

The Endurance Artist

Lazarus Lake, the Barkley & a Race with No End
Jared Beasley

BOOK DESCRIPTION

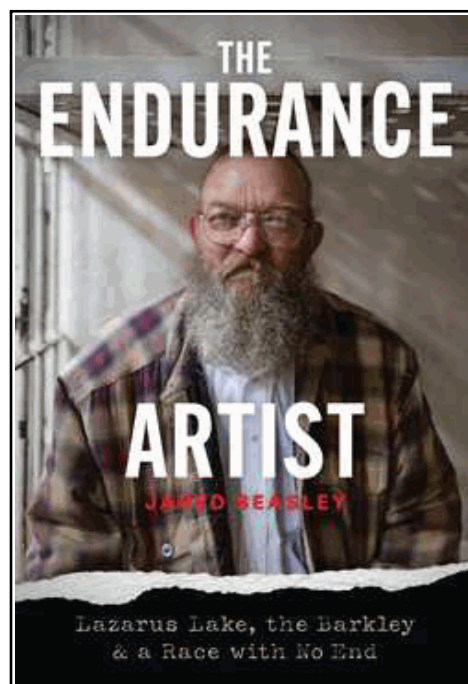
A rare look into an enigmatic accountant from Tennessee's backwoods who morphs into Lazarus Lake, the world's most notorious race maker.

The Endurance Artist is an all-access pass to the world's most extreme races and the mastermind behind them, where we witness firsthand the gears, the machinations, the egos, the surprising humanity.

The most grueling and ingenious races in the world are the creation of Gary Cantrell, better known by the *nom de guerre* Lazarus Lake. He has been described as a "hillbilly genius" and the "Leonardo di Vinci of pain." His Barkley Marathons is known as the most difficult ultramarathon ever devised, a fight club in the wilderness run in secret. With books hidden in the woods, condolence letters, a cigarette-start, and elevation gain that amounts to summiting Mount Everest twice, it defies convention. Big's Backyard Ultra pushes human beings to their absolute limit on a four-mile loop that is run every hour, starting on the hour until there is just one runner standing—most recently, a high school teacher who ran 450 miles without sleep.

Author Jared Beasley ferrets his way into the world of a recluse hell-bent on rewriting the rules to reveal a life reimagined and failure reinvented. Laz calls into question our obsession with winning and fairness, success and failure, and whether these ideas handicap potential.

AUTHOR BIO



PAPERBACK

On Sale: 09/16/25

80/20 Publishing

9798990795822

Sports & Recreation

First Print: 4,000

6 x 9, 280 pages

Carton quantity: 28

\$21.95 (US) / \$29.95 (CAN)

AUTHOR HOMETOWN

Jared Beasley/New York City, NY

OTHER FORMATS

eBook: 9798990795839, \$11.95

MARKETING

- Promotional marketing campaign includes email blasts, publicity, paid social media advertising and Google Ads campaign.
- Advance galley publicity campaign to 20 key sports media outlets, journalists, and podcasts.
- Publicity outreach to key endurance sports media including *Ultrarunning Magazine*, *Outside*,

Jared Beasley is an author and journalist who never expected to find himself embedded in the world of ultrarunning. A former actor with a degree in theatre and literature from The University of Alabama, he brings a human perspective to a sport that is at times rife with danger and denial. His writing has appeared in *The New York Times*, *The Guardian*, *Canadian Running*, *Outside*, and he has a monthly column in *Ultrarunning Magazine*, "Detours of the Lost and Found." Two of his articles made *Runner's World's* top ten stories of the year in 2020. He's been a featured guest on several podcasts, including *Ultrarunner*, *Author's Stories*, *Bad Boy Running*, and *The Shakeout Podcast*.

Beasley's first book *In Search of Al Howie* was published by Rocky Mountain Books, a piece of ultrarunning history that earned rave reviews. It was awarded the *Kirkus* star for literary merit and selected for their list of best books of the year. "A quirky, captivating biography," wrote *Kirkus*. "If the author described a smoke-filled bar, they'd smell it." *Adventure Journal* added, "This moving biography will leave you yearning for a recent yet distant unplugged era in human-powered adventure." Beasley has since published over 50 features on the sport of ultrarunning in major newspapers and magazines.

One Day Better

Mental Performance Concepts to Transform Your Game and Life

Jeff Troesch

BOOK DESCRIPTION

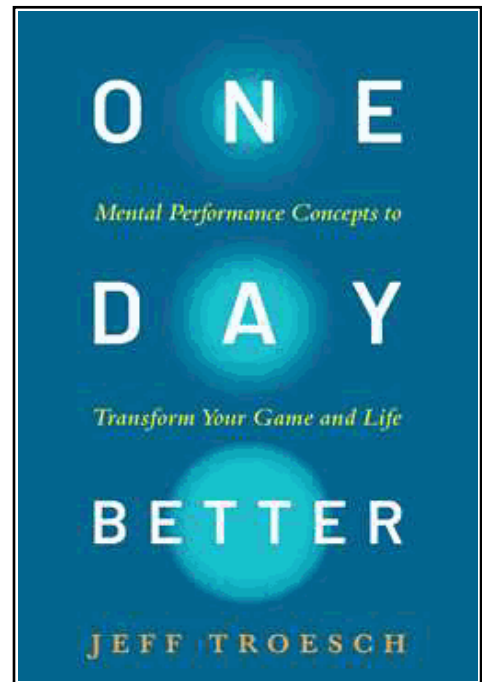
Drawing from decades of experience with the world's best coaches, athletes, and teams, Jeff Troesch distills the practice of mental discipline into clear action items that drive personal development and performance.

The best athletes redefine the limits of human performance with regularity. Sports are a crucible for spectacular moments where anxiety, pressure, and doubt seem to melt away, but there's more to the story. Over his accomplished career serving individual and team sports, Jeff Troesch has helped countless athletes and coaches achieve excellence in the junior, collegiate, and professional ranks. In *One Day Better* he shares the multifaceted approach his clients use to elevate their mental acumen and resilience for the highest levels of performance.

The path to mental performance is unique to each individual—there is no list of absolutes. Troesch explains the concepts that drive his work with top athletes and teams, with keen observation and respect for their stories and experiences. *One Day Better* presents clear questions and points of application. It's up each person to consider the possibilities and test what works best for them.

The pursuit of excellence also plays out in the rest of life, and often with higher stakes. Troesch guides a process of personal discovery, cultivating the discipline and awareness that facilitate growth and effectiveness, inspiring more pros and amateurs, athletes and everyday people to commit to becoming one day better, every day.

AUTHOR BIO



HARDCOVER

On Sale: 10/14/25

80/20 Publishing

9798990795846

Sports & Recreation

First Print: 5,000

6 x 9, 256 pages

Carton quantity: 32

\$29.95 (US) / \$39.95 (CAN)

AUTHOR HOMETOWN

Jeff Troesch / San Luis Obispo, CA

OTHER FORMATS

eBook: 9798990795853, \$14.99

MARKETING

· Promotional marketing campaign includes email blasts, publicity, paid social media advertising and Google Ads campaign.

· Advance galley publicity campaign to 50 key sports media outlets.

· Publicity outreach to key

Jeff Troesch is a mental performance specialist with a storied career spent working alongside professional, elite amateur, and collegiate athletes and coaches.

An internationally-renowned expert in mental skills training and performance enhancement with nearly 40 years of experience, Troesch began his career as a consultant with the NBA. From there, he went on to assist the Seattle Mariners and Detroit Tigers in Major League Baseball, the U.S. Soccer Federation, USA Track & Field, IMG Academies in Bradenton, Fla. and numerous touring golf and tennis pros. He also consulted in the development of the VS training system, a mobile brain training device that was piloted in several major sports organizations, including teams in the NBA, MLB, and the NFL.

At the collegiate level, Troesch has played an integral role in developing student-athletes at dozens of major universities, including UCLA, Cal, and Stanford. His contribution is wide-ranging and includes input into team building, ongoing team consultation, and individual athlete consultation regarding mental conditioning and performance enhancement, as well as coach consulting and development.

Troesch is also accomplished in cultivating talent in individual sports, particularly tennis, golf, and endurance sports. He oversaw a staff of mental trainers as Director of Sports Psychology for the IMG Academy in Florida where he was instrumental in the development of their mental conditioning program, after which eleven of his former clients rose to be ranked no. 1 in the world in either singles or doubles. As Director of Mental Training for David Leadbetter's Golf Academies worldwide, Troesch helped to shape the development of the training programs and methodology that continues to produce golf champions around the world. Among his golf clients' successes are winners on the PGA, LPGA, European, and Asian Tours. He has worked with multiple NCAA individual champions, was the mental consultant for the US Solheim Cup team in 2022 as well as having guided multiple winners of the US Amateur and US Women's Amateur Championships.

Cliffs of Wayward

Veronica King

BOOK DESCRIPTION

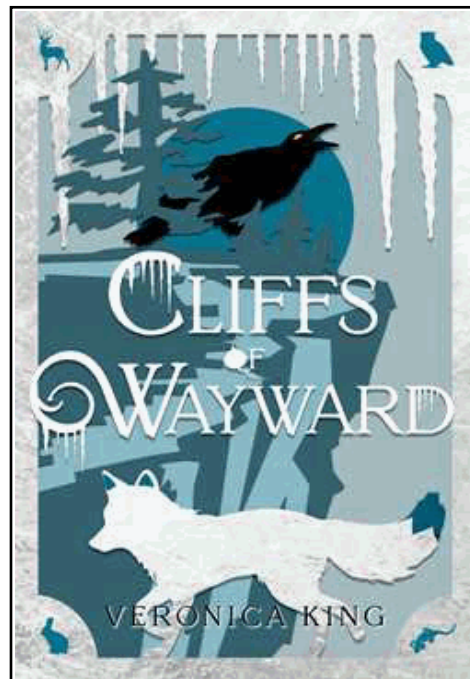
Return to what Kirkus Reviews called a "bewitching" fantasy world of *Down The Well*. This sequel explores memory, magic, and the all important question of: does your past define you?

Still eager to recover her memories and return to her own world, Lore Deoradán is bound for another adventure with the sassy mouse Mathilde and some new friends since she first fell down the well on her grandmother's property. After defeating a tyrannical and power-crazed Wielder in Charmsend, she is on her next adventure in Thimbleton. Along the way, Lore and her companions must trust each other, confront one of their own's questionable past, and survive climbing the grand Cliffs of Wayward. Delve deeper into the world of Thimbleton, as Veronica King dives deeper into fan favorite characters, learn more about the history of a world where talking animals are normal, humans are extinct, and there is *always* someone with a secret.

AUTHOR BIO

Kelli (Veronica's true name) has a deep imagination and a sail filled with ambition for the sea of opportunity ahead. As a teen, she loved consuming all media about far-off magical worlds. As an adult, she enjoys using her own spellbinding creativity to spin whimsical worlds and charming characters from thin air.

She is a proud Appalachian because you can take the woman out of the mountains, but you can't take the mountains out of the woman. She now calls a quiet New England town home. When she isn't crafting a story, she enjoys kitchen witchery, making art with her daughters, and making the everyday into an adventure with her spouse.



HARDCOVER

On Sale: 12/02/25

Emerge

9781958607152

Young Adult Fiction

First Print: 5,000

\$18.95 (US) / \$25.99 (CAN)

Ages , Grades

6 x 9, 300 pages

Carton quantity: 24

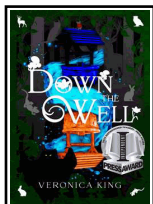
OTHER FORMATS

eBook: 9781958607138, \$8.99

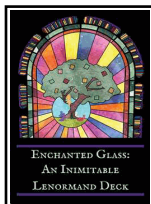
MARKETING

Aiming for book boxes like Owl Crate and other fantasy-themed boxes.

Official cover reveal in June 2025
(but now uploaded for sales reps)



Down The Well
9781958607220
\$18.95/\$25.99 Can.



Enchanted Glass
9781958607176
\$24.99/\$33.99 Can.

The Shadow Rises

Maelan Holladay

BOOK DESCRIPTION

Return to the sprawling fantasy saga that Kirkus Reviews called "an electric work of epic fantasy," where three powerful and morally gray women will either save their world—or bring it closer to destruction.

Power destroys power.

Separated from everyone and everything she knows, Rae Toma is once again lost to the Shatter. This time, however, the Compass has been claimed—and there is no hope of escape.

Now the bearer of Eriysha's Compass, Nur Del Sue returns to her islands—where old enemies await. Caught between the goddess's task and her desire for revenge, the Stormwitch soon realizes that she will need to place her trust in the very people who betrayed her.

Upon reaching the shores of Okaro, Alana Zaya finds a tangle of politics and deception left behind by her mother. Facing opposition from all sides and denied by her homeland, the Queen of Darkness is pushed to the breaking point.

Can these three women avert disaster yet again, or is their—and the universe's—luck running out?

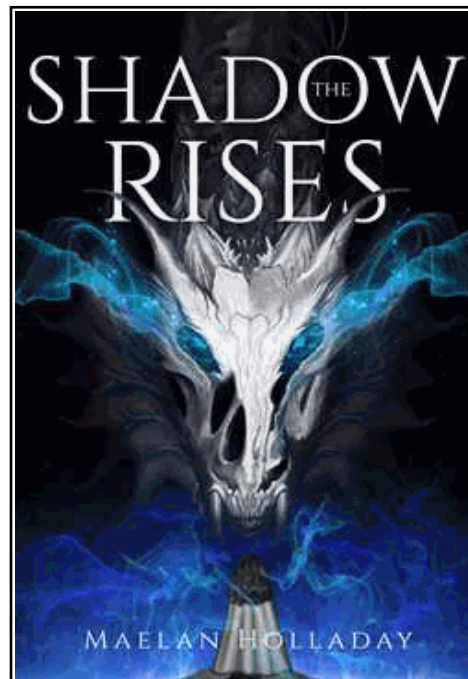
AUTHOR BIO

Maelan Holladay was born and raised in the bay area. She likes crocodiles and fantasy books with complex worlds.

She is currently pursuing a bachelor's in animal biology.



The Storm Gathers
9781958607022
\$26.95/\$35.95 Can.



HARDCOVER

On Sale: 10/07/25

Inimitable Books
9781958607466

Fiction

First Print: 2,500

6 x 9, 560 pages

Carton quantity: 30

\$30 (US) / \$36.95 (CAN)

AUTHOR HOMETOWN

Maelan Holladay/Davis/CA

OTHER FORMATS

eBook: 9781958607473, \$9.99

MARKETING

Aiming for book boxes like Owl Crate and other fantasy-themed boxes.

Official cover reveal in April 2025
(but now uploaded for sales reps)

ARC campaign through The Nerd Fam

UGLY

David Michel Slater

BOOK DESCRIPTION

An epic tragicomedy spanning three generations, *UGLY* explores the horrifying and hilarious truths of man's inhumanity to woman, delivered with unforgettable characters and indelible dark humor in the grand tradition of John Irving.

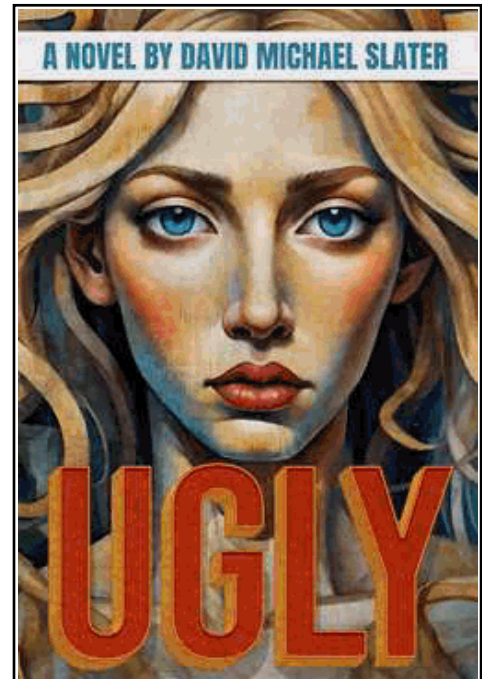
Three generations of women, one horrifying and hilarious story of defiance.

Charlotte Adams escapes a destitute orphanage in prewar London, only to find herself in the lavish but equally treacherous home of one of England's wealthiest families. Her daughter, Margot Kenworthy, flees to America's heartland, where she takes refuge in a dangerously misunderstood finishing school. Her daughter, Cleo Portman, heads to Hollywood, where she takes on the predatory modeling business in shocking and unprecedented ways.

