see inside
these exciting new titles... and more
2020 GUIDE TO THE NIGHT SKY
A Month-by-Month Guide to Exploring the Skies Above North America
Storm Dunlop and Wil Tirion

“This book is recommended for amateur astronomers, as well as school and public libraries.” — American Reference Books Annual (on a previous edition)

Now features planning information on astrotourism.

2020 Guide to the Night Sky is the ideal resource for novices and experienced amateurs in the United States and Canada, and has been updated to include 16 more pages of even more new and practical information covering events to occur in North America's night sky throughout 2020. The book has all of the guidance, information and data that skywatchers need.

• Astrotourism — Aurora borealis has long influenced a decision to visit a location (e.g., Iceland, Alaska, northern Canada) but now we know that major celestial events, exceptional viewing sites and even world-leading telescopes are drawing travelers to the extent that it needed a name: astrotourism. The book includes new charts with helpful information about the best times and places to travel, such as a tour or cruise.

• The hospitality industry has seen strong growth linked to astronomical events and to stargazing destinations. More than 50,000 Airbnb guests from 26 countries visited the US for the 2017 solar eclipse, and there were nearly 3000 private homes offering telescopes for viewing.

• As space probes, including the seemingly immortal Hubble Telescope, take our cameras to worlds farther and farther away, even to Mars, we want to see as much of it as possible. Observatory tours are increasing, such as visits to the world’s largest telescope, the Gran Telescopio Canarias in Spain.

2020 Guide to the Night Sky is organized by month and provides lunar phases, planet activity, constellation maps and tables of planet and star movement, and sky activity and events. Each month has all of the compass points, dates and exact times to view the planets. There are also monthly constellation maps with dates, times and hourly rates of comets, fireballs, and meteor showers. Skywatchers in the United States and Canada won’t miss a thing. Even with just binoculars.

Amateur astronomers have come to rely upon and expect each year’s edition of this proven sell-through title. It is the handy reference they grab as they head out to do some skywatching, and now they can use it to plan an astrovacation.

Storm Dunlop is an author and translator working mainly on material in the physical sciences and technology.

Wil Tirion has been an uranographer (star-map maker) since 1977. His first star maps were published by the British Astronomical Association, and he has since contributed maps to numerous books and atlases. He is a recipient of the Dr. J. van der Bilt Prize awarded to weather and astronomy amateurs and in 1993 the International Astronomical Union named an asteroid after him.
The spacious Structure of the Universe

The Universe seems to have an amazing depth and variety that makes it difficult to comprehend all of its features and phenomena. A large number of galaxies are scattered throughout the universe, and each galaxy contains billions of stars. The stars are distributed in a wide range of distances and speeds, creating a complex dance of gravitational forces. The universe appears to be expanding, and this expansion is accelerating, suggesting that the universe is not static but rather is in a constant state of change. The study of the universe continues to be a source of fascination and wonder, as astronomers strive to understand the mysteries of the cosmos.
GALAXIES
The Origins and Destiny of Our Universe
Goevert Schilling

A sweeping tour of the galaxies, from our Milky Way to infinity.

Galaxies are glittering islands in the Universe, interwoven in the web of Dark Matter. From Earth's mountaintops enormous telescopes peer deep beyond the Milky Way, while space telescopes locate majestic images, and through seemingly miraculous technology, capture them for us to look at and learn with amazement.

Featuring the most recent, best, and even startling images with detailed captions highlighting accessible text, Galaxies shows the restless universe beyond our atmosphere. Photographs are from more than 30 of the world's largest ground-based telescopes, including the largest to date, the European Southern Observatory's Very Large Telescope in Chile. It will not be until 2025 that an even larger telescope, the Giant Magellan Telescope, will join its neighbor in the mountains of Chile and open a wider window into the dark Universe. Images are also featured from the Hubble Space Telescope, which has continued to operate long past its expected life and to astound and astonish stargazers worldwide.

Here is the glory of the galaxies:

- The Milky Way, our Galaxy — Stellar Nurseries, Stars and Planets, When Stars Die; In the Heart of the Milky Way; Mapping the Milky Way
- Our Galactic Neighborhood — The Magellanic Clouds; the Andromeda Galaxy; The Triangulum Galaxy; Satellite Galaxies
- How far away are the stars?
- The Gallery of Galaxies — Spiral Galaxies; Barred Spiral Galaxies; Elliptical, Lenticular and Dwarf Galaxies; Dark Matter; The Expanding Universe
- Monsters and Black Holes — Twisting Galaxies; Colliding Galaxies; Active Galactic Nuclei and Quasars; Supermassive Black Holes; Giant Eyes for the Sky
- Clusters of Galaxies — Cosmic Clusters; Gravitational Lensing; Dark Forces; The Large-scale Structure of the Universe; Looking Back in Time
- Birth and Evolution — At the Edge of Space and Time; The First Galaxies; The Beginning of the Universe; Dark Energy; Cosmology.

Goevert Schilling is an internationally acclaimed astronomy writer. He is a contributing editor of Sky & Telescope and his articles have appeared in Science, New Scientist and BBC Sky at Night magazines. He is the author of more than 50 books on a wide variety of astronomical topics.

Also available:

2nd Edition
Hubble's Universe
Terence Dickinson
978-1-77085-997-5
plastic-laminated hardcover $35.00
“An treasure map to the majesty of our universe.”
—Publishers Weekly
MEET YOUR HORMONES
Discover the Hidden World of the Chemical Messengers in Your Body
Nicola Temple and Catherine Whitlock

Humans have thousands, perhaps millions, of hormones in our bloodstreams. These complex chemical messengers regulate the function of our cells and organs. They keep our bodies working properly, coordinating processes like growth, fertility and metabolism.

Meet Your Hormones explores and explains this fascinating hidden world: what hormones are, what they do, and why we can’t live without these super-fast chemical messengers. It includes in-depth profiles on each of the most important hormones at work in the human body and helpful advice on how we can look after our own health through greater knowledge of our hormones.

The book is laid out in four parts:

- **An introduction to hormones** What are hormones, what they do and how they work; Who discovered hormones; How they are made and how they interact with the body’s systems; Hormones with multiple functions; The science of endocrinology.
- **The role of hormones** Growth; Bones; Sexual development and reproduction; Menopause and aging; Sleep; Brain function; Aggression, mood and stress; Blood pressure and heart function; the Immune response; Food metabolism and weight; Disease.
- **Hormone deficiencies** What are the symptoms and effects? Plus lifestyle and dietary advice on how we can influence hormones.
- **The future for hormones** The latest thinking and research; Where would we be without hormones and hormonal therapy; Hormone truths and myths; Use of hormones in agriculture; Hormones in genders and gender reassignment; Synthetic hormones; Fertility; Performance-enhancing drugs; Hormone inhibitors; Hormones in cancer; Digital hormones; New discoveries such as artificial glands, and the future for endocrinology

Like Meet Your Bacteria, Meet Your Hormones introduces readers to a part of the body that they may not consider until something goes wrong with it. It is a wide-ranging introduction to another secret but essential world inside your own body.

Nicola Temple worked as a conservation biologist before becoming a full-time writer specializing in science and the environment. She has an MSc in Biological Sciences and lives in Bristol, England.

Catherine Whitlock is a science writer with a BSc in Biological Sciences and a PhD in Immunology. She writes on science, medicine and nature and is based in Kent, England.

By the same authors:

Meet Your Bacteria
978-0-2281-0126-0
paperback $24.95

“Straightforward and accessible… a sound introduction to the human microbiome.” —Booklist
NOW IN PAPERBACK, REVISED AND UPDATED
THE BRAIN BOOK
Development, Function, Disorder, Health
Ken Ashwell
Foreword by Richard Restak

“There is something almost magical about a beautiful, colorful, well-illustrated book... It is definitely a useful special topic book in upper middle school and high school.”
—National Science Teachers Association Recommends

“This volume is so much more than a beautifully illustrated coffee table book, it is both fascinatingly detailed and extraordinarily readable. No reference library, or lover of good books, should be without a copy.” —Vancouver Sun

The Brain Book is a fascinating exploration of the most complex organ in the human body. Composed of billions of nerve cells, the brain controls our thoughts, movements, behavior and emotions and much more. This comprehensive, approachable and richly illustrated book explores such diverse topics as how we sense the world, consciousness and memory, disease and disorder, the aging brain, and spinal injury repair. Research moves fast in science and much has been learned since the book was first published in 2012.

This new edition includes:
• Redesigned and captions updated throughout
• More than 100 new photographs added
• Text reviewed in detail and updated to reflect the most up-to-date research and novel therapies
• Genetic control of brain development
• Genetic control of language
• Spinal cord injury
• Drug abuse
• Stem cell therapy to treat brain disease
• Williams syndrome.

Hundreds of color images, including stunning 3D illustrations and scans, reveal the intricate workings of the brain and show the incredible details beyond what the eye can usually see.

Clearly written in an accessible tone, The Brain Book demystifies the fascinating and complex workings of the brain. It is a one-stop reference for understanding the brain and an essential selection for all schools and libraries, and for anyone who wants to further explore the intricacies of this incredible organ.

Ken Ashwell, BMedSc, MB, BS, PhD, is Professor of Anatomy in the School of Medical Sciences, Faculty of Medicine, at the University of New South Wales, Sydney, Australia.

Richard Restak, M.D., is Clinical Professor of Neurology at George Washington University School of Medicine and Health Sciences in Washington, D.C. He is a recipient of the Chicago Neurosurgical Center’s “Decade of the Brain Award” and a New York Times bestselling author.
The Primate Family Tree

The Amazing Diversity of Our Closest Relatives

Ian Redmond; preface by Jane Goodall

“...An excellent text for a relevant course or a welcome addition to any home library. I recommend it very highly.” —Science Books and Films

The Primate Family Tree is a beautiful and comprehensive resource on the subject of our animal relatives: apes, monkeys and lemurs. Readers will learn an abundance of facts, review recent research and conservation efforts and discover the remarkable characteristics shared by all primates, including humans.

The book is structured according to the four main branches of the primate family tree and contains expert information on the natural history, characteristics and behavior of over 250 species, along with maps showing the ranges of each species.

Some of the topics covered are:

- The definition of a primate
- Darwin’s big idea, anthropological theories, DNA
- The structure of the primate family tree
- Distribution of species, including lorises and lemurs
- Diet, habitat, life cycles, social structure, communication
- Primate emotions
- Primates as “gardeners of the forest”
- Issues involving conservation, bush meat, civil war, habitat loss
- Primate tourism: does it help or hurt?

With its authoritative text, color photographs taken in the field, range maps and classification diagrams, The Primate Family Tree is an outstanding reference on a subject of vital importance to all humans.

Ian Redmond, a former field assistant to Dian Fossey, is a wildlife biologist with a passion for apes and elephants. He is the chief consultant for the UNEP/UNESCO Great Apes Survival Project and the founder of the Ape Alliance.

Jane Goodall is a primatologist, anthropologist and UN Messenger of Peace. She is renowned for her groundbreaking studies of chimpanzee social and family life in Gombe Stream National Park, Tanzania, which span over 45 years. Goodall remains very active educating the public, promoting conservation and working with primate rescue and habitat protection.
Extinction and Evolution
What Fossils Reveal About the History of Life
Niles Eldredge
With an Introduction by Carl Zimmer

“A splendidly illustrated and thoughtfully constructed account of one of the greatest ideas ever conceived by the human mind — evolution.” — Donald C. Johanson, Founder of the Institute of Human Origins, and author of From Lucy to Language

“Splendid photographs, vivid language and concise text: a great read.” — Nature

“The amount of evolutionary ground covered in the relatively short text, and the clarity with which it’s laid out for the benefit of the reader, are exemplary.” — Reports of the National Center for Science Education

Extinction and Evolution recounts the research of paleontologist Niles Eldredge, whose discoveries overturned Charles Darwin’s theory of evolution as a slow and inevitable process. In his 1859 treatise On the Origin of Species, Darwin posited that evolutionary changes happen very slowly over millions of years. Eldredge’s work, however, disproved the accepted Darwinian view, proving instead that significant changes occurred after a mass extinction event.

Eldredge’s groundbreaking work is now accepted as the definitive statement of how life evolved on Earth. This book chronicles how Eldredge made his discoveries and traces the history of life through the lenses of paleontology, geology, ecology, anthropology, biology, genetics, zoology, mammalogy, herpetology, entomology and botany. Remaining rigorously accurate, the text is accessible, engaging and free of jargon.

Extinction and Evolution features 160 beautiful color plates (14 of which are new to this edition) that bridge the gap between science and art, and show more than 200 different fossil specimens, including photographs of some of the most significant fossil discoveries of recent years.

Niles Eldredge is one of the world’s most renowned paleontologists. He was on the curatorial staff of the American Museum of Natural History for many years. He is the author of Life in the Balance, named the most important science book of the year by Publishers Weekly. He lives in Ridgewood, New Jersey.
OPTICAL ILLUSIONS
The Science of Visual Perception
Al Seckel, Illusionworks

American Library Association Quick Picks for Young Adult Reluctant Readers 2007

“The comprehensive collection of graphic patterns is mind-bending, eye-opening, and highly entertaining.”
—“20 Best Puzzle Books”, Multipotens Blog

“There is a good combination of photographs, paintings, and drawings to keep readers interested and many illusionary styles are represented. During the time I was reviewing this book, I had a lot of patron interest.” —Youth Services Book Review

Sporting an updated jacket, this intriguing collection contains more than 275 optical illusions that appear to change before our eyes. The book contains well-known illusions, such as Shepard’s Tabletop, Wade’s Spiral, Ames Room, Rubin’s Face/The Vase, and lesser-known but certainly not less effective illusions.

Every type of optical illusion is here, along with notes about the science of visual perception and how the illusions work. Among the baffling images and shapes that appear to change before our eyes are:

- Ambiguous figures
- Impossible objects
- Trompe l’œil
- Stereo illusions
- Figure/ground illusions, in which one shape switches into another and back again
- Explanations of why the illusions work.

With illusions rendered in photography, artwork and computer imaging, and its huge variety of themes and effects, Optical Illusions dazzles both the mind and the eye.

Al Seckel was a leading authority on visual and other types of sensory illusions. The Great Book of Optical Illusions, one of the earlier of his more than 15 works, garnered rave reviews and sold more than 100,000 copies. He lectured extensively at many of the world’s most prestigious universities and forums, including TED Talks. He also designed interactive galleries for science museums across the country and around the world. Seckel had an illusion column for National Geographic Kids magazine.
The Puzzle Universe
A History of Mathematics in 315 Puzzles
Ivan Moscovich

A renowned puzzle master and game inventor presents 315 new and traditional puzzles.

Longlisted, 2016 School Library Association Information Book Award 12+

“A great read for anyone interested in puzzles or mathematics.” — Publishers Weekly

“Gift Guide Selection 2015. Moscovich, a celebrated puzzle inventor, makes a compelling case for puzzle solving as a means of developing creativity and even intelligence.” — American Scientist

“The Puzzle Universe is a quixotic, informative and enlightening encyclopedia of recreational mathematics. It should prove to be an inspiration to mathematical idlers, and a rich resource for learners and teachers who wish to be attuned to the playful and creative side of mathematics.” — Mathrecreation Blog

The Puzzle Universe is intended for general readers and devoted puzzlers but it has also found its way into school libraries and curricula. It is about the latent beauty of mathematics, its history and the puzzles that have emerged from the science of numbers. It is full of challenging historical facts, thinking puzzles, paradoxes, illusions and problem solving.

A historical and pedagogical dimension sets The Puzzle Universe apart. The 315 puzzles are described in extended captions that explain in easy terms the story of the puzzles’ origins and attempts to solve them, the value of puzzles to education, and the development of the mathematical sciences in light of recent research and unmet challenges. There are many profiles of great mathematicians.

The puzzles appear in a dynamic layout for a visual experience that is the author’s trademark. There are ten chapters complete with answers. Icons rate the challenge and indicate the tools needed (pencil, scissors, ruler and, of course, your thinking cap).

With this book, Ivan Moscovich invites readers to join him in the puzzle universe, an edifying environment of creative discovery, problem solving and fun.

Ivan Moscovich is celebrated worldwide as one of the leading inventors and presenters of visual games and puzzles. He has more than 40 illustrated books to his credit of which The Big Book of Brain Games has sold over one million copies and is translated into more than 20 languages. He is widely recognized as one of most innovative inventors in the toy industry. He lives in England.
THE FIREFLY GUIDE TO MINERALS, ROCKS & GEMS
Rupert Hochleitner

Step-by-step Q&As with detailed color photographs for easy identification.

The Firefly Guide to Minerals, Rocks & Gems is designed for easy and reliable identification of minerals, gems and rocks. The identification process begins with the stone’s streak color, which is how the book is organized: Blue, Red, Yellow, Brown, Green Black and White. Using a sequence of straightforward questions and answers — aided by over 1,000 photographs and drawings — the book narrows down the possibilities among 350 minerals, gems and rocks to reach the conclusive classification.

Identification is then further narrowed down with respect to Crystal form, Hardness, Luster, Density, Cleavage, Break and Tenacity. Each rock’s main photograph shows the general or typical view, and identification tips about features are noted in the margins of the respective page.

