBT-Linehan Board of Certification, Certified Clinician™ and is Board Certified in Behavioral & Cognitive Psychology by the American Board of Professional Psychology.



Forsythia, Shelby

YOUR GRIEF, YOUR WAY: A Year of Practical Guidance and Comfort After Loss

Self-Help/Grief | **Zeitgeist Trade Paperback** | September 2020

Everyone experiences grief differently after the loss of a loved one. Some people find solace in comforting quotes and warm words, while others feel a need to take action to do something to memorialize their loss. YOUR GRIEF, YOUR WAY offers a path forward, no matter how you process your grief, to help you navigate life after loss.

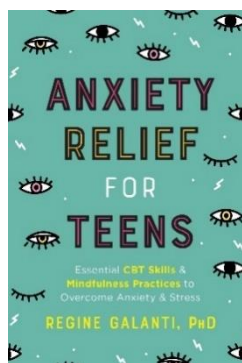
[Shelby Forsythia](#) is the author of *Permission to Grieve* and the podcast host of *Coming Back: Conversations on Life After Loss*. After the unexpected death of her mother in 2013, she became a

“student of grief” and set out on a lifetime mission to explore the oft-misunderstood human experience of loss. Through her books, weekly podcasts, and one-on-one grief guidance, she helps grieving people find direction, get support, and cultivate radical self-compassion after devastating loss.

Translation rights sold to:

Portuguese in Brazil – Astral

Simplified Chinese – Yilin Press



Galanti, PhD, Regine

ANXIETY RELIEF FOR TEENS: Essential CBT Skills and Mindfulness Practices to Overcome Anxiety and Stress

Psychology | **Zeitgeist Trade Paperback** | March 2020

Getting good grades, keeping up with social media, maintaining friendships...teens have a lot on their plates, and it's only more difficult when you add anxiety to the mix. With ANXIETY RELIEF FOR TEENS, Dr. Regine Galanti teaches teens how cognitive behavioral therapy (CBT)-based skills and mindfulness techniques can help them manage their anxiety and reverse negative patterns. Through simple and effective exercises that help change thoughts, behaviors, and physical reactions, this helpful guide gives the tools teens need to navigate all of life's challenges.

[Regine Galanti, PhD](#) is a licensed clinical psychologist and the founder of Long Island Behavioral Psychology, where she brings warmth, sensitivity, and a tailored problem-solving approach to her practice. She specializes in CBT and has expertise in obsessive-compulsive disorder, anxiety, parenting, and behavior problems.

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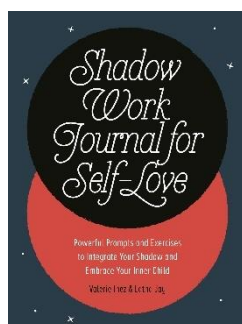
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Turkish – TEA



Jay, Latha and Valerie Inez

SHADOW WORK JOURNAL FOR SELF-LOVE: Powerful Prompts and Exercises to Integrate Your Shadow and Embrace Your Inner Child

Body, Mind, & Spirit | **Zeitgeist Trade Paperback** | May 2023

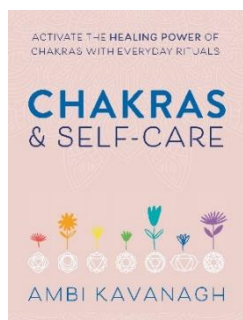
Shadow work is the process of uncovering the parts of you that you subconsciously hide or reject, such as unwanted traits or characteristics suppressed during childhood, and bringing them into your awareness. It allows you identify, heal, and accept all parts of yourself so you're no longer held back by emotional triggers, self-sabotaging behaviors, and self-limiting beliefs. With SHADOW WORK JOURNAL FOR SELF-LOVE, you'll connect with your inner child, release shame, guilt, and fear, and face the world anew as your whole, authentic self.

[Latha Jay](#) is a spiritual manifestation coach and Ayurvedic practitioner who blends modern knowledge with traditional wisdom. She integrates what she has learned through life experiences to teach people to shift perceptions, manifest, and live happier lives. She is passionate about guiding clients through lifestyle and mindset modifications to transform their lives to a new experience of happiness, freedom, and love.

[Valerie Inez](#) is a writer, intuitive, healer, and shadow work guide. Comfortable diving deep into the shadows and bringing the darkness into the light, she helps her clients rise from the ashes, find their inner magic, and step into their divine power.