In the grand tradition of John Irving, David Michael Slater, acclaimed author of *Fun & Games* and *The Vanishing*, delivers a sprawling tragicomedy chock-full of remarkable characters and indelible scenes. An unforgettable read, *UGLY* is a breakneck rollercoaster of a ride.

AUTHOR BIO

David Michael Slater is an acclaimed author of nearly thirty works of fiction and non-fiction for children, teens, and adults, several of which are in development for TV and Film. David teaches in Reno, Nevada, where he lives with his wife and son. To learn more, visit www.davidmichaelslater.com.



PAPERBACK

On Sale: 10/14/25

Library Tales Publishing

9798894410043

Fiction

First Print: 10,000

6 x 9, 491 pages

Carton quantity: 14

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

A Creative Exploration of Drawing

Your Drawing Style Is as Unique as Handwriting—Let's Find It!

Sandrine Pelissier

BOOK DESCRIPTION

Discover the joy of drawing with 16 imaginative and accessible activities designed to inspire creativity, build confidence, and unlock your artistic potential

Discover the joy of drawing with 16 imaginative and accessible activities designed to spark creativity, boost confidence, and unleash your artistic potential—no experience required!

Forget rigid rules, unreachable skill levels, and intimidating techniques. *A Creative Exploration of Drawing* invites teens and adults alike to draw freely, experiment boldly, and express themselves without limits. This book offers a hands-on, playful approach to art for those ready to dive deeper into their creative journey.

You'll explore techniques such as non-dominant and blind contour drawing, mandalas and patterns, figure drawing, stamping, monoprints, shading, and even doodling over magazine pages.

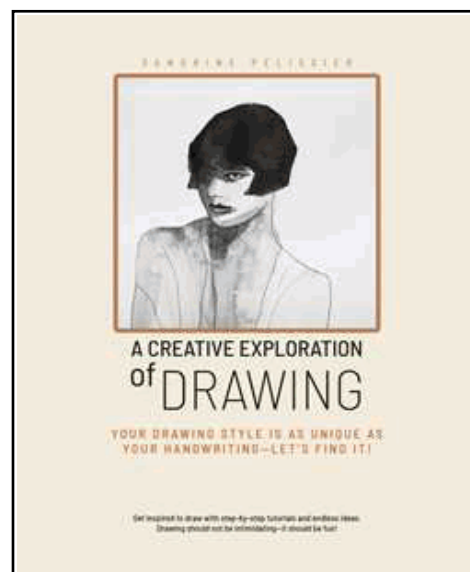
With clear, easy-to-follow instructions, these activities make drawing approachable and fun—whether you're a complete beginner or a seasoned artist seeking fresh inspiration. Step beyond traditional methods and discover new, personal ways to create art that excites and inspires you!

This book is for you if:

- You want to explore different drawing styles and techniques.
- You believe learning happens best by doing—and you're ready to dive into hands-on activities.
- You're looking for inspiration to jump-start your creativity.
- You want drawing to feel like a fun adventure, not a daunting task.
- You believe art doesn't have to look classical or realistic to be beautiful.

A Creative Exploration of Drawing will inspire you to pick up your pencil, embrace your unique style, and see the world in a whole new way. Let's draw—and have fun doing it!

AUTHOR BIO



PAPERBACK

On Sale: 09/16/25

Library Tales Publishing

9798894410241

Art

First Print: 1,000

8 x 10, 100 pages

Carton quantity: 50

\$18.99 (US) / \$24.99 (CAN)

Originally from France, Sandrine Pelissier has been living in North Vancouver, Canada, for the past 23 years. Her work has been collected and exhibited extensively throughout Canada and internationally. She is also part of the Vancouver Art Gallery's Art Rentals and Sales program.

Many of Sandrine's paintings have been published in art books and magazines, including *Artist Magazine*, *Watercolor Artist Magazine*, *Acrylic Magazine*, and *International Artist Magazine*. She is the author of two art instruction books: *Fearless Watercolor for Beginners: Adventurous Painting Techniques to Get You Started* and *Painting Imaginary Flowers: Beautiful Blooms and Abstract Patterns in Mixed Media*.

For the past seven years, Sandrine has been writing for her blog, **PaintingDemos.com**, which boasts a mailing list of about 10,000 subscribers and approximately 20,000 monthly visitors. An active member of her community, Sandrine co-founded the North Shore Art Crawl and a weekly life drawing group. She also served as a board member of the North Vancouver Arts Council for seven years and has been invited as a juror for public art, art grants, and juried exhibitions.

Paper Chain Christmas

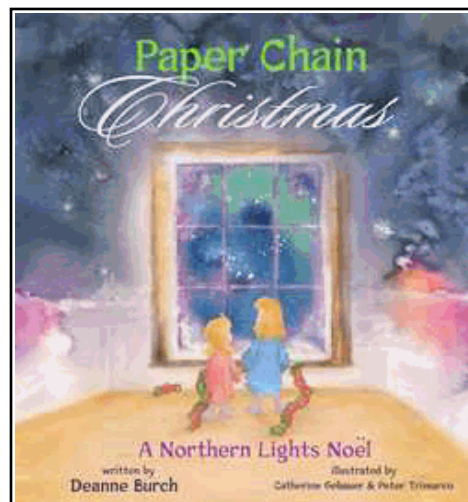
A Northern Lights Noel

Deanne Burch; Illustrated by Peter Trimarco; Illustrated by Gebauer Catherine

BOOK DESCRIPTION

A nostalgic Christmas tale based on a true story from above the arctic circle - without the glitter but all the magic.

The inspirational and autobiographical tale of a Christmas where two young girls from the big city going through the dark days of a winter above the Arctic Circle. Living among the native villagers in Kotzebue, Alaska in very rural conditions the two sisters, ages four and six, are intently focused on the possibility that Santa might not find their little village. Meanwhile, the story reveals other magical tidings of joy at work through newfound friendships and relishing a truly hand-made Christmas. With less glitter and more heart, the true message of Christmas and a different perspective comes into full view under the Northern Lights.



AUTHOR BIO

HARDCOVER

On Sale: 09/09/25

Notable Kids Publishing

9798989590414

Juvenile Fiction

First Print: 6,000

\$18.95 (US) / \$24.95 (CAN)

Ages , Grades

9 x 10, 40 pages

Carton quantity: 26

Deanne Burch was born and raised in Toronto, Canada and attended the University of Toronto, with a B.A. in both liberal arts and social work. She also lived eight years in Winnipeg where her husband was a professor of anthropology. Currently, she calls Harrisburg Pennsylvania home, though she spent many of her early years traveling and periodically living above the Arctic Circle while raising a family in the late 1960s. Recalling a ten-month visit to Kotzebue, Alaska, in the land of the midnight sun and Northern Lights, Deanne found inspiration for her first children's picture book.

Peter Trimarco started his professional doodling career as an editorial cartoonist before turning to commercial art and designing packaging for the music industry. While staying in the entertainment field, he published a trade magazine for the film industry and later brought his creative juices to the printed page for youngsters. Peter is the illustrator of numerous critically acclaimed picture books which have been honored by the prestigious IBPA Benjamin Franklin and Foreword Indies Awards.

Catherine Gebauer is a fine artist who has taught children's art programs for the Art Association of Harrisburg, Carlisle Arts Learning Center and the Susquehanna Art Museum in Harrisburg, Pennsylvania. In addition to Catherine's creative endeavors, she has had a successful career as an attorney and is a graduate of Randolph Macon's Woman's College and the University of Richmond Law School. Outside the courtroom, her passions are painting in oils and watercolors. Her first book illustration project comes by way of adding color and visuals to the autobiographical tale written by her godmother.

Stars Align

Kristina Kaufman

BOOK DESCRIPTION

In search of the stars and a new constellation a girl discovers something more important – the star seekers themselves.

Enamored with stars and celestial tracking, a girl embarks on a trip to see a different sky—one filled with stars like in her dreams. She travels all the way to New Zealand to see constellations in another hemisphere. With a change in perspective, she finds other star seekers who make her world much brighter. Using symbolic language, this story explores children’s complex emotions of loneliness and the power in reaching out and shining our light on others. The girl in Stars Align ultimately finds something more important than the stars—the star seekers themselves.

AUTHOR BIO

Kristina Kaufman is an artist, writer, professor, and overall "fan of anything space related" who is quite serious about picture books. She has a doctorate degree in education (Ed.D.) in curriculum and instruction, a B.S. in education with a K-9 teaching certificate, a 2nd bachelor’s degree in marketing and an MBA. She has published several scholarly academic articles in the marketing discipline and wrote a chapter for a book on STEM (published by Brill). Yet, Kristina’s passion is astronomy, which started at an early age when her grandfather gifted her a telescope – (and she would wake at 4 a.m. to see the Hale-Bopp comet.) Kristina first self-published a picture book, "I Soar", which she wrote and collaborated with the Caldecott Honor recipient, Corey R. Tabor, to illustrate. Her latest book was inspired while travelling in New Zealand and viewing the universe from a different perspective.



HARDCOVER

On Sale: 09/09/25

Notable Kids Publishing

9798989590421

Juvenile Fiction

First Print: 6,000

\$18.95 (US) / \$24.95 (CAN)

Ages , Grades

8 1/2 x 10, 32 pages

Carton quantity: 26

Barbra Streisand: The Music

Her Albums & Singles - Revised & Updated
Matt Howe

BOOK DESCRIPTION

Experience a full color, oversized Hard cover book that contains all of Barbra Streisand's albums from her first to her most recent with in depth analysis of every song and cover. A complete discography filled with photos of the greatest female vocalist of all-time. Updated for 2025.

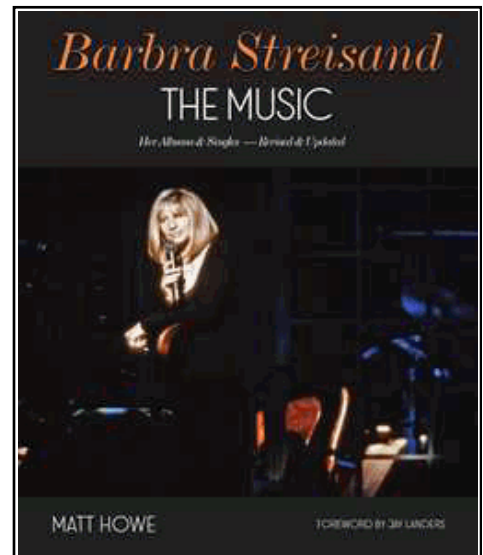
On February 25, 1963, Columbia Records released The Barbra Streisand Album. The first song was "Cry Me a River," and with that a star was born. Barbra Joan Streisand had a zany personality backed by a talent that Stephen Sondheim once described as "one of the two or three best voices in the world of singing songs," adding "It's not just her voice but her intensity, her passion and control." Harold Arlen, another of her favorite composers, commented, "This young lady . . . has a stunning future." With all-male rock groups like the Beatles, the Beach Boys, and the Four Seasons ruling the charts, no one expected a twenty-year-old female singer from Brooklyn to not just hit No. 1, but repeat that accomplishment every decade that followed all the way to the next millennium and become the best-selling female recording artist of all time.

Now, for the first time ever, comes the definitive book on the extensive recording career of this towering cultural icon, the Funny Girl considered by many to be the most talented singer of her generation. Barbra Streisand The Music takes readers on a journey through every album, soundtrack, and single Streisand has released over the past sixty years. Our guide on this musical tour is Matt Howe, who has run Barbra Archives, the definitive Streisand-themed website, since 2003. He also has assisted Team Streisand on her Release Me album series.

Besides analysis of every studio, live concert, and official compilation release, the book contains over three hundred FULL-COLOR photos from the albums, press kits, and Streisand herself. Also included are features on both Streisand's signature songs ("People," "You Don't Bring Me Flowers," "Evergreen," "The Way We Were," and "Don't Rain on My Parade") and on her longtime collaborators (Sondheim, Marty Erlichman, Alan and Marilyn Bergman, and others.)

No gossip. No dirt. Just a deep dive into over seventy albums from The Greatest Star, including her latest releases.

New interviews with Jay Landers (who also wrote the Foreword), Richard Jay-Alexander, and William Ross. They all have worked along side Streisand for decades and bring an insight to how the songs were recorded. This updated version has new photos,



HARDCOVER

On Sale: 11/04/25

Fayetteville Mafia Press

9781959748229

Music

First Print: 6,000

10 x 12, 350 pages

Carton quantity: 30

\$74.99 (US) / \$94.99 (CAN)

OTHER FORMATS

eBook: 9781959748267, \$24.99

comments taken from Streisand's autobiography, and brand new insights from Matt Howe.

AUTHOR BIO

Matt Howe created Barbra Archives, an unofficial website he maintains that is all about Barbra Streisand's decades-long career, in 2003. Barbra Archives has become the go-to site for the Streisand fan community wishing to learn more about her albums, movies, and concerts. Matt's encyclopedic knowledge of Miss Streisand's accomplishments even prompted her to joke that he knows more about her career than she does! Since 2006, Matt has assisted her team with photo research and fact-checking for concerts and appearances. His name is listed in the credits of the fiftieth anniversary edition of the *Funny Girl* cast recording, on Streisand's two *Release Me* compilation albums, 2022's *Live at the Bon Soir*, and on her 2016 CD, *Encore: Movie Partners Sing Broadway*. Matt recently moved to Western North Carolina with his cats Zach and Jasmin after living for over twenty years in Washington, DC, where he sang in cabaret shows, gardened, and excelled in cooking Ina Garten recipes. Matt is the author of the first edition of this book *Barbra Streisand: The Music, The Albums, The Singles*.

Imagine Murder

A John Lennon Mystery

Dean Thompson

BOOK DESCRIPTION

Imagine a murder mystery that involves one of Rock and Roll's greatest artists. *Imagine Murder* has John Lennon and Yoko Ono solving a mystery set in the spring of 1972.

Imagine a murder mystery that involves one of rock 'n' roll's greatest artists. This fun, gripping crime novel imagines (pun intended) a situation where John Lennon and Yoko Ono help solve a mystery set in the spring of 1972. *Imagine Murder* is a fictional glimpse at the actual film company--Joko Films--owned by John and Yoko in 1970s New York City and was written by a member of the original company's staff.

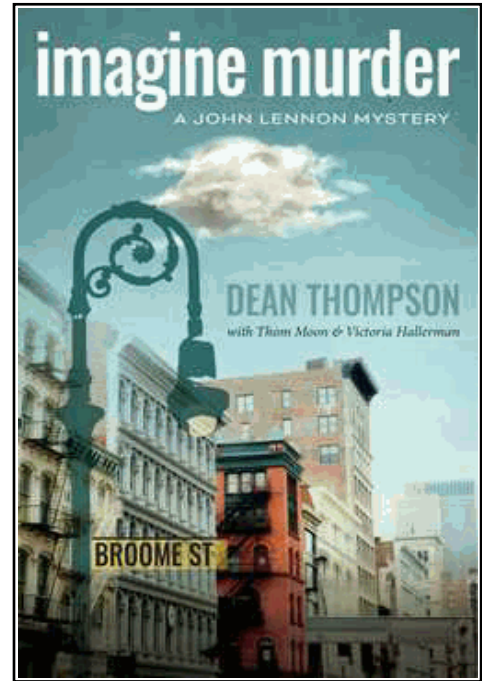
It's the spring of 1972: the US is deeply involved in the Vietnam War, and demonstrations are being organized across the country. New York City is beginning to slide toward bankruptcy. It's been nearly two years since the Beatles broke up, and John Lennon and Yoko Ono are establishing themselves as New York residents and artists. John's biggest solo album, *Imagine*, hit the charts late the previous year, and he continues to record. However, his and Yoko's newest passion is film, the result of which is Joko Films, housed at an undisclosed location in SoHo. There, on the eve of the Watergate break-in, one of Joko's editors, Stephanie Bradley, is brutally murdered, and the hunt for the killer – amidst a publicity

storm – is on.

Conceived by one of Joko's actual employees, *Imagine Murder* is the first book in a series, based inside the little-publicized New York City world of John Lennon during the 1970s.