Similar stones are presented for comparison and tips are provided that can eliminate imposters. Drawings show the mineral’s crystal shape. The chemical formula reveals the elements from which the mineral is composed. There is also information about where the stone is typically found and some of the ways that humans have utilized it.

Packed with beautiful photographs of earth’s many rocks, minerals and gems, The Firefly Guide to Minerals, Rocks & Gems is perfect for amateur mineralogists and collectors.

Rupert Hochleitner has a PhD in Mineralogy. His area of specialization is systematic mineralogy. Other research areas are meteorites, in particular those of the planet Mars, oxidation minerals, and pegmatitic phosphate minerals. He has published numerous scientific articles and was for a long time editor-in-chief of the journal LAPIS, a specialist magazine for mineral collectors and mineral lovers. Since 1993, he has been deputy director of the Mineralogical State Collection Munich.
The juvenile Golden Snub-nosed monkey seen here is part of a band of about 70 or so such monkeys living high up in China’s Qinling Mountains. The photograph is one of the winning or specially commended images in the Natural History Museum’s Wildlife Photographer of the Year competition — the most famous and prestigious event of its kind in the world. Winners are chosen by a panel of recognized professionals for originality, artistry and technical complexity. The annual competition is open to professional and amateur photographers alike. Many of the winning photos are collected here in this mesmerizing collection.

The portraits capture moments from all corners of the wildlife world. They require both photographic skill and a knowledge of the subject that comes from spending long periods in the field, usually under very difficult conditions. Each is accompanied by the story of how the picture came to be taken and its importance as a record of an unforgettable moment and an animal or behavior rarely seen. They have been taken by more than 50 award-winning photographers worldwide representing more than 20 countries.

These 70 images form part of an annual exhibition at the Natural History Museum, London, that tours worldwide. The book benefits from the widespread exposure at exhibitions and in international media coverage. It is a substantial crowd-pleaser that sells through every year. The charismatic monkey on the jacket helps, too.

Rosamund Kidman Cox was the editor of BBC Wildlife Magazine for 23 years. She is the coeditor of books including Frozen Planet, Life and Planet Earth for BBC Books.
Insects and Other Invertebrates

Like them or not, insects really do run the world, at least the natural, insectivorous one. Over 90 percent of our small land birds feed insects and spiders to their young, even most of the wood-nesting sparrows. Bees, bumblebees, and other important pollinators for the developing young, which need it for their growth in particular. Most and butterfly caterpillars are crucial food sources. It is hard for some to think that caterpillars would be a desirable addition to your yard but they are very important to the ecosystem and the birds you attract will control the caterpillar numbers. To attract the most caterpillars, you should plant native trees and shrubs. Studies have shown that the following species support the greatest diversity of caterpillars: oaks, maples, birch, poplars, aspen, sumac and crabapples. Cats have been recorded in a food source for a roding bird and butterfly specialist.
FEED THE BIRDS
Attract and Identify 196 Common North American Birds
Chris Earley

Feeding birds is growing in popularity and is enjoyed by over 50 million North Americans each year.

Feed the Birds is designed as a resource for beginners and experienced birdwatchers alike. Covering 196 bird species that are attracted to backyard bird feeders, this book helps the reader not only attract and identify birds but also understand their behavior and adaptations to the environment. A wide variety of feeders and seed types are presented with helpful tips on how to attract the largest variety of birds.

Each profile for the 196 featured species includes a variety of photographs, an identification guide, a range map, information on bird seed and natural food preferences, and behavior. Other topics include:

- Why feeding birds is important
- Building do-it-yourself feeders
- Foiling squirrels
- Attracting birds with natural foods and water
- Building shelters and nest boxes
- Involving children
- Photographing birds
- Hand feeding
- Recognizing individual birds and identifying similar-looking species
- Growing plant varieties that make a garden attractive to birds.

The book also contains information on how to choose the right seeds; the importance of ensuring all windows are bird-safe (with links to organizations that work to reduce bird-window collision); cat-friendly deterrents; and citizen science activities like the annual Christmas Bird Count and Project Feederwatch. Feed the Birds is a complete guide that should be near every bird enthusiast’s window.

Endorsed by the Canadian Wildlife Federation, a conservation-oriented organization with more than 250,000 members. CWF has a long history of fostering bird habitat, conservation and recognition.

Chris Earley is a zoologist and environmental biologist. He is the Interpretive Biologist and Education Coordinator at The Arboretum, University of Guelph. His previous books include Falcons in the City, Warblers of the Great Lakes Region and Eastern North America, and Birds A to Z. He lives in Guelph, Ontario.
The North Atlantic right whale (*Eubalaena glacialis*) is the most endangered large whale in the oceans today. Fewer than 400 are left in their breeding and feeding grounds, which extend from Nova Scotia to the Gulf of Mexico. Survivors of hundreds of years of commercial exploitation, the right whales we see in the ocean today are barometers for the plight of whales. For over 900 years, whalers hunted these animals almost out of existence. By 1935, when they were at last given international protection, some scientists suspected that there were fewer than 100 right whales left in the North Atlantic Ocean. Most thought the right whale was doomed to extinction.

North Atlantic Right Whale describes and illustrates an ongoing story of science and rediscovery, of survival and protection, and of research, without which we cannot hope to protect the right whale’s habitat along 1,400 miles of the east coast of North America, from Nova Scotia to Florida.

This book also describes in great detail the history and current status of the species, from the reason for its name, to the way each individual can be recognized, the species’ feeding and breeding habits, migration, and life in the wilderness of the Atlantic Ocean.

Dr. Scott Kraus has more than 40 years of field research on whales and dolphins. He has been a research scientist in Boston’s New England Aquarium’s Research Laboratory since 1980 and has published more than 110 papers on marine mammals.

Kenneth Mallory is a critically acclaimed author and former Editor-in-Chief of Publishing Programs at Boston’s New England Aquarium. They both live in the Boston area.

Also available:

Encyclopedia of Whales, Dolphins and Porpoises
Erich Hoyt
978-1-77085-941-8
plastic-laminated hardcover with jacket $49.95
RAISING BUTTERFLIES IN THE GARDEN
Brenda Dziedzic

A guide to rearing butterflies and moths in a butterfly-friendly garden.

This exciting title is for butterfly lovers and gardeners who not only want to create a butterfly-friendly garden, but also want to support butterflies and moths in order to maintain healthy populations.

Author Brenda Dziedzic noticed that there were far fewer butterflies around today than she saw in her childhood. Starting in her own garden she set out to learn why and what she could do to fix this. Raising Butterflies in the Garden is the outcome of what she learned about these fascinating insects and the native plants they depend on. In this book, Dziedzic shares the vast experience she gained in helping butterflies thrive through all stages of life. She shows readers how they can do the same — no matter the time of year or the size of their property — by providing all of the information and practical guidance they need.

The book features more than 500 color photographs showing the life cycles of over 35 butterflies and moths — from egg to adult — as well as the host and nectar plants they rely on. Each profiled species also includes a North American range map.

Featured butterfly and moth species include:
- **Swallowtails** — Black Swallowtail, Eastern Tiger Swallowtail and Spicebush Swallowtail
- **Whites/Sulphurs** — Cabbage White, Great Southern White and Clouded Sulphur
- **Blues** — Eastern Tailed-Blue, Karner Blue and Summer Azure
- **Brushfoots** — American Lady, Monarch and Red Admiral
- **Skippers** — Common Checkered-Skipper, Silver-Spotted Skipper and Wild Indigo Duskywing
- **Silk Moths** — Cecropia Moth, Luna Moth and Polyphemus Moth
- **Sphinx Moths** — Hummingbird Clearwing
- **Tussock Moths** — Gypsy Moth.

Like the highly successful How to Raise Monarch Butterflies, Raising Butterflies in the Garden is bound to become an excellent seller in retail settings as well as a popular reference in libraries and schools.

Brenda Dziedzic is a gardener whose life changed when she became interested in butterflies. She is now an expert on the subject of raising Lepidopteran species and has won numerous awards for her work. Her memberships include the Southeast Michigan Butterfly Association, Monarch Watch and the North American Butterfly Association. Among her many awards and honors are Master Gardener of the Year and a Certificate of Special Congressional Recognition from the U.S. House of Representatives. Her Westland, Michigan, garden has also been designated a Butterfly Habitat. She lectures widely and is a media personality on TV and radio.
ORCA
The Whale Called Killer
Erich Hoyt

A timely update on a beloved classic.

When Erich Hoyt’s *Orca: The Whale Called Killer* was first published in 1981, little was known about *Orcinus orca*. The largest member of the dolphin family was then considered too dangerous to approach in the wild. That all changed when Erich Hoyt and his colleagues spent seven summers in the 1970s following these intelligent, playful creatures in the waters off northern Vancouver Island. Working alongside other researchers keen to understand the life history of the killer whale, Hoyt’s group helped to dispel the negative mythology about orcas while uncovering the intimate details of their social behavior.

This revised fifth edition includes Hoyt’s original account, plus exciting new chapters that bring readers up to date on the revolution in public awareness and orca research that has taken place. Hoyt’s youthful adventures turned into his life’s work. Now a world-renowned expert on whales and dolphins, he shares orca wisdom along with stories gleaned from decades of additional field study in the Russian Far East as well as return trips to Canada’s West Coast to visit with the descendants of the killer whales he encountered 45 years ago.

Erich Hoyt is Research Fellow with Whale and Dolphin Conservation and founder/co-director of the Far East Russia Orca Project in Kamchatka. Author of 23 books, he co-chairs the IUCN Marine Mammal Protected Areas Task Force. Hoyt lives with his family in Dorset, England.
OWLS OF THE WORLD
Heimo Mikkola

The superlative identification guide to 268 species of owl, now in paperback.

Praise for the first edition:
“A native of Finland, the author is the world’s best-known owl expert, having visited the birds in 128 countries over the past 40 years. Here he describes all of the world’s 249 species of owls in copious detail with tips on identification, habitat, calls, and status and distribution. The text is enhanced by 750 color photographs from leading wildlife photographers. A spectacular book.”
—Library Journal, Best Reference 2012

“Owl enthusiasts will recognize Owls of the World as an important new reference work written by a world authority. Highly recommended.” —Wildlife Afield Journal, Biodiversity Centre for Wildlife Studies

 “[An] important book. Recommended for most libraries — good value and quality for the price.” —Booklist

Owls of the World, second edition, is the ultimate photographic resource dedicated to the identification of these charismatic birds of prey. It is packed with spectacular photography of 268 species of owls from all over the world, including extinct species. Many of the images are of highly elusive species very rarely caught on camera. The photos are accompanied by authoritative text describing:
• Identification notes
• Habitat
• Population status
• Voice
• Food
• Distribution
• Accurate range maps
• Similar species.

The photographic coverage includes plumages and subspecies which promotes differentiation between species, making this the definitive work on owl identification. Similar-looking (“confusion”) species are included and owls are shown as adults from a perspective which clearly shows markings that assist in identification.

For birders, naturalists, wildlife photographers, researchers and any fan of the Order Strigiformes, Owls of the World is the definitive work on species identification as well as a comprehensive encyclopedia for reference and pleasure.

Heimo Mikkola is the world’s best-known owl expert. Originally from Finland, he has traveled to 128 countries in the course of his 40-year research career in search of nocturnal birds.
THE CHAMPIONS OF CAMOUFLAGE
Jean-Philippe Noël

_A selection of nature’s greatest imposters, tricksters and magicians._

Whether to escape predators or to surprise their prey, the talented strategists of nature in _The Champions of Camouflage_ survive using visual trickery and fascinating biology.

Some simply change their clothing to suit the seasons, such as the willow ptarmigan who appears pure white in winter snow and golden-brown-red in the summer. Others, like the satanic leaf-tailed gecko (on the jacket) who disguises itself amidst leaves to blend into its surroundings, are the same year-round but their appearance seamlessly blends them into the environment. Grasshoppers of the genus _Paraphidnia_ and the African mantis _Popa spurca_ perfectly imitate the small branches of trees, becoming virtually invisible to predators and prey.

Some species use incredible stratagems to get rid of their enemies, of the frog _Physalaemus_, for example. When this amphibian is threatened, he turns his back to his opponent and shows his hindquarters on which is “painted” a pair of large black eyes. If the mask is not enough to intimidate the opponent, the fake eyes will emit an impressive “white secretion.” That usually does the trick.

The book is organized by the manner of camouflage:

**The Art of Camouflage**
- Invisibility cloak
- Seasonal clothes
- Quick colors

**Changing Shapes**
- Leaf imposters
- Moving twigs
- The watery art of disappearing
- Deception

**Game of Illusion**
- At the masquerade ball
- In the eye of the beholder
- Trojan Horse
- Identity theft
- Bait and switch

Jean-Philippe Noël is a journalist specializing in nature, travel and history. He regularly collaborates with various magazines, such as _Sciences & Vie_ and _Thirty Million Friends_, and has written about 20 books, including books on animals for young audiences. He is also the author of historical drama. He lives in Sarthe, France.
BLACK BEARS
A Natural History
Dave Taylor

“If you have an interest in bears then Dave Taylor's sixteen years of research and photographs will keep your interest for hours with his new book.” — Scope Camping News Magazine

Dave Taylor has spent his life photographing and writing about North American wildlife. In this full color book with more than 100 photographs, maps and charts, Black Bears introduces the reader to this shy, reclusive and largely misunderstood animal with an encyclopedic examination of the black bear’s world by state, province and territory.

Of the three species (grizzly/brown, polar and black bear), Taylor examines and portrays his devotion and passion specifically to the black bear, the most populous of the species. A specific section touches upon the bear and people, offering valuable advice when camping in their environment and what to do if one encounters a bear in the wilderness.

Dave Taylor is the author/photographer of more than 50 books on wildlife and natural history. He is a retired teacher who has had a passion for black bears since the 1960s.
The Science behind Foodpairing®:

Foodpairing® is an exciting new method of identifying which foods go well together based on groundbreaking scientific research that combines neurogastronomy (how the brain perceives flavor) with the analysis of aroma profiles derived from the chemical components of food.

Using an enormous database, *The Art & Science of Foodpairing®* provides 10,000 flavor matches laid out in taste wheels and color keys. When cooks go to one ingredient, e.g. beets, they will find 10 food pairings and a color wheel revealing the taste results. For example, boiled beets will taste less like the earth they grew in and more like cheese if they are paired with coffee.

Many pairings are ones we enjoy already, such as strawberries and chocolate, but the book opens the door to a wider world of unknown deliciousness, like broccoli and chocolate (what child won’t go for that?). It can transform our food choices with outcomes that include good health.

Authors:
Peter Coucquyt is a chef, Bernard Lahousse is a bio-engineer, Johan Langenbick is an entrepreneur and all three are the co-founders of Foodpairing®, a creative food-tech agency that works with chefs, bartenders, cooking schools and other culinary creatives to provide new food combinations based on the intrinsic properties of different foods. The company analyzes foods to identify common flavor components and operates one of the world’s largest ingredient and flavor databases. The pairings have been validated by 14 of the world’s top chefs. Foodpairing® is based in New York City and Ghent, Belgium.

Contributors:
Astrid Gutsche and Gaston Acurio (Astrid y Gaston, Peru)
Andoni Luiz Aduriz (Mugaritz, Spain)
Heston Blumenthal (The Fat Duck, UK)
Tony Conigliaro (DrinksFactory, UK)
Sang Hoon Degeimbre (L’Air du Temps, Belgium)
Jason Howard (#50YearsBim, UK/Caribbean)
Mingoo Kang (Mingles, Korea)
Jane Lopes and Ben Shewry (Attica, Australia)
Virgilio Martinez (Central, Peru)
Dominique Persoone (The Chocolate Line, Belgium)
Karlos Ponte (Taller, Venezuela/Denmark)
Joan Roca (El Celler de Can Roca, Spain)
Dan Barber (Blue Hill at Stone Barns, USA)
Kobus van der Merwe (Wolfgat, South Africa)
Darren Purchese (Burch & Purchese Sweet Studio, Australia)
Alex Atala (D.O.M., Brazil)
María José San Román (Monastrell, Spain)
Keiko Nagae (Arôme conseil en pâtisserie, France)
THE ART & SCIENCE OF FOODPAIRING®
Peter Coucquyt
Bernard Lahousse
Johan Langenbick

10,000 flavor matches that will transform the way you eat.

Foodpairing® is not the familiar matching of wine to food. It is pairing aromatic molecules in food ingredients to create the most delicious and exciting results possible. The enjoyment of food is determined 80% by aroma and 20% by actual taste. Based on the molecular matches in two foods it can be determined that they will taste delicious eaten together, no matter how unconventional. The concept of foodpairing was invented by the great chef Heston Blumenthal from the 3 Michelin-starred restaurant, The Fat Duck. Other culinary colleagues developed the concept further and then incorporated it into a foodpairing database for use by the food and beverage industry.

Thanks to the startlingly tasty results discovered with foodpairing, it is catching on quickly. Headlines like “The Science That Could Make You Crave Broccoli More Than Chocolate” (Newsweek) have piqued the curiosity of food lovers and home cooks everywhere. Thousands of chefs around the world already use it when they design their menus.

