



Pixel Cats

Fun and Relaxing Coloring Pages with Adorable Cats and Cute Cityscapes

Lainie Dao

Summary

Indulge your imagination in a purrfect world filled with futuristic felines and their techno houses in this coloring book for cat lovers, adults and kids alike!

Unleash your creativity within the pages of *Pixel Cats* and find a way to relax and enjoy the fancy spaceships and sleek architecture. The journey will take you to never-seen-before places where cybermeows reign and fans of kittens and felines will rejoice.

This cybernetic jungle includes detailed pages for endless fun and de-stressing hours. This coloring book mixes the intrinsic details of a futuristic world where cats rule the world and where nature and its feline creatures are beautifully balanced. These joyful scenes will let your creativity and imagination run wild with each stroke of your favorite coloring pencils!

Contributor Bio

Lainie Dao, also known as LAINIE, is originally from Hanoi, Vietnam. Lainie has a passion for abstract and surrealist art and has also created comic books for kids. She believes art is a vehicle to transcend lines, gender, and race, and that it can empower everyone to explore themselves and their surroundings.

Be sure to tag your progress and finished art with #LainieDao on Facebook and Instagram. Let your colors fly!

Ulysses Press
9781646047598
Pub Date: 1/7/25
\$14.95 USD
Trade Paperback

48 Pages
24 black and white illustrations
Carton Qty: 78
Games & Activities / Coloring Books
GAM019000



Drawing Chibi Pets

Learn to Draw Kawaii Companions, from Dogs, Cats, and Hamsters to Lizards and Fish! (How to Draw Books)

Tessa Creative Art

Summary

In *Drawing Chibi Pets*, learn how to bring your favorite anime and manga-inspired pets to life using step-by-step instructions perfect for beginners!

Take your drawing skills to the next level with *Drawing Chibi Pets*!

Whether you're just starting out or need a refresher, this workbook is a great tool to work your way up from easy illustrations. Begin with familiar drawings like dogs and cats and steadily move toward complex animals like lizards.

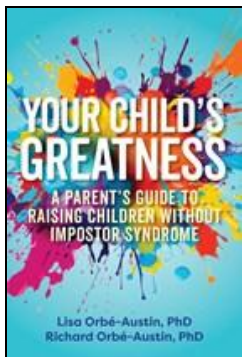
Drawing Chibi Pets will help budding artists build and strengthen creative muscles with every page, cultivating self-confidence in your craft and yourself.

Contributor Bio

Tessa Creative Art is an anime and manga illustration and design studio located in Canada.

Ulysses Press
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128 Pages
25 black-and-white illustrations
Carton Qty: 45
Ages 9 to 12
Juvenile Nonfiction / Art
JNF006020
Series: How to Draw Books



Your Child's Greatness

A Parent's Guide to Raising Children without Impostor Syndrome

Lisa Orbé-Austin, Richard Orbé-Austin

Summary

Create healthy relationships, identify key conflict resolution tools, and build a healthy, emotionally regulated, and impostor syndrome-free family with help from authors Lisa and Richard Orbé-Austin, recently featured on the *Today Show*.

Emotional regulation is key to becoming a better parental figure for every member of your family. Discover the tools to successfully regulate those emotions so you can work with and nurture your child from the very beginning until they are independent (or interdependent) from you, continuing to grow into a person who trusts themselves and is unafraid of impostor syndrome.

Your Child's Greatness will act as a manual to the principles and skills that are critical in the development of healthy self-esteem in children, including:

- An ability to develop an internal sense of validation and self
- The skills to handle critical feedback with an aim toward growth
- A focus on collaboration and building community around them
- A lack of fear around who they are, what they want, and the journey that they are on
- And so much more.

From expert authors Lisa and Richard Orbe-Austi...