AUTHOR BIO

It is easy to confuse Dean Thompson with *Imagine Murder*'s fictional David Johnson. Both have experience working with John Lennon at his Joko Films's SoHo NYC location. Both came to New York City in the 1970s from Ohio, and both live in a Tudor-style house on Staten Island, which overlooks New York Harbor. In between his time with Lennon and writing *Imagine Murder*, Dean continued to work in film and television, while his coauthors -- wife Victoria Hallerman and best friend -- Thom Moon -- have remained a steady part of his life. "I was approached by many people to write a book about working with John," Thompson said, "but I didn't want to be someone who wrote another 'I knew John Lennon best' book. While it is fiction, I think this book gives readers a chance to experience the John Lennon I knew in a unique and personal way."



PAPERBACK

On Sale: 12/02/25

Fayetteville Mafia Press

9781959748236

Fiction

First Print: 6,000

6 x 9, 200 pages

Carton quantity: 30

\$19.99 (US) / \$24.99 (CAN)

OTHER FORMATS

eBook: 9781959748175, \$6.99

Spirit of a Team

Successful CEOs and Coaches Share Their Strategies for Achieving Excellence
Lee Owens

BOOK DESCRIPTION

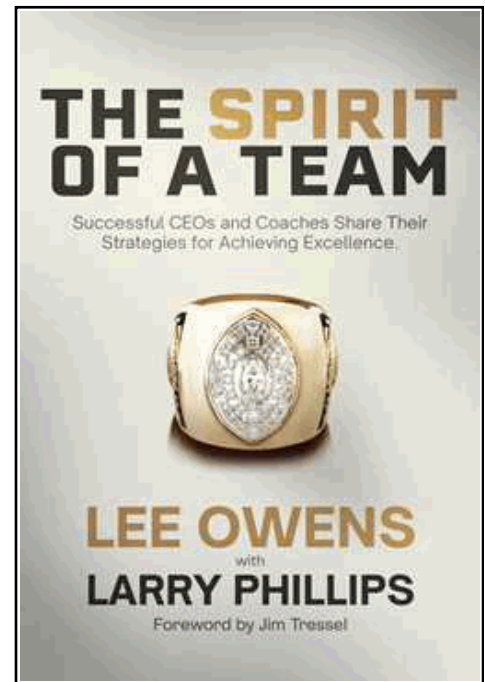
Experience the leadership and life paths of the top football coaches from high school to college to the NFL mixed with CEOs who have succeeded in business on the field, as Coach Lee Owens interviews all of them to give readers a look at the path to excellence.

Coach Lee Owens (Ashland University, Ohio State University, and Massillon High School), has been writing this book for the past forty-five years. During his coaching career, he had the opportunity to take over six struggling high school and college football teams. Each time the challenge was different, but the message was the same. He told each team they would be champions, and each time it happened.

The blueprint for achieving team excellence works in the locker room, but it can also work in the boardroom. Motivating a team of football players is no different from motivating a team of salespeople or motivating your team at home.

The Spirit of a Team gives readers real-life examples of how actual CEOs, coaches, and players used these skills to achieve success in the biggest arenas of business and sport. Lee Owens and Larry Phillips sat down with multiple individuals who exemplify leadership. Read the stories of Matt LaFleur, Luke Fickell, Dwight Schar, Sue Ramsey, Steve Clinkscale, Nate Moore, Matt Kaulig, Carl Johnson, Dan Niss, Bob Sebo, and more. Their stories are not only inspiring, but also a validation of the building blocks to team excellence that *The Spirit of a Team* outlines, mixed with Coach Lee Owens's twenty-six years of coaching experience and Larry Phillips's thirty-five years of journalistic insights.

AUTHOR BIO



PAPERBACK

On Sale: 09/02/25

Fayetteville Mafia Press

9781959748298

Sports & Recreation

First Print: 6,000

6 x 9, 225 pages

Carton quantity: 30

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

OTHER FORMATS

eBook: 9781959748311, \$8.99

Ohio High School Hall of Fame football coach Lee Owens is a motivational speaker and team-culture coach. Coach Owens is a leader and a winner. He has built winning teams and won championships everywhere he has coached. In 2023, Lee retired from coaching after winning his sixteenth football championship. During his career, he took over struggling football programs at six different schools and led each of them to championship seasons. His football coaching stops included the legendary Massillon Washington High School and Big Ten powerhouse Ohio State University. His résumé is punctuated by coaching NFL Hall of Fame football players Jason Taylor and Orlando Pace. Owens was recognized seventeen times as Coach of the Year and three times as a finalist for the NCAA Division II National Coach of the Year. In addition, he was selected the 1985 Ohio High School Coach of the Year and the 2012 Ohio College Coach of the Year. Beyond the gridiron, Owens became one of college football's truly impressive inspirational speakers.

Larry Phillips is an author, editor, and writer with more than one hundred writing and editing awards at the international, national, and state levels. He has been selected Ohio's Sportswriter of the Year and Sports Columnist of the Year by both the Associated Press and the Ohio Prep Sports Writers Association. Today he is the editor of three online news agencies, Richland Source, Ashland Source, and Knox Pages. Each is a hyperlocal online news agency in North Central Ohio. Larry is a thirty-five-year veteran of the news writing industry who graduated from Ohio University with a journalism degree in 1989. He has worked as a news reporter, sports reporter, city editor, news editor, lifestyles editor, sports editor, and managing editor in the Thomson and Gannett newspaper chains. He has authored two books, *Ohio's Autumn Legends, Volume I* and *Volume II*, on a personal passion topic, Ohio high school football. Larry and his wife, Laura, live in Mansfield, Ohio, with their two children, Bryan and Sydney.

Jingle All the Tay

The Night Before Christmas (Taylor's Version)
Bella Montgomery

BOOK DESCRIPTION

Celebrate a very Swiftie Christmas with this fun and festive book for Taylor fans!

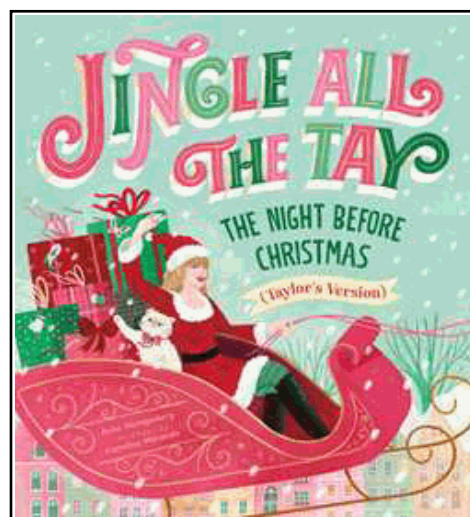
Jingle All the Tay is an enchanting, Taylor Swift-inspired holiday book that brings joy, magic, and a sprinkle of holiday cheer to fans of all ages. Perfectly blending the timeless tradition of Clement C. Moore's "The Night Before Christmas" with the modern-day sparkle of Taylor Swift's legendary eras, this delightful read is sure to become a family classic.

For generations, Moore's beloved poem has captured the wonder and excitement of Christmas Eve. Now, that timeless spirit is reimagined with a playful twist, celebrating the boundless joy Taylor Swift brings to her fans. "Jingle All the Tay" invites readers to join in the magic as Taylor takes center stage as the ultimate Santa stand-in. From her heartwarming acts of kindness to her ability to bring happiness to millions worldwide, Taylor is the perfect choice to deliver holiday cheer in this festive retelling.

This beautifully illustrated book captures the magic of the holiday season through the eyes of a devoted Swiftie. Kids waiting eagerly for Santa will be thrilled to see a holiday adventure featuring their favorite superstar, while older fans will delight in the clever verses and nostalgic references. *Jingle All the Tay* isn't just a book; it's an experience. With its warm, festive tone and lyrical storytelling, it's the perfect read-along for cozy nights by the fire or as a great gift. This book brings people together in a celebration of love, music, and the spirit of giving. So deck the halls and get ready to experience a Swiftie Christmas like no other!

AUTHOR BIO

Bella Montgomery is a devoted Swiftie and lover of storytelling. She lives and writes in Reading, Pennsylvania, usually with her cat, Midnight, on her lap.



HARDCOVER

On Sale: 10/07/25

Bluestone Books

9781965636138

Juvenile Fiction

First Print: 6,000

\$17.95 (US) / \$24.95 (CAN)

Ages , Grades

8 x 9, 32 pages

Carton quantity: 100

N Is for Nuance

An Alphabet Book for Precocious Kids

Aimee Chase

BOOK DESCRIPTION

A modern, smart, and refreshingly edgy take on the classic ABC book—perfect for curious kids and their grown-ups!

Learning the alphabet has never been so engaging—or so sophisticated. This clever, modern twist on the traditional ABC book goes beyond simple letters and words, introducing kids to rich, nuanced vocabulary and concepts that will expand their minds and spark their imaginations. Designed to encourage higher-level abstract thinking, this book uses language as a tool to build curiosity and nurture a child's rapidly growing vocabulary.

Rather than talking “down” to kids with overly simple words, this hardcover picture book speaks “up” to them, offering thoughtful definitions that challenge their understanding while still being delightfully accessible. With the whimsical and quirky animal illustrations by artist Kaja Kajfež, every page brings big ideas to life in a way that's as visually engaging as it is intellectually stimulating. Kids will gain familiarity with big words and deepen their understanding of concepts like nuance, belonging, and more.

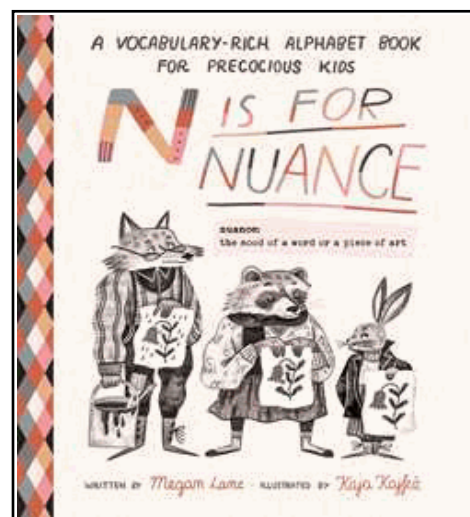
Learn these ABCs:

- A is for ambiance. The personality of a room.
- B is for belonging. The feeling that you are a piece in a big puzzle.
- C is for compelled. When you should probably stop, but you just...keep...going.
- D is for diligence. Working hard because you really, truly care.
- E is for ethereal.

Through the engaging and thought-provoking text, young readers will encounter concepts like nuance, community, perseverance, and more—broadening their horizons while igniting their curiosity about the world around them. *N is for Nuance* is perfect for kids who love to ask “why” and “what does that mean?” as well as for parents and educators who want to foster a love of learning. Whether read aloud at bedtime, shared in a classroom, or enjoyed independently, it's an invitation to explore language, ideas, and emotions in a way that's both meaningful and fun.

A must-have for modern families, this ABC book is more than just an alphabet—it's a celebration of big words, big ideas, and the big potential of little minds.

AUTHOR BIO



PAPER OVER BOARD

On Sale: 09/16/25

Bluestone Books

9781965636145

Juvenile Fiction

First Print: 6,000

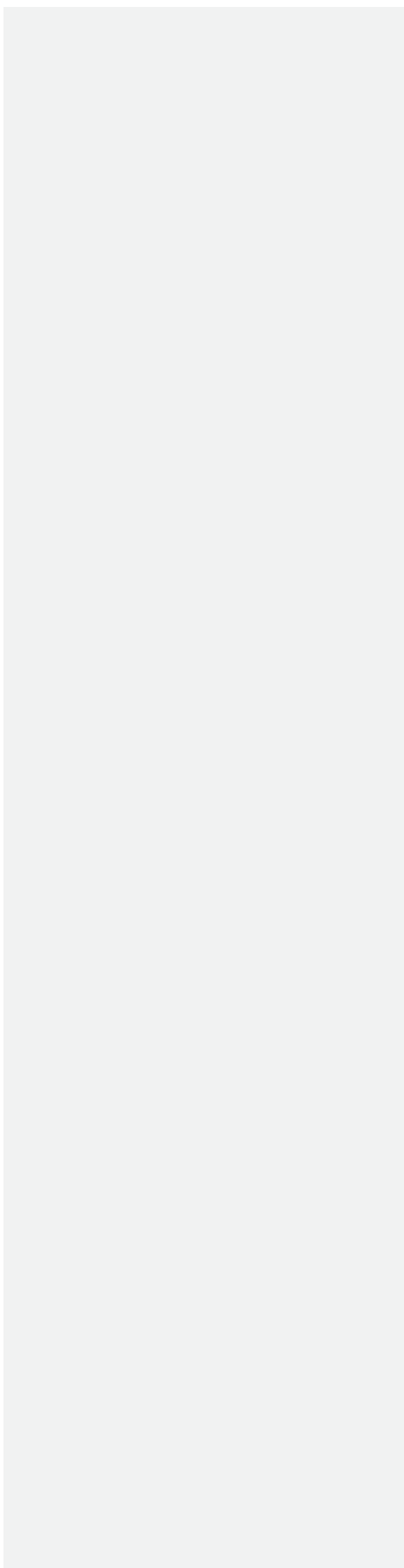
\$16.95 (US) / \$21.95 (CAN)

Ages , Grades

8 x 9, 32 pages

Carton quantity: 100

Aimee Chase is the author of the bestselling book, *Present, Not Perfect*. She works as an editor and writer in the Boston area.



Hacking Your Hormone Cycle

A Workbook for Finding Your Rhythm to Maximize Your Energy, Productivity, and Happiness

Selene Wells

BOOK DESCRIPTION

Discover a happier, healthier, more vibrant you through cycle syncing!

Hacking Your Hormone Cycle is your guide to finding balance and taking back your life. By working with your cycle, you can optimize your relationships, your sexlife, your sleep, your work, your workouts, and so much more. All it takes are a few small adjustments to your routine.

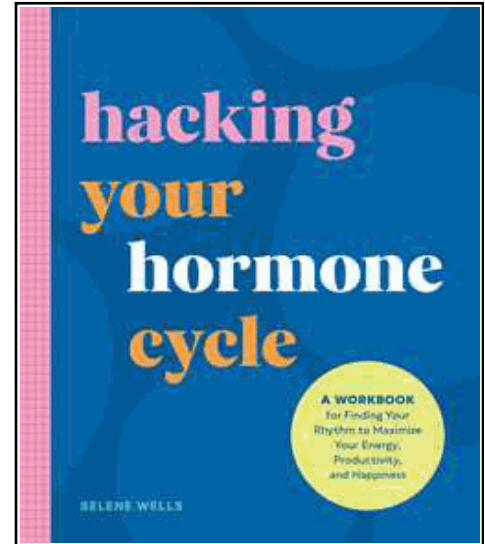
Fluctuating hormones impact your energy, mood, metabolism, and sleep—and not always for the better. Instead of combating those fluctuations with caffeine, ibuprofen, and sheer power of will, you can work *with* them to make your life infinitely better. This workbook makes it easy.

Introductory text helps you understand how your habits affect each phase, and the impact that complementary nutrition, exercise, and routines can have. After that, workbook pages sprinkled with smart tips help you go deeper than the apps (without the data-tracking privacy issues) to create custom practices that will benefit you for years to come.

This workbook goes beyond wellness and self-care, helping you use cycle syncing to change your life. Lean into what your body needs, and it will thank you!

AUTHOR BIO

Selene Wells is a California-based freelance writer who specializes in holistic wellness. After transforming her own life through cycle syncing, she devoted herself to helping others take control of their health and feel their best.



PAPERBACK

On Sale: 09/09/25

Bluestone Books

9781965636206

Health & Fitness

First Print: 7,000

7 1/2 x 9, 224 pages

Carton quantity: 100

\$19.95 (US) / \$26.95 (CAN)

Winx Club: The Official Coloring Book

Editors of Ulysses Press

BOOK DESCRIPTION

Join the Winx Club and explore the magic of friendship, girl power, and believing in yourself with this official coloring book for fans of all ages!

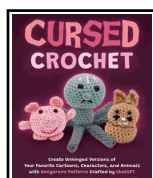
Connect with your favorite fairies Bloom, Stella, Flora, Tecna, Musa, and Aisha as you color your way through 48 detailed black and white illustrations of the Winx and their magical universe. Bring to life scenes including the Winx's magical transformation, each fairy in her super-fun bedroom in Alfea College, the Trix, inspirational quotes, the Specialists, and more! Featuring thick paper that supports any coloring tool, this book is the perfect gift for teen and adult Winx fans, or anyone looking to spark creativity and escape into a world of magical fun.

Published under official license of Rainbow Spa.