Opening with information on how to use the book, The Art & Science of Foodpairing® contains:

- **Foodpairing**: What it is, how it works, methodology; the database; how to create a well-balanced recipe
- **The omnivore’s dilemma**: The search for variety and novelty; learned food association; acquired tastes.
- **Aroma**: The importance of aroma to our flavor experience; how aromas are changed by cooking
- **Smell**: How people smell and perceive aromas; why smell is essential to the eating experience.
- **The Foodpairing® directory**: 10 pairings per food, 1000 ingredients, 10,000 combinations in total.

The book also covers key food characteristics, aroma profiles, classic dishes, contemporary combinations, scientific explanations, special features and contributions from some of the world’s greatest chefs for the top 150 ingredients, and much more.

With ten times more pairings than any other book on flavor, this will become THE go-to reference for flavor and an instant classic for anyone interested in how to eat well.

The Art & Science of Foodpairing® is destined to become the essential reference to creating delicious, exciting and perfectly balanced meals.
THE SMOOTHIES BIBLE
Pat Crocker

A bestselling and essential smoothies guide covering their wide-ranging nutritional and health benefits.

A beautifully repackaged and reorganized edition of the bestselling The Smoothies Bible features over 400 recipes along with advice on how to easily get one’s daily servings of fruits and vegetables with incredibly healthy, nutrient-dense, mineral-packed, and vitamin-rich smoothie blends.

These easy-to-make and great-tasting drinks are key for helping anyone interested in getting real, whole foods into their body every day of the week. Culinary herbalist and professional home economist Pat Crocker offers recipes for hot, cold and frozen smoothies using fruit, vegetable and herbs with both dairy and non-dairy alternatives. Some of the healthy and delectable concoctions included in this new edition of The Smoothies Bible include Flu Fighter, Watermelon Wave, Blazing Beets Sage Relief and Mega Melon Supreme, among others. The book also contains information on seven body systems and their importance to good health, along with advice about diet and lifestyle changes to support their peak performance. Readers will benefit greatly from Crocker’s description of eight common health concerns along with her recommendations on combating them with natural foods.

The Smoothies Bible is a market leader with over 225,000 copies sold and has been a trusted resource for nearly two decades. This is one of the few books on the subject to cater to intermediate-to-expert smoothie makers with comprehensive information.

Pat Crocker is a culinary herbalist and professional home economist. She has written, demonstrated and lectured about herbs and health issues for 25 years. An international award-winning cookbook author, Crocker has written fifteen cookbooks and three herb books, including The Juicing Bible.
Best of Bridge Comfort Food

Recipes for Family and Friends

Emily Richards and Sylvia Kong

Classic comfort foods and contemporary twists on feel-good family favorites from Best of Bridge.

Following the success of Weekday Suppers and Sunday Suppers, the Best of Bridge ladies are back with Best of Bridge Comfort Food, another essential cookbook devoted to 150 all-new recipes for timeless comfort food recipes and modern-day variations of many of those old favorites. This is a cookbook that is sure to become a new family favorite and kitchen staple alongside your well-used and much-loved Best of Bridge cookbook collection.

In this new book, you will find nostalgic feel-good meals that have been passed down through generations like Oven-Fried Chicken, Three-Cheese Oven-baked Mac and Cheese, Pork Chops and Apples and Bangers and Mash. You’ll also find elevated variations of comfort classics like Bacon-Wrapped Meatloaf, Slow Cooker Cuban Style Shredded Beef, Jerk Chicken and Jambalaya.

As always, recipes have been developed in the beloved Bridge fashion with classic Bridge wit with one-liners that make you feel like the ladies are standing in the kitchen next to you. Recipes, as always, are simple while delivering satisfying, dependable, and delicious results. Best of Bridge has always evoked the goodness of home cooking and that wonderful feeling of family, friends and comfort. This is a cookbook that aims to capture all of those lovely elements both on the page and on the plate.

Emily Richards is a cookbook author, recipe developer, media spokesperson, television host, brand ambassador, food stylist and blogger. She has a passion to get people in the kitchen and cook and she lives in Guelph, Ontario.

Sylvia Kong is a food stylist, home economist and consultant at Savory Palate Consulting. She’s been featured on CTV and local media, she loves DIY and cross-country skiing, and she lives in Calgary, Alberta.
THE 3-INGREDIENT BAKING BOOK
101 Simple, Sweet and Stress-Free Recipes
Charmian Christie

When it comes to baking, Charmian Christie shows us that less is definitely more.

Three ingredients? Really? Yes. Really. The 3-Ingredient Baking Book delivers simple baking recipes that can be made with items we have on hand or can get with a single trip to one grocery store. Forget about lists of ingredients longer than your credit card bill or recipes that require a trek to three specialty shops. This book delivers easy, uncomplicated recipes that deliver delicious results, demonstrating that more isn’t always better.

Expert baker Charmian Christie offers 101 recipes that are simple, sweet and use minimal ingredients — from Quick Chocolate Mousse, Mini Baklava Bites or Strawberry Eton Mess to impress friends or family to simple treats, like Peanut Butter Cookies, Maple Popcorn, and Chocolate-Hazelnut Mug Cake. She also provides tips and tricks, essential pantry items and equipment, and walks you through how to avoid the most common baking mistakes.

If you’re new to baking, this book is a great place to start because nothing here is too difficult, and you won’t spend a fortune on specialty pans. If you’re a seasoned pro you’ll find inspiration and new ways to make old favorites without the fuss. It’s a baking book that is perfect for beginners, kids and teens, and even experienced bakers.

Charmian Christie specializes in food and storytelling. She is the author of The Messy Baker and the creator of a blog of the same name where she writes about food and daily life. She has also written for a range of publications including More, Edible Toronto, Canadian Gardening, and The Globe and Mail. She makes regular television appearances with CTV and lives in Ontario, Canada.
BACK IN PRINT WITH A NEW COVER

THE WOK & SKILLET COOKBOOK
300 Recipes for Stir-Frys & Noodles
Nancie McDermott

Not a flash in the pan, but the go-to cookbook for getting a quick and easy meal on the table in a flash.

Stir-frying in a wok or skillet is a quick and simple way to prepare delicious and healthy home-cooked meals for the whole family even on the busiest of days, and woks and skillets are considered to be everyday kitchen essentials. The Wok & Skillet Cookbook is the perfect companion to these beloved specialty pans, and features 300 tasty recipes for noodles, stir-frys and more, inspired by culinary cultures around the world.

Some of the internationally-inspired delicious recipe options include Peppery Basil Chicken, Gingery Beef with Spinach, Greek-Style Shrimp with Tomatoes and Lemon and Baja-Style Fish Fillets with Cabbage and Lime. The many vegetarian dishes featured in The Wok & Skillet Cookbook also provide healthy, satisfying and delightful meals.

The book includes a two comprehensive glossaries: an ingredient one featuring everything from bean paste to Szechwan peppercorns, and an equipment glossary which includes extensive information about woks and how to season them. Beginners will love the ease of using a very basic kitchen tool and seasoned cooks will find new favorites in this collection of inspired recipes. So grab your wok or skillet and start stir-frying!

Nancie McDermott is an expert on the food and culture of Thailand and the author of several other cookbooks. She contributes recipes and features on food and travel to Food and Wine and Bon Appétit magazine and lives in Chapel Hill, North Carolina.
150 BEST TAGINE RECIPES
Includes Recipes for Spice Blends and Accompaniments
Pat Crocker

Authentic yet easy-to-prepare recipes that take their inspiration from Morocco.

Tagine takes its name both from a Moroccan dish as well as the pot in which the dish is cooked — typically a large and shallow pot with a conical lid. Tagines involve the slow simmering of meats or vegetables along with a medley of herbs and spices, the result being an aromatic and intoxicating combination of taste and texture.

This book offers a comprehensive history of traditional Moroccan tagine cooking, including an extensive “Tagine Know-How” section that answers all possible questions about tagines and cooking with tagines, as well as a “North African Flavor Footprint” section that profiles the 20 herbs and spices that give authentic flavor to these dishes.

Home cooks can bring Morocco into their kitchens with these tantalizing dishes: Cinnamon Lamb Tagine with Apricots, Honey-Ginger Vegetable Tagine, Beef Tagine With Figs and Walnuts, Artichoke and Shellfish In Almond Milk, Minted Lemon Whitefish, Saffron Shrimp Tagine with Avocados, Pomegranate Chicken Tagine, Moroccan Vegetable Tagine and Fiery Beef Tagine with Vegetables.

To round off the Moroccan experience of the meal, Pat Crocker also includes recipes for dips, sauces and authentic souk specialties (typical street foods sold in markets), salads and sides as well as the traditional beverages and sweets.

With authentic yet easy-to-prepare recipes that will please both meat eaters and vegetarians, home cooks can create a true North African taste odyssey.

Pat Crocker is an international award-winning cookbook author, culinary herbalist and professional home economist.
BEER AT MY TABLE
Recipes, Beer Styles & Food Pairings
Tonia Wilson, Chef & Beer Sommelier

“A treasury for anyone who loves good food and great beer! Highly recommended.” — Midwest Book Review

What better way to master the art of pairing beer with food than by tasting?

Chef and beer sommelier Tonia Wilson provides the information needed to understand how aroma, flavor and texture affect the interactions of beer and food. The book describes 35 different beer styles and pairs each with a seasonal recipe, together with an explanation of why the beer works with the dish. The elegant, yet simple recipes allow you to experience the food alongside the beer, enabling a full appreciation and understanding. In addition to being a great learning tool, Beer at My Table is a beautiful cookbook which encourages a love of beer and recognizes its place at the table.

Some of the beer pairings offered are:
- California Common beer with Thai Red Curry Mussels with Coconut Milk
- American Pale Ale with Roasted Cod with Mango Pickle
- Gluten-Free beer with Seared Halloumi with Lentils, Peaches and Pomegranate
- India Pale Ale with Roasted Chicken Tacos with Pineapple Salsa
- Brown Ale with Seared Ribeye with Stilton, Sage & Hazelnut Butter
- German Pilsner with Cauliflower Soup with Walnut-Parsley Pesto
- Imperial Stout with Three-Cheese Toastie with Plum Jam
- Belgian Strong Ale with Lobster Risotto with Browned Butter & Roasted Squash.

Some of the breweries featured in the book:
- Rochefort from Belgium
- Erdinger from Germany
- Samuel Smith from England
- Founders from USA
- Left Field Brewery from Canada
- Inveralmond from Scotland
- Anchor Brewing from USA
- Henderson Brewery from Canada
- Köstritzer from Germany
- Bosteels from Belgium
- Sierra Nevada from USA
- Pilsner Urquell from Czech Republic
- Orval from Belgium.

Tonia Wilson is a recipe developer and food stylist who spends much of her time teaching or writing about beer, wine and food. She is a Prud’homme Beer Sommelier, as well as a Certified Wine Sommelier with the Associazione Italiana Sommelier. She is the owner of BRÜ Mustard, a condiment company which creates mustards inspired by beer. She lives in Toronto, Ontario.
THE ESSENTIAL HOME-GROUND FLOUR BOOK

Learn Complete Milling and Baking Techniques, Includes 100 Delicious Recipes

Sue Becker

Learn how to mill and bake flour at home with 100 delicious recipes.

The many benefits of home flour milling include taste and flavor and the appeal of making a healthy food that tastes good and is seriously nutritious. Home ground flour milling can also save countless dollars just in the cost of bread alone, especially for those with special dietary needs and restrictions, and improved health leads to reduced medical costs.

This comprehensive how-to details the whole process behind home flour milling with features such as: the history of whole grains and grain anatomy; benefits of commercially milled flour vs home milled flour; tools and equipment for home flour milling; baking basics including mixing methods and techniques — the importance of gluten and moisture; going with the grains — a thorough description of grains such as barley, rye, kamut and buckwheat; nut flours such as almond; baking with freshly milled grains.

There are also 100 recipes for tasty quick breads, rolls and buns, muffins, pancakes, coffee cakes, biscuit and scones, cookies, brownies and pastries, plus others that are gluten-free, dairy-free and vegan.

The Essential Home Ground Flour Book is ideal for anyone who wants to create their own flours.

Sue Becker is a popular speaker and teacher. She has been teaching others the healthful benefits of whole-grain nutrition and baking with freshly milled flour for nearly 30 years. She is a business owner and has a degree in Food Science from the University of Georgia. She lives in Woodstock, Georgia.
Pastry chef Anna Olson, from the Food Network show Sugar, guides readers on how to create simple, original desserts at home. Divided into sections based on key ingredients, such as Fruit, Chocolate, Nuts and Citrus, Anna’s recipes progress naturally from one dish to the next. She first includes an easy recipe and then follows it up with a “switch-up” — a more elaborate recipe to dress it up or transform it into a whole new dessert. For example, Chocolate Orange Pudding turns into Chocolate Orange Cream Pie with the addition of a cookie crust and creamy topping. Throughout Sugar, Anna provides countless tips such as the best way to unmold a cake and how to prevent nuts from becoming a paste in the food processor. She also explains how following basic rules of baking leads to greater success. Sugar’s accessible, creative recipes and helpful hints will assist every home cook to create innovative desserts.

Anna Olson is a renowned chef and TV personality on Food Network. Her cookbooks include Back to Baking, Fresh with Anna Olson and Set for the Holidays with Anna Olson. She was the pastry chef at Inn on the Twenty, where she met her husband Michael. Anna also writes, develops recipes, and teaches cooking classes. She lives in the Niagara Region in Ontario.

You can never have too much of a good thing, and Anna Olson brings you more of her favorite dessert recipes in Another Cup of Sugar. Anna focuses her desserts around a theme ingredient. For each theme in the book, Anna provides one simple recipe — fast and easy to prepare — and a more elaborate dessert, perfect for entertaining. Consistent with Anna’s style, all of her recipes are easy to follow with ingredients that are readily available.

By the same author:

Back to Baking
978-1-77050-063-1
hardcover $40.00
BACK IN PRINT WITH A NEW COVER

125 BEST INDOOR GRILL RECIPES
From Steaks to Chops, Chicken and More
Ilana Simon

Delicious meals that will let you enjoy the ease of grilling all year round.

Indoor grills are versatile and usable year-round, the perfect kitchen alternative to outdoor BBQing especially on days when the weather doesn’t cooperate with dinner plans. Millions of them are sold each year. This updated and beautifully repackaged edition of the bestselling 125 Best Indoor Grill Recipes features over 125 recipes for every meal of the day along with advice on how to enjoy delicious grilled meals without the fuss of using an outdoor grill and without the trouble of even leaving the house.

The book’s diverse, mouth-watering, and tantalizing recipes include: Blackened Red Fish which delivers the sizzling southern flavor of New Orleans, a Caesar Salad Burger giving you the best of two worlds, the Three Meat Panini with Provolone which takes a simple sandwich to new heights, and the Portobello Mushroom Burger, the ultimate in vegetarian cuisine. Other delicious recipe options include, Beef Souvlaki with Tzatziki Sauce, Cilantro Lime Chicken, Shrimp Satay, Southern Fried Chicken and Honey Dill Salmon with Dijon.

Indoor grill-chefs will love these great recipes and practical indoor grilling tips and techniques. 125 Best Indoor Grill Recipes is hands-down the perfect companion for indoor grill enthusiasts.

Ilana Simon is a food writer, editor and author of 125 Best Fondue Recipes and 125 Best Ground Meat Recipes. She lives in Winnipeg, Manitoba.
200 EASY HOMEMADE CHEESE RECIPES
From Cheddar and Brie to Butter and Yogurt
Debra Amrein-Boyes

Discover the satisfying art of cheese making in the comfort of your own home.

This beautifully repackaged edition of 200 Easy Homemade Cheese Recipes features step-by-step instructions for creating delicious artisanal-quality cheeses from around the world, right at home. Cheese is always popular as an appetizer, snack, or recipe ingredient. This book will make you the star of the party with recipes for everything from fresh unripened cheeses to aged ones with complex rinds. You’ll also find the history of cheese, descriptions of basic cheese-making steps and techniques, information of all the necessary equipment and tools, along with serving and presentation ideas. Cheese lovers will find everything they need for making tasty cheeses in the comfort of their own kitchens.

Author Debra Amrein-Boyes, one of the world’s most renowned artisanal cheese makers, bestows her years of experience cheese-making in Switzerland in this easy-to-follow guide. She offers instructions for making your own fresh and delicious cheeses, including ricotta, goat cheese, provolone, mozzarella, brie, jarlsberg, cheddar and feta. Also included are easy-to-follow recipes for yogurts, kefir, butter, buttermilk and creams. This book is perfect for beginners but also has a lot to offer intermediate cheese makers.

Debra Amrein-Boyes is one of the top artisanal cheese-makers in Canada. She spent several years learning the craft of cheese-making in Switzerland, then returned to Canada, where she founded The Farm House Natural Cheeses. There she designed and produced many award-winning specialty cheeses. She now lives in Quebec, Canada.
The craze for microwaving portion-size dishes in a mug is only gaining steam.

Meals in a mug are a perfect solution for solo dining, and they’re also quick and easy options for busy people. And they are a convenient and budget-friendly way to eat delicious and healthy meals when living in a dorm, travelling in a RV or eating at the office.