Contributor Bio

Dr. Lisa Orbé-Austin is a licensed psychologist and executive coach. She earned her doctorate in counseling psychology from Columbia University. Her expertise on impostor syndrome is regularly sought by the media and she has appeared in outlets such as *Financial Times*, the *Today Show*, *Good Morning America*, *Forbes*,

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Trade Paperback

288 Pages
Carton Qty: 30
Family & Relationships / Life Stages
FAM003000
Series: Your Greatness



The Beginner's Guide to Ego Death

Expand Your Mind Through Psychedelic Exploration (Guides to Psychedelics & More)

AJ Murrillo

Summary

Embark on a transformative journey with this comprehensive guide to unleashing your true potential and achieving ego death through psychedelics!

The true limits of our potential are hidden deep within our minds, obscured by the psychological walls and bound to the mental shackles we've developed over time. These intangible restrictions that keep us from understanding our true selves and reaching enlightenment can only be overcome through psychedelic-induced ego death.

A transformative guide written in two parts, *The Beginner's Guide to Ego Death* will illuminate the path to self-discovery and fulfillment by providing profound insights into the human psyche and detailed information on the best psychedelics to use and their effects. Whether you're a seasoned psychonaut, a psychedelic newbie, or simply curious about the nature of ego death, this book will awaken your innate potential as you learn to:

- Understand the human psyche
- Learn the different psychedelics and their effects
- Navigate the complexities of reality
- Explore the depths of consciousness
- And more!

Written by an expert psychonaut and ...

Contributor Bio

AJ, an introspective detective from Brooklyn, New York, bravely explored the inner landscapes of the psyche through ego death experiences. Encounters with the depths of consciousness ignited her path, unlocking innate

Ulysses Press
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\$17.95 USD
Trade Paperback

182 Pages
Carton Qty: 50
Health & Fitness / Alternative Therapies
HEA032000
Series: Guides to Psychedelics & More



Ultimate Guide to Wilderness Living
Surviving with Nothing But Your Bare Hands and What You Find in the Woods
 Geri McPherson, John McPherson

Summary

Survivalists of all levels can use *Ultimate Guide to Wilderness Living* to learn primitive living skills, tools for optimal self-sufficiency, and how to better be prepared for any and all adventures into the wild!

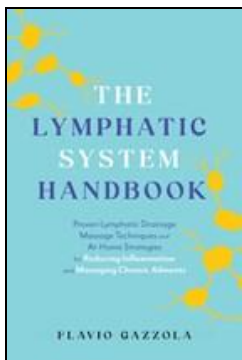
Packed with in-depth instruction and photos, this guidebook teaches the skills needed to survive and live in the wild using only those things found in the woods or in other natural landscapes. Learn how to ignite a fire with a two-stick hand drill, erect temporary and semi-permanent structures, and more with wilderness experts John and Geri McPherson.

“During my first years of learning survival I took a course in survival and primitive earth skills taught by John and Geri McPherson. I was excited by their unbelievable passion and their intrinsic understanding of survival. Their teachings took me from understanding basic skills to a full-blown love for the ancient technologies that humans developed to survive. John and Geri are the real deal. They don’t just teach this stuff, they live it. I loved the experience with them so much I came back a second time a few years later. Now...”

Contributor Bio

Married for over 20 years, John and Geri McPherson lived on 46 acres of undeveloped land in the Flint Hills of Kansas. Everything man made on their property had been done by them. They taught many members of the military Special Operations Forces, including A-Teams, Rangers, and SEALs. Twice a year, they used to run a special class on strictly primitive wilderness living and survival skills for instructors from the US Army Special Warfare Command's SERE survival school.

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 Trade Paperback
 380 Pages
 Carton Qty: 24
 Sports & Recreation /
 Outdoor Skills
 SPO030000



The Lymphatic System Handbook
Proven Lymphatic Drainage Massage Techniques and At-Home Strategies for Reducing Inflammation and Managing Chronic Ailments
 Flavio Gazzola

Summary

Uncover the secrets of the lymphatic system and master your total-body health with easy-to-follow exercises, simple therapy techniques, digestible clinical information, and more!