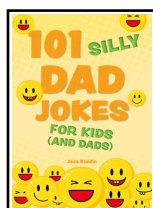


AUTHOR BIO

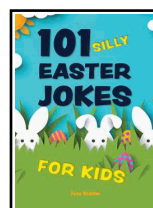
Ulysses Press is a book publishing company with offices in Brooklyn, New York, and Berkeley, California.



Cursed Crochet
9781646046294
\$17.95/\$24.95 Can.



101 Silly Dad Jokes for Kids (and Dads)
9781646046690
\$7.95/\$10.95 Can.



101 Silly Easter Jokes for Kids
9781646046164
\$7.95/\$10.95 Can.

PAPERBACK

On Sale: 09/09/25
Ulysses Press
9781646048311
Games & Activities
First Print: 10,000
8 x 10, 96 pages
Carton quantity: 72
\$15.95 (US) / \$21.95 (CAN)

AUTHOR HOMETOWN
Editors of Ulysses Press, Brooklyn, NY

Color Me Chibi

A Coloring Book Featuring 75 Scenes of Kawaii Creatures, Food, Pets, and More

Edited By Editors of Ulysses Press; Illustrated by Tessa Creative Art

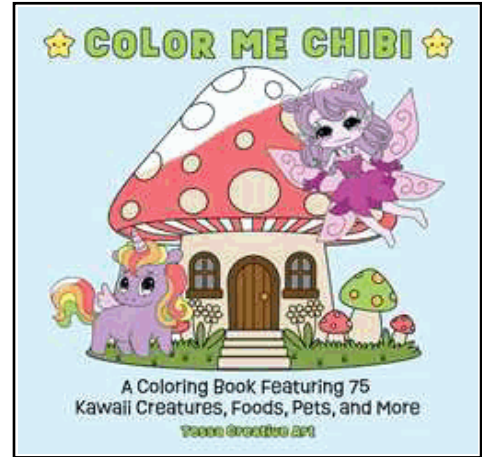
BOOK DESCRIPTION

Immerse yourself in the adorable world of chibi with 75 kawaii illustrations to color—perfect for kids of all ages and even adults!

Color Me Chibi offers kids the opportunity to get creative with coloring through a wide variety of adorable scenes and characters. From mealtime to favorite animals to fantastical creatures, this fun coloring book is sure to entertain for hours! Perfect for young fans of anime, manga, or anything cute, scenes include:

- Household pets, from amphibians and lizards to cats and dogs
- Mealtime favorites, from bacon and eggs to mochi and boba
- Enchanting characters, from fairies and mermaids to wizards and monsters
- And more!

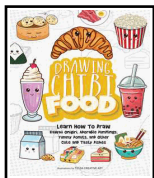
Whether you're looking for something to enrich quiet time or a fun activity to add to your daily routine, bring some cuteness into your life with *Color Me Chibi!*



AUTHOR BIO

Ulysses Press is a book publishing company with offices in Brooklyn, New York, and Berkeley, California.

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



Drawing Chibi Food
9781646047093
\$12.95/\$17.95 Can.

PAPERBACK

On Sale: 10/21/25

Ulysses Books for Young Readers

9781646048465

Juvenile Nonfiction

First Print: 15,000

\$14.95 (US) / \$19.95 (CAN)

Ages 5 up, Grades 1 up

8.5 x 8.5, 160 pages

Carton quantity: 96

Hair of the Dog to Paint the Town Red

The Curious Origins of Everyday Sayings and Fun Phrases

Andrew Thompson

BOOK DESCRIPTION

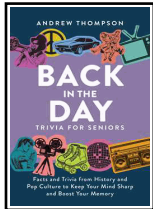
Discover hundreds of intriguing, entertaining, and often hilarious origins to the English language's most curious phrases in this fascinating trivia book from best-selling author Andrew Thompson.

English is filled with curious, intriguing, and bizarre phrases. This book reveals the surprising, captivating, and even hilarious origins behind four hundred of them, including:

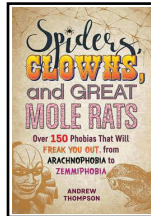
- Read Between the Lines
- Cat Got Your Tongue?
- Put a Sock in It
- Close, but No Cigar
- Bring Home the Bacon
- Caught Red-Handed
- Under the Weather
- Raining Cats and Dogs Perfect for trivia and language lovers alike, this entertaining collection is the ultimate guide to understanding these baffling mini mysteries of the English language.

AUTHOR BIO

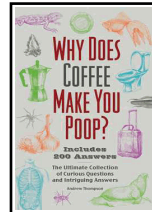
Andrew Thompson practices law but his obsession with finding out the truth about aspects of the world that we take for granted has led him to accumulate a vast body of knowledge that he has at last distilled into book form.



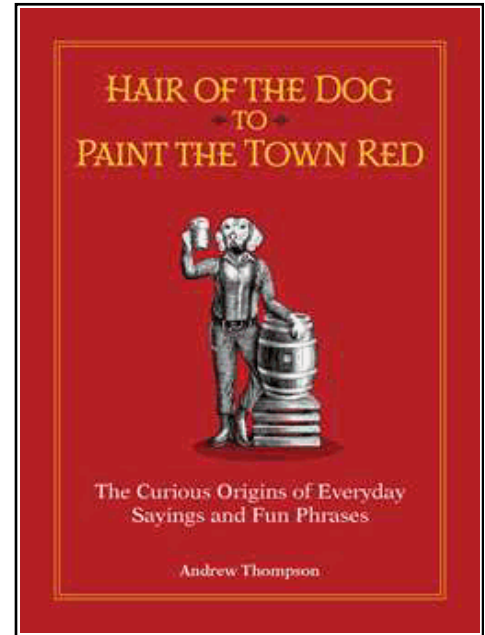
Back in the Day Trivia for Seniors
9781646044467
\$15.95/\$21.95 Can.



Spiders, Clowns and Great Mole Rats
9781612439327
\$12.95/\$16.95 Can.



Why Does Coffee Make You Poop?
9781646045570
\$15.95/\$21.95 Can.



PAPER OVER BOARD

On Sale: 10/28/25

Ulysses Press

9781612439648

Language Arts & Disciplines

First Print: 8,000

5 x 7, 280 pages

Carton quantity: 44

\$19.95 (US) / \$26.95 (CAN)

AUTHOR HOMETOWN

Andrew Thompson, Stamford, UK

OTHER FORMATS

eBook: 9781646042098, \$12.99

101 Silly Halloween Jokes for Kids

Editors of Ulysses Press

BOOK DESCRIPTION

Looking for some spook-tacular laughs this Halloween? Look no further... *101 Silly Halloween Jokes for Kids* is filled with funny, delightful tricks and treats that ghost-loving, pumpkin-obsessed kids will howl over, share, and tell all season long.

Discover the ultimate laugh-out-loud joke book for kids that's 100 percent about everyone's favorite time of year—Halloween! Inside, kids will find clean, fun jokes like:

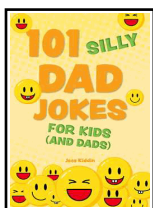
- What does a vampire stand on when he gets out of the shower? *A bat mat!*
- What's the first thing ghosts do when they get in the car?
Boo-ckle their seatbelts!
- What does a skeleton order at a restaurant? *Spare ribs!*
- What do sea monsters eat for lunch? Fish and ships.
- . . . *And many more!*

Whether you're a wizard of wordplay, a ghoulish giggler, or just someone who loves good old haunted hilarity, this book is the perfect addition to your library.



AUTHOR BIO

Ulysses Press is a book publishing company with offices in Brooklyn, New York, and Berkeley, California.



101 Silly Dad Jokes for Kids (and Dads)
9781646046690
\$7.95/\$10.95 Can.



101 Silly Easter Jokes for Kids
9781646046164
\$7.95/\$10.95 Can.



101 Silly Valentine's Day Jokes for Kids
9781646046133
\$7.95/\$10.95 Can.

PAPERBACK

On Sale: 07/15/25
Ulysses Books for Young Readers
9781612439655
Juvenile Nonfiction
First Print: 3,000
\$10 (US) / \$13.5 (CAN)

Ages 5 - 10, Grades
4 x 6, 112 pages
Carton quantity: 70

OTHER FORMATS
eBook: 9781612439662, \$7.99

The Horse Is Always First

Takeaways from the French Tradition for Today's Rider

Cyril Pittion-Rossillon

BOOK DESCRIPTION

Concepts and skills from the French equitation system, joyfully distilled for modern equestrians and the horses they love to train.

The French tradition of horsemanship is characterized by three principles: harmony, lack of constraint, and respect for the horse. For three decades, French Riding Master Cyril Pittion-Rossillon embodied this tradition as he lived and worked alongside American equestrians and their horses, exchanging a rich history of riding and training styles along the way. Now, Pittion-Rossillon shares the methods that his years of education and experience have taught him to be most helpful to the horse and most enlightening to the rider.

With simple, timeless explanations of these principles and practical exercises that encourage readers to explore them, *The Horse Is Always First* brings to light the ideas that Pittion-Rossillon believes will help horses and riders of all levels, disciplines, and performance goals. His years of experience teaching adult equestrians help him frame his knowledge in a way that is highly approachable, and his passion for horsemanship and creative expression ensure an immensely enjoyable journey, from the book's thoughtfully crafted words to its unique, hand-drawn illustrations. The result is what Pittion-Rossillon calls "a love letter from France to equestrians worldwide"—a way to approach connection and partnership with the horse that is both humane and successful.

Designed especially for browsing and beginning with the lesson or exercise you need most, *The Horse Is Always First* seeks the well-being of your horse before any other goal. This is the heart and soul of the French tradition of riding. Let it be yours

AUTHOR BIO

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PAPERBACK

On Sale: 11/04/25

Trafalgar Square Books

9781646011537

Sports & Recreation

First Print: 3,000

8.25 x 10.25, 176 pages

Carton quantity: 32

\$29.95 (US) / \$39.95 (CAN)

AUTHOR HOMETOWN

Cyril Pittion-Rossillon / Ocala / Florida

OTHER FORMATS

eBook: 9781646011544, \$21.99

Cyril Pittion-Rossillon hails from Paris, France, where he earned his Riding Master Degree from the French National Equestrian School. Pittion-Rossillon was trained under members of French Olympic Team and competed in the French Equestrian Federation Open Jumper Circuit, eventing to the preliminary level. In addition, he is a USDF, FEI, USEA, USEF Hunter/Equitation, and USEF WDAA World Champion & Horse of the Year coach. He lives in Florida with his wife horsewoman Lynn Palm (palmequestrianacademy.com).

Michelle Grald is a horsewoman and a writer who enjoys blending these two passions to illuminate and inspire fellow equestrians. She received her education at Emerson College in Boston, graduating as valedictorian with a degree in speech and mass communication. Professionally, she has been a copywriter, marketing manager, graphic designer, book compositor, equestrian trail event director, and journalist. As a lifelong equestrian, she has explored many disciplines and particularly enjoys classical dressage, Centered Riding, and, especially, endurance and distance trail riding. She is an American Endurance Ride Conference Trail Master and avid advocate for equestrian trails and open space.

The Greatest Horse Trainer on Earth

The Sylvia Zerbini Story

Rebecca Didier

BOOK DESCRIPTION

For readers whose imaginations are captured by the glamour and excitement of the big top comes a biography of ninth-generation circus performer Sylvia Zerbini, whose astounding liberty horse performances have entertained millions and redefined what's possible between horse and human.

Sylvia Zerbini was born into circus life, a child of a ninth-generation circus family. By age twelve, Zerbini was part of a six-person trapeze troupe, and she went solo as an aerialist at fourteen. But it was her remarkable connection with animals, horses in particular, that would propel her to international fame. Her breathtaking liberty horse acts, often incorporating up to sixteen Arabians, defy what even the most sensitive and practiced horsemen can accomplish. Using her breath, her body, and vocal communications spoken in French, she and her horses compose a dance as beautiful as it is unusual to witness. One of the first people to mix aerial acts and equestrian showmanship, Zerbini has performed for nearly 10 million people around the world as well as in the traveling show *Cavalia*, the highly acclaimed equestrian-themed spectacular created by one of the pioneers of Cirque du Soleil.

In this thoughtful retrospective, the history of the circus life is intertwined with the story of Zerbini's development as an extraordinary horse trainer. Featuring over one hundred historical and personal photographs, *The Greatest Horse Trainer on Earth* is an illuminating story of a committed athlete, dedicated artist, and fascinating personality. For horse lovers, Zerbini's journey is a demonstration of the kind of extraordinary connection that is possible between animal and human.

AUTHOR BIO

For more than two decades, Rebecca M. Didier has worked as an editor, art director, project manager, and co-writer for hundreds of top riders, trainers, and equine experts from around the globe, helping bring instructional texts, biographies, memoirs, and novels to life. She has worked on critical favorites, award-winners, and international bestsellers. She is co-author of the book *Dressage with Mind, Body & Soul* with world-renowned animal behaviorist Linda Tellington-Jones and *Finding Your Superhorse* with trainer and clinician Lynn Palm. Didier lives in Andover, New Hampshire, with her husband, son, and redbone coonhound, and enjoys riding horses and motorcycles, and writing her own stories, whenever she can.

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PAPERBACK

On Sale: 12/02/25

Trafalgar Square Books

9781646012404

Biography & Autobiography

First Print: 5,000

6 x 9, 304 pages

Carton quantity: 36

\$24.95 (US) / \$33.95 (CAN)

AUTHOR HOMETOWN

Rebecca Didier / Andover / New Hampshire

OTHER FORMATS

eBook: 9781646012411, \$18.99

Understanding Horse Depression

Knowing Symptoms, Identifying Causes, and Finding Cures

Joanna Lepiarczyk

BOOK DESCRIPTION

A groundbreaking look at today's "healthy body, broken spirit" phenomenon in domestic horses, and how we can change it.

A horse's eyes, once bright and curious, now look sad and dull. His head, once held high, now hangs low. His body, once full of energy, seems tired and lifeless. What is the cause of distress this horse is experiencing? His body is healthy, but his spirit seems broken.

Traditionally, humans care for horses' physical needs—feeding them, grooming them, and ensuring they are sheltered from the harsh elements. But their emotional well-being, equally if not more important, has long been neglected, as their subtle signs of distress can easily go unnoticed.

In these pages, lifelong horsewoman and horsemanship educator Joanna Lepiarczyk explores how horses, like humans, are social animals with complex emotional landscapes. Drawing on recent research, she explains how horses form bonds, experience stress, and suffer from mental health issues like depression. Lepiarczyk translates scientific findings into practical advice and strategies for identifying signs of depression and improving equine mental well-being, including:

- The stress-depression connection
- The role of learned helplessness
- How changes in attention, posture, and responsiveness indicate mental health concerns
- Signs of anhedonia (inability to express joy) in horses
- Depression risks and treatment steps

By bringing horse depression to the forefront, Lepiarczyk helps horse owners, riders, and trainers understand and support the mental health needs of their horses—skills that will foster deeper bonds and better care.

AUTHOR BIO

final cover
to come

PAPERBACK

On Sale: 11/11/25

Trafalgar Square Books

9781646012725

Psychology

First Print: 1,500

7.5 x 10, 232 pages

Carton quantity: 25

\$29.95 (US) / \$39.95 (CAN)

AUTHOR HOMETOWN

Joanna Lepiarczyk / Burnaby /

British Columbia

OTHER FORMATS

eBook: 9781646012732, \$21.99

Joanna Lepiarczyk grew up in a small riding facility run by her parents. She actively competed and taught in Europe before relocating to Canada, where she obtained her Equine Canada Competition Coach certification. An avid student of the horse and equine well-being, Lepiarczyk has undergone specialized equine orthopedic training to assess musculoskeletal issues in horses and is a certified thermographer for thermal imaging in order to utilize advanced technology to detect and prevent potential health issues. She has completed certified FEI courses in horse conformation and movement evaluation, achieved certification in animal psychology, and is a member of the International Association of Animal Behavior Consultants (IAABC). Lepiarczyk is a regular contributor of articles covering a wide range of topics to equestrian media outlets and serves as host for an educational social media platform Horses Explained (horsesexplained.com). She lives in Burnaby, British Columbia.

Starting Young Horses

Commonsense Skills and Sensible Steps to a Solid Training Foundation

Jason Irwin

BOOK DESCRIPTION

With a straightforward system that any horse owner can follow, *Starting Young Horses* presents a comprehensive guide to navigating a horse's first years under saddle.