These perfect individual portion-sized recipes cover morning breakfast to late afternoon snacks and satisfying suppers with just a quick trip to the microwave which speedily omits hours of stovetop simmering and/or baking. In just 2 minutes, breakfast gets a sumptuous and nutritious boost with a moist and tender Banana Blueberry Muffin. Lunch takes its inspiration from New Orleans with Red Beans and Barley. This quick mugful of deliciousness uses quick-cooking barley which stands in for traditional white rice making it a speedy and healthy makeover.

Some of the delicious options include: Banana Bread, Almond Flour Muffin, Apple Cinnamon Bread, Loaded Baked Potato Soup, Quinoa Minestrone, Miso and Mushroom Soup, Eggplant Parmesan Mug, Green Chile Quesadilla Mug, Chickpea Potato Masala, Cauliflower and Ham Gratin, Shepherd’s Pie, Teriyaki Salmon, Chocolate Fudge Cake and Lemon Pudding Cake.

These tasty and healthy dishes move the focus off of the time- and labor-intensive oven, and reintroduce the ease and simplicity of the microwave. They take everyday meals to the next level and the handy nutritional analysis that accompanies each recipe takes all the guesswork out of planning healthy meals.

Camilla V. Saulsbury is a cookbook author, recipe developer and cooking instructor. She has been featured on the Food Network, in The New York Times and on Today and QVC. She has won several top cooking competitions, including the Food Network’s Ultimate Recipe Showdown. She is the author of twelve cookbooks, including 5-Ingredient Air Fryer Recipes. A native of the San Francisco Bay area, she currently lives in Texas.
RAINBOW FOOD
50 Recipes Color-Coded and Vitaminized
Linda Louis

Easy dishes for all occasions for colorful health.

It’s been known for some time that colorful foods and spices help to boost nutrition and promote good health, but how do we do this without crunching our way through yet another boring salad of peppers and carrots? Rainbow Food has the answer: 50 easy and delicious recipes for all tastes using standard grocery foods. The only change to make will be fewer potatoes in the grocery bag and more vibrant fresh fruits and vegetables.

The book opens with a brief description of the three most powerful nutrients in colorful foods—chlorophyll, carotenoids, polyphenols—and what their roles are in good health. This is followed by instructions on how to create natural food coloring for food, featuring the 50 recipes, many of them using vegetables and fruits past their prime yet nevertheless edible and nutritious.

In this colorful and healthy book you will find recipes for:

- **Appetizers** e.g., Aperitif mix with dried fruits; Pickled roasted peppers; Marbled eggs; Lacto-fermented vegetables; Carpaccio of root vegetables and gremolata sauce; Colored cabbage tabbouleh; Marinated grilled peppers; Rainbow crudité; Spring rolls
- **Main Dishes and Accompaniments** e.g., Roasted heirloom carrots with balsamic, yogurt and pomegranate sauce; Wonderful oven ratatouille; Winter veggie bowl with lentils; Colorful tagliatelle; Heirloom tomato tart; Rainbow pizza; Gnocchi; Hasselback potatoes, roasted corn and candied tomatoes; Omelette with arugula, zucchini and borage flowers; Harlequin bean salad; Rainbow maki sushi; Vegetable skewers with smoked tofu
- **Desserts** e.g., Summer-winter fruit platters; Chia pudding; Sweet veggie bowl; Panna cotta with fruit; Mini pavlovas; Tutti frutti clafoutis; Mixed fruit cheesecake; Citrus tartlets; Tiramisu rhubarb, peach and raspberry; Fruit leather; Colorful meringue
- **Frozen and Liquid** e.g., Fruit popsicles; Dried fruit ice cream; Fruit iced rooibos tea with fruit; Mojitos.

“Unicorn food” recently hit Instagram, Starbucks and other food providers but little of it gets its color or nutrition from nature; it could be said that the synthetic colorings are downright garish. Rainbow Food, however, uses beautiful, naturally colorful foods that attract the eye and stimulate the appetite. It makes it easy to put a truly nutritious rainbow—not an artificially colored unicorn—on everyone’s plate.

Linda Louis is an author and the creator of the blog cuisine-campagne.com, which focuses on wild foods. Her books have been translated into several languages, and include a reference on organic cooking, another on wild foods and a guide to dehydrating fruits and vegetables. She lives in Berry, France.
VEGAN EVERYDAY
500 Plant-Based Recipes
Douglas McNish

Plant-based eating at its best, each and every day of the week.

**Vegan Everyday** offers up 500 tempting, bold, innovative, fresh, easy, and above all delicious dishes regardless of whether you’re a vegan or not. They reflect this chef’s expertise and complex palate, yet each recipe is both easy and good.

The recipes are vast and varied and use the ingredients typically found in a vegan’s kitchen or pantry. Douglas McNish starts with “Vegan Basics” featuring 20 recipes for dishes most popular in vegan cuisine like Whipped Non-Dairy Butter, Mayonnaise, Curry Paste, Vegetable Stock and pie crust.

These 500 recipes include every meal of the day or special occasion to celebrate. Some of the delicious options include Tomato and Spinach Ragout, Buddhist Noodle Bowl, Cheesy Broccoli Soup, African Spiced Tempeh Chili, Fettuccini Carbonara, Creamy Sweet Potato Linguine, Pineapple and Coconut Fried Rice, Okra and Squash Gumbo, Sicilian Eggplant Caponata, Oven Baked Spicy Risotto, Mushroom and Spinach Lasagne, Caramelized Onion and Olive Flatbread, Blueberry Cheesecake, and Chocolate Banana Cake, Chocolate Cherry Dream Bars.

**Vegan Everyday** is great for novice cooks, busy families, or college students, filled with recipes to satisfy anyone’s search for meal-plan options to fit the vegan lifestyle.

Douglas McNish is a vegan executive chef, instructor and consultant, with a strong commitment to health and organics. He is also the author of the bestsellers *Eat Raw, Eat Well* and *Raw, Quick and Delicious!* Doug lives in Toronto, Canada.
BABY FOOD IN AN INSTANT POT
125 Quick, Simple and Nutritious Recipes for Babies and Toddlers
Jennifer House and Marilyn Haugen

Short on time and sleep? Need baby food in an instant? Try baby food in an Instant Pot!

As a new mom, it’s not always easy to prepare nutritious homemade baby food quickly and easily. The Instant Pot can be life-changing in this respect. The most popular and bestselling kitchen appliance of the last several years, the Instant Pot will be a mother’s new best friend and new favorite kitchen sidekick because of how easily it can help to get healthy and delicious food into the mouths of little ones — even the picky ones.

Bestselling author Marilyn Haugen and leading nutritionist Jennifer House have partnered together to answer the demand of new moms everywhere with loads of nutritional information and 125 balanced recipes for babies and toddlers at every age and stage of development. Recipes include 50 purées, 25 finger foods and 50 family-friendly recipes along with tips on storage times, serving fresh or freezing, and nutritional benefits of individual ingredients. Also included are 50 pages of nutritional information providing parents everything they need to know to ensure their baby’s nutrient needs, to prevent choking and handle picky eating, and to work with sample meal plans. The book even includes frequently-asked parent questions with answers from a pediatric dietitian.

Jennifer House, MSc, RD, owns a private nutrition practice called First Step Nutrition. With over a dozen years of experience, she has counseled hundreds of parents. She is the author of The Parent’s Guide to Baby-Led Weaning. She lives in Alberta, Canada.

Marilyn Haugen is passionate about cooking and entertaining and has turned this passion into a successful career. She is the author of the bestselling 175 Best Instant Pot® Recipes and 5-Ingredient Instant Pot® Cookbook. She lives in Madison, Wisconsin.
### THE ULTIMATE STUDENT COOKBOOK

*From Chicken to Chili*

Tiffany Goodall

**More than 100 easy recipes for terrific food on a student’s budget.**

Written by a chef who lived away from home on a limited budget while she was a culinary arts student, *The Ultimate Student Cookbook* enables college and university students to enjoy fresh and healthy food every day.

Recipes range from pizza, roast chicken and macaroni and cheese to curries, fajitas and risottos.

Easy to use, encouraging to readers and packed with delicious ideas, this book is a godsend to students living away from home — and to parents with visions of scurvy.

**Tiffany Goodall** is a graduate of the Ballymaloe Cookery School in Ireland. She has combined being a professional chef with writing and personal appearances on CNN, the BBC and at numerous food shows. She lives in London, England.

---

### CLUELESS IN THE KITCHEN

*Cooking for Beginners, 3rd Edition*

Evelyn Raab

*Clueless in the Kitchen* is designed for beginners — and other time-challenged cooks — who love good food, cooked from scratch, and have very little time for cooking. *Clueless in the Kitchen* gives the straightforward instructions needed to put together healthful meals and snacks (without obsessing). There is lots of information on preparing meals for a household, even if it includes vegetarians or young parents with picky eaters. Included are survival tips and useful cooking advice for everyone, including knife skills every cook needs to know.

Now illustrated with 175 color photographs, this revised and updated edition guides the inexperienced cook through a whole new kitchen experience. Every recipe is presented and tested to ensure that it is easy to make in the least amount of time possible.

Whether a beginner or short on time, or looking to spruce up an everyday cooking repertoire, *Clueless in the Kitchen* is the best possible guide to healthy home cooking.

**Evelyn Raab**’s popular “Cooking With Kids” column appeared for more than 20 years in *Today’s Parent* magazine.
PIMENTOS & PIRI PIRI
Portuguese Comfort Cooking
Carla Azevedo

Hearty, filling and flavorful: these are the words that are most often used to describe the cuisine of Portugal. Created and developed, as it originally was, to sustain farm workers and other laborers through their long days, Portuguese fare is rooted firmly in the tradition of peasant food that is fresh, simple, and easy to prepare. Food journalist and teacher Carla Azevedo pays tribute to that tradition in the unique cookbook, Pimentos and Piri Piri.

This book features 330 recipes for a wide range of dishes: appetizers, snacks, soups, seafood and fish, poultry and game, beef, lamb and pork, vegetables and rice, sauces and breads and desserts, and is complimented with a comprehensive introduction, “Essentials of Portuguese Cuisine,” along with detailed glossaries of cooking techniques, ingredients and utensils.

Carla Azevedo’s love affair with the tastes of Portugal started when she met her husband Antonio. She is a graduate of the acclaimed chef training program at George Brown College and of the journalism program at Ryerson Polytechnic Institute in Toronto.

SECOND HELPINGS, PLEASE!
The Iconic Jewish Cookbook
Norene Gilletz & B’nai Brith Canada

This iconic cookbook was a project of the Mount Sinai Chapter of B’nai Brith Women of Canada, as it was then known. 50 years ago the members got together with a project in mind: sharing traditional recipes with simple and explicit instructions that everyone can enjoy. The thought then was that it would only take a couple of months to complete and a simple cookbook would be produced that would be suitable for young brides.

The “simple” project took three and a half years to complete. It was an instant success and quickly became the “go to” gift for showers and weddings, eventually for young adults moving into their first apartments and finally for anyone and everyone setting up a kitchen. The cookbook has not only become a collector’s item and is desirable for its great recipes and historic value as well as for its sentimental value, but has gone down to be thought of as one of the best Jewish cookbooks ever.

Previous edition (paperback): 978-1-77050-319-9
BESTSELLER!

BALL® COMPLETE BOOK OF HOME PRESERVING
400 Delicious and Creative Recipes for Today
Edited by Judi Kingry and Lauren Devine

From the experts, the bible in home preserving.

Ball® makes 99% of the preserving jars sold every year. Ball® is the trusted name in home preserving. Home canning puts the pleasure of eating natural, delicious produce at your fingertips year-round. Preserving food is as modern and practical as the latest food trend, and it’s really quite simple!

Enjoy the rewards of numerous homemade meals and snacks, created from just one preserving season. The book includes comprehensive directions on safe canning and preserving methods plus lists of required equipment and utensils. Specific instructions for first-timers and handy tips for the experienced make the Ball® Complete Book of Home Preserving a valuable addition to any kitchen library.

448 pages
7 × 10
48 pages of full-color photographs, charts and tables, glossary, index

IN CANADA:

Bernardin® Complete Book of Home Preserving
978-0-7788-0137-5
paperback $27.95 CDN
Ctn qty: 16

Also available in
hardcover:
978-0-7788-0139-9
hardcover $39.95 CDN
Ctn qty: 14

Also available in
concealed wire-o
hardcover:
978-0-7788-0511-3
concealed wire-o hardcover $34.95 CDN
Ctn qty: 10
8½ × 10½

Also available in 6-copy paperback display:
978-0-7788-0289-1
6-copy paperback display: $167.70 CDN
Ctn qty: 1
THE COMPLETE BOOK OF SMALL-BATCH PRESERVING
Over 300 Delicious Recipes to Use Year-Round
Ellie Topp and Margaret Howard

The easiest and safest methods for making delectable preserves in small batches — all year long.

It’s no surprise that The Complete Book of Small-Batch Preserving has sold more than 300,000 copies. Consumers want healthy, homemade foods and this book takes the guesswork out of home preserving. It provides the easiest and safest methods for making preserves in small batches — all year long — so that beginners and pros can make the most of fresh seasonal fruits and vegetables.

With delectable and innovative recipes plus professional tips, The Complete Book of Small-Batch Preserving is the ideal guide for anyone who craves homemade preserves but doesn’t want to spend all day in the kitchen.

PRESERVING MADE EASY
Small Batches & Simple Techniques
Ellie Topp and Margaret Howard

Preserving Made Easy is the perfect book for today’s busy cooks who still want to prepare and enjoy the homemade goodness of fresh fruits and vegetables. These recipes were selected for their delicious taste and because they are easy to prepare.

Thoroughly tested and perfected, each recipe offers something special — a new twist on an old favorite, a new way to mix and match flavors and tips to make the whole process easier and more fun.

The authors offer delectable recipes for jams, jellies, conserves, pickles, relishes, chutneys, salsas, mustards, marinades, flavored oils and more. Everything you need to delight family and friends is here. Using this book will ensure that your family has only the best and freshest ingredients carefully prepared for their needs.

Preserving Made Easy is ideal for first-time users who will benefit from the step-by-step introductions and for experienced cooks who are just looking for that extra twist that will make the batch memorable.
THE COMPLETE ARTHRITIS HEALTH, DIET GUIDE AND COOKBOOK

Includes 125 Recipes for Managing Inflammation and Arthritis Pain

Kim Arrey, BSc, RD and Dr. Michael R. Starr, MD, FRCPC

The essential guide for understanding and managing arthritis, with companion recipes.

Recent reports indicate that as many as 91 million Americans may have arthritis and 350 million people may have arthritis worldwide. For those who experience this often-painful condition, The Complete Arthritis Health, Diet Guide and Cookbook will be an essential guide and a great help. With details on the symptoms and causes of arthritis and information on medications and supplements, this book also offers advice around food and lifestyle choices that may help manage symptoms of arthritis including inflammation.

Experienced dietitian Kim Arrey and noted rheumatologist Michael Star offer advice based on and supported by new clinical and scientific research, and deliver over 100 delicious, companion recipes to support an anti-inflammatory diet. Also included are menu plans with nutritional analysis and tips for shopping for healthy foods.

With an easy-to-understand approach, The Complete Arthritis Health, Diet Guide and Cookbook will be an indispensable resource in helping anyone suffering with arthritis manage their symptoms, while improving their overall health and wellbeing. This trusted resource has sold 22,000 copies across editions and will continue to offer relief for thousands of people for many years to come.

Kim Arrey, BSc, RD, is a consulting dietitian with over 25 years of experience bringing nutrition education to her clients. She appears regularly on radio and television, and lives in Montreal, Quebec.

Michael Starr, MD, FRCPC, is a practicing rheumatologist, an assistant professor of medicine at McGill University and a member of the Division of Rheumatology at the McGill University Hospital Center (MUHC). He lives in Montreal, Quebec.
COMPLETE DIABETES GUIDE
Advice for Managing Type 2 Diabetes
Karen Graham, RD, CDE and
Dr. Mansur Shomali, MD, CM

An essential resource for anyone diagnosed with or at risk of developing diabetes.

Recent CDC reports indicate that over 30 million Americans have diabetes and another 84 million have prediabetes. This new edition of one of the most highly-respected resources on the subject offers new content based on the latest medical expertise on diabetes from Registered Dietitian Karen Graham and Certified Diabetes Educator Dr. Mansur Shomali.

Complete Diabetes Guide features essential information on underlying causes, clinical features, and effective management options and treatments along with personalized meal plans and lifestyle recommendations. This is a vital resource for anyone who has been diagnosed with diabetes or who is at risk of developing it.

The book is packed with useful and accessible information. A “Learning About Diabetes” section includes risks, symptoms and complications while a section on “Taking Medication and Tests” covers everything from low blood sugar and testing your own blood sugar to preparing for regular laboratory tests. A 7-Deal Meal Plan takes the guess-work out of a week’s worth of healthy eating and a “Hands-on-Food Guide” offers nutrition tips along with activity and fitness plan recommendations.

Karen Graham’s Diabetes series is market-leading and has sold 250,000 copies across all titles and editions. She has an easy-to-understand approach and has devoted her career to helping those with diabetes improve their lives.

Karen Graham, RD, CDE, is a registered dietitian, certified diabetes educator and nutrition counselor with over 30 years of specialization in the management and treatment of diabetes. She lives in British Columbia, Canada.