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Kavanagh, Ambi

CHAKRAS & SELF-CARE: Activate the Healing Power of Chakras with Everyday Rituals

Self-Help | **Zeitgeist Trade Paperback** | August 2020

The key to optimal health and well-being is within us, in powerful energy centers called chakras. Ancient cultures understood the sacred healing power of chakras and that self-care aligned with nature. In CHAKRAS & SELF-CARE, you'll engage in a series of meditative exercises that activate and balance each of your seven main chakras. Reiki master and wellness expert Ambi Kavanagh also offers daily and seasonal rituals to show us that true prevention not only comes from the ways we care for our bodies, but the ways we spend our energy.

[Ambi Kavanagh](#) is a Reiki master, astrologer, sound healer, life coach, and host of the podcast *Alchemy with Ambi*. With a unique focus on using astrological cycles and the seasons as a form of coaching, she considers herself a modern-day alchemist who serves as a catalyst for positive change in people's lives. Over the years, Kavanagh has performed thousands of her signature chakra-balancing [Soulstrology Soundbaths](#) and was recommended by *Vogue* as the "go-to soundbath" in Los Angeles.

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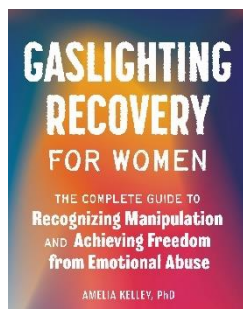
Hungarian – GLB

Polish – Janusz Nawrocki

Russian – Eksmo

Spanish – Obelisco

Vietnamese – ThaiHa Books



Kelley, PhD, Amelia

GASLIGHTING RECOVERY FOR WOMEN: The Complete Guide to Recognizing Manipulation and Achieving Freedom from Emotional Abuse

Self-Help/PTSD & Abuse | **Zeitgeist Trade Paperback** | August 2023

Gaslighting is one of the most destructive forms of emotional abuse that women can experience, causing them to distrust their own realities and perceptions and even believe that they have a mental illness. In GASLIGHTING RECOVERY FOR WOMEN, trauma-informed therapist Amelia Kelley, PhD, offers evidence-based therapy and tools to help women detect and protect themselves from manipulation that can occur in all key areas of life. Her guided approach to healing from abuse helps survivors establish a greater sense of self-worth, self-esteem, and empowerment.

[Amelia Kelley, PhD](#), is an integrative, trauma-informed therapist focusing on motivation, women's issues, empowering survivors of abuse and relationship trauma, Highly Sensitive Persons, healthy living, and adult ADHD. Dr. Kelley is an adjunct professor in counseling at Yorkville University and a nationally recognized relationship expert featured on [SiriusXM's Doctor Radio program](#) "The Psychiatry Show," exploring the impact of gaslighting on our society. She is the co-author of *What I Wish I Knew: Surviving and Thriving After an Abusive Relationship* and a regular contributing writer for the world's largest blog for HSPs, *The Highly Sensitive Refuge*. Her work has been featured in *Teen Vogue*, *Scary Mommy*, *Yahoo! News*, *Well+Good*, and *Insider*.

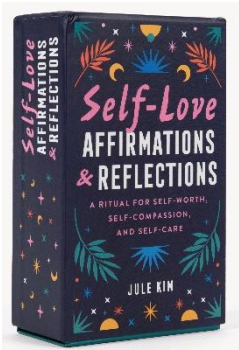
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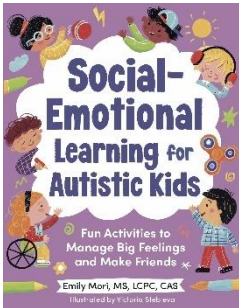
Kim, Jule

SELF-LOVE AFFIRMATIONS & REFLECTIONS: A Ritual for Self-Worth, Self-Compassion, and Self-Care

Self-Help/Happiness | **Zeitgeist Card Deck** | November 2023

SELF-LOVE AFFIRMATIONS & REFLECTIONS is a portable deck that can be incorporated into a daily ritual or called upon for stress reduction, solace, or connection. Cards present an opportunity to sit meaningfully with yourself, one small step at a time. Scientific research reveals that positive affirmations can rewire the neural networks in our brains. When paired with an ethos of self-love, these affirmations become a tool for perspective change and hardwired transformation. In other words, when we commit to embodying self-love through affirmations, we see it ripple through every area of our lives.

[Jule Kim](#) is a certified life coach dedicated to helping women feel more comfortable in their own skin. As a Korean-American who grew up in Alabama, Kim struggled with confidence and people-pleasing. In this self-love deck, she draws upon the learnings from her own journey as well as her work with hundreds of clients.