The most critical stage of training a horse is establishing a solid foundation for future skill development. By ensuring essential skills are in place, horses are physically and mentally prepared to respond to human requests and adapt to new environments, leading to healthier, happier horses, no matter their discipline.

Trainer and clinician Jason Irwin began starting horses as a kid on his family ranch. Through experience and a lifetime of studying horses and horsemen, he has developed a straightforward, safe, and fair-minded system for ensuring young horses have what they need to get along in a human's world. The horses he starts go on to excel in any discipline, Western or English, and do so with the willingness that comes with true understanding. In these pages, Irwin provides the steps anyone can follow to ensure the same success with their horse:

- Ground manners that set the stage for all further training
- Groundwork exercises for advancing to saddling and riding
- Sensible and sensitive roundpen work
- First bridling and first saddling
- "Riding from the ground" to teach steering, stopping, and turning
- Easy-to-use ground-driving exercises
- How to tell when a horse is ready for the first ride and set him up for success

Irwin explains how to take the horse's personality and individuality into consideration, adjusting as needed to keep him willing. He looks at the "different" horses who might need a creative approach, and provides guidance on how to identify "bad days" and know when to quit without losing ground. "In the past," Irwin writes, "there was very often a feeling that the first rides on a horse were something that a person 'just needed to get through'.... Thankfully, that's changing." With his patient, practical guidance, the first rides—and all the rides after that—can be something both horse and rider enjoy.

AUTHOR BIO

final cover
to come

PAPERBACK

On Sale: 10/07/25

Trafalgar Square Books

9781646012749

Sports & Recreation

First Print: 4,000

8.25 x 10.25, 192 pages

Carton quantity: 36

\$26.95 (US) / \$35.95 (CAN)

AUTHOR HOMETOWN

Jason Irwin / Southampton / Ontario

OTHER FORMATS

eBook: 9781646012756, \$19.99

Jason Irwin started his first colt when he was twelve years old. Since then, he has trained hundreds of young horses over the last twenty years at the family business, Northstar Livestock Quarter Horses. Irwin has demonstrated his skills at the largest horse expos in the world, and many of the horses Irwin has started and trained have gone on to excel in everything from barrel racing to ranch work to fox hunting and just about everything in between. He and his wife Bronwyn operate Jason & Bronwyn Irwin Horsemanship and host their own television show, *The Horse Trainers*, on RFD-TV Canada and The Cowboy Channel Canada. Irwin also writes for several leading horse industry magazines. You can discover more about Irwin's work at www.thehorsetrainers.com. He currently resides in Southampton, Ontario.

The Imperfect Rider

Your Guide to Being Better By Not Trying to Be the Best

Andrea Waldo

BOOK DESCRIPTION

Busting the perfectionism myth so you can improve your performance in the saddle.

Andrea Waldo—rider, trainer, instructor, and former psychotherapist—is back with her long-awaited follow-up to the bestselling *Brain Training for Riders*. This time, she tackles the problem of perfectionism, providing a roadmap for riders to identify how the idea of “perfect” interferes with their natural progression and distracts from the day-to-day enjoyment of the equestrian experience.

Drawing from research and her own riding life, Waldo helps readers recognize the pros and cons of perfectionism, guiding them toward a healthier perspective. With practical exercises, she encourages self-improvement in a way that benefits both rider and horse by emphasizing that growth necessitates mistakes and the “messy middle”—the phase between mastering a skill and finding the next step.

With humor, insight, and her clear love for horses and equestrian sport, Waldo provides tools for riders to set high standards without the pressure of perfection, fostering a more satisfying, successful, and less stressful relationship with themselves and their horses.

AUTHOR BIO

Andrea Monsarrat Waldo holds a master’s degree in counseling and was certified in 2008 as a riding instructor by the United States Eventing Association. She is co-owner of Triple Combination Farm in Ferrisburgh, Vermont, where she and her two business partners train horses and riders of all ages and abilities in the sports of eventing and dressage. Waldo competes through advance level in eventing, has shown through third level in dressage, and has brought along several horses from the very beginning of their training. She was a practicing psychotherapist from 1994 until 2012 and now does StressLess Riding Performance Coaching in workshops and individual sessions with equestrians at all levels of horse sports. Waldo lives in Monkton, Vermont, and is the author of the bestselling book *Brain Training for Riders* (triplecombinationfarm.com).

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PAPERBACK

On Sale: 09/02/25

Trafalgar Square Books

9781646012794

Sports & Recreation

First Print: 4,000

6 x 9, 224 pages

Carton quantity: 36

\$22.95 (US) / \$32 (CAN)

AUTHOR HOMETOWN

Andrea Monsarrat Waldo / Monkton
/ Vermont

OTHER FORMATS

eBook: 9781646012800, \$16.99

Through the Seasons

A Botanical Odyssey of the Native Plants of the Northeast

Michael Adamovic

BOOK DESCRIPTION

Perfect for plant lovers, *Through the Seasons* is a visually stunning resource showcasing the native plants of the northeastern United States in their natural habitats.

A culmination of a decade of exploration, *Through the Seasons* is a comprehensive photographic guidebook documenting the native flora of the northeastern US. With his meticulous eye and honed naturalist's instincts, Mike Adamovic shares his findings on his travels through New England, New York, Pennsylvania, and New Jersey—resulting in a beautiful quick-reference that captures a wide range of species, from common to rare, across diverse habitats, from alpine peaks to coastal saltmarshes.

Organized by habitat and season, this guide offers a visual record of native plants in their natural environments, serving as both a phenological reference and an encyclopedia of species. Beyond field use, this guidebook provides valuable insights for improving landscaping conditions and understanding which plants can thrive in cultivation.

Adamovic also underscores the importance of preserving native plants, detailing for readers how they support wildlife and insects that are essential for ecosystem balance. By fostering an appreciation for these species and their seasonal roles, *Through the Seasons* encourages more sustainable practices for a healthier natural environment.

AUTHOR BIO

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PAPERBACK

On Sale: 09/09/25

Trafalgar Square Books

9781646012831

Nature

First Print: 8,000

7 x 8.5, 352 pages

Carton quantity: 28

\$39.95 (US) / \$53.95 (CAN)

AUTHOR HOMETOWN

Michael Adamovic / Highland / New York

OTHER FORMATS

eBook: 9781646012848, \$25.99

Michael Adamovic holds a degree in environmental studies from Manhattanville College in Purchase, New York. He's worked as an invasive species researcher at the New York State Parks Department, spent time at the Department of Environmental Conservation as part of the "Trees for Tribes" program, and worked as a landscape designer and horticulturist at One Nature, LLC. Currently, he manages propagation at Catskill Native Nursery, collecting and germinating the seeds of local ecotypes. In addition to his day job, he operates a photography business, Adamovic Nature Photography, and he enjoys growing rare and unusual species not commonly offered in the horticultural trade. He is also the creator of the Facebook group, Native Plants of the Northeast—the largest native plant group on the social media platform. He is the author of three other books, *Hudson Valley Reflections: Illustrated Travel & Field Guide*, *Hudson Valley History & Mystery*, and *Hudson History & Mystery, Volume 2*. He lives in Highland, New York, with his wife and two children (adamovicnaturephotography.zenfolio.com).

The Pilates Equestrian

Become a More Effective Rider by Taking Ownership of Your Body

Julie Driver

BOOK DESCRIPTION

Build strength, flexibility, and body awareness that will enhance every aspect of your horsemanship, in and out of the saddle.

Developing body awareness is the first crucial step in enhancing physical abilities, and consequently, your abilities to communicate and perform with a horse. Athletes and performers of all levels rely on the practice of Pilates to exercise that body awareness, and in *The Pilates Equestrian*, certified instructor Julie Driver helps riders create a more harmonious partnership with their horses.

With Driver's equestrian-specific Pilates program, you will learn to instinctively respond to your horse's movements with balance, grace, and subtlety, becoming a stronger, more effective rider. The focus on body awareness, breathing, and alignment will lead to lasting improvement in your riding. With the needs of equestrians in mind, Driver covers key areas such as:

- Foot, spine, hip, and shoulder mobility
- Pelvis and spine stability
- Balance
- Stamina
- Coordination
- Breathing

Driver's approach goes beyond exercise—she believes that by improving self-awareness and body responsiveness, riders will become less prone to accidents and easier for horses to carry, reducing injury risk for both human and horse. *The Pilates Equestrian* provides practical techniques, supported by instructional photos and video lessons, offering a fresh and effective approach to equestrian fitness for riders at any level.

AUTHOR BIO

final cover
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PAPERBACK

On Sale: 10/14/25

Trafalgar Square Books

9781646012879

Health & Fitness

First Print: 1,500

7 x 9.25, 224 pages

Carton quantity: 36

\$27.95 (US) / \$36.95 (CAN)

AUTHOR HOMETOWN

Julie Driver / London / England

OTHER FORMATS

eBook: 9781646012886, \$20.99

Julie Driver has been a certified Pilates educator for nearly three decades, teaching both in the United Kingdom, where she is based, and abroad. In 2014 she won the prestigious international Pilates Anytime Instructor of the Year competition and continues to record online classes as a returning visiting instructor. With a lifelong passion for horses and riding, Driver believes Pilates is the perfect way for riders to improve their technique and create a stronger relationship with their horse. She regularly contributes to both equine- and fitness-related publications and has recorded specialty classes for the Monty Roberts Online Equus University. She lives in London. (juliedriverpilates.com).

In the Scent of Horses, Hay, and Old Barns

The Story of Eleanor Prince, Intrepid American Horsemanship Educator
Pamela Galbreath

BOOK DESCRIPTION

A narrative retelling of the life of a horse girl who moved west and started one of the nation's longest running equestrian schools.

In early autumn, 1958, thirty-two-year-old Eleanor Fracker Smith left her family roots in Massachusetts and moved to southeast Wyoming. There, she realized her life philosophy: that people can do without a lot of things, but no one should have to live without horses.

Living on the dry, wind-swept prairie west of Laramie, Ellie bought horses she could afford: ill, malnourished, and poorly trained. Through her accumulated knowledge of equine care, Ellie turned her unimpressive herd into show-ring winners and sought-after breeding stock. In 1961, she established Sodergreen Horsemanship School based on a uniquely immersive curriculum, with lectures and lessons based upon love, patience, mutual trust, communication, and—most importantly—groundwork. For forty years, Ellie's renowned depth of knowledge and commitment to educating the horse-loving public drew students of all ages and skills. When Ellie married Bill Prince in 1966, they purchased a rundown ranch, just west of Cheyenne, and took with them the school and its name. Classes were full every summer until the school officially closed in 2001. Ellie stayed involved in teaching and other horsemanship activities until she passed away in 2024, in her ninth decade. "I was nutty about horses," she once said, "and couldn't see life any other way."

Pamela Galbreath's finely tuned narrative reverently traces the arc of Ellie Prince's lifetime of service to horses and horsemanship with remarkable attention to setting and detail, transporting readers from the suburbs of Boston to the plains of the West. Those who love horses or have an interest in the history of horsemanship in the United States will find themselves wishing they could have been taught by Ellie Prince.

AUTHOR BIO

final cover
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PAPERBACK

On Sale: 11/25/25

Four-in-Hand Press

9781646013012

Biography & Autobiography

First Print: 1,000

6 x 9, 320 pages

Carton quantity: 28

\$24.95 (US) / \$33.95 (CAN)

AUTHOR HOMETOWN

Pamela Galbreath / Laramie /

Wyoming

OTHER FORMATS

eBook: 9781646013029, \$18.99

Pamela Galbreath holds an MFA in Creative Writing from the University of Wyoming. She was awarded the 2011 Wyoming Arts Council Creative Writing Fellowship in Creative Nonfiction and received WAC honorable mentions in 2024 and previous years. Her nonfiction earned her a nomination for the 2015 Pushcart Prize and, in 2024, first place in the Wyoming Writers Inc. contest. Her work has been published in the anthology *Unruly Catholic Women Writers: Creative Responses to Catholicism* and in magazines and literary journals. A retired teacher of writing and literature at the high school and university levels, Galbreath resides in Laramie, Wyoming, with her husband, dogs, and horses (pamelagmusings.com).

Fur Mama

How I Found my Best Life Adopting a Retired Racehorse and a Shelter Dog
Diana du Pont

BOOK DESCRIPTION

Perfect for animal lovers, this heartfelt memoir follows successful career woman Diana du Pont’s fulfilling journey as she opens her heart and home to rescue animals—and discovers the undeniable power of the human-animal bond.

Diana du Pont was a die-hard careerist and grinding workaholic. Married without children, she never had a chance to see herself as maternal material. Then, having fortuitously been offered a new post in a town known for its rich equestrian legacy, she adopted a young, tempestuous Thoroughbred, fresh off the racetrack, followed by a loveable rescue dog. This turn of good fortune began an emotional journey from Type-A professional to a woman willing to risk the life upon which her entire sense of self-worth and personal identity had been built.

Fur Mama traces du Pont’s moving transformation into a devoted animal parent as she introduces these two dependents, both entirely reliant on her for a new form of “family.” Even as she’s uprooted from all that is familiar and moves halfway across America, she finds herself unexpectedly consumed by the abiding need to love and care for these innocent, living beings as her own. Despite challenges in her animal relationships, du Pont gracefully navigates her new maternal role and what it might mean, in this context, to be a “good mother.”

With intelligence and sensitivity, du Pont’s emotionally moving memoir explores the social phenomenon of embracing and humanizing pets—and the benefits we discover when we do. Blending themes of career and motherhood with horses and dogs, *Fur Mama* adds a new twist to the ongoing cultural debate about “having it all” and the nature of true professional and personal success.

AUTHOR BIO

final cover
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PAPERBACK

On Sale: 09/23/25

Four-in-Hand Press

9781646013036

Biography & Autobiography

First Print: 1,500

6 x 9, 360 pages

Carton quantity: 28

\$24.95 (US) / \$33.95 (CAN)

AUTHOR HOMETOWN

Diana Du Pont / Columbia City /
Indiana

OTHER FORMATS

eBook: 9781646013043, \$18.99

Diana du Pont has thirty years combined experience as an art curator and writer. She has written dozens of museum catalogues and many published books, including IPPY, College Art Association, and Art Directors Club Award–winners. She has also been a J. Paul Getty Museum Fellow. During her fifteen years working at the Santa Barbara Museum of Art, she brought international recognition to the institution for its Latin American art collections and exhibitions. She is also a biographer and ghostwriter. Du Pont is a proud “fur mama,” having adopted an off-track Thoroughbred and rescued Black Lab and nurtured and loved them as her own family. Dedicated to the ethical and humane treatment of all animals, she is a fervent believer in animal adoption and rescue. Du Pont lives in Columbia City, Indiana (dianadupont.com).

Greyhound

The Remarkable Story of the Harness-Racing Horse Who Inspired a Nation
Cheryl Eriksen

BOOK DESCRIPTION

For fans of Elizabeth Letts's *The Eighty-Dollar Champion* comes a compelling and illuminating true story about the greatest racehorse history forgot.

Unbeatable like Man O' War, record-breaking speed like Secretariat, and loved by the fans and everyone who knew him like Seabiscuit. While any fan of harness racing will know and talk of Greyhound with deep reverence, outside the world of harness racing, he is almost completely unknown.

An ugly, awkward underdog in his early years, Greyhound blossomed into a champion under the care of a millionaire entrepreneur owner, the guidance of a veteran trainer/driver, and the love of a young caretaker who acted as bodyguard, public relations guru, and valet for the horse. Greyhound developed into the fastest trotter in history—his mile record stood for over thirty years—and retired with sixteen of twenty-five world records still unbroken. Greyhound was a celebrity in his day—a horse with such an enigmatic personality some swore he was part human.

Brought to life in these pages with painstaking detail and meticulous research, Greyhound's story is both colorful and entertaining. With nearly two hundred historical photographs and racing artifacts, many shared with the public for the first time, and a compendium of race results from the heyday of harness racing, this is more than a feel-good success story—it's the historical record racing enthusiasts have been waiting for. *Greyhound* is a book for anyone who has known the love of a great horse and everyone who finds inspiration in a Cinderella story.

AUTHOR BIO

Cheryl L. Eriksen is an author, blogger, horse midwife, and eternal student of the horse-human connection. She earned her Master of Social Work from Western Michigan University, and she has spent decades as an equine professional, studying equine behavior and working in the field of equine-assisted psychotherapy and learning. She has developed and taught continuing education courses on equine-assisted psychotherapy and social worker training on trauma and resiliency. You can connect with Cheryl at followmefriendbook.com. She currently resides in the historic Bluegrass region of Kentucky.