Mansur Shomali, MD, CM, is the associate director of the Diabetes & Endocrine Center at MedStar Union Memorial Hospital. He teaches at the University of Maryland School of Medicine and at Johns Hopkins University School of Medicine. He lives in Baltimore, MD.
3rd EDITION

DIABETES MEALS FOR GOOD HEALTH COOKBOOK
Complete Meal Plans & 100 Recipes
Karen Graham, RD, CDE and Dr. Mansur Shomali, MD, CM

A diabetes cookbook for every day from a registered dietitian and certified diabetes educator.

A new edition of the cookbook companion to Karen Graham’s The Complete Diabetes Guide, with updated recipes based on new research and best practices. Recent CDC reports indicate that over 30 million Americans have diabetes and another 84 million have prediabetes. In this book, Karen Graham explains that carefully planned, nutritious meals and sensible portion sizes are an essential part of diabetes management, and then gives step-by-step instructions for putting this advice into action.

This is a simple and straightforward meal planning guide with recipes from Registered Dietitian Karen Graham and Certified Diabetes Educator Dr. Mansur Shomali, which includes balanced options for every meal of the day along with pairing advice and nutritional analysis. While one might assume that a meal supporting diabetes management might not be very tasty, Graham shows you that this is far from the truth. Some of the 100 delicious recipe options here include Poppy Seed Spinach Salad, Roti with Curried Filling, Thai Chicken and Grilled Tomato, and Mandarins and Cottage Cheese.

Karen Graham’s Diabetes series is market-leading and has sold 250,000 copies across all titles and editions. She has an easy-to-understand approach and has devoted her career to helping those with diabetes improve their lives.

Karen Graham, RD, CDE, is a registered dietitian, certified diabetes educator and nutrition counselor with over 30 years of specialization in the management and treatment of diabetes. She lives in British Columbia, Canada.

Mansur Shomali, MD, CM, is the associate director of the Diabetes & Endocrine Center at MedStar Union Memorial Hospital. He teaches at the University of Maryland School of Medicine and at Johns Hopkins University School of Medicine. He lives in Baltimore, MD.
**DIABETES ESSENTIALS**
*Tips & Recipes to Manage Type 2 Diabetes*
Karen Graham, RD, CDE and
Dr. Mansur Shomali, MD, CM

Quick & easy top ten lists on a range of important Type 2 Diabetes topics for the newly diagnosed.

This new guide from Karen Graham is a shorter companion book to *The Complete Diabetes Guide* and *Diabetes Meals for Good Health Cookbook*. *Diabetes Essentials* includes easy diabetes tips covering 72 subjects, including medications, nutrition, gut bacteria, exercise, recipes and more. For each of the 72 subjects, Registered Dietitian and Certified Diabetes Educator Karen Graham along with MD and Diabetes expert Mansur Shomali offer the ten top tips for that subject (with 720 total tips across all subjects), including “Answers to Your First Diabetes Questions,” “Prediabetes,” “Diabetes First Ten Days,” “Diabetes Medical Terms,” “Lab Tests,” “Testing Your Sugar Level at Home,” “Low Blood Sugar Episodes,” and “Steps to Reduce a High Morning Blood Sugar.”

Meant as a Diabetes primer for the newly diagnosed, this book contains essential advice meant to supplement the other two highly-respected books in the series. It will arm those who might be confused about their diagnosis and about their path forward with information about their condition and about managing it using nutrition, exercise, medication and other strategies.

Karen Graham’s Diabetes series is market-leading and has sold 250,000 copies across all titles and editions. She has an easy-to-understand approach and has devoted her career to helping those with diabetes improve their lives.

**Karen Graham**, RD, CDE, is a registered dietitian, certified diabetes educator and nutrition counselor with over 30 years of specialization in the management and treatment of diabetes. She lives in British Columbia, Canada.

**Mansur Shomali**, MD, CM, is the associate director of the Diabetes & Endocrine Center at MedStar Union Memorial Hospital. He teaches at the University of Maryland School of Medicine and at Johns Hopkins University School of Medicine. He lives in Baltimore, MD.
THE BRAIN BOOSTING DIET
Feed Your Memory
Norene Gilletz & Dr. Edward Wein

Packed with over 150 recipes provided by well-respected cookbook author Norene Gilletz and including insightful commentary on each one from Dr. Edward Wein, a leading biochemical specialist, The Brain Boosting Diet is a full color health cookbook loaded with solid health and nutritional advice for people with memory loss, possible dementia, and even Alzheimer's Disease (AD). Another important purpose of the book is to show the reader how to slow down potential cognitive decline.

The Brain Boosting Diet has lots of unusual but important Do You Know Health Facts:

• Our human hunter-gatherer ancestors of 10,000 years ago had better nutrition than our farming ancestors until a couple of hundred years ago. This was because the former ate a variety of foods they could find, rather than trying to exist on one or a few farmed crops which offered limited nutrition.

• Of the thousands of substances involved in human metabolism, about 50 need to be supplied by diet. The other compounds can be supplied by the metabolic processes of the body.

The recipes are delicious, ranging from appetizers to main courses, from soups, to fish, to desserts.

Norene Gilletz is the leading author of kosher cookbooks in Canada and the owner of Gourmania Inc. Norene divides her time between work as a freelance food writer, editor, food consultant, cooking teacher and culinary spokesperson. Norene is a Certified Culinary Professional with the International Association of Culinary Professionals and a member of the Women's Culinary Network of Toronto.

Dr. Edward Wein obtained his Ph.D. in biochemical engineering from the University of Toronto. In a career spanning more than thirty years as a senior food research scientist, he developed many healthy and unique nutritional foods and supplements for both mind and body. These included the world's first full nutrition meal replacement product and a ground-breaking nutrition bar to maintain memory and cognitive health. Dr. Wein has also served as adjunct professor at the University of Guelph in Canada, was on the advisory board of Ryerson University Dept. of Chemical Engineering, and is a past member of the Canada Expert Committee on Food Biotechnology. He was the contributing author of the nutrition chapter to Dr. Paul Bendheim's book, The Brain Training Revolution.

Also by Norene Gilletz:

The New Food Processor Bible
978-1-77050-028-0
paperback $29.95
YOU ARE WHAT YOUR
GRANDPARENTS ATE
What You Need to Know About Nutrition,
Experience, Epigenetics and the Origins
of Chronic Disease
Judith Finlayson
Foreword by Dr. Kent Thornburg

Live a healthy life and leave a legacy of wellness by looking both
to the past and to the future.

You Are What Your Grandparents Ate takes the hard science of
Epigenetics and makes it accessible and digestible. The US Center for
Disease Control prediction that the current generation now growing up
will be the first to have a shorter lifespan than those that preceded it
should be taken seriously, and You Are What Your Grandparents Ate
addresses this and other health and nutritional issues. Explaining the
origins of the epidemics of cancer, heart disease, diabetes and obesity,
it aims to identify a comprehensive package of warning signs that can
be used as markers to take preventative steps, helping to improve
mortality and reduce the risks of developing chronic disease.

Epigenetics is an emerging topic in science and popular culture that
explains the long-term impact of health and nutrition in a new and
completely accessible way. You Are What Your Grandparents
Ate addresses the issue and then offers nutritional guidance and
advice regarding nutrition, exercise, mindfulness, and mediation
which will improve not only your health and lifespan, but that of your
descendants.

From a bestselling author of books about food, nutrition and wellness
with a foreword and scientific review by the highly-respected Dr. Kent
Thornburg, You Are What Your Grandparents Ate is a call to action—
delivering the message that we can change our health and change our
world.

Judith Finlayson is a bestselling author of books about food, nutrition
and wellness. A former national newspaper columnist for The Globe
and Mail, magazine health journalist and board member of various
organizations focusing on legal and medical issues, she is also the
author of numerous books, including over a dozen cookbooks, which
have sold over a million copies. Judith lives in Toronto, Canada.

Dr. Kent Thornburg is Professor of Medicine and Director of the Center
for Developmental Health at the Knight Cardiovascular Institute and
Director of the Bob and Charlee Moore Institute for Nutrition & Wellness
at Oregon Health & Science University in Portland Oregon.
THE COMPLETE LYMPHEDEMA MANAGEMENT AND NUTRITION GUIDE

Empowering Strategies, Supporting Recipes and Therapeutic Exercises
Jean LaMantia, RD and Ann DiMenna, PT, CDT

An essential guide for anyone experiencing symptoms of lymphedema.

Lymphedema treatment is an expanding topic on a condition that has been historically misunderstood and underdiagnosed. The condition is characterized by fluid retention and chronic swelling that significantly impacts the daily lives of approximately 10 million North Americans. It can be caused by infection, injury or genetic disorder and may occur as a complication of cancer treatment.

In The Complete Lymphedema Management and Nutrition Guide, physiotherapist Ann DiMenna and dietitian Jean LaMantia share their expert knowledge of the condition, explaining its link with diet and exercise. Together they offer lifestyle adjustments and self-management strategies that may help those living with lymphedema gain control of their conditions, lessen their symptoms and improve the overall quality of their lives.

This is an essential guide for anyone experiencing symptoms of lymphedema. The book includes expert information on underlying causes, symptoms, effective treatments and therapeutic exercises supported by both clinical and scientific research. It offers a friendly, easy-to-understand approach with step-by-step photographs and illustrations along with supplementary videos hosted on the authors’ site. It also delivers over fifty recipes to support an anti-inflammatory diet characterized by low sodium, low fat, adequate fluid and sufficient protein.

Jean LaMantia, RD, is a registered dietitian, cancer survivor and bestselling author of The Essential Cancer Treatment Nutrition Guide and Cookbook. She provides nutrition counseling and leads nutrition seminars in her private practice in Ontario, Canada, where she lives.

Ann DiMenna, PT, CDT (Complete Decongestive Therapist), is a trained physiotherapist with extensive years of clinical experience, including private practice, inpatient hospital and home care. She lives in Ontario, Canada.
What every young adult should get this Christmas

**GQ HOW TO WIN AT LIFE**
*The Expert Guide To Excelling at Everything You Do*
Charlie Burton

_Essential skills from the best-selling men’s magazine on looking sharp and living smart._

Based on personal expertise, interviews with foremost authorities and wisdom from *GQ*’s editors, Charlie Burton shows men how to win at fashion, sport, food and drink, work, romance, travel — well, _everything_.

Eight chapters comprising 75 entries cover life’s must-have skills. Bold illustrations highlight the succinct step-by-step instructions that will guarantee success. The essentials include:

**Food & Drink**
- How to barbecue perfectly using science
- How to make the definitive Dirty Martini

**Friends & Lovers**
- How to dance without looking like a dad
- How to buy a diamond like a dealer

**Showing Off**
- How to sing like a professional musician
- How to saber champagne the Laurent Perrier way

**Sports & Fitness**
- How to free dive like a merman
- How to hit an unreturnable squash serve

**On the Move**
- How to sleep on a night flight
- How to pack a suit

**The Unexpected**
- How to escape a sinking car
- How to survive a dog attack

**Style Secrets**
- How to spot a fake Rolex
- How to tie a foolproof bow tie

**Work & Career**
- How to pull an all-nighter
- How to nail office politics.

For 30 years, *GQ* has been the premier magazine for millions of men around the world. *GQ How To Win At Life* brings the best in one handsome package.

Charlie Burton is a journalist based in London. As Senior Commissioning Editor of *GQ* he writes everything from celebrity profiles to political opinion. He is a graduate of Lincoln College, Oxford, and was formerly the Associate Editor of *Wired*. 
The bestselling Bible series, back in print in August

**The Afterlife Bible**
by Sarah Bartlett
400 pages • 5½ × 6½
978-1-77085-302-7 $19.95
paperback
Rights: U.S. & Canada

**The Astronomy Bible**
by Heather Couper & Nigel Henbest
400 pages • 5½ × 6½
978-1-77085-482-6 $19.95
paperback
Rights: U.S. & Canada

**The Ayurveda Bible**
by Anne McIntyre
400 pages • 5½ × 6½
978-1-77085-044-6 $19.95
paperback
Rights: U.S. & Canada

**The Economics Bible**
by Tejvan Pettinger
320 pages • 5½ × 6½
978-1-77085-839-5 $19.95
paperback
Rights: U.S. & Canada

**The Elements Bible**
by Rebecca Mileham
320 pages • 5½ × 6½
978-0-2281-0113-0 $19.95
paperback
Rights: U.S. & Canada

**The Happiness Bible**
by Cheryl Rickman
400 pages • 5½ × 6½
978-0-2281-0120-8 $19.95
paperback
Rights: U.S. & Canada

**The Longevity Bible**
by Susannah Mariott
400 pages • 5½ × 6½
978-0-2281-0125-3 $19.95
paperback
Rights: U.S. & Canada

**The Mathematics Bible**
by Colin Beveridge, PhD
400 pages • 5½ × 6½
978-1-77085-793-3 $19.95
paperback
Rights: U.S. & Canada

**The Neuroscience Bible**
by Jon Turney
320 pages • 5½ × 6½
978-0-2281-0061-4 $19.95
paperback
Rights: U.S. & Canada

**The Numerology Bible**
by Teresa Moorey
400 pages • 5½ × 6½
978-1-77085-010-1 $19.95
paperback
Rights: U.S. & Canada

**The Philosophy Bible**
by Martin Cohen
400 pages • 5½ × 6½
978-1-77085-805-3 $19.95
paperback
Rights: U.S. & Canada

**The Psychology Bible**
by Sandi Mann, PhD
400 pages • 5½ × 6½
978-1-77085-992-0 $19.95
paperback
Rights: U.S. & Canada

**The Quantum Physics Bible**
by Brian Clegg
320 pages • 5½ × 6½
978-1-77085-467-3 $19.95
paperback
Rights: U.S. & Canada

**The Shamanism Bible**
by John Matthews
400 pages • 5½ × 6½
978-1-77085-467-3 $19.95
paperback
Rights: U.S. & Canada
ROCK CHRONICLES
Every Legend, Every Line-Up, Every Look
David Roberts, editor
foreword by Alice Cooper

The definitive rock encyclopedia for the 21st century updated for the ever-changing world of music.

“An absolute must for any rock-music fan.” — Booklist

“A welcome and heavily used addition to any rock 'n' roll buff's library.” — Library Journal

“Will introduce browsers to music they hadn’t realized they would like.” — Publishers Weekly

This third edition of Rock Chronicles is updated to mark the recent loss of many important, innovative and beloved musicians who changed the world of music, including: David Bowie, the irreplaceable Prince, Tom Petty, George Michael, Lemmy of Motörhead, Chris Cornell of Soundgarden, Scott Weiland of Stone Temple Pilots, two of the three members of Emerson Lake & Palmer, poet philosopher Leonard Cohen, Gregg Allman, the great Chuck Berry, Glenn Frey of the Eagles, Leon Russell, J. Geils, and too many others.

Designed for today's visual-savvy generation, the book uses color-coded infographics for quick-glance coverage of the ever-shifting line-ups, appearances, labels, sounds and successes of 250 of the most important rock acts from 1960 to time of press in 2018. Insightful commentary highlighted with photographs gives the lowdown on every member — whatever their role in the band and however short-lived their time with them.

Bands change their line-ups, musicians pass away, and of course new music is released. This new edition has been updated to reflect the many such changes since the previous book.

These include:
- Date of death of deceased band members and revisions to the descriptive text to reflect this change
- Revised text if there has been a major development in an active band
- New albums for those bands still active on timeline
- Revised timelines for bands still active
- Grammy Awards
- Rock and Roll Hall of Fame Inductees.

Comprehensive, information-packed and compelling, Rock Chronicles is the essential reference for everyone who loves rock music.

David Roberts has edited more than 20 music reference book projects at Guinness World Records including British Hit Singles & Albums and Rockopedia. He is also the author of Rock Atlas: 650 Great Music Locations and the Fascinating Stories Behind Them.
YOURS, FOR PROBABLY ALWAYS
Martha Gellhorn’s Letters of Love and War
1930–1949
Janet Somerville

“A titan of American letters. It’s high time for Gellhorn to emerge from the shadows of twentieth-century literature into the bright light of mainstream recognition.”
—The Washington Post Book World

Before email, when long distance telephone calls were difficult and expensive, people wrote letters, often several each day. Today, those letters provide an intimate and revealing look at the lives and loves of the people who wrote them. When the author is a brilliant writer who lived an exciting, eventful life, the letters are especially interesting.

Martha Gellhorn was a strong-willed, self-made, modern woman whose journalism, and life, were widely influential at the time and cleared a path for women who came after her. An ardent anti-fascist, she abhorred “objectivity shit” and wrote about real people doing real things with intelligence and passion. She is most famous, to her enduring exasperation, as Ernest Hemingway’s third wife. Long after their divorce, her short tenure as “Mrs. Hemingway” from 1940 to 1945 invariably eclipsed her writing and, consequently, she never received her full due.

Gellhorn’s work and personal life attracted a disparate cadre of political and celebrity friends, among them, Sylvia Beach, Ingrid Bergman, Leonard Bernstein, Norman Bethune, Robert Capa, Charlie Chaplin, Chiang Kai-shek, Madame Chiang, Colette, Gary Cooper, John Dos Passos, Dorothy Parker, Maxwell Perkins, Eleanor and Franklin D. Roosevelt, Antoine de Saint-Exupéry, Orson Welles, H.G. Wells — the people who made history in her time and beyond.