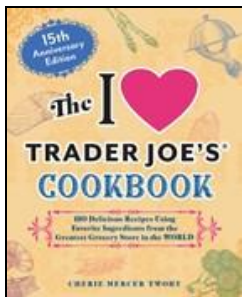
Although not commonly known, the lymphatic system is responsible for a number of important functions in the human body, such as purifying toxins, fortifying the immune system, and maintaining physical beauty. Whether you’re interested in learning more about this elusive system or seeking alternative treatment to chronic inflammation, look no further than *The Lymphatic System Handbook!*

Featuring step-by-step exercises and techniques for lymphatic drainage massages as well as comprehensive, easy-to-digest information on lymph health, circulation, and management, *The Lymphatic System Handbook* will help you understand and alleviate inflammation symptoms associated with chronic illnesses, such as:

- Diabetes
- Lymphedema
- Cellulitis
- Sciatica
- And more!

Written by a seasoned health expert, *The Lymphatic System Handbook* is the perfect easy-to-follow guide for maintaining your lymph health and leading a happier, healthier life.

Ulysses Press
 9781646047857
 Pub Date: 2/25/25
 \$18.95 USD
 Trade Paperback
 240 Pages
 Carton Qty: 50
 Health & Fitness /
 Alternative Therapies
 HEA032000



The I Love Trader Joe's Cookbook: 15th Anniversary Edition
150 Delicious Recipes Using Favorite Ingredients from the Greatest Grocery Store in the World
 Cherie Mercer Twohy

Summary

Rediscover the countless amazing meals you can create with your favorite Trader Joe's® products, including keto-friendly dishes, low-carb recipes, sweet treats, vegetarian and vegan ideas, party-ready appetizers and snacks, and so much more!

Don't go into your next Trader Joe's® visit unprepared: *The I Love Trader Joe's® Cookbook: 15th Anniversary Edition* is now fully restocked with even more fun and creative, never-before-seen recipes! Grab all your favorite delicious and budget-friendly ingredients to create mouthwatering hors d'oeuvres, restaurant-worthy meals, and other amazing dishes, such as:

- Apple Sausage and Cheddar Bites
- Brie and Pear Galette
- Chile and Crab Chowder
- Lamb Loin with Pomegranate Reduction
- Margarita Pork Chops
- And so much more!

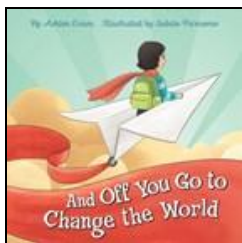
Fully updated with fan-favorite recipes, *The I Love Trader Joe's® Cookbook: 15th Anniversary Edition* is perfect for planning your next soiree or preparing a quick-and-easy bite!

Contributor Bio

Cherie Mercer Twohy is a food writer, culinary tour leader, and unabashed Trader Joe's stockpiler. After 15 years of teaching thousands of students to fall in love with Trader Joe's, Cherie moved to a tiny town on the Oregon coast, where she sees whales from her window. She lives 60 miles from her closest TJs but still makes frequent provisioning trips. With four Trader Joe's books to her credit, she is currently at work on a novel about a cheese

Ulysses Press
 9781646047819
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 \$19.95 USD
 Trade Paperback

 240 Pages
 50 color photos, 100 color illustrations
 Carton Qty: 30
 Cooking / Methods
 CKB070000
 Series: Unofficial Trader Joe's Cookbooks



And Off You Go to Change the World
A Preschool Graduation/First Day of Kindergarten Gift Book
 Ashten Evans, Sabdo Purnomo

Summary

Give preschool and kindergarten grads the gift of inspiration with this perfect graduation day gift: a book full of positive messages paired with adorable, colorful illustrations that promises to uplift and encourage children on their big day.

The perfect gift for graduates of preschool or kindergarten as they accomplish their first experiences with school and pave the way to a lifetime of learning, this book is a great way to celebrate the special child in your life. With charming illustrations and text to uplift and motivate, *And Off You Go to Change the World* is a wonderful read for parents and children alike. Congrats, grads!