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PAPERBACK

On Sale: 09/30/25

Four-in-Hand Press

9781646013050

Sports & Recreation

First Print: 800

6 x 9, 408 pages

Carton quantity: 20

\$27.95 (US) / \$36.95 (CAN)

AUTHOR HOMETOWN

Cheryl Eriksen / Versailles /
Kentucky

OTHER FORMATS

eBook: 9781646013067, \$20.99

Fergus and the Man Named Jim

Jean Abernethy

BOOK DESCRIPTION

In his newest comic adventure, Fergus, the world's favorite cartoon horse, finds out how humans can help make his body and mind feel better—if he lets them.

"Everyone loves Fergus!" say reviewers, and now the opinionated cartoon horse and bona fide social media star is back in an all-new comic adventure. In his sixth book, Fergus is finding show ring success, clearing jumps and winning prizes. But the stress of travel and performing his best begins to take a toll, and for the first time in his friend-and-grass-filled life, Fergus doesn't feel so good. His muscles are tight and painful, and he is always worried about silly things that used to make him laugh. When Fergus meets a gentle mustached man named Jim, he discovers a different way to spend time with humans—with their hands offering a great big release of tension from his sore spots and his busy mind.

Featuring the talented Jean Abernethy's hysterically funny illustrations and scenes replete with supporting characters as amusing as their endearingly awkward hero, *Fergus and the Man Named Jim* entertains while reminding us all to make the horse's well-being a priority. Recommended for ages 5 to 95.

AUTHOR BIO

Jean Abernethy grew up on a small family farm, where, as a child, she explored her world on horseback. After a college education in equine studies, Abernethy earned her art degree at Ocad University in Toronto. Her comical horse cartoons have graced equine print publications for over forty years, while her passion for horses has led her through work making saddles, and employment as a barn hand, carriage driver, and trail guide. Abernethy has written and illustrated six Fergus books, and her star character has brought laughter to hundreds of thousands of Facebook and Instagram fans around the world. You can learn more about Jean and Fergus at www.fergusthehorse.com. Abernethy lives in Wellesley, Ontario.

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HARDCOVER

On Sale: 10/21/25

Trafalgar Square Books

9781646013173

Humor

First Print: 5,000

9.25 x 9.25, 40 pages

Carton quantity: 36

\$16.95 (US) / \$22.95 (CAN)

AUTHOR HOMETOWN

Jean Abernethy / Wellesley /
Ontario, Canada

OTHER FORMATS

eBook: 9781646013180, \$10.99

The Ube Baking Book

Decadent and Delicious Recipes with Filipino Purple Yam
Henry Awayan

BOOK DESCRIPTION

Add a taste of the Philippines to your favorite cookies, brownies, cakes, breads, and more with the first-ever baking cookbook dedicated to the yam called UBE!

Ube, meaning "tuber" in Tagalog, is a purple yam originating from the Philippines. Ube is totally unique—it is flavorful, sweet, nutty, and bright purple! Its one-of-a-kind flavor and showstopping color have made it the trendiest ingredient in baked goods and desserts in Asia and around the world.

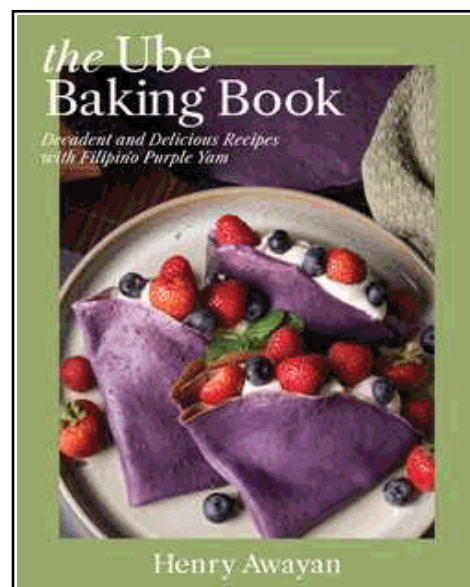
Now, with the first ube-dedicated baking book, you can make your own violet and exceptional creations. With over 50 beautiful photographs and easy-to-follow recipes, award-winning baker Henry Awayan offers his traditional childhood favorites as well as brand-new creations, including:

- Ube Halaya (Filipino jam)
- Ube Brownies with White Chocolate Chips
- Traditional Halo-Halo with Ube Ice Cream
- Ube Bavarian Cream
- Gluten-Free Ube Mochi Pancakes
- Ube Milk Bread
- And more!

Perfect for fans of Trader Joe's Ube Mochi Pancake and Waffle Mix or home chefs of all levels, this book will add a pop of color to your baking game.

AUTHOR BIO

Henry Awayan is baker and owner of the award-winning Whisk Cake Creations in Alameda, CA. He began baking at the age of 10, when he baked his first cake for his mom after she returned home from a trip to the Philippines. A graduate of culinary and pastry school as well as the Ice Cream School through the agricultural science winter program at Penn State, he has worked for various bakeries, catering companies, restaurants, country clubs, and hotels throughout the San Francisco Bay Area. After many years in the industry, he decided to follow his childhood dream and opened his very own bakery in 2014. In 2017, Henry was featured on the Food Network Show *Bakers vs. Fake*s. Over the past eight years, his cakes have also been featured on local news stations and in *SF Gate*. Whisk Cake Creations was voted Best Bakery in Alameda in 2022. Henry has a strong passion for baking, just as much as he has a strong passion for his family and friends. He lives in Alameda with his wife, Margie, and two children.



PAPER OVER BOARD

On Sale: 09/30/25

Ulysses Press

9781646045440

Cooking

First Print: 15,000

7 x 9, 128 pages

Carton quantity: 30

\$21.95 (US) / \$29.95 (CAN)

AUTHOR HOMETOWN

Henry Awayan / San Leandro / California

OTHER FORMATS

eBook: 9781646045655, \$14.99

How to Cook for a Dragon

Olde Recipes for Young Chefs

Samuel Kaplan; Keith Riegert

BOOK DESCRIPTION

Learn how to cook delicious, nutritious, and dragon-friendly recipes with this cookbook for kids that melds kitchen skills with dragonology.

Embark on a culinary adventure with the most delicious dragon book for kids. *How to Cook for a Dragon* is not your ordinary cookbook—it's a fantastical journey through a realm where every meal is an exciting quest and every recipe is a treasure to be unearthed.

This dragon-themed cookbook is filled with fun, tasty, and nutritious recipes that kids will love to both make and eat, from the Dragon Egg in a Cave that will tickle their taste buds to the Traveler's Mini Pizzas that will have them breathing imaginary fire.

What's Inside?

- Enchanted recipes:** Each page is a new discovery with easy-to-follow step-by-step instructions that will guide your little ones in creating magical dishes fit for any dragon's appetite.

- Dragon lore and fun facts:** Learn about the dragons of lore with fun dragon facts included with every recipe to keep your kids engaged and reading.

- Magical Illustrations:** Dive into a richly illustrated world where dragons roam free and the kitchen is a portal to another realm.

Perfect for Families and Kids Aged 5–12

How to Cook for a Dragon is designed to bring families together in the kitchen. It's a perfect introduction to cooking for children, teaching them valuable skills while sparking their imaginations. The recipes are simple enough for kids to follow with just a little help from an adult, making the book a special activity for family bonding.

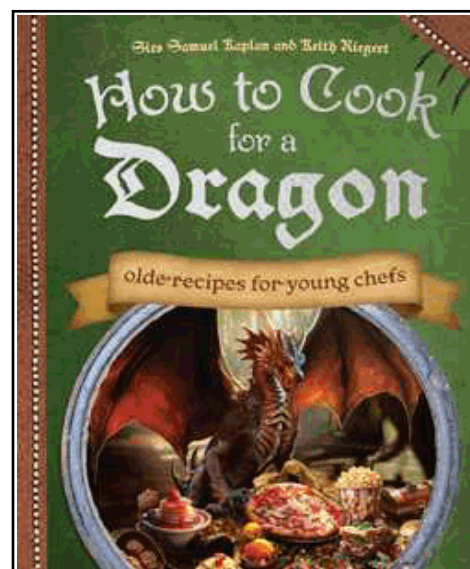
Special Features for Young Chefs:

- A "Dragon Chef's Oath" to inspire and set the stage for a magical cooking experience.

- Tips for cooking safely, so your little ones can navigate the kitchen with confidence.

- A customizable Table of Contents where young chefs can write down their own discoveries and recipe tweaks.

Don't miss out on the chance to make cooking a magical journey with *How to Cook for a Dragon*—the ultimate dragon book for kids. Grab your copy, don your chef's hat, and prepare for a



PAPER OVER BOARD

On Sale: 09/02/25

Ulysses Books for Young Readers
9781646047000

Juvenile Nonfiction

First Print: 10,000

\$19.95 (US) / \$26.95 (CAN)

Ages 5 up, Grades 1 up

8 x 10, 128 pages

Carton quantity: 40

OTHER FORMATS

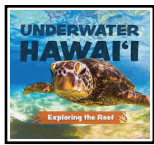
eBook: 9781646047505, \$12.99

fantastical feast that will make your kitchen the most magical place on Earth!

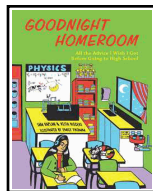
AUTHOR BIO

Samuel “Fact” Kaplan is an author, psychologist, and humorist based in Oakland, California. As a psychologist, he works with families and kids with disabilities, using humor, art, music, and games to create connections and help kids heal from complex traumas. He is the coauthor of the books *Goodnight Dorm Room*, *Everybody Poops 410 Pounds a Year*, and *The MANual*. Samuel is very fast. His speed is comparable to that of a shark crossed with a baby tuna that is also being chased by the aforementioned shark.

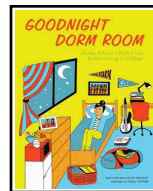
Keith Riegert is an author and the CEO at Ulysses Press. He is also a cofounder of the book publicity and digital marketing firm Pacific & Court and teaches Analytics and Consumer Insights at NYU’s School of Professional Studies in the Center for Publishing.



*Underwater Hawai'i:
Exploring the Reef*
9781646046645
\$14.95/\$19.95 Can.



Goodnight Homeroom
9781646044559
\$15.95/\$21.95 Can.



Goodnight Dorm Room
9781646044801
\$17.95/\$24.95 Can.

The Sober Curious Activity Book

52 Weeks of Habit Trackers, Advice, Games, and Mocktail Recipes for a Fulfilling Year of Sobriety (or Just Drinking Less)

Niesha Davis

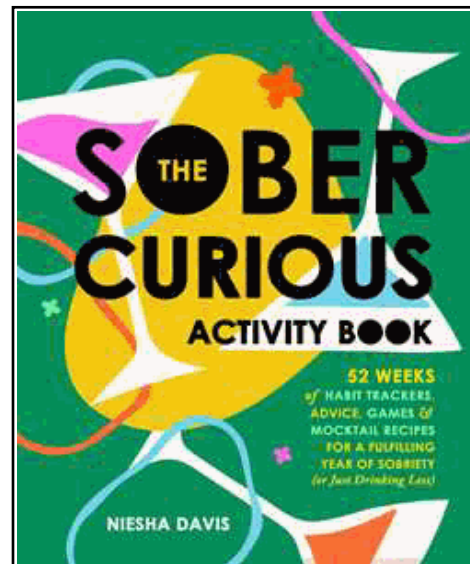
BOOK DESCRIPTION

Entertain yourself and get inspired with the activities, tips, and bullet journal–style trackers in this activity book designed for the sober curious—the perfect companion to a year of drinking less or zero alcohol!

You've made the decision to explore what sober living is all about. Maybe you don't like how you feel after drinking, maybe you don't like who you become when you drink, or maybe you're just trying to be a little healthier. Whatever the reasons behind your decision, this activity book is here to help you stay entertained, inspired, and on the right track. The friendly advice, proven tips, fun activities and games, and convenient organizational tools in this book will help you during your year of sober curious living. In a world that can seem completely centered around drinking, this little book will help you keep the party going from Dry January to summer barbecues and all year long! No matter how you decide to use *The Sober Curious Activity Book*, it is the perfect thing to have on hand if you're looking for a bit of fun and friendly companionship on your journey!

AUTHOR BIO

Niesha Davis is a Black American writer and editor currently residing in Chicago. As a health and wellness writer, her bylines include *Prism*, *Health*, *Women's Health*, *Everyday Health*, and *Livestrong*. Previously she was the digital and sex editor for the lifestyle-feminist publication *BUST*. Niesha grew up in Cleveland, Ohio, and received her BA in theatre and English from The New School. In addition to working in media, she is an avid traveler and vlogger. Keep up with her on Instagram @brwnandabroad.



PAPERBACK

On Sale: 12/02/25
Ulysses Press
9781646047444
Games & Activities
First Print: 5,000
8 x 10, 144 pages
Carton quantity: 40
\$16.95 (US) / \$22.95 (CAN)

AUTHOR HOMETOWN

Niesha Davis, Chicago, Illinois

Ramen Remix

52 Recipes Using Everyone's Favorite Instant Noodle

Jessica Harlan

BOOK DESCRIPTION

Discover the true versatility of instant ramen noodles with over 50 innovative recipes for soups, salads, desserts, snacks, and more!

Instant ramen makes for a great and easy meal on its own, but have you ever wondered about the possibilities it holds? Have you ever considered doing more than simply dumping the package and some hot water into a bowl and calling it a day? *Ramen Remix* will school you in the art of noodle-based cooking with its 52 innovative and creative ramen-based recipes for soups, salads, desserts, snacks, and more. Decorated with beautiful anime-inspired illustrations, *Ramen Remix* provides quick and easy tips, tricks, and recipes to create unique dishes like:

- Ramen Pan Pizza
- Ramen Bolognese
- Bacon, Egg, and Noodle Scramble
- Thai Basil Spring Rolls
- Chocolate Peanut Haystacks
- And more!

Perfect for college students, ramen enthusiasts, and anime fans alike, *Ramen Remix* contains all the quick-and-easy recipes you need to transform a regular old pack of ramen noodles into a remarkably delicious meal.

AUTHOR BIO

Jessica Harlan is the author of nine cookbooks, including *Quinoa Cuisine*, *Tortillas to the Rescue*, *Crazy for Breakfast Sandwiches*, and *The Little Book of Takoyaki*. Her food-writing career has taken her to some amazing places: eating a multicourse truffle feast in a village in Italy, judging a hot and spicy food competition in Albuquerque, sipping iced cider in Montreal. A graduate of the Institute of Culinary Education, she's written for HGTV, the Food Network, *Southern Living*, AllRecipes, *Town & Country*, and more.

She lives in Atlanta with her husband and two teenagers, who never complain when ramen is being served for dinner. Visit her website at JessicaHarlan.com or follow her on Instagram at [@jessica_g_harlan](https://www.instagram.com/jessica_g_harlan).