Yours, for Probably Always is a curated collection of letters between Gellhorn and the extraordinary personalities that were her correspondents in the most interesting time of her life. Through these letters and the author’s contextual narrative, the book covers Gellhorn’s life and work, including her time reporting for Harry Hopkins and America’s Federal Emergency Relief Administration in the 1930s, her newspaper and magazine reportage during the Spanish Civil War, World War II and the Vietnam War, and her relationships with Hemingway and General James M. Gavin late in the war, and her many lovers and affairs.

“As much as any woman in the twentieth century, Martha Gellhorn succeeded in her ambition to ‘go everywhere and see everything and sometimes write about it.’ It is wonderful to have this compendious new collection of letters from and to her, a few newly discovered. Janet Somerville has carefully set each group of correspondence in its historical context and further enriched them with photographs which even longtime Gellhorn admirers will not have seen.”

—Adam Hochschild, author of Spain in Our Hearts: Americans in the Spanish Civil War, 1936-1939
Gellhorn's fiction of the time sold well: *The Trouble I've Seen* (1936) — her Depression-Era stories based on the FERA activities, with an introduction by H.G. Wells; *A Stricken Field* (1940) — a novel inspired by the German-Jewish refugee crisis and set in 1938 Czechoslovakia; *The Heart of Another* (1941) — stories edited by Maxwell Perkins; and *The Wine of Astonishment* (1948) — her novel about the liberation of Dachau, which she reported for Collier's.

Gellhorn's life, reportage, fiction and correspondence reveal her passionate advocacy of social justice and her need to tell the stories of “the people who were the sufferers of history.” Renewed interest in her life makes this new collection, packed with newly discovered letters and pictures, fascinating reading.

Janet Somerville taught literature for 20 years in Toronto. Since 2015, she has been wholly immersed in Martha Gellhorn's life and words, privileged to have ongoing access to Gellhorn's restricted papers in Boston, Massachusetts.
LIGHT REVEALED
Scratchboard Engravings by Scott McKowen
Scott McKowen
Introduction by Christopher Newton

285 glorious illustrations celebrate the scratchboard art of Scott McKowen.

“McKowen is a scratchboard master, creating theater posters and book covers of fantastic clarity, shrewd wit and subtle mystery. McKowen’s mastery of line and texture, gift for arresting juxtapositions and perspectives, and fluency in drawing the human figure make for complex and breathtaking images that are at once old-fashioned and cutting edge. And he writes as crisply as he draws... In McKowen’s work, art meets literature, and both thrive.” —Booklist on McKowen’s 2009 retrospective, A Fine Line

“It’s hard to decide what’s cooler about Scott McKowen’s poster art: the astonishing, elegant design and linework, or the way he tips your preconceptions on their head and does something unexpected with every assignment. Luckily, we do not have to make a choice. It’s all here.” —Neil Gaiman

Scratchboard artists use sharp instruments to etch lines into a board support layered with white chalk, silver foil and black ink to expose the white and grey surfaces underneath. Color, if used, is then added to make a spectacular work reminiscent of traditional woodcutting but as rich and dynamic as any full color painting. Because it is a reductive process — you cannot fix mistakes — it is considered one of the most difficult artistic techniques.

In Light Revealed, scratchboard master artist Scott McKowen builds on his 2009 retrospective, A Fine Line, with a personal selection of more than 150 new works. He gives a detailed analysis of each piece and describes what influenced his design. He includes images of the reference works he consulted during the conceptual process and talks about the struggles he had arriving at a design solution. He also discusses the influence and advantages of technological developments, such as Photoshop, which have carried the medium into the 21st century.

Scott McKowen is a renowned and prolific scratchboard artist who has worked in the medium for more four decades. His illustrations have been featured in hundreds of books, magazines, theater posters and comic books. He may be best known for illustrating Neil Gamain’s Marvel Comics series 1602 and for several titles in the Sterling Unabridged Classics children’s book series, as well as theater posters that capture the essence of plays by Shakespeare, Chekhov, Molière and other great playwrights. He was selected as one of the jurors for the 53rd Communication Arts Illustration Annual.

Christopher Newton is an award-winning director and actor. He moved to Canada in 1961 and built an acting career that included the Stratford Festival and Broadway. He was Artistic Director of the Shaw Festival for 23 years and upon retirement in 2002 became Artistic Director Emeritus.
THE RAIN MAKER

The Rainmaker is a classic story, set in the American Midwest during the Great Depression. The plot follows a young man, J.D. Thompson, who, after his father's death, takes his place as the family's fetching rain maker. The novel explores themes of hope, family, and the power of nature.

THE WIND IN THE WILLOWS

The Wind in the Willows is a children's novel by Kenneth Grahame. It follows the adventures of Toad, Mole, Rat, and Badger as they explore the world around them. The book is a classic of children's literature and is known for its humor and gentle nature.

MISALLIANCE

Misalliance is a novel by Sir John Vanbrugh. It is set in the English court during the reign of King Charles II. The novel is a satirical portrayal of court life and the excesses of the courtiers.
EXPLORING THE ART OF WALTER J. PHILLIPS
Lisa Christensen

“The work of Walter J. Phillips embodies local landscapes and human activities in those landscapes using a vocabulary forged in Japanese woodcut processes.... Through the skillful superimposition of many layers of transparent water colors, he created images of great beauty, subtlety and depth.”
—Willock Sax Gallery

Walter J. Phillips was born in Lincolnshire, England, and immigrated to Canada in 1913 at the age of 29, after spending considerable time studying abroad in South Africa and Paris. Today, he is considered one of the most accomplished watercolorist artists Canada has ever produced. In 1941, he became resident artist at the Banff School of Fine Arts, and played a vital role in the development of that institution’s visual arts program.

Phillips’ career spanned from the early 1900s through the late 1950s, when the increasing frailty of his eyesight caused him to stop painting. Phillips’ work has been widely exhibited throughout North America and Great Britain. His topics ranged from the Canadian prairies to the Rocky Mountains.

This is the fourth volume in Lisa Christensen’s highly acclaimed Hiker’s Guide to Art of the Canadian Rockies series, which “takes the art off the wall and presents it in the context of the magnificent locations that inspired its creation.”

Lisa Christensen lives in Calgary, Alberta. A former curator and auction house director, she is a prolific freelance writer, Associate Curator of Art at the Glenbow Institute, and she is a widely respected art historian, writer, hiker, and mother.
“Steadman’s text here is as witty as his drawings, both illustrating not only Freud’s classification of jokes, but also the events of Freud’s life.” — The North Carolina Review of Books

“Earlier chapters of Freud’s life, characterized by intellectual as well as physical vigor, aided by the 19th-century ‘miracle drug’ of cocaine, give the illustrator rich material to work with.” — Open Culture

One genius takes on another.

In what is a thoroughly atypical biography, Ralph Steadman examines Freud using his 1905 book *The Joke and Its Relation to the Unconscious* to illustrate his points with 75 illustrations. The result is a masterful interplay of text and illustration, visual and verbal puns, and unexpected insight.

*Sigmund Freud* bursts defiantly and gleefully beyond the bounds of orthodox biography. It is a wildly humorous exercise in bending, stretching and speculating on the activities of the so-called Father of Psychoanalysis. Ralph Steadman wields his shrewd wit and fierce pen to highlight the ebbs and tides of Freud’s life and career from early childhood to the moment of death.

But there’s a twist. Rich illustrations and witty text work hand in hand to transform each scene into a “joking situation,” which the artist hilariously examines according to the techniques wielded by Freud himself in his 1905 book on humor and the unconscious mind. The result is a fantastic Freudian festival of visual and verbal puns, unexpected insights, and sheer intellectual enjoyment.

Originally published in hardcover in 1979, released in paperback in 1997, and reprinted numerous times since then, we are presenting it again to remind buyers that Freud has not and will not leave the unconscious mind of the public (and he would likely have something to say about what books they buy).

*Sigmund Freud* is superbly illustrated with more than 50 major drawings and 25 vignettes by a renowned master of the pen. It remains one of the most original illustrated books of our times and a Ralph Steadman classic.

Ralph Steadman has been a cartoonist since 1956, starting as a caustic observer of Britain’s political and social scene. He is well known as the illustrator of Hunter S. Thompson’s *Fear and Loathing in Las Vegas*. Steadman’s work appears regularly in newspapers and magazines, including *Rolling Stone* and the *Atlantic Monthly*, and his many published books include *Tales of the Weird* and *Alice in Wonderland*. The Ralph Steadman Retrospective will be visiting major art galleries in the United States throughout 2019 and 2020.
LAZARUS REVIVED
An Atheist Argument For Conscious Life After Death
Alexander Matthews

If you have a passion for philosophy, especially if you’re interested by the possibility of conscious life after death, then this book is for you. Lazarus Revived argues that what consciousness amounts to is a whole series of artificial boundaries, or what philosophers call theory ladenness. Ironically, it’s only when these boundaries or restrictions are established that we are fully conscious. Even within these restricted boundaries of our thought, what amounts to consciousness in one person is quite different for another.

The author shows how two thought experiments provide the foundation for arguments for the existence of conscious life after death: strictly on the basis of these restrictions and from an atheist point of view. In the absence of these restrictions, say in outer space where there is no up or down or before or after, we have to artificialize experience in order to develop a sense of time and, ultimately, of consciousness.

Lazarus Revived introduces a whole new vision of physics — one that involves pluriverses rather than what we call the universe. The theory of a Big Bang is examined, and a substitute equation for E=mc² is presented, giving the entire relation of mathematics to physics a new twist.

Lazarus Revived is written in easy-to-understand language, and there is no mathematics to worry about. The reader is challenged to go further than the author’s own philosophical speculations and to come up with new ideas and ways to refine what is presented in the book. Many accessible examples are given and, hopefully, the reader will be drawn into the whole process of thinking and talking about the ideas presented here.

Born in New York City in 1942, Alexander Matthews taught philosophy at a number of universities between 1975 and 1989. In 1986 he was awarded a Visiting Fellowship to Princeton University.

His books include A Diagram of Definition, a piece about the philosophy of language, published in 1997. Other writings include three full-length dramatic poems, a book of short stories and three poetic dramas: Screaming Secrets (2001), Glass Roots (2003) and Do You Love This Planet? (2014). Published essays include: Philosophy and Human Rights, How Some Scientists Erode The Human Rights We Value and The Universe Has No Beginning? Doubts About The Big Bang Theory.

For 15 years Dr. Matthews has chaired the Martha Gellhorn Trust Prize Committee, which offers an annual prize for journalism. He has chaired the NSubF Committee, which advises the UK government on the disposal of nuclear waste from submarines and has been chairman of the local Kingsbridge Peace Group for 27 years.
EVERY DOG
A Book of Over 450 Breeds
Nancy Hajeski

A comprehensive visual reference.

Every Dog: A Book of Over 450 Breeds packs in a lot of information. Illustrations, text, charts, tables and icons make it an ideal reference for all dog lovers, who will enjoy flipping through the pages.

The over 450 breeds are thoroughly researched and represent canines from around the world. They range from rare breeds for the dog lover that wants something different, to the favorite breeds that make for a reliable choice. There are ancient breeds and modern breeds, including the “designer dogs” that have become so popular in recent years.

The over 450 breeds are organized into various categories, such as type (which share loosely common ancestry and traits), purpose, and more. For example, Spitz-Type Dogs typically have thick and dense fur, pointed ears and muzzles, and puffy tails that curl up and over their rears. They descend from ancient breeds that came from Arctic regions. Spitz dogs include the Akita, Canaan, American Eskimo, and the Pomeranian.

Each breed is described on one page and includes these details:

- English and any alternative names, place of origin and year of first known introduction
- Icons and keys indicating all available coat colors; exercise requirements; graph indicating average weight, height and life expectancies
- At a Glance chart rating Intelligence; Ease of training; Affection; Playfulness; Good guard dogs; Good with children; Good with other dogs; and Grooming required.
- Descriptive text and a brief history of the breed
- Two color photographs, one adult and one puppy.

Every Dog: A Book of Over 450 Breeds is a fabulous reference. In addition to the hundreds of breeds of all type, origin and purpose, the book includes the many designer breeds developed over the last couple of decades, making it undoubtedly the most up to date and detailed breed book currently available.

HOCKEY NOW!
The Biggest Stars of the NHL
Mike Ryan

The greatest players in the NHL... NOW!

Reviews of earlier editions:

“Action shots and formatted with the brightness and gloss of a magazine, this book will be interesting reading for hockey fans.” — Booklist

“This is a fantastic book for teachers and students alike. It is written in an informative and easy-to-read style and is a definite must-have for any library or classroom.” — Resource Links

The Hockey Now! franchise has been thrilling hockey fans for over two decades, and this new tenth edition will take them rinkside and delight them like no other hockey book. Updated in time for the 2019–20 season, Hockey Now! provides fast-paced and strikingly illustrated profiles of over 65 of the best and brightest of the NHL.

Here are just a few of the players featured in Hockey Now!:

• Connor McDavid (Edmonton Oilers)
• Sidney Crosby (Pittsburgh Penguins)
• Auston Matthews (Toronto Maple Leafs)
• Alex Ovechkin (Washington Capitals)
• Nikita Kucherov (Tampa Bay Lightning)
• Nathan McKinnon (Colorado Avalanche)
• Erik Karlsson (San Jose Sharks)
• Drew Doughty (Los Angeles Kings)
• Frederik Andersen (Toronto Maple Leafs)
• Marc-Andre Fleury (Vegas Golden Knights)
• Victor Hedman (Tampa Bay Lightning).

Author Mike Ryan has selected first and second All-Star teams as well as the Black Aces and Milestone Makers for each division (Atlantic, Metropolitan, Central and Pacific), paying special attention to the league’s youth movement. Hockey Now! is the most comprehensive and up-to-date guide to the stars of today’s fast-paced NHL and the ideal choice for all fans.

Mike Ryan is a sports writer and author with numerous titles, including Hockey Hall of Fame Unstoppable and Football Stars.
Basketball Now!
The Stars and Stories of the NBA
Adam Elliott Segal

The greatest players in the NBA... NOW!

Like Hockey Now! and Football Now!, Basketball Now! has earned its place as an anticipated release, giving fans the inside stories about their favorite superstars.

This third edition is packed with 130 action images and 50 profiles, including a fresh crop of young players whose swagger and skills launched them to league-wide stardom. Bona fide superstars, rim-rocking rookies and future Hall of Famers, plus the all stars of tomorrow, the best international imports and the underrated players that can change a game — they’re all here. Look out for elite names like Stephen Curry, Kevin Durant, Giannis Antetokounmpo, James Harden, LeBron James, Kawhi Leonard and many, many more!

Author Adam Elliott Segal gives readers an inside tour of all things NBA, including essays on the Draft, the Dunk Contest and the best clutch and playoff performances in the history of the league, as well as a summary of MVPs (regular season, All-Star Game and Finals) up to the end of the 2018–19 season. Mind-boggling athleticism, career-changing plays and pure magic — Basketball Now! has it all, straight from the hardwood.

Adam Elliott Segal is an editor and writer of fiction and non-fiction. His work has been published in Sportsnet Magazine, Maisonneuve, Chatelaine, enRoute, the Vancouver Province and Reader’s Digest. He is the author of three books, including Basketball Stars and MMA Now!.
PLAY BETTER BASKETBALL
Kathy Brook and Dawn Smyth

The definitive guide to taking hoop skills to the next level.

Coaches Dawn Smyth and Kathy Brook break down the complicated game of basketball into its core elements and offer aspiring hoop stars clear and practical tips and techniques to help transform their individual and team game.

With the strong foundation of core skills presented here, basketball players can engage in exciting team systems while continuing to learn the intermediate and advanced individual skills that will propel them to become elite-level scoring threats and never-back-down defenders.

Play Better Basketball focuses on individual skills as executed in a team environment. It introduces seldom taught mental drills that will teach players how to read opponents in order to react in a way that will put the odds of success in their favor.

With step-by-step photography, Play Better Basketball shows players and coaches how to blend sublime skills with cutting-edge team systems to create smart, skilled, consistent and all-around effective players.

Kathy Brook is a master coach developer with a keen focus on basketball. She works with Canada Basketball to teach coaches cutting-edge strategies and philosophies to better train their players.

Dawn Smyth is a FIBA certified coach and director of national development for Canada Basketball. A coaching leader on the advances in basketball’s best teaching systems, Dawn travels the world to teach coaches to better equip players with the skills to win.
THE GOLF ROUND
I’LL NEVER FORGET
Fifty of Golf’s Biggest Stars Recall Their Finest Moments
Matt Adams

Walk with the legends as they recount their greatest game.

No matter how good a player you are, the difficult game that is golf can often be summed up as a good walk spoiled. But for every duffer and hacker who has picked up the sticks, there is always one round that stands out from the rest. It’s the game in which drives were straight and long, chips were soft and accurate, and putts always found the hole.

This is why golfers endure the long walk; for the round they will never forget.

Compiled by golf’s best interviewer, Matt Adams, The Golf Round I’ll Never Forget presents 50 such rounds from some of golf’s best and brightest stars.