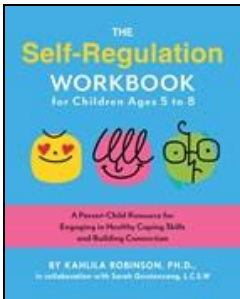
Contributor Bio

Ashten Evans es una editora y escritora que vive en Kansas City. Le gusta pasar el tiempo con su amado marido, Drew, y con su gato súper tranquilo, Chelsea. Este es su primer libro.

Sabdo Purnomo es un ilustrador profesional de libros infantiles. Vive en Indonesia.

Ulysses Press
 9781646045372
 Pub Date: 4/1/25
 \$12.95 USD
 Trade Paperback

 64 Pages
 64
 Carton Qty: 80
 Ages 4 to 6
 Juvenile Fiction / Social Themes
 JUV039090



The Self-Regulation Workbook for Children Ages 5 to 8
A Parent-Child Resource for Engaging in Healthy Coping Skills and Building Connection
 Kahlila Robinson, Sarah Gerstenzang

Summary

Both caregivers and children can benefit from this workbook offering helpful guidance on essential emotional regulation skills such as co-regulation, frustration tolerance, expressing feelings, caregiver reflection, and child self-control, through fun and engaging activities.

Written by experienced child therapists who are parents themselves, this workbook uses the foremost knowledge and methods to help both caregivers and children build strong relationships and instill useful regulation tools in their everyday lives. Follow along with fun activities used to teach caregivers how to realistically adapt to meet children’s emotional needs. Activities and guidance include:

- How to use play and connection as a baseline approach
- Naming and noticing feelings
- Guidance for building emotional resilience and reflection in your child
- Emotion regulation strategies for the caregiver to use during tough moments
- Learning the strengths and limits of a child's brain and nervous system
- How to use parent reflection to better understand and respond to challenging child behaviors
- How to set limits and repair ruptu...

Contributor Bio

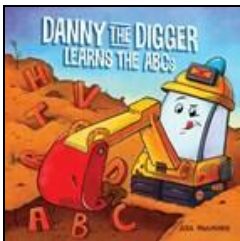
Kahlila Robinson, PhD, is a psychologist in private practice in New York City. She received her doctoral training from the Graduate Center, City University of New York. She has worked with people from across the life span, and from all walks of life. She has specialized training and experience working with children and families, in parent mental health, and with adults with relational trauma. She has worked in hospital and clinic settings, as a mental health consultant in preschools, and as diirector of parent mental health of a nationally recognized early intervention program in the Bronx, NY. She is a supervising psychologist for child and adult psychology

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 9781646047604
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 \$17.95 USD
 Trade Paperback

144 Pages
 20 black and white spot illustrations
 Carton Qty: 78
 Ages 5 to 8
 Juvenile Nonfiction / Social Topics
 JNF053050
 Series: Self-Regulation

Danny the Digger Learns the ABCs

Aja Mulford



Summary

Join Danny, a young mini excavator, as he and his construction site friends take on a new job, and learn the alphabet along the way!

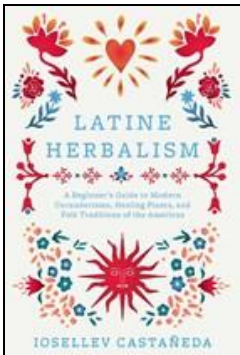
The perfect ABC book for any kid who loves excavators, cranes, dump trucks, backhoe loaders, and mixers, *Danny the Digger Learns the ABCs* is a follow-up companion to *Danny the Digger Saves Christmas*. Kids will love learning their letters as they explore the construction site with Danny. The joyful, full-color illustrations feature large, prominent letters that will help toddlers start to recognize letter shapes while also learning the names of vehicles and tools found on construction sites. A wonderful baby shower gift or birthday present for young children!

Contributor Bio

Aja Mulford (pronounced *Asia*) is an illustrator, art director, and illustration teacher. Aja earned her MFA in Illustration from the University of Hartford and has a background in teaching at the college level, graphic design, and art directing. Originally from, Kealakekua, Hawaii, Aja now lives and works with her husband, artist and designer Ryan Mulford, in Northern California.