Mori, MS, LCPC, CAS, Emily

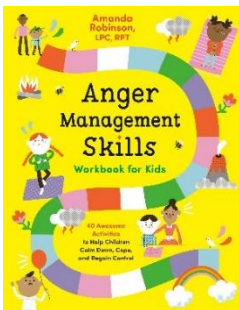
SOCIAL-EMOTIONAL LEARNING FOR AUTISTIC KIDS: Fun Activities to Manage Big Feelings and Make Friends (For Ages 5-10)

Neurodiversity/Emotions & Feelings | **Zeitgeist Trade Paperback** | August 2023

There are many ways for kids to develop their social-emotional learning—and it doesn't have to be on the playground or in an unfamiliar place. This activity book for autistic kids provides your child with a safe space to learn and practice everything from coping with big emotions to taking turns and learning to compromise. Written by an experienced therapist, SOCIAL-EMOTIONAL LEARNING FOR AUTISTIC KIDS helps kids develop fulfilling relationships and feel more confident in the world around

them.

[Emily Mori, MS, LCPC, CAS](#), clinical director of [Maryland Counseling Associates](#), is a certified strength-based therapist and autism specialist. She has a Master's degree in clinical mental health counseling from Johns Hopkins University. She is passionate about and has extensive experience with helping autistic children, teens, and adults navigate challenges with transitions, academics, and family and social dynamics, among other issues.



Robinson, LPC, RBT, Amanda

ANGER MANAGEMENT SKILLS WORKBOOK FOR KIDS: 40 Awesome Activities to Help Children Calm Down, Cope, and Regain Control

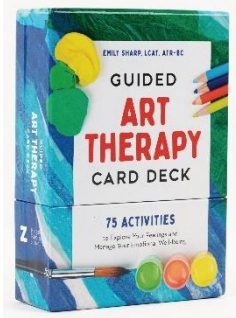
Psychology | **Z Kids Trade Paperback** | February 2020

While some children instinctively know how to regulate their emotions, plenty of others lack the skills they need to express their anger in healthy and effective ways. This warm, engaging workbook helps children ages 5-10 develop strong skills for managing their anger through 40 fun activities that will help kids learn to feel calmer and more in control—and to better form relationships with family and friends and ease problems at school.

[Amanda Robinson, LPC, RBT](#), is a licensed professional counselor and registered play therapist in private practice, where she works with children and teens with anxiety, anger, and trauma, and facilitates parenting groups. She is currently the president of her local chapter of the Texas Association for Play Therapy and the secretary of the Austin Sandtray Association.

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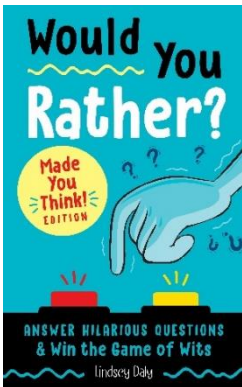
Sharp, LCAT, ATR-BC, Emily
GUIDED ART THERAPY CARD DECK: 75 Activities to Explore Your Feelings and Manage Your Emotional Well-Being
 Self-Help/Creativity | **Zeitgeist Card Deck** | October 2023

GUIDED ART THERAPY CARD DECK allows you to use art as therapy, focusing on the inherent healing power of artmaking to manage anxiety and stress, improve self-esteem, and deepen your relationships with others and your inner self. In this deck of 75 activities, you'll explore a wide range of artistic mediums, including painting, drawing, writing, collage, photography and digital art, sculpture, and mixed media, with each activity designed to be created using limited supplies. While traditional art therapy requires sessions facilitated by a professional licensed therapist, these activities and reflection questions, developed by a licensed art therapist, allow you to have a feeling experience with your own art, at your own pace.

[Emily Sharp, LCAT, ATR-BC](#), is a licensed art therapist specializing in helping clients break free from anxiety and negative patterns to create a life they love. Sharp is an expert in working with people of all ages and abilities to develop creative practices in their lives and feel better through art making. As a [board-certified telemental health therapist](#), Sharp provides an encouraging, safe, and compassionate place for clients to meet virtually, and also hosts art therapy workshops around the world, following her passions at the intersection of mental health, creativity, and travel.