PAPER OVER BOARD

On Sale: 10/07/25

Ulysses Press

9781646047918

Cooking

First Print: 30,000

7 x 8, 128 pages

Carton quantity: 60

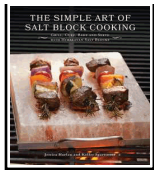
\$19.95 (US) / \$26.95 (CAN)

AUTHOR HOMETOWN

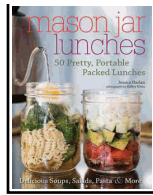
Jessica Harlan / Atlanta / Georgia

OTHER FORMATS

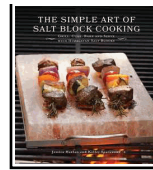
eBook: 9781646047949, \$12.99



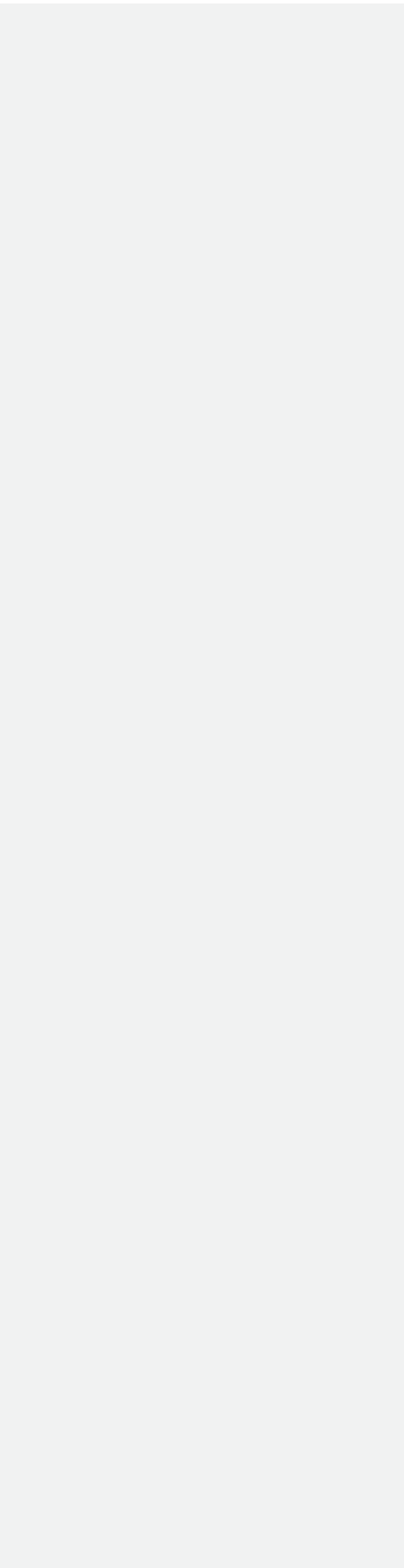
*The Simple Art of Salt
Block Cooking*
9781646042333
\$24.95/\$33.95 Can.



Mason Jar Lunches
9781612437590
\$16.95/\$21.95 Can.



*The Simple Art of Salt
Block Cooking*
9781612434834
\$21.95/\$27.5 Can.



The I Love Trader Joe's Party Cookbook: 15th Anniversary Edition

Delicious Recipes and Entertaining Ideas Using Only Foods and Drinks from the World's Greatest Grocery Store

Cherie Mercer Twohy

BOOK DESCRIPTION

Make your next get-together fabulous with the help of the one and only Trader Joe's® cookbook made for entertaining and hosting on a budget.

One quick stop at your local Trader Joe's and you'll have everything you need to make your next dinner party, holiday celebration, or girl's night a hit! In this new anniversary edition of *The I Love Trader Joe's® Party Cookbook*, you'll learn to serve up over 150 delicious treats and 28 fantastic party ideas, including:

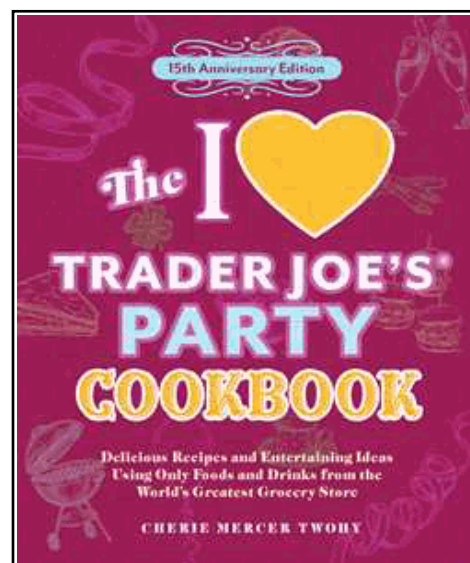
- Baked Ginger-Bourbon Pears to welcome New Year's Day in style
- Stuffed Subs to kick off your Super Bowl bash
- Tropical Hurricanes for a wild and fun Mardi Gras
- Pomegranaritas to put the fiesta in your Cinco de Mayo
- Mojito Fruit Salad for a refreshing Mother's Day brunch
- Cranberry-Ginger Pinot Noir Sauce for a bright and festive Thanksgiving feast
- And so much more!

Fully updated with the latest Trader Joe's fan-favorite ingredients and 10 brand-new recipes, this cookbook is perfect for die-hard Trader Joe's shoppers, super hosts, or anyone looking to spice up their cooking and entertaining skills.

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AUTHOR 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 whisperer. She always carries a corkscrew and a cheese knife.



PAPERBACK

On Sale: 09/16/25

Ulysses Press

9781646048076

Cooking

First Print: 30,000

7.5 x 9.25, 240 pages

Carton quantity: 40

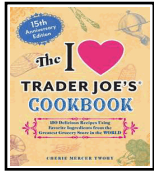
\$19.95 (US) / \$26.95 (CAN)

AUTHOR HOMETOWN

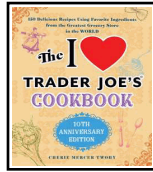
Cherie Mercer Twohy / Depoe Bay / Oregon

OTHER FORMATS

eBook: 9781646048083, \$14.99



*The I Love Trader Joe's
Cookbook: 15th
Anniversary Edition*
9781646047819
\$19.95/\$26.95 Can.



*The I Love Trader Joe's
Cookbook: 10th
Anniversary Edition*
9781646040476
\$19.95/\$26.95 Can.



*The I Love Trader Joe's
Cookbook: 10th
Anniversary Edition*
(Five Below
PROPRIETARY)
9781646045280
\$12.95/\$17.95 Can.

Murder on the Trail

Mysteries, Deaths, and Disappearances in National Parks (Featuring Gabby Petito, Toni Henthorn, Gary Michael Hilton, and More)

Michelle Kaminsky

BOOK DESCRIPTION

Discover the fascinating true crime stories that lay within the majestic landscapes of the United States' national parks, including the National Forest Serial Killer Gary Michael Hilton, the vanlife tragedy of Gabby Petito, murders in Yosemite, and more.

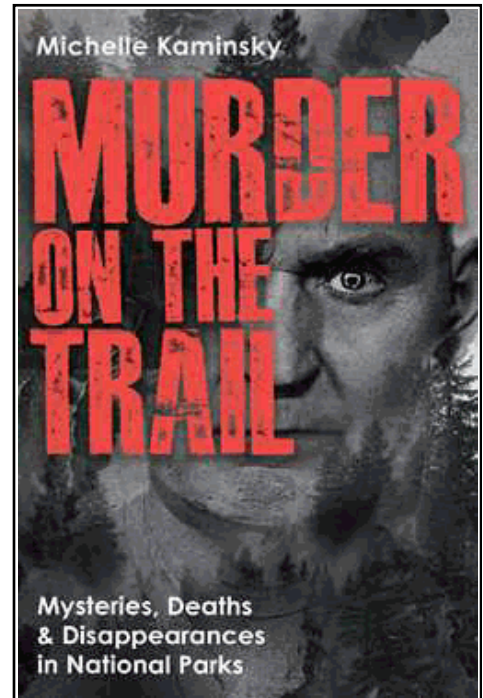
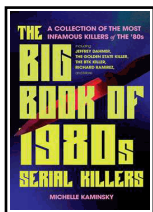
From the depths of the Grand Canyon to the towering peaks of Yosemite, *Murder on the Trail* delves into chilling stories of killers, mysterious disappearances, and other harrowing crimes that have occurred in US national parks, including those involving:

- Cary Stayner, Yosemite Park Killer
- Gary Hilton, National Forest Killer
- The tragic story of vanlifer Gabby Petito
- Toni and Harold Henthorn
- And more

Through meticulous research and compelling storytelling, best-selling true crime author Michelle Kaminsky guides readers through the hidden dangers, sinister secrets, and terrifying realities that lurk in America's most treasured natural wonders. For lovers of true crime and the great outdoors, this gripping book is a must-read for anyone drawn to the dark side of nature's most breathtaking, remote, and (mostly) serene landscapes.

AUTHOR BIO

Michelle Kaminsky's true crime writing is driven by a lifelong fascination with criminal minds, motivations, and MOs. Her first book, *Serial Killer Trivia: Fascinating Facts and Disturbing Details That Will Freak You the F*ck Out*, was published in 2019, and her second book, *Serial Killer Trivia: Cold Cases: Fascinating Facts and Chilling Details from the Creepiest Unsolved Murders Ever*, was published in 2021, both by Ulysses Press. Michelle is the mom of a human kid and a rescued hound, and she is probably listening to a true crime podcast right now. You can find her @michkaminsky throughout social media.



PAPERBACK

On Sale: 12/09/25

Ulysses Press

9781646048182

True Crime

First Print: 8,000

5.5 x 8.5, 360 pages

Carton quantity: 44

\$18.95 (US) / \$25.95 (CAN)

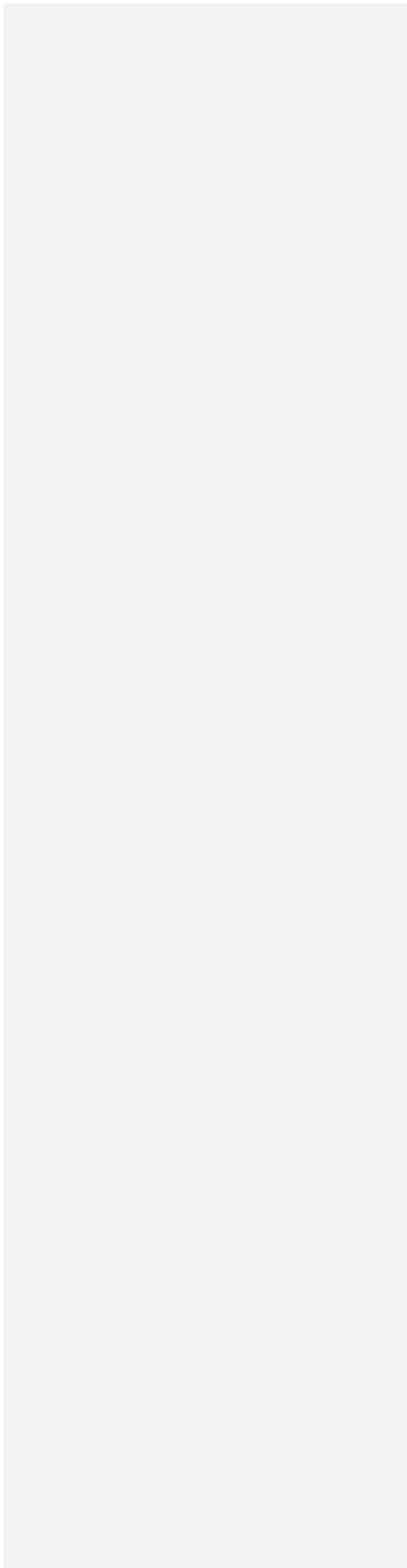
AUTHOR HOMETOWN

Michelle Kaminsky, West Lawn, PA

OTHER FORMATS

eBook: 9781646048199, \$11.99

The Big Book of 1980s
Serial Killers
9781646046171
\$16.95/\$22.95 Can.



Drawing Dinosaurs

How to Draw Scientifically Accurate Prehistoric Creatures, Including T. rex, Stegosaurus, Velociraptor, Spinosaurus, and More (How to Draw Books)

Brian Vitocruz

BOOK DESCRIPTION

Learn how to accurately draw your favorite dinosaurs, with this full-color drawing guide filled with realistic step-by-step instructions and fun facts about T. rexes, stegosauruses, triceratops, and more.

Crack open your sketchbook, grab your pens and pencils, and get ready to turn your thoughts of the most epic dinosaurs ever into beautiful and scientifically accurate drawings. In easy-to-follow, step-by-step detail, *Drawing Dinosaurs* teaches you all the tricks and techniques you'll need to create 19 of your own amazing dinosaurs, including tips on:

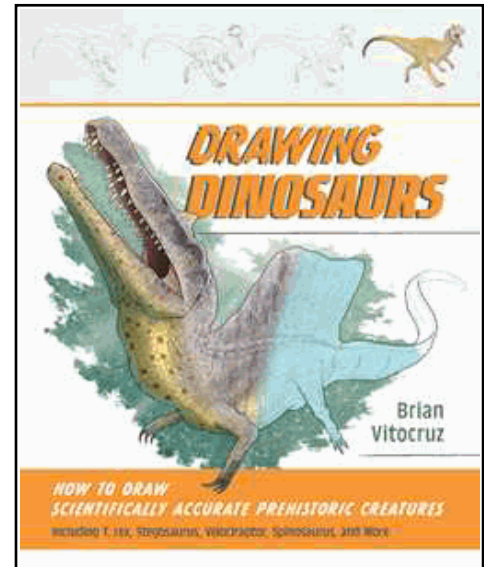
- How to break down a dinosaur's body into basic, easy-to-draw shapes
- How to consider a light source and body shape when shading
- How to draw dinos in different poses
- And so much more!

This book also features detailed fun facts about each dinosaur, including what time period they lived in, where they were located, and their most distinguishing features, so you can be fully immersed in this prehistoric world. As you begin drawing all your favorite prehistoric creatures, remember you have the freedom to let your imagination run wild or strive to make something as close to what current science has to offer; the choice is yours!

AUTHOR BIO

Brian Vitocruz is an artist that has an extensive catalog of paleo art and creature design with both 2D and 3D works. Self-taught before graduating from California State University Northridge with a degree in art and animation, he now has multiple online shops where he sells 3D figures, prints, t-shirts, and other merchandise.

His work will also be featured in an upcoming documentary *Why Dinosaurs?* Inspired by the likes of James Gurney, John Bell, and John Gurche, his focus on the prehistoric has continued to imbue his love of ancient life into his work to create hundreds of both scientifically accurate and sci-fi pieces that celebrate some of the many life forms that have inhabited the earth.



PAPERBACK

On Sale: 10/14/25

Ulysses Books for Young Readers

9781646048250

Juvenile Nonfiction

First Print: 20,000

\$19.95 (US) / \$26.95 (CAN)

Ages 9 up, Grades 4 up

8 x 10, 144 pages

Carton quantity: 44

OTHER FORMATS

eBook: 9781646048304, \$11.99

The Woodcutter's Christmas

A Classic Holiday Fable

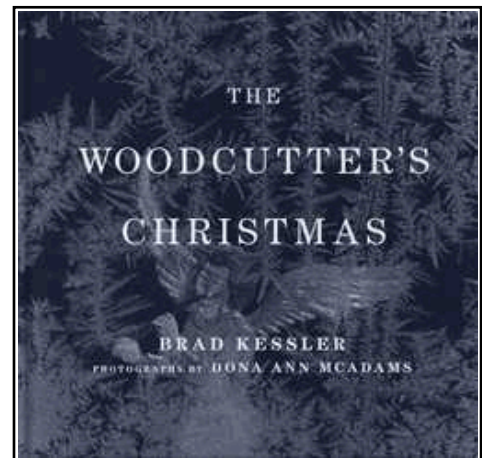
Brad Kessler

BOOK DESCRIPTION

Unwrap the deluxe, expanded, and republished edition of one of the most heartwarming Christmas stories of our time. Each year a New York family looks forward to the day in early December when the Woodcutter arrives with his Christmas trees on the sidewalk below their apartment...until he doesn't show up..and the touching backstory behind this holiday fable.

Featuring elegant black-and-white photographs by an award-winning photographer, *The Woodcutter's Christmas* takes readers on a reflective journey, blending the serene beauty of Vermont winters with the bustling streets of Manhattan. Seen through the eyes of a man who nurtures Christmas trees, this story explores the contrast between nature's slow, steady rhythms and the fleeting, disposable culture of modern society. When the Woodcutter sees the trees he lovingly raised discarded on city curbs after the holiday season, his perspective shifts. After a chance meeting in Manhattan with a kindred spirit, the lessons, spirit, and meaning of Christmas is beautifully reinforced in Kessler's lovely text.

AUTHOR BIO



PAPER OVER BOARD

On Sale: 11/04/25

Galpon Press

9798992468700

Religion

First Print: 10,000

6 x 6, 60 pages

Carton quantity: 30

\$19.95 (US) / \$26.95 (CAN)

Brad Kessler is a critically acclaimed novelist whose work has been translated into several languages. He won the Dayton Literary Peace Prize in Fiction for his novel *Birds in Fall* (2006), a Rome Prize from the American Academy of Arts and Letters, as well as a Whiting Writer's Award.

He is an educator and farmer and author of the literary non-fiction *Goat Song: A Seasonal Life, A Short History of Herding, and the Art of Making Cheese*. His other books include: *North, a novel* (2021) a finalist for 2022 Dayton Literary Peace Prize in fiction and the 2022 Vermont Book Award; *Lick Creek* (2001), a novel, and *The Woodcutter's Christmas* (2001). He is the editor and co-creator of *Deep North: Stories of Somali Resettlement in Vermont* (2023). His work has appeared in many publications including the *New York Times Magazine*, *The Kenyon Review*, *The New Yorker*, and Lit Hub. He's received a National Endowment for the Arts Fellowship and the Lange-Taylor Prize from Duke University's Center for Documentary Studies.