Ulysses Press
 9781646047871
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 \$12.95 USD
 Trade Paperback

24 Pages
 20 full-color illustrations
 Carton Qty: 72
 Ages 0 to 4, Grades P And Up
 Juvenile Fiction / Concepts
 JUV009010
 Series: Danny ABCs



Latine Herbalism

A Beginner's Guide to Modern Curanderismo, Healing Plants, and Folk Traditions of the Americas

Iosellev Castañeda

Summary

Discover the art of Modern Curanderismo as you explore the rich history behind modern-day herbal remedies, natural recipes, plant medicine, holistic and spiritual rituals, and more practiced by Curanderos(as) across the Americas.

Delve into the healing traditions of Latine folk herbalism and modern curanderismo with this all-in-one guidebook offering a fusion of time-honored and contemporary practices. *Latine Herbalism* details the medicinal power of herbs and plants, their origins, and their most common uses while also exploring the folk traditions from sacred locations in the US, Mexico, and South America. This book even goes one step further, helping you navigate through the most common afflictions of body and mind, from digestive issues to stress management and beyond, with *remedios y rituales* such as:

- Breath vibrations
- Heart vibrations
- Spirit of the flowers
- Moon energy
- And more

Authored by a passionate advocate and practitioner, this book explores and honors the nuanced realms of curanderismo and Latine herbalism.

Contributor Bio

Iosellev "Josie" Castañeda Morales is a modern-day curandera. At an early age she was introduced to the practice of curanderismo as a way of life. Today, Josie serves her Miami community as a yerbera, one who works with herbs. She shares her knowledge with depth, joy, and clarity. You can connect with her at

Ulysses Press
9781646047628
Pub Date: 4/29/25
\$17.95 USD
Trade Paperback

160 Pages
Carton Qty: 36
Health & Fitness /
Indigenous Health & Healing
HEA056000
Series: Herbalism

The Healthy Kidney Handbook

A Comprehensive Guide to Manage Hypertension, Control Stress, and Prevent Renal Failure, Kidney Disease, and More

C. Nicole Swiner

Summary

Improve kidney function and manage kidney disease with this practical guide full of tips and strategies on maintaining kidney health through hydration, lifestyle changes, balanced nutrition, and more.

More than 35 million people in the US suffer from kidney disease today, and this number continues to rise. Author and doctor C. Nicole Swiner, M.D., aims to take a strong stance against this rise of kidney disease by providing everyone with the information they need to support their kidney health and manage chronic kidney-related illnesses.

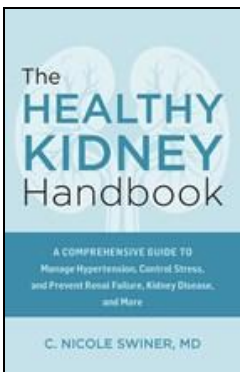
With *The Healthy Kidney Handbook*, you'll learn what you can do before your kidney health starts to suffer, including:

- Understanding the anatomy of the kidneys and exactly what makes them function
- Learning good nutrition and how you can upgrade your diet
- Improving your access to consistent exercise
- Discovering how current weight-loss drugs and diabetes can affect your kidney health
- And so much more

Whether you're currently suffering from kidney disease or simply want to embark on a healthier lifestyle, this book will guide you in transforming your kidney heal...

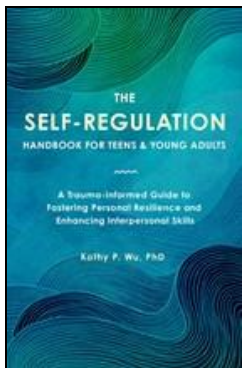
Contributor Bio

Voted in the Top 10 Best Doctors in NC, Doc Swiner is a family physician, seven-time best-selling author,



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\$17.95 USD
Trade Paperback

160 Pages
Carton Qty: 30
Health & Fitness / Diseases
& Conditions
HEA039160



The Self-Regulation Handbook for Teens and Young Adults

A Trauma-Informed Guide to Fostering Personal Resilience and Enhancing Interpersonal Skills

Wu

Summary

Discover how emotional regulation and other coping skills can help you manage big emotions, big life changes, and the issues you deal with on a day-to-day basis.