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FAMILY, HUMOR, PARENTING



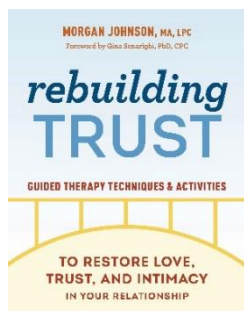
Daly, Lindsey
WOULD YOU RATHER? MADE YOU THINK! EDITION: Answer Hilarious Questions and Win the Game of Wits
 Humor/Games | **Z Kids Trade Paperback** | August 2020

****INCLUDED IN THE WOULD YOU RATHER? BOX SET!****

Enjoy hours of laughter with hilarious questions for kids that get harder as the book goes on. Laugh and learn with 160+ questions designed to make kids giggle, think, and figure out who's the wittiest (and silliest) of all! WOULD YOU RATHER? MADE YOU THINK! EDITION provides endless hours of fun for eight- to twelve-year-olds who love a challenge—and a good laugh.

Lindsey Daly works as a middle school social studies teacher and manages an [Instagram](#) page targeted at educators. She has a BA in history and a certification in secondary education.

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Johnson, MA, LPC, Morgan

REBUILDING TRUST: Guided Therapy Techniques and Activities to Restore Love, Trust, and Intimacy in Your Relationship

Family Relationships/Marriage | **Zeitgeist Trade Paperback** | October 2022

Of all the ways relationships fall apart, betrayal can rock us to the core. And yet, for couples or partners who want to stay together and do the work, healing *is* possible. The old relationships that no longer serve us can be dismantled and reassembled into deeper, stronger, more satisfying bonds than we ever imagined. With evidence-based therapy skills, techniques, and activities from a respected trust-recovery specialist, REBUILDING TRUST is the perfect resource to start.

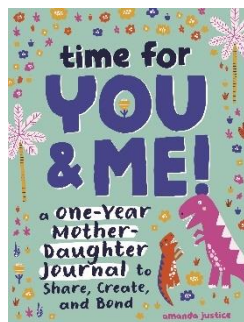
[Morgan Johnson, MA](#), is a licensed professional counselor (LPC), trust-recovery specialist, speaker, and author. She received a BA in psychology from Wake Forest University and completed her MA in counseling at St. Edward's University. She experiences a sense of purpose through helping people connect with themselves and others in her practice as well as through her writing.

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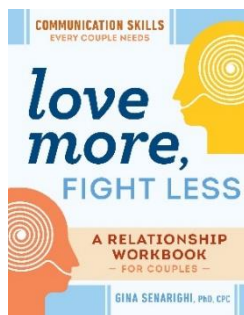
Justice, Amanda

TIME FOR YOU AND ME!: A One-Year Mother-Daughter Journal to Share, Create, and Bond

Family/Journal | **Z Kids Trade Paperback** | September 2023

Do you ever wonder what's going through your daughter's mind—how her school day really went, what made her laugh, what her biggest wish is? Written for girls and moms by a licensed family therapist, this pass-back-and-forth journal gives your daughter a fun way to explore her daily life, the world around her, and her feelings—both big and small—while you offer loving support through thoughtful prompts and on-the-page activities.

[Amanda Justice](#) is a licensed child and parent therapist. She has been working in early childhood, community, and outpatient treatment settings for 10 years, and is the owner of [Child Therapy Solutions, PLLC](#), a private practice specializing in helping children and parents overcome life's difficult moments by healing together. She supports girls and their families by promoting the mental health and development of children and empowering parents in their journey.



Senarighi, Gina

LOVE MORE, FIGHT LESS: COMMUNICATION SKILLS EVERY COUPLE NEEDS: A Relationship Workbook for Couples

Family Relationships/Marriage | **Zeitgeist Trade Paperback** | July 2020

Conflict is part of every relationship, even the healthiest ones. The key to a long-lasting relationship isn't avoiding fights, but rather seeing them as opportunities to work together. In LOVE MORE, FIGHT LESS, Gottman-certified relationship coach Dr. Gina Senarighi gives us the tools and strategies we need to communicate effectively, rebuild trust, and repair past hurts to work through conflicts and move forward in ways that strengthen bonds.

[Gina Senarighi, PhD, CPC](#), is an author, teacher, sexuality counselor, and certified relationship coach. She's been supporting clean fights and dirty sex in happy, healthy relationships as an educator, coach, consultant, and couple's therapist for over ten years.

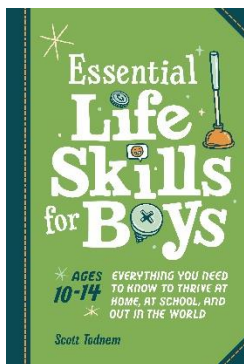
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Simp. Chinese – China Machine Press



Todnem, Scott

ESSENTIAL LIFE SKILLS FOR BOYS: Everything You Need to Know to Thrive at Home, at School, and Out in the World

Young Adult Etiquette | **Zeitgeist Young Adult Trade Paperback** | October 2023

Does the preteen boy in your life know how to wash his clothes? Plunge a toilet? Leave a tip? Read a map? Manage a bank account? Do you have the time and energy to teach him? Let ESSENTIAL LIFE SKILLS FOR BOYS lead the way with the tools he needs to become a responsible, resilient, and confident young man at home, at school, and out in the modern world.