Readers will march the final round at Cherry Hills with Arnold Palmer as he outlasts Ben Hogan and fends off Jack Nicklaus for a remarkable comeback victory that would stand as his only U.S. Open win. Similarly, readers will revel in the 46-year-old Nicklaus’ come-from-behind victory at the 1986 Masters. And, of course, there is the Tiger Slam — the unforgettable rounds that encompassed the never-before-achieved feat of winning all four majors in succession.

Standing alongside these gems from history’s three greatest golfers are other rounds that will never be forgotten:

- Billy Casper (1966 US Open)
- Sergio Garcia (2017 Masters)
- Zach Johnson (2007 Masters)
- Tom Kite (1992 US Open)
- Gary Player (1978 Masters)
- Gene Sarazen (1935 Masters)
- Craig Stadler (1982 Masters)
- Jordan Spieth (2017 Open)
- Tom Watson (1977 Open)
- and many more.

Presented with photographs and scorecards for each round, Matt Adams’ expert prose and the illuminating quotes he elicits from his subjects makes the The Golf Round I’l Never Forget the perfect book for every duffer and accomplished golfer.

Matt Adams is a Golf Channel personality, a New York Times bestselling author and the host of the most listened-to live daily golf talk show in the world, “the Fairways of Life Show with Matt Adams” available on every major audio platform including FairwaysofLife.com, iHeart Radio, TuneIn Radio, iTunes and Spotify.

Also available:
The Baseball Game I’l Never Forget
Steve Milton
978-0-2281-0023-2
paperback $24.95
THE NHL IN PICTURES AND STORIES
*The Definitive History*
Bob Duff and Ryan Dixon

In *The NHL in Pictures and Stories*, authors Bob Duff and Ryan Dixon recount the events that have shaped the NHL. From its madcap early years all the way to the 32-team elite professional sport that it will be — once the newest franchise, Seattle, takes the ice in 2021 — no stone is left unturned.

In this new edition, readers are treated to more than 150 stories, ranging from game changing decisions like allowing goalies to wear masks, to jaw-dropping performances like Maurice Richard's 50 goals in 50 games, to outstanding starts like the expansion Vegas Golden Knights competing for the Stanley Cup.

Some of the events covered in *The NHL in Pictures and Stories*:
- 1945: Maurice Richard scores 50 goals in 50 games
- 1951: Bill Barilko scores his last goal — a Cup winner
- 1958: Willie O’Ree breaks the NHL’s color barrier
- 1959: Jacques Plante starts to wear a mask
- 1960: Montreal Canadiens become the first ever five-time Cup champs
- 1966: Bobby Hull breaks Richard’s 50-goal record
- 1971: Phil Esposito scores 76 goals
- 1980: Peter Stastny defects to the NHL
- 1981: Wayne Gretzky scores 50 goals in 39 games
- 1989: First Russians play in the NHL
- 1998: NHL players go to the Olympics
- 2005: NHL installs shootout
- 2015: Carey Price becomes first goalie to win four major awards
- 2016: Auston Matthews’ incredible rookie debut
- 2018: Alex Ovechkin and the Washington Capitals win the Cup.

With more than 200 images, hundreds of star players and dozens of artifacts from the Hockey Hall of Fame, *The NHL in Pictures and Stories* is the definitive guide to the history of the NHL.

Bob Duff is a veteran sports writer who has covered the Stanley Cup Final, World Cup of Hockey, Super Bowl and the World Series, among other major sporting events, for a variety of news outlets, including: MSNBC.com, the Windsor Star and The Hockey News. His books include *The China Wall: The Timeless Legend of Johnny Bower*, *Nine: A Tribute To Gordie Howe*, and *The History of Hockeytown*.

Ryan Dixon is a writer at large with Canada’s premier sports network, Sportsnet. He is also the author of *Hockey’s Young Guns*.

Published in association with The Hockey Hall of Fame. The Hockey Hall of Fame and Museum in Toronto, Ontario, honors and preserves the history of ice hockey and those who have made outstanding contributions and achievements in the development of the game.
THE SAILING BIBLE
The Complete Guide for All Sailors from Novice to Expert
Jeremy Evans with Pat Manley and Barrie Smith

“Sailing is a popular sport and this book is a very comprehensive treatment of the subject.... The volume is well illustrated with color photographs [and] this reviewer was impressed by the constant stress the authors place on safety at sea.... This title is recommended for general reference collections.”
—American Reference Books Annual

The Sailing Bible is for all sailors, whatever their level of experience. It provides novice sailors with all that they need to take to the water and helps experienced sailors improve their skills and deepen their knowledge. Instruction ranges from learning the anatomy of a boat to handling emergencies. An extraordinary amount of sound advice and expert tips will help all sailors to build their skills and knowledge, and help to ensure safety and increase enjoyment on the water.

This second edition has been revised to include updated maps and charts and current information on GPS and other factors related to navigation. The book’s eight chapters cover a comprehensive range of more than 150 beginner to advanced topics for all sailors. The material covered includes:

- Dinghies and yachts
- Cruising and racing
- Launching, helming, trapezing and capsizing
- Racing techniques and tactics
- Buoys, tides, charts and navigation
- Anchoring and marina berthing
- Knots, ropes and flags
- Boat etiquette and seamanship
- Safety and emergencies and much more.

Hundreds of color photographs, explanatory drawings and navigation charts illustrate and further explain the important content. Call-out boxes and sidebars highlight information for easy reference and serve as reminders to the sailor.

The Sailing Bible is the most comprehensive guide to the exciting sport of sailing. Fully updated and exceptionally well-priced, it is the ideal choice as a reference to keep onboard, as a resource in preparation for certification or as a practical gift for a new sailor of any age.

Jeremy Evans writes sailing books for the Royal Yachting Association (RYA) and also writes for Yachting Monthly and Yachts and Yachting magazines. Pat Manley is an RYA Yachtmaster Instructor, a Fellow of the Royal Institute of Navigation and a member of the Yachting Journalists Association. He has written several books on boat maintenance and is a regular contributor to Practical Boat Owner magazine. Barrie Smith is an RYA Yachtmaster who has skippered or crewed on numerous yacht delivery trips and long distance races.
A tennis player has to know not only how to play the game, but how to plan the next move and be able to anticipate an opponent's likely return, all in an instant. A player has to build a winning strategy, play the full court and outsmart an opponent.

Enter *Tennis Skills*, an in-depth guide to improving a player's game. It features a battery of lessons designed by tennis pros that lays down a solid foundation of stroke skills and game strategy. Clear instructions and annotated diagrams provide valuable coaching and corrective techniques — a great value for any player. It's like having a personal tennis pro on call for expert coaching.

The book is fully illustrated with sequential pictures, court diagrams, tips, typical faults and coaching ideas which can help to build strong foundation skills and great players. Tom Sadzeck provides an abundance of visual features to help players of all levels improve their game and build on existing skills.

Six chapters cover the game’s key skill sets, from basic techniques to singles and doubles strategies. There are more than 40 drills that focus on the target areas of form, strategy, coordination and footwork. Other coaching content include:

- Stroke-production exercises
- Forehand, backhand, serve, volley, slice and other shots
- A breakdown of each stroke to promote consistent form
- Warm-up, grips, body position, footwork, targeting, follow-through
- Court diagrams to help players visualize a stroke’s outcome
- How to handle game pressure.

*Tennis Skills* also features Master Stroke sidebars that give easy-to-remember tips, Fault Finder boxes that point out common mistakes and Coach’s Comments that share the wisdom of seasoned pros. Whether the reader is new to the sport or a more experienced player who wants to improve their game and try new drills, *Tennis Skills* is a practical book to have in the equipment bag or locker.

**Tom Sadzeck** has been coaching tennis for more than 20 years and has been a member of the United States Professional Tennis Association since 1992. He holds a Pro 1 rating with USPTA and has lectured at USTA coaching conferences. He is featured in *ADDvantage* magazine’s “Little Tennis” column and Coach Tennis America audio magazine. He lives in San Rafael, California.

**Also available:**

*Soccer Skills for Young Players*
Ted Buxton
978-1-55209-329-0
paperback $16.95
TENNIS STROKES AND TACTICS
Improve Your Game
John Littleford and Andrew Magrath

A tennis tune-up for players of all skill levels.

From the serve, ground strokes and volleys to the smashes, lobs and drop shots, this unique coaching manual illustrates each stroke from five angles: front, back, left, right and above. In this all-around skills guide, tennis pro John Littleford delivers expert guidance to identify accurate positioning of feet, body and the racquet — just like having a personal pro watching, correcting and coaching every swing.

Tennis Strokes and Tactics also includes a comprehensive section on effective tactics and strategies for singles and doubles play. Using this innovative guide, tennis players of any level will improve their game.

John Littleford has over 20 years' experience coaching and playing tennis at the highest level, and he is Lawn Tennis Association and U.S. Professional Tennis Registry qualified. He is a cofounder of Modern Tennis International.

Andrew Magrath is the co-managing director of Modern Tennis International and has been a professional coach for over 15 years.

WINNING TENNIS
The Smarter Player’s Guide
Rob Antoun

A comprehensive guide on targeting an opponent’s style of play for a winning advantage.

Winning Tennis is unlike any other tennis instruction guide. It doesn’t explain how to hit a tennis ball, and it leaves grips, strokes and serves aside. The book focuses on winning tennis by reading an opponent’s strengths and weaknesses for clues, patterns, court position and more. Knowing what is about to come across the net is a huge advantage for preparing a winning return.

The author explains how to build a valuable portfolio of tactical responses to any situation and how to apply the methods of the world’s best players to your game. Winning Tennis: The Smarter Player’s Guide is an essential resource that can revolutionize a player’s tennis skills, and thus their ability to win.

Rob Antoun is a former ATP world-ranked tennis player who has coached at an international level for 20 years, including two British Senior No.1-ranked players and a top 20 world-ranked Junior player. He holds the Lawn Tennis Association’s (LTA) highest coaching qualification and is a Tennis Europe and LTA coach education tutor. Rob currently manages the LTA Master Level Coach Qualification.
This guidebook has been used by thousands of travelers as they discover some of the Ontario's most unexpected places. It has now been updated and expanded to include more fabulous backroad excursions to explore at any time of the year.

*Backroads of Ontario* gives travelers the information and maps they need to explore Ontario in a new way. It invites them to exit the noisy highways and take a quiet trip through Ontario's countryside and history: silent ghost towns, charming villages, century-old mills, dramatic cliffs, prime picnic spots, architectural curiosities, an amethyst mine, an underwater graveyard of shipwrecks and so much more.

There are 26 trips in all, each illustrated with photographs and accompanied by an easy-to-follow map. Trips range in length from afternoon outings to weekend excursions, and all lead to intriguing places within easy driving distance of Ontario's major cities. In this fifth edition, information has been updated, and two destinations have been added:

- **To the Source of the Grand** — The Grand River is a national heritage waterway. In fact, it is two rivers; one a wide, sluggish and navigable portion below Brantford; the other a tumbling and foaming torrent through glacial hills and steep canyons, carving a scenic valley through Ontario with enough muscle to power grist and sawmills. Towns along its banks boomed into sizable cities while other faded, in some cases into ghost towns.

- **Algoma's Scenic Dunn's Valley Road** — Amid the rugged Algoma mountains and the lush hidden valleys beyond Lake Huron's north shore, lies an opportunity to bypass Sudbury to the Sault Ste Marie portion of the Trans-Canada Highway. You don't add too many kilometers to the trip and you get to enjoy a scenic drive through magnificent mountain scenery with little villages in the valleys. With some of the North Shore's more interesting history, it's an area the daytriper will not regret visiting.

*Backroads of Ontario* helps drivers plan a tour of all that Ontario has to offer. It's an essential addition to regional and travel collections.

**Ron Brown** has long had a love affair with the landscapes of Canada. His articles have appeared in the *Toronto Star*, the *Globe and Mail*, *Canadian Geographic Magazine* and *VIA Rail Magazine*. In addition to five editions of *Backroads of Ontario*, he is the author of 30 books, which include *Top 160 Unusual Things to See in Ontario*, *Ontario's Ghost Town Heritage* and *The Train Doesn't Stop Here Anymore*. He is the recipient of the 2015 Writers' Union of Canada Freedom to Read Award.
CANADIAN GEOGRAPHIC BIGGEST
AND BEST OF CANADA
1000 Facts and Figures
Aaron Kylie

“This text is a cost-effective and engaging addition to any collection with clientele who enjoy almanacs or record books, and it is suitable for all ages.” —Booklist

Canadians don’t always consider themselves patriotic, but Canadian Geographic Biggest and Best of Canada gives them 1,000 reasons why they should be. People around the world recognize the maple leaf flag, but what else sets Canada apart? Its stunning natural and manmade attractions, its unique people and their incredible accomplishments, of course!

The book is packed with 500 photographs and 1,000 fascinating facts, figures and feats, which are organized into 11 categories: Geography; Weather; Wildlife; Structures/Communities; Business/Industry; Communications; Innovations; Transportation; Pop Culture; Sports & Leisure; and People, Places & Things. Readers will learn about the facts and records that distinguish Canada on the world stage. For example:

• The largest colony of Atlantic puffins in North America is found in Newfoundland’s Witless Bay Ecological Reserve, where more than 260,000 pairs nest every year
• Hamilton is home to the oldest marathon in North America, preceding Boston’s by three years (the first contest was in 1894)
• Quebec City is the only walled city in North America and the oldest city on the continent north of the Mexican border
• The 3.8-kilometer Halifax Waterfront Boardwalk is the longest downtown boardwalk in the world
• The United States and Canada share the world’s longest undefended border (it would take 33 years to walk the length of it).

Updated to 2019, Canadian Geographic Biggest and Best of Canada is a colorful fact book that readers of all ages will enjoy and return to again and again. It is an ideal selection for all collections and will be welcomed by gift shoppers.

Aaron Kylie is the editor-in-chief of Canadian Geographic magazine, the official publication of the Royal Canadian Geographical Society. He is also the author of Canadian Geographic Canada for Kids: 1000 Awesome Facts.

Also available:
Canadian Geographic Canada for Kids
Aaron Kylie
978-1-77085-581-6
paperback $17.95
SALTWATER MITTENS
From the Island of Newfoundland, More Than 20 Heritage Designs to Knit
Christine LeGrow & Shirley A. Scott

Saltwater Mittens is a collection of rare Newfoundland mitten patterns for knitters, collected, and in some cases recreated, by Christine LeGrow of Spindrift Handknits and Shirley “Shirl the Purl” Scott. These two women have teamed up to preserve and promote traditional Newfoundland knitting.

By assembling patterns for hand-knit items such as trigger mitts, flap caps and scarves these women are keeping knitting culture alive. These are traditional Newfoundland mittens patterns that every knitter should have in their collection.

Christine LeGrow is the owner of Spindrift, which offers a unique collection of handknits in the tradition of Newfoundland.

Shirley A. Scott is a mitten designer who specializes in combining history with knitting. She loves to recreate heritage garments.

FROM THE SAME AUTHORS
SALTWATER CLASSICS
Vamps, Mitts and Caps from the Island of Newfoundland
Christine LeGrow & Shirley A. Scott

From the tips of your toes to the top of your head, Saltwater Classics will keep you toasty warm with beautiful hand-knitted hats, mitts, gloves, socks and vamps.

As their follow-up to the best-selling Saltwater Mittens, Christine LeGrow and Shirley A. Scott have collected and expertly recreated some of Newfoundland’s best loved knitwear. Along the way, they’ve sprinkled in a hefty dose of their own creative flair in presenting stunning patterns you’ll never see anywhere else. From salt-and-pepper caps to boot socks, and from trigger mitts to vamps (slippers), this book has something for everyone. All patterns are rated by difficulty and clearly presented for today’s knitters.

The dozens of colour photographs will inspire you to make your own bold colour choices—and encourage you to go outside and face the elements in your new cozy pieces. Featuring tips, tricks, and tales, Saltwater Classics is a book for everyone.
“A great book with explicit instructions on how to cure a log and carve it into a totem pole.... Woodsmen of Muskoka will start their chainsaws and create new art forms after reading this book.”
—Muskoka Today

Carve Your Own Totem Pole looks at the history of totem-pole carving and its West Coast native traditions, techniques and patterns. It also presents great ideas for carving your own pole, whether with traditional designs or more personal folk-art motifs.

Carvers will learn how to design, carve and paint their own masks and totem poles from two modern masters whose work has been praised by Haida carvers. James McKee shows how to create drawings in authentic West Coast styles, and the book includes traceable templates to assist carvers. Carving instructor Wayne Hill reveals how to select the right wood and employ standard, widely available tools to best advantage. They also provide special notes on the meaning of figures, painting the pole and selecting the best place to display it.

Whether created in a traditional West Coast design or a folk-art style, a handmade family totem pole will be treasured for years to come. Updated with a glossary of technical terms, Carve Your Own Totem Pole is a practical, easy and illustrated guide that includes all the background and practical guidance readers need to pursue the art of totem-pole carving.

Wayne Hill carved his first totem pole as the result of a challenge from his old friend Jimi McKee. Since that time, the two men have created more than 300 totem carvings for villages, towns, cities, businesses, corporations and people. For the past decade, he has taught a summer course on totem-pole carving at Sir Sandford Fleming College. He lives in Gravenhurst, Ontario.