The final years of high school and the first years of college can be full of new experiences, friendships, and learning opportunities. But they can also be a time of upheaval and instability. This trauma-informed handbook will help you remain empowered and centered as you navigate through a variety of difficult experiences, including:

- Mental health concerns like anxiety, depression, perfectionism, boredom, burnout, and grief
- Interpersonal challenges like not fitting in, being gaslit, facing discrimination, and problems with communication and relationships
- External issues like collective trauma, social media pressures, political upheaval, and financial stress

Specifically designed for ages 15 to 21, this comprehensive guide provides valuable tools for utilizing self-regulation to build resilience and cultivate a strengths-oriented mindset. Dr. Kathy Wu, a licensed psychologist, has compiled helpful strategies and practical interve...

Contributor Bio

Kathy Wu, PhD is a licensed psychologist who helps young people optimize their personal growth, creativity and wellbeing. Formerly a college professor, Dr. Wu is keen on applying education with trauma-informed and evidence-based approaches to mental health care.

Dr. Wu has worked formally since age seven, starting in her family's dumpling business, through to

Ulysses Press
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Trade Paperback

192 Pages
Carton Qty: 44
Ages 15 And Up, Grades 10
And Up
Young Adult Nonfiction /
Social Topics
YAN051100
Series: Self-Regulation

Dirty Korean: Second Edition

Spice Up Your Conversation with Casual Slang to Use with Your Friends, Enemies, Lovers, and More

Haewon Baek, Jinny Baek

Summary

Dive into the vibrant world of *Dirty Korean*, your go-to handbook packed with essential phrases for speaking like a native, making Korean friends, and navigating South Korea like a pro.

Korean language learning textbooks can be helpful, but when it comes to really immersing yourself in culture and learning how native Koreans speak in their daily lives, they often fall short. That's where *Dirty Korean* comes in.

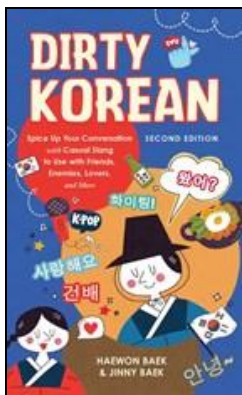
In this updated second edition, you'll learn all the latest slang Korea has to offer so that the next time you travel to Korea, you can chat casually with your friends, impress your new date, and join in on all the juicy gossip. So get ready to drop the textbook formality and bust out expressions they never teach you in school, including:

- Cool slang
- Funny insults
- Explicit sex terms
- Swear words
- And so much more!

Whether you're charming *oppas* or winning over gracious *unnis*, *Dirty Korean* is your key to unlocking the cultural richness of South Korea.

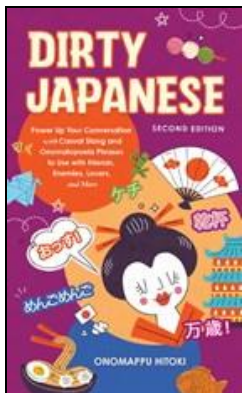
Contributor Bio

Haewon Baek lives in Colorado with her family. Originally from Seoul, Korea, she enjoys returning to Jeju



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Trade Paperback

176 Pages
Black and white illustrations
Carton Qty: 40
Foreign Language Study /
Korean
FOR015000
Series: Dirty Language Books



Dirty Japanese, Second Edition

Power Up Your Conversation with Casual Slang and Onomatopoeia Phrases to Use with Friends, Enemies, Lovers, and More

Onomappu Hitoki

Summary

Experience deeper immersion into Japanese language and culture with this fully updated guidebook of casual slang, onomatopoeia phrases, and spicy vocab!

When it comes to speaking more naturally, there's only so much you can learn from your Japanese textbooks and favorite anime. Why not supplement your knowledge and sound like a native with *Dirty Japanese*?