[Scott Todnem](#) has been teaching health education at the middle school level since 2001 and was awarded the 2019 National Health Teacher of the Year. He uses his platforms to promote cultural diversity, gender inclusivity, mental health awareness, and suicide prevention. He is the author of *Growing Up Great!: The Ultimate Puberty Book for Boys* and *Sex Education for Boys: A Parent's Guide*.



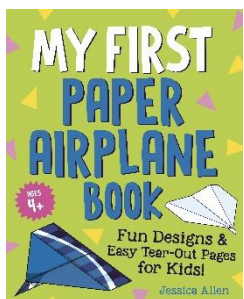
WELCOME, LITTLE ONE: A Keepsake Baby Journal and Baby Memory Book for Monthly Milestones and Memorable Firsts

Family/Parenting | **Zeitgeist Hardcover** | October 2023

Lovingly designed for a new generation of families, WELCOME, LITTLE ONE offers a beautiful, modern update on the classic baby journal scrapbook. Whether you seek charming, gender-neutral art or thoughtful prompts that suit any type of family or cultural background, this baby book is perfect for recording heartfelt memories and milestones to create a cherished family heirloom that

lasts a lifetime.

KIDS



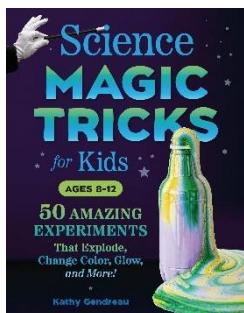
Allen, Jessica

MY FIRST PAPER AIRPLANE BOOK: Fun Designs and Easy Tear-Out Pages for Kids!

Crafts/Science | **Z Kids Trade Paperback** | August 2023

Welcome to the wonderful world of paper airplanes, where curiosity and creativity meet engineering and science. In MY FIRST PAPER AIRPLANE BOOK, kids meet darts, gliders, and stunt planes—each with its own unique flight path. Playing with different designs, little ones become creative problem-solvers, quickly learning the way every fold shapes the plane's journey in the sky. Step-by-step illustrations ensure kids ages 4-6 can easily follow along, while perforated pages let kids start tearing, folding, and flying right away.

[Jessica Allen](#) loves writing almost as much as she loves folding and flying paper airplanes. She's written many books and articles about all kinds of subjects, from axolotls to cool colleges to the best tacos in NYC. Her writing has appeared in *The Boston Globe*, CNN, the *Independent*, *McSweeney's*, *Mental Floss*, the *Onion's A.V. Club*, the *Washington Post*, *Writer's Digest*, and many other publications.



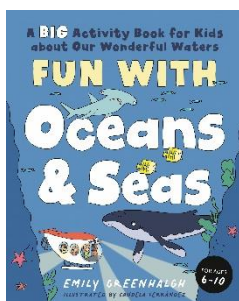
Gendreau, Kathy

SCIENCE MAGIC TRICKS FOR KIDS: 50 Amazing Experiments That Explode, Change Color, Glow, and More!

Science for Kids | **Z Kids Trade Paperback** | October 2023

Make a flame jump from candle to candle, create a cloud in a bottle, and keep water from pouring out of an upside-down container in this exciting science book for kids! Young magicians will thrill to these age-appropriate tricks—and gain confidence in their scientific knowledge and abilities at the same time. Written by the owner and founder of STEAMboat Studio, **SCIENCE MAGIC TRICKS FOR KIDS** is the perfect science book for budding scientists *and* magicians.

Kathy Gendreau is the owner and founder of [STEAMboat Studio](#), a children’s education center dedicated to bringing fun, hands-on, STEAM-focused learning experiences to students of all ages. Since founding STEAMboat Studio in 2014, Gendreau and her team have created and delivered art, science, engineering, and technology programs to thousands of children through in-person classes, videos, online lessons, assemblies, school and community events, and classroom curricula.



Greenhalgh, Emily

FUN WITH OCEANS AND SEAS: A Big Activity Book for Kids about Our Wonderful Waters (and Marvelous Marine Life)

Puzzles/Marine Life | **Z Kids Trade Paperback** | September 2023

Discover the wonders of the world’s waters! Whether kids are fascinated by sharks, whales, glaciers, tides, icebergs, shipwrecks, or any other part of ocean and sea life, they’ll be thrilled by the awesome activities and wild facts in this entertaining and educational book.