He teaches creative writing at the MFA program at Antioch University, Los Angeles, and has lectured at, among other places, Northwestern University, Smith College, the New School University, and the Kenyan Writer's Workshop. He is a graduate of the Harvard Program in Refugee Trauma and runs a small goat dairy in Southwestern Vermont alongside the photographer and activist, Dona Ann McAdams.

Dona Ann McAdams studied photography at the San Francisco Art Institute and has an M.F.A. in Visual Arts from Rutgers University and a B.A. in Cultural Anthropology from Empire State College.

McAdams has exhibited at many places, nationally and internationally, including the Museum of Modern Art, NYC; The Whitney Museum of American Art, NYC; The International Center for Photography; The Museum of Contemporary Art, Los Angeles, The Library for Performing Arts at Lincoln Center, Robert Miller Gallery and La Primavera Fotographica, in Barcelona, Spain, Her photos are in the collections of, among other places, the

Museum of Modern Art; The Metropolitan Museum of Art; The Print Club, and the Pompidou Center.

She is the author of *Black Box: A Photographic Memoir* (Saint Lucy Books 2024), a book of performance photography, *Caught in the Act* (Aperture 1996) and *The Woodcutter's Christmas* (Council Oak Book, Fall 2001). Her work has appeared in numerous publications including *The New York Times*, *The Washington Post*, *The London Times*, *The Chicago Tribune*, *Time*, *Newsweek*, *Stern*, *Doubletake*, and *Aperture*.

Her awards and honors include the Meredith S. Moody Residency at Yaddo (2019), a Vermont Arts Council Grant (2019), a 2018 Movement Research Honoree, an "Angel Honor" from the Eric Carle Museum (2018); grants from the The Charles Lawrence Keith and Clara Miller Foundation (2011, 2010), a Dorothea Dix Award from the city of Glens Falls, NY (2006), a MacDowell Residency (1999), the Mid-Atlantic Arts Foundation (1997, 2000, 2004), an Obie Award (1997), the Dorothea Lange/Paul Taylor Prize from the Center for Documentary Studies at Duke University (1996), and a Bessie Award (1993).

Since 1983, she has been committed to bringing cameras and photography into marginalized and under-served communities. She has built community darkrooms and taught photography in places as diverse as New York City homeless shelters, Appalachian farming communities, thoroughbred race tracks, and day programs for people living with severe mental illness.

In 2009 she worked closely with Maurice Sendak in establishing the Sendak Fellowship, an award-winning residency fellowship for people who tell stories with illustration, which she ran as the director until 2017.

She has taught and lectured at, among other places, Rutgers University, New York University, The American Center in Barcelona, Spain, and Hostos Community College in the South Bronx, New York City.

The Unofficial Christmas Movie Coloring Book

Coloring Pages from Your Favorite Christmas Movies

Valentin Ramon

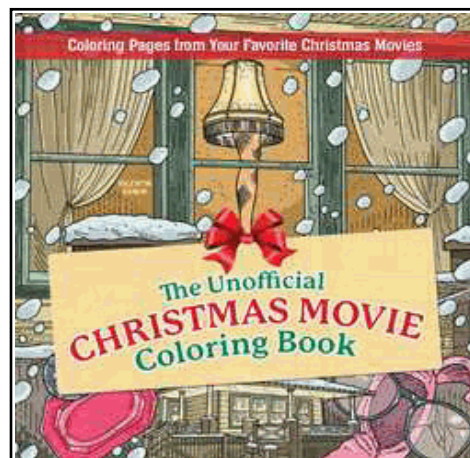
BOOK DESCRIPTION

Cozy up next to the fire, grab your favorite coloring tools, and relax into the holidays by coloring your way through scenes from the very best cult-classic Christmas movies.

While the hustle and bustle of the holidays is usually full of joy and energy, it can be one of the most stressful times of the year. Ease your holiday worries and melt away the stress with this fun and relaxing coloring book featuring snapshots of fan-favorite Christmas films like:

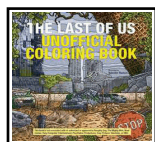
- Home Alone
- A Christmas Story
- Die Hard
- National Lampoon's Christmas Vacation
- And more!

Whether you're a fan of the classic holiday films full of snow and family fun or prefer to watch John McClane repel down the side of a skyscraper with a fire hose, you're in luck—*The Unofficial Christmas Movie Coloring Book* has it all!

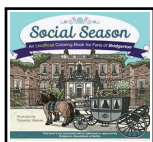


AUTHOR BIO

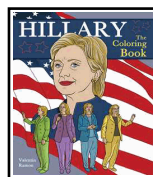
Valentin Ramon is a comic book illustrator living in Barcelona, Spain. He is the illustrator of many beautiful books, including the hit *Welcome to Scranton*.



*The Last of Us Unofficial
Coloring Book*
9781646046102
\$12.95/\$17.95 Can.



Social Season
9781646043057
\$10/\$13.95 Can.



Hillary
9781612433691
\$10/\$11.95 Can.

PAPERBACK

On Sale: 09/09/25

Ulysses Press

9781646048540

Games & Activities

First Print: 20,000

8.5 x 8.5, 128 pages

Carton quantity: 24

\$16.95 (US) / \$22.95 (CAN)

AUTHOR HOMETOWN

Valentin Ramon / Barcelona /
Spain

The Running Bucket List

106 Ideas to Inspire Every Runner

Jeff Horowitz

BOOK DESCRIPTION

Transform your running routine with more than 100 bucket list ideas that will encourage you to try everything from little-known races and international competitions to new training techniques and travel destinations.

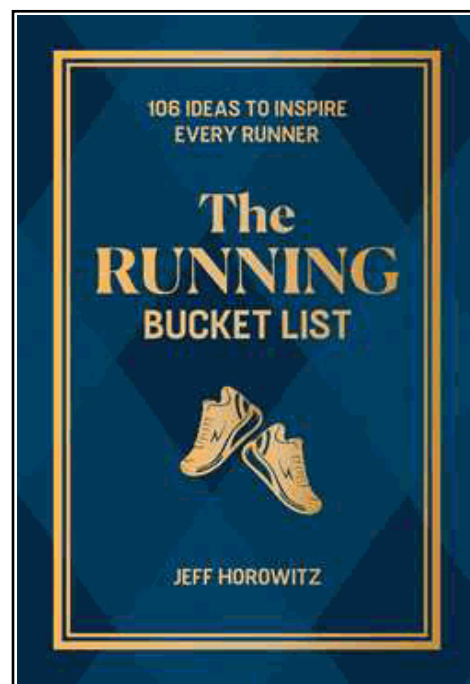
There are a lot of reasons to run. We do it to lose or maintain weight, to be healthier, and to clear our minds. Running can do all these things, and more. But running can be, well, repetitive. For everyone, at some point, it can get boring. Predictable. Routine.

Experienced runner, coach, and adventurer Jeff Horowitz wrote *The Running Bucket List* to provide a fun and organized way to reinvigorate your love for running. Pulling from his nearly four decades of running, which includes racing in every state in the US and on every continent, running in everything from the world's biggest races to solo runs in almost every kind of condition imaginable, Horowitz offers ideas to spice up your training and events that you might already be familiar with, as well as others that you've never dreamed of before. Check items off your running bucket list like:

- Join a running club
- Get a gait analysis
- Participate in your local Turkey Trot
- Race in the Two Oceans Marathon in South Africa
- Run on the Roger Bannister Track in Oxford, England
- Become a race volunteer
- And so much more

In this book, you'll find over 100 bucket list items, ranging from the sublime to the ridiculous, from the deeply challenging to the whimsical. Pick and choose from among these adventures or work your way through the list one by one. Either way, you can be sure to banish boredom from your running.

AUTHOR BIO



PAPER OVER BOARD

On Sale: 10/14/25

VeloPress Books

9781646048298

Sports & Recreation

First Print: 25,000

5.5 x 8.25, 200 pages

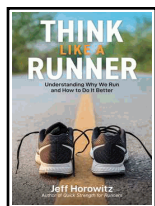
Carton quantity: 24

\$19.95 (US) / \$26.95 (CAN)

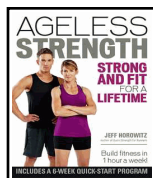
OTHER FORMATS

eBook: 9781646048373, \$12.99

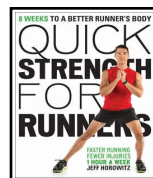
Jeff Horowitz is a certified running, cycling, and triathlon coach and a personal trainer who has run more than 200 marathons and ultramarathons across six continents. Formerly an attorney, he quit law to pursue his passion for endurance sports. He currently teaches running and strength training at the George Washington University and works with athletes from ages 14 through 80. Horowitz is the author of *Quick Strength for Runners*, *Smart Marathon Training: How to Run Your Best Without Running Yourself Ragged*, *My First 100 Marathons: 2,620 Miles with an Obsessive Runner*, *Ageless Strength: Strong and Fit for a Lifetime*, and *Think Like a Runner*.



Think Like a Runner
9781646047116
\$19.95/\$24.95 Can.



Ageless Strength
9781937715717
\$19.95/\$25.99 Can.



Quick Strength for Runners
9781937715120
\$19.95/\$25.99 Can.

Chasing the Grid

An Ultrarunner's Physical and Spiritual Journey in Pursuit of the Ultimate Mountain Challenge

Kenneth Posner

BOOK DESCRIPTION

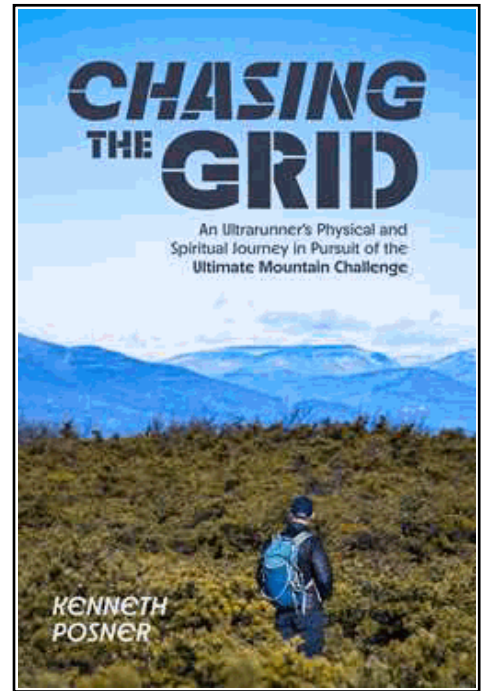
Discover the transformational journey of a conventional-minded runner to a minimalist, mountain-climbing, adventure-seeking ultrarunner determined to conquer the Catskill Mountains challenge known as the "Grid."

After a successful career on Wall Street, the Catskill Mountains beckoned. In *Chasing the Grid*, author Kenneth Posner, a seasoned corporate worker and intrepid but non-elite runner, sets out after an ultra-distance mountain-running record which nearly destroys him. Along the way, he stumbles upon an obscure peak-bagging tradition known as the "Grid," which becomes his new obsession.

The Grid is a project where a determined athlete must run, hike, or climb a list of peaks in every month of the year, the purpose being to get to know the mountains intimately, in every season. For New York's Catskill Mountains, where this story takes place, the formula requires more than 400 separate ascents. For Posner, the Grid turns out to be not just another running challenge; it's a pilgrimage. It offers a retreat from the spirit of modern running, often reduced to a one-dimensional activity driven by ego and moderated by clocks, in favor of how our ancestors moved through nature in days gone by—purposefully, patiently, and mindfully. Posner emerges from the experience as a radically different kind of runner—now running barefoot across trails and shirtless in the winter, leaving behind food, water, lights, navigational gear, and even bug spray.

By following Posner in his quest to complete the Grid, readers will feel sandstone fragments under bare soles; pad across a bed of moss as luxurious as a Persian carpet; squelch with him through cool black boreal mud; dance across snow and ice; and participate in discoveries about the passage of time, the energy of nature, and the sense of self.

AUTHOR BIO



PAPERBACK

On Sale: 09/23/25

VeloPress Books

9781646048526

Biography & Autobiography

First Print: 10,000

5.25 x 8, 272 pages

Carton quantity: 30

\$19.95 (US) / \$26.95 (CAN)

AUTHOR HOMETOWN

Kenneth Posner / WallKill / New York

OTHER FORMATS

eBook: 9781646048533, \$14.99

Kenneth Posner's running credentials include completing 110 races of marathon distance or longer and setting fastest known times for the 294-mile Badwater Double in Death Valley and New York's 350-mile Long Path. As a barefoot athlete, he has run 112 races, climbed 485 mountains, including every 4,000-footer in the Northeast, and thru-hiked the John Muir Trail. As board chair for the New York-New Jersey Trail Conference and Run Wild, Inc., he supports land conservation and stewardship and advocates for connecting young people with nature. Following service as a US Army infantry officer, his business career now spans 30 years as a Wall Street analyst and corporate executive. He is currently serving as senior vice president of strategic planning and investor relations at Mr. Cooper Group, the nation's largest mortgage servicer.

Pilates At Home

Achieve Flexibility, Strength, and Balance with Easy 15-, 30- and 50-Minute Routines

Seo-Hee Park

BOOK DESCRIPTION

The search for effective home workouts ends here with *Pilates At Home*, an easy-to-follow pilates manual featuring customizable 15-, 30-, and 50-minute workouts that everyone can do in the comfort of their home!

Pilates is a total-body workout that builds muscle strength, improves flexibility, and tones your body. Science has shown that Pilates also helps relieve stress and strengthen both cardio pulmonary function and the circulatory system.

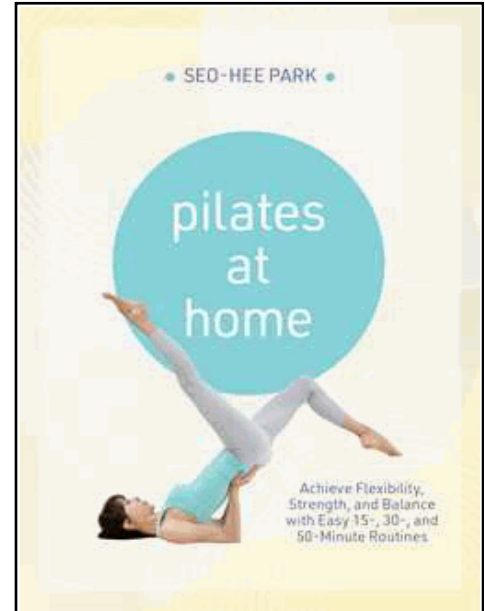
Pilates At Home is the perfect companion for anyone looking to start their fitness journey or just can't find time to make it to the gym. With customizable workouts that include large photos and easy-to-follow, step-by-step motions, readers can exercise at their own level at any time. Inside you'll find everything you need to know to start and stick with your Pilates journey, including:

- 36 types of fundamental Pilates motions
- 15-, 30-, and 50-minute customizable workouts
- Guides to proper posture and basic exercising techniques
- An introduction to useful equipment to supplement your Pilates workout
- And more

With *Pilates At Home*, you don't have to break the bank on expensive classes or gym memberships. Simply grab a mat, foam roller, or resistance band (although equipment is optional!), and get started on your personalized Pilates journey!

AUTHOR BIO

Park Seo-Hee is a supermodel-turned-healthcare specialist. She studied dance at Sook-myung Woman's University and holds a PhD in physical education from the same university. Her yoga and pilates practice began 18 years ago, and she has since been a personal fitness guide for American ambassador Kathleen Stephens. Currently, she guides celebrities, sports athletes, and dancers; appears on fitness TV programs and advertisements; writes for magazine columns; and teaches in universities. Park is also the author of *Sophia's Pregnancy Yoga* and *Stretching Is Enough*. Her books have become bestsellers and have been exported to China, Taiwan, and Vietnam.



PAPERBACK

On Sale: 11/11/25
VeloPress Books
9781646048441
Health & Fitness
First Print: 15,000
8.5 x 11, 128 pages
Carton quantity: 40
\$18.95 (US) / \$25.95 (CAN)

AUTHOR HOMETOWN
Seoul / South Korea

OTHER FORMATS
eBook: 9781646048458, \$13.99