Fully updated for the modern age, *Dirty Japanese* will up your speaking game by teaching you:

- Cool slang
- Funny insults
- Explicit terms
- Onomatopoeia phrases
- And so much more!

Written by Japanese language influencer Onomappu Hikoki, *Dirty Japanese* will take your Japanese to the next level and have you speaking like a true native in no time!

Contributor Bio

Hitoki is a native Japanese speaker with a passion for lifelong learning. In his journey to connect and support lifelong learners, Hitoki learned Japanese, Chinese, English, and Spanish. Professionally, he's a doctor who mastered the art of learning while studying the human brain. His YouTube channel *Onomappu* demonstrates this with fun videos so interesting, viewers forget they're learning! This same technique is showcased in *Dirty Japanese, Second Edition*, a fun read containing real Japanese not taught in schools or textbooks. Learn more

Ulysses Press
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\$16.95 USD
Trade Paperback

176 Pages
Carton Qty: 60
Foreign Language Study /
Japanese
FOR014000
Series: Dirty Language Books



Clutter Rehab

101 Tips and Tricks to Declutter Your Home, Organize Your Space, and Take Control of Your Life

Laura Wittmann

Summary

Learn useful skills and helpful tips to eliminate clutter, organize your home, and achieve a stress-free lifestyle!

Organization guru Laura Wittmann is here to tell you that turning your chaotic disaster of a home into a well-organized safe haven doesn't have to be a terrible undertaking—it can be fun, exciting, and ultimately, rewarding! Featuring tried-and-true quick solutions that have been tested by the loyal readers of the popular blog *Organizing Junkie*, *Clutter Rehab* offers simple plans and fun projects to help minimize stress and maximize space by:

- Donating clothes to streamline your closet
- Utilizing e-filing systems to avoid paper piles
- Maintaining the home through everyday chores
- Designing menu plans ahead of grocery shopping
- Repurposing empty containers into organizers
- And more!

Contributor Bio

Laura Wittmann is a professional organizer and founder of the popular blog *I'm an Organizing Junkie* (www.orgjunkie.com), a website dedicated to providing encouragement and education for organized living, with a good dose of fun. She is addicted to the high that comes from living a life of simplicity and order and is always on the lookout for her next fix. She lives in Alberta, Canada, with her husband and her three children.

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\$15.95 USD
Trade Paperback

128 Pages
Carton Qty: 50
House & Home / Cleaning,
Caretaking & Organizing
HOM019000



The Autism Workbook for Parents
Tools for Navigating Childhood Neurodiversity Day by Day
 Philip Abrams, Leslie Henriques, Lorna Wing

Summary

Transform the way you parent with the workbook that “demystifies the day-to-day challenges of a son or daughter with autism by creating order and learning in their daily activities. In so doing, it creates hope.” —Ami Klin, Ph.D., Yale Child Study Center

As the parent of a child with autism, you know how difficult it can be to simply get through the day. From getting dressed in the morning to brushing teeth before bed, raising a special needs child can turn ordinary events into extraordinary challenges. This book focuses on those kinds of everyday events.

YOUR WORKBOOK

Discover the methods for breaking through to your child and reaching into his or her world while supporting his or her learning style. Designed specifically for parents, this section introduces you to the exercises and activities you will be doing with your child. Everything is carefully explained, using lay terminology and simple illustration, including:

- Visual strategies
- User-friendly schedules
- Excursion plans

YOUR CHILD’S WORKBOOK

Hands-on activities in this section of the work-book will teach your child basic skills, us...

Contributor Bio

Philip Abrams is a father, husband, behaviorist, actor and writer. A graduate of UC Berkeley, he has a Masters in Special Education from National University in Los Angeles. Phil served as a technical advisor for autism on an episode of the “The District” and has also created a script about an autistic young man’s journey—the way he perceives the world differently. and how that difference changes others’ perceptions. It is his hope to see it

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 Family & Relationships /
 Autism Spectrum Disorders
 FAM048000