[Emily Greenhalgh](#) is an award-winning science journalist whose work has been featured in *USA Today*, *The Boston Globe*, *Gizmodo*, the World Meteorological Organization, and science textbooks. She has worked on commercial fishing boats, tagged breeding sharks, and hiked in Antarctica.



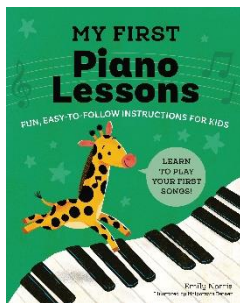
Henries-Meisner, Katie

BIRD BOOK FOR KIDS: Coloring Fun and Awesome Facts

Science for Kids | **Z Kids Trade Paperback** | December 2023

Meet 25 birds from all over the world! This learn-through-coloring bird book for kids provides children ages 3-7 with hours of coloring fun and teaches them exciting facts about these astonishing creatures at the same time. Children will have fun coloring birds, learning about them, and preparing for a bird-watching adventure!

Katie Henries-Meisner is a teacher, school leader, and mom of two kids. She is passionate about urban education and social justice and loves learning through exploration and projects.



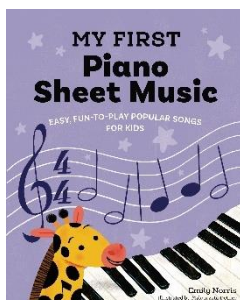
Norris, Emily

MY FIRST PIANO LESSONS: Fun, Easy-to-Follow Instructions for Kids

Music | Z Kids Trade Paperback | July 2023

MY FIRST PIANO LESSONS is the perfect starting point for your little musician, with its clear instructions, colorful illustrations, and supportive approach. Written by an experienced piano teacher, this book covers everything a beginning pianist needs to know, from proper hand position to the basics of reading music, all in an enjoyable and easy-to-understand way. And with 10 beloved and popular songs to learn and focus on, your child will be confidently playing the piano in no time!

[Emily Norris](#) is an experienced piano and voice teacher dedicated to helping kids discover their love of music. Norris is also an accomplished piano accompanist for soloists and musical productions, including *Beauty and the Beast* and *The Wizard of Oz*. She owns [EBN Music](#), a home studio in Rockwall, Texas, and teaches online and in-person classes to young music lovers all around the world.



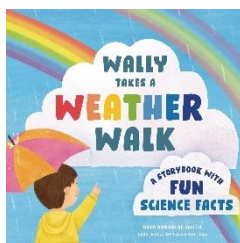
Norris, Emily

MY FIRST PIANO SHEET MUSIC: Easy, Fun-to-Play Popular Songs for Kids

Music | Z Kids Trade Paperback | July 2023

MY FIRST SHEET MUSIC is the perfect songbook for budding piano players, with 40 beginner-friendly tunes, clear music notation, and helpful hand positions for every song. Compiled by an experienced piano teacher, the songs naturally progress from simple, right-hand only songs to ones that use both hands. With letter names for each note, your child can easily learn to play the songs and practice their music reading, boosting their piano-playing confidence and having fun along the way.

[Emily Norris](#) is an experienced piano and voice teacher dedicated to helping kids discover their love of music. Norris is also an accomplished piano accompanist for soloists and musical productions, including *Beauty and the Beast* and *The Wizard of Oz*. She owns [EBN Music](#), a home studio in Rockwall, Texas, and teaches online and in-person classes to young music lovers all around the world.



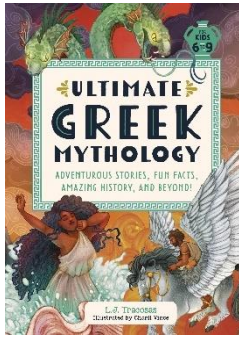
Smith, Bree Sunshine

WALLY TAKES A WEATHER WALK: A Storybook with Fun Science Facts

Science for Kids | Z Kids Trade Paperback | September 2023

WALLY TAKES A WEATHER WALK teaches toddlers the science behind what they see outside. What is wind? Why are there two rainbows? What makes snowflakes unique? Follow inquisitive Wally as he walks through summer, fall, winter, and spring, picking up facts about the seasons and weather conditions as he interacts with the natural world. Each page is a chance to spark curiosity around the magic waiting just beyond your front door.

[Bree Sunshine Smith](#) loves weather, breaking down complex concepts, and inspiring curiosity in others. She is an Emmy Award-winning broadcast meteorologist accredited by the National Weather Association and the American Meteorological Society.



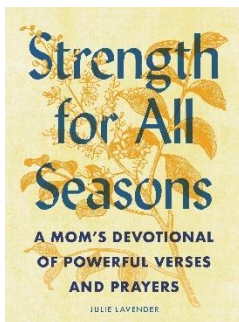
Tracosas, L. J.

ULTIMATE GREEK MYTHOLOGY: Adventurous Stories, Fun Facts, Amazing History, and Beyond!
Myths for Kids | Z Kids Paper-Over-Board/Unjacketed Hardcover | November 2023

Travel to the top of Mount Olympus, where the gods and goddesses live. Get to know Zeus, Apollo, Poseidon, Aphrodite, and Dionysus and understand how they shaped the fate of humans and the world, and then venture deep down to the caves and wonders of the Underworld, where Hades rules. In **ULTIMATE GREEK MYTHOLOGY**, kids will immerse themselves in the amazing stories of muses and heroes and encounter fantastical beasts and creatures while also discovering the incredible facts and history that inspired each myth.

[L. J. Tracosas](#) is a writer and editor. She's the author of more than 20 nonfiction books for curious young readers and adults.

RELIGION



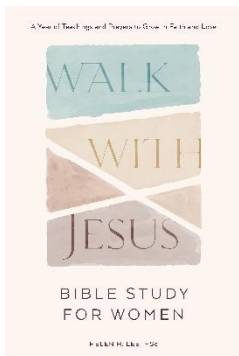
Lavender, Julie

STRENGTH FOR ALL SEASONS: A Mom's Devotional of Powerful Verses and Prayers
Religion | Zeitgeist Trade Paperback | October 2023

In **STRENGTH FOR ALL SEASONS**, author Julie Lavender is beautifully candid about the difficulties of motherhood and offers encouragement and wisdom based on God's most powerful words, reminding weary moms that God is the ultimate source of strength and resilience. This thoughtful weekly devotional gives moms the grace and space to go at their own pace and reflect on both celebrations and challenges while staying grounded in God's truths. The seasons of motherhood are ever-changing with peaks and valleys and ebbs and flows, but the one thing moms can consistently

count on is God.

[Julie Lavender](#) is an author, journalist, and former homeschooling mom of 25 years. She holds a master's degree in early childhood education and is also the author of *365 Ways to Love Your Child: Turning Little Moments into Lasting Memories*. Her work has been featured in *Guideposts*.



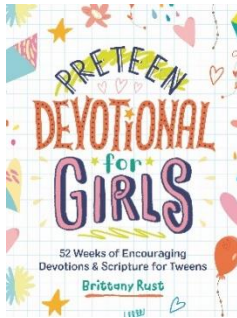
Lee, MSc, Helen H.

WALK WITH JESUS: Bible Study for Women: A Year of Teachings and Prayers to Grow in Faith and Love

Religion | Zeitgeist Trade Paperback | November 2023

Whether Christian women are new to faith or devout believers, studying the Bible and encountering Jesus can be challenging. With clear guidance, explanations, and genuine reflections in this Bible study for women, **WALK WITH JESUS** provides a solid foundation for women to grow closer to Jesus and propel deep spiritual growth so they can bloom and flourish as the women God has called them to be.

[Helen H. Lee](#) specializes in helping women experience a transformative relationship with God through Spirit-led coaching. Her passion is to help women learn to walk courageously in God's love and become who they were created to be so they can live their God-given purpose. Her coaching style is compassionate and client-centered and aimed at empowering clients to be led by the Holy Spirit and Biblical principles so they can experience spiritual growth.

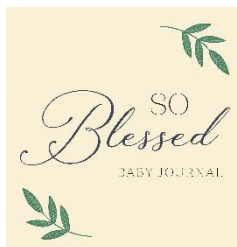


Rust, Brittany

PRETEEN DEVOTIONAL FOR GIRLS: 52 Weeks of Encouraging Devotions and Scripture for Tweens
Religion | Zeitgeist Young Adult Trade Paperback | August 2021

The preteen years can be complicated, and this conversational devotional helps girls find their voice and inner strength through God's love and light. Brittany Rust, an experienced Bible teacher with a passion for helping teens know God and his Word, discusses and interprets Scripture in a way that makes it easy for kids to understand, and speaks to everyday preteen concerns, like friends and cliques, self-esteem, privacy, social media, and crushes.

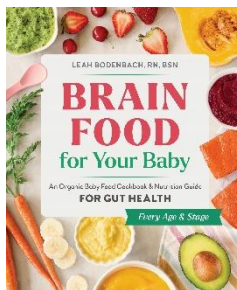
[Brittany Rust](#) is a writer and Bible teacher with a passion to help women know God and His Word. She is the founder and president of Truth x Grace Ministries, which provides online ministry for moms, events for women in Colorado, and online resources to help people grow in their faith.



SO BLESSED BABY JOURNAL: A Christian Baby Memory Book and Keepsake for Baby's First Year
Religion | Zeitgeist Unjacketed Hardcover | June 2023

Create a timeless family heirloom filled with treasured moments and milestones that mark baby's first year of life. Record your most cherished memories and prayers on thick, premium paper that features beloved Scripture verses and plenty of space for photos and mementos, including a sturdy pocket for storing additional keepsakes.

COOKING



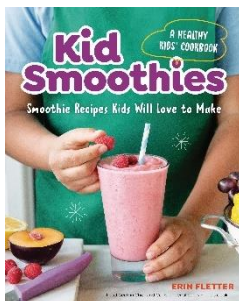
Bodenbach, RN, BSN, Leah

BRAIN FOOD FOR YOUR BABY: An Organic Baby Food Cookbook and Nutrition Guide for Gut Health

Cooking | Zeitgeist Trade Paperback | November 2023

As parents, you possess great powers to help foster the growth of a healthy baby, starting with nourishing foods. In BRAIN FOOD FOR YOUR BABY, holistic health coach and registered nurse Leah Bodenbach offers a step-by-step nutritional guide to baby's first foods along with 125 easy, brain-boosting, gut-healthy recipes for every age and stage. And the biggest perk of all is that you'll be making your own homemade baby food, so you'll know each and every ingredient your baby is eating.

[Leah Bodenbach, RN, BSN](#) is a nurse, holistic health coach, and founder of [Blooming Motherhood](#). She specializes in reducing the risk of allergies and chronic health issues through babies' first foods. She is passionate about teaching moms to nourish their little ones with intentional foods, as well as how to integrate holistic and modern medicine into their own daily rhythm.



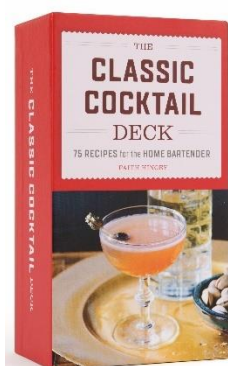
Fletter, Erin

KID SMOOTHIES: A Healthy Kids' Cookbook: Smoothie Recipes Kids Will Love to Make

Cooking | **Z Kids Trade Paperback** | October 2023

Dragon's Lair Cocoa Smoothie, Vanilla Bean Dream Delight, Pineapple Paradise, Strawberry Lemonade Stand Pops—these are just some of the yummy, kid-approved recipes you'll find in KID SMOOTHIES by Erin Fletter, co-founder of Sticky Fingers Cooking. In this book, kids ages 6-9 will gain confidence in the kitchen as they take charge making delicious smoothies from start to finish. They'll learn to handle basic tools and equipment and prep like a pro—cutting fruit, zesting citrus, operating a blender, and more. Filled with recipes for refreshing, creamy, and fruity smoothies, smoothie bowls, and smoothie pops, there is a fresh and healthy treat for everyone in the family to enjoy.

[Erin Fletter](#) started [Sticky Fingers Cooking](#) school and co-owns Barolo Grill in Denver. Sticky Fingers Cooking began as a simple idea: Fletter wanted to teach her kids how to cook and thought, "Why not teach all kids?" Today, Sticky Fingers Cooking classes are offered all over the United States, and more than one hundred thousand kids (and counting!) have learned how to cook in a Sticky Fingers Cooking class, cookbooks, and online.



Hingey, Faith

THE CLASSIC COCKTAIL DECK: 75 Recipes for the Home Bartender

Cooking/Bartending | **Zeitgeist Card Deck** | October 2023

You don't need to be a professional to make delicious drinks at home. All you need are a few carefully curated spirits and THE CLASSIC COCKTAIL DECK. Cocktail aficionado Faith Hingey provides you with a deck of 75 cards featuring simple but iconic cocktails complete with beautiful photos and a concise guide to bar stocking and cocktail making. You'll be shaking and stirring up the classics from Sidecars and daiquiris to Manhattans and negronis—and impressing your guests—in no time!

[Faith Hingey](#) is a spirits and cocktail enthusiast. She aspires to demystify the world of craft cocktails and make them an approachable creative indulgence that anyone can enjoy at home. She also enjoys indoor and outdoor gardening, DIY home projects, and cooking internationally inspired meals. You can find her educational content on Instagram [@barfaith](#).

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