James (Jimi) McKee’s passion for West Coast art led him to purchase and study a collection of 218 totem poles by master carvers from British Columbia. He divides his time between Orillia, Ontario, and Big Pine Key, Florida.

Bev McMullen is an award-winning photographer whose work has been featured around the world in numerous books, magazines, newspapers and calendars. She lives in Bracebridge, Ontario.
**A BOOK LOVER'S DIARY**
edited by Shelagh Wallace; illustrated by Scott McKowen

*Back in print! A Book Lover's Diary provides a place to record comments, impressions and lists of books you're dying to read.*

*A Book Lover’s Diary* is a journal for noting personal discoveries from the books read and recording the books on a wish list. It is a welcome companion during forays to libraries and bookstores when the titles of books wanted can vanish from memory.

Well-organized and practical, this book features separate sections for:

- Books to read
- Books read and a personal review
- Books to buy
- Books loaned out or borrowed
- Favorite books
- Memorable passages
- Addresses of libraries and book stores.

Beautifully detailed woodcuts illustrate the pages and quotations describe the joy of books and reading. By keeping track of the books read and noting their effect, this journal becomes a valuable personal history.

---

**PHOTOGRAPHY AND THE ART OF SEEING**

*A Visual Perception Workshop for Film and Digital Photography, 4th Edition*

Freeman Patterson

The second book in Freeman Patterson’s internationally acclaimed series of instructional books on photography and visual design, *Photography and the Art of Seeing* has now been updated and expanded to include technical guidelines adapted for both digital and film photographers. The jargon-free text provides techniques and innovative exercises for breaking with traditional concepts of design, enabling the photographer to develop a keen awareness of subject matter and a direction for composing the picture.

*Photography and the Art of Seeing* also offers a workshop for all visual artists that includes lessons on the fundamentals of perception and overcoming obstacles in their work.

Freeman Patterson has published twelve books and won numerous awards, including the Lifetime Achievement Award from the North American Nature Photography Association. Freeman lives at Shamper’s Bluff, New Brunswick, an ecological reserve of over 200 acres, which he recently donated to the Nature Conservancy of Canada.
PAN AMERICAN CLIPPERS
The Golden Age of Flying Boats
James Trautman

“The photographs and artwork will enable readers to grasp the magnificence of the transoceanic flying boats... The accurate, authoritative text will provide information that is new to all but the exceptionally well-informed aviation buff and nonspecialist historian.” —Choice

For a world recovering from the Great Depression, the Pan American Airways Clipper symbolized luxury, adventure and a brighter future. Illustrated with rare period photographs, vintage travel posters, magazine ads and colorful company brochures, Pan American Clippers covers all aspects of the Golden Age of Pan American’s graceful “flying boats.”

This edition has an additional 16 pages to add more historical and current information and provide additional detail and context to the historical importance of the flying boats, including:

- Pan Am’s Art Deco terminals
- the fate of the last Pan Am Clippers and where to see the survivors
- the Foyles Flying Boat Terminal, Ireland
- Trippe and Lindbergh’s groundbreaking flight to Asia by way of the Great Circle Route (Canada–Alaska–Siberia–Japan–China)
- Shediac, New Brunswick, landing site of 24 Savoia Manchetti S-55 flying boats from Rome en route to Chicago’s Century of Progress International Exposition
- Pan Am enters politics when Frank Roosevelt uses it in Latin America to sidestep the World War II Neutrality Act
- Trippe’s long-held dream of flying mail and passengers across the Atlantic Ocean to Europe, and the opening of LaGuardia Airport.

Visionary Pan Am founder Juan Trippe knew the importance of international travel to the 20th century, and his pioneering airline played a central role in the advancement of transoceanic flight, setting overseas time and distance records, providing airmail delivery and eventually as troop and cargo transports for the Allies during World War II. By dramatically reducing travel time and opening up international air travel to the general public, Pan Am Clippers forever changed the world.

This captivating, informative and richly illustrated book takes readers back to a time of glamor, romance and progress, when dreams once thought impossible were suddenly a reality.

James Trautman is a regular contributor to North American magazines and newspapers, including Antique Week, and has been featured on CBC TV shows on the history of sports cards, games and other collectibles. He is now working on a project to uncover the wreckage of one of the Pan Am Clippers lost in World War II. A native New Yorker, he lives in southern Ontario.
DON'T FORGET THESE FOR CHRISTMAS

500 WORDS YOU SHOULD KNOW
Caroline Taggart; illustrations by George Walker

Perhaps you have wanted to ameliorate your atavistic lexicon, engage in a little intellectual badinage or you have been discombobulated by tricky diction? 500 Words You Should Know has you covered. This book will inspire the reader to use uncommon words in their correct context, utilize the English language to its full potential and test themselves on the words they think they already know.

It is a book for the appreciator of correct usage and contains words you thought you knew (decimate, caveat, nemesis), words you should know (euphemism, diatribe, tautology) and just a few that you might want to know (peripatetic, shibboleth, callipygian).

This essential cornucopia of 500 of the best, trickiest and oft-misused words in the English language are arranged thematically. Each word is dissected, with a laconic gloss of etymology and historical and modern usage, to give a full understanding and effectively adopt the word into vocabulary in its proper context.
THE GROUP OF SEVEN
2020 Calendar

The Group of Seven calendar has been a dependable seller since we first published it. As a publisher that has long supported Canadian artists, we take pride in seeing The Group of Seven calendar sell out every year. We are confident that your customers will be pleased to have it available again for that certain spot where they hang it every year.

Art lovers and observers hold The Group of Seven to be among the greatest recorders of Canada’s quintessential asset: the landscape. While many of their works are instantly recognizable, many more rarely reach the public eye.


Be sure to add *The Group of Seven 2020 Calendar* to your order. Your customers will be looking for it.
ONCE UPON A POTTY — BOY
ONCE UPON A POTTY — GIRL

The all-time favorite, now in a sturdy board book.

There are 28.9 million children under the age of five in the U.S. and all of them will need to be toilet trained. This classic book has already helped millions of parents get their children through a life milestone with ease and some entertainment too.

With Once Upon a Potty, a parent reads the book to their child or allows the child to read it while on the potty. Not surprisingly, the book takes some wear. This new board book edition will withstand such heavy use and survive the occasional water spill too.

This is THE potty training book. It has it all: bright graphics, simple language, a fun story and an anatomically correct hero. With an edition for each gender, the book relates directly to the child, making the potty-training process relatable and easy to understand.

Once Upon a Potty hardcover editions
Each book is written and illustrated by Alona Frankel · Ages 1–4
40 pages · 7¼ × 7¼ · Rights: World English

Once Upon a Potty – Boy
978-1-55407-283-5 $7.95 plastic-laminated hardcover

Once Upon a Potty – Girl
978-1-55407-284-2 $7.95 plastic-laminated hardcover

10-copy display pre-pack – Boy
978-1-55407-285-9 $79.50

10-copy display pre-pack – Girl
978-1-55407-286-6 $79.50

12-copy display pre-pack
6 Boy, 6 Girl
978-1-55407-350-4 $95.40
NOW WITH SOUND BUTTONS

ONCE UPON A POTTY — BOY
ONCE UPON A POTTY — GIRL

The all-time favorite, now with sound button technology.

There are 28.9 million children under the age of five in the U.S. and all of them will need to be toilet trained. This classic book has already helped millions of parents get their children through a life milestone with ease and some entertainment too.

With Once Upon a Potty, a parent reads the book to their child or allows the child to read it while on the potty. Not surprisingly, the book takes some wear. This new edition will withstand such heavy use.

The four sound buttons cover the essentials, with a dose of amusement: a trumpet fanfare for success; kitty meows (is it a milk bowl?); birds singing; and the flush—it’s-all-gone finale. The three AG-13 button cell 1.5V batteries are removable and replaceable, and access is childproof.

Since 1975, Once Upon a Potty has been THE potty training book. It has it all: bright graphics, simple language, a fun story and an anatomically correct hero. With an edition for each gender, the book relates directly to the child, making potty-training relatable and easy to understand. More than four million copies have sold worldwide.

Alona Frankel is the author and illustrator of 30 children’s books. Her characters “Joshua” and “Prudence” from the Potty books have gone on to star in other stories and in videos and instruction books.
NEW SERIES
INTRODUCING THE GUMBOOT KIDS

A celebration of nature, curiosity, discovery and mindfulness!

Adapted from the award-winning TV show The Gumboot Kids comes this outstanding new series of nature mystery books that celebrate the joy and wonder of mindfully exploring the natural world.

Perfect for inquisitive young minds, The Gumboot Kids’ nature mysteries feature beloved characters, Scout and Daisy, working through a series of clues in order to crack the case. In each mystery Scout and Daisy affirm their findings with a trip to the library where they verify the evidence they’ve gathered in nature and solve the mystery before having a mindful moment to reflect on their journey.

With beautifully rendered and painstakingly detailed art, Scout and Daisy’s adventures are also a visual feast that will have kids poring over the pages time and time again.

Each book concludes with two pages of field notes on the mystery subject, as well as a nature craft inspired by the mystery, for kids to try at home.

About the Show
Winner of numerous awards and an award finalist for the two most prestigious awards for kid’s entertainment — the Japan Prize (2018) and the Prix Jeunesse International (2018) — The Gumboot Kids (120 episodes across three time formats) is seen widely across Canada, Australia, South Korea and the United States … and its viewership is growing. The Gumboot Kids won a Parents’ Choice Award, and the show is also approved by the Dove Foundation, a non-profit organization whose mission is to encourage and promote the creation, production, distribution and consumption of wholesome family entertainment.

“The Gumboot Kids is creating a ‘new normal’ for an entire generation. This pioneering series transports young children into the practice of mindfulness and the magic of nature. The values of gratitude, appreciation and respect will stay with young viewers throughout a lifetime, creating a world we all want to live in.”
— Sandra de Castro Buffington, Founding Director, Global Media Center for Social Impact, UCLA

About the Creators
Eric Hogan and Tara Hungerford are a husband-and-wife team who run Imagine Create Media and are the creators of The Gumboot Kids. They live and create with their two children in Vancouver, British Columbia. Learn more at gumbootkids.com

Nature Craft
Unwrap an array of nature surprises. What can you make?

**STEP 1**
Unwrap an array of nature surprises. What can you make?

**STEP 2**
Unwrap an array of nature surprises. What can you make?

**STEP 3**
Unwrap an array of nature surprises. What can you make?

**STEP 4**
Unwrap an array of nature surprises. What can you make?

**FIELD NOTES**

“Could I think I’ve solved the mystery?” exclaims Daisy.
“Better check the wobbly windmill! There were 12 clues, so the two are 25 years old!”

FIREFLY BOOKS
paperback $6.99
Ctn qty: 8 × 8
plastic-laminated
hardcover $19.95
Ctn qty: Rights: World

SEPTEMBER
THE CASE OF THE GROWING BIRD FEEDER
Eric Hogan and Tara Hungerford

Scout and Daisy are on a picnic and Daisy remembers that she’s forgotten to water her bird feeders! But what kind of bird feeders need to be watered? Join Daisy as she helps Scout find clues to solve the Case of the Growing Bird Feeder.

THE CASE OF THE STORY ROCK
Eric Hogan and Tara Hungerford

Scout and Daisy are on expedition in the desert and Scout has uncovered something incredible — a rock has told him a story! But how can a rock tell a story? Join Scout as he helps Daisy find clues to solve the Case of the Story Rock.
PICTURE BOOKS

THE CASE OF THE VANISHING CATERPILLAR
Eric Hogan and Tara Hungerford

As Scout tends to his garden he notices something is missing — his caterpillar friend has vanished! But where did she go? Join Scout and Daisy as they search for clues to solve the Case of the Vanishing Caterpillar.

THE CASE OF THE WOODEN TIMEKEEPER
Eric Hogan and Tara Hungerford

As Scout is collecting firewood for the winter, he notices something extraordinary — there is a wooden timekeeper in the forest! But what is it? Join Scout as he helps Daisy find clues to solve the Case of the Wooden Timekeeper.
Marketing support for the Gumboot Kids series:

- National publicity efforts including a 10+ stop tour in Canada with regional publicity in each location, festival participation and more
- North American review coverage
- National trade and consumer advertising
- Book trailer
- Far-reaching social media campaign with paid advertising across Facebook, Instagram, Twitter, and YouTube
- Digital advertising on leading parenting websites
- Outreach to mindfulness, early childhood education, and parenting/mommy bloggers
- Educational curriculum guides available for download
- Influencer outreach campaign
- Counter displays
- 12" high plush dolls for contests and displays
- 40" high standee available
- Event kit available for digital download

12" PLUSH DOLLS for store display

40" STANDEE

COUNTER DISPLAY 1:
6 paperback copies of
The Case of the Story Rock
and 6 paperback copies of
The Case of the Growing Bird Feeder

COUNTER DISPLAY 2:
6 paperback copies of
The Case of the Wooden Timekeeper
and 6 paperback copies of
The Case of the Vanishing Caterpillar

978-0-2281-0234-2 counter display $83.88

978-0-2281-0235-9 counter display $83.88

FIREFLY BOOKS FALL 2019
What is a tiger to do when it can’t cross the river?

One day in the jungle, an elephant starts to cross a river when behind him comes a pair of tigers, beautifully striped, as tigers should be. “Wait for us, lovely elephant! We want to cross without getting our fur wet. Can you take us on your back?” The elephant shrugs his shoulders. “Of course. For a strong animal like me, one tiger, two tigers ... It’s not a big deal. Have a ride.” “Thank you, beautiful elephant!”

Thus begins this beautifully illustrated story, reminding young readers of the value of manners, cooperation and kindness. Muted primary colors and realistic renditions of the wild animals engage and delight. The story’s joyful appeal and the large easy text will have children returning to the story again and again.

Véronique Massenot studied art in Paris. She has written or illustrated 60 books, many award-winning, and 30 of which have been translated into eight languages. She also contributes articles and illustrations to children’s magazines. She lives in France.

Clémence Pollet studied in Strasbourg and Paris, where he now lives and where he specializes in illustration and engraving. He has published more than ten children’s books and contributes to publications, including The New York Times, Marie-Claire Enfants and La Vie. He has won numerous awards for his work.
LITTLE CHAMELEON’S BIG QUESTION
Caroline Pellissier
Illustrated by Mathias Friman

A bedtime book that will quickly become a nightly request.

To children the world is a very, very big place with many, many people. In the midst of all that, they have to find a place where they feel safe, know who they are and value themselves.

Today, on his birthday, Little Chameleon is struggling with that.

When he emerged from his egg, Little Chameleon asked his mother:
“Mama, tell me who I am?”
“Come with me to find out,” she replied.

Zap! A zebra that zigzags!
“Mama, please tell me if I am a zebra,” asked Little Chameleon.
His mother replied,
“It’s true that you run fast,
but you are not a zebra, not at all!”

Then Mama, am I a crocodile, like this?” asked Little Chameleon.
His mother replied,
“It’s true that you like to sleep in the sun,
but you are not a crocodile, not at all!”


Little Chameleon asked once more,
“Daddy, Mama, tell me who I am?”
And his parents replied to this,
“You are our Little Chameleon,
you are special, you are you!”

And isn’t that what all parents tell their children? That they are who they are, something no one else can be, and the one they love the best.

Gorgeous artworks, the cutest little chameleon you will ever find, and an intimately shared message of identity, self-esteem and unconditional love make Little Chameleon’s Big Question a surefire hit with children. It’s an ideal bedtime book.

Caroline Pellissier worked for several years at a variety of publishing houses before collaborating with a number of illustrators for the 80 books she has written. She lives in Paris with her husband and five children.

Mathias Friman studied at the National School of Fine Arts in Paris before becoming an illustrator and children’s author. A chance meeting with Caroline Pellissier led to their collaboration and success with La Grande Question de Petit Cameleon, winner of the 2015 “parents, babies, a book” contest. A copy of the winning book was given to all babies born in 2016 in the Department of the Somme, France.
JUST PUBLISHED IN BOARD BOOK FORMAT

LOVE YOU FOREVER
Robert Munsch
illustrations by Sheila McGraw

Booksellers have sold more than 33 million copies of Love You Forever in paperback and hardcover.

Now we have a board version, printed on light, crisp whiteboard and slightly reduced for child-sized hands.

Yet it contains every word of the original, which is much-loved by grandparents and parents everywhere.
Celebrating its 33rd year in print —
with 33 million copies sold!

**LOVE YOU FOREVER**
Robert Munsch
illustrated by Sheila McGraw

*There are 3 million new children in America and Canada each year — and every family is touched by this book.*

Available in six formats, as well as in Spanish and French, *Love You Forever* is a “must” for every bookstore.

**Spanish and French editions:**
- *Siempre te querré* (Spanish)
  
  FIREFLY BOOKS  
  978-1-895565-01-0  $6.95 paperback

- *Je t’aimerai toujours* (French)
  
  FIREFLY BOOKS  
  978-0-920668-49-8  $6.95 paperback
The monster trucks are back and they're still big, just like kids love them.

Monster Trucks is an in-your-face book about the eye-popping behemoths that attract more than four million Monster Jam fans every year to sold-out stadiums in the United States, Canada and Europe. Superfans dress up in the painted designs of their hero truck, pack the seats, and add to the noise. Monster trucks are their superheroes. On wheels. Very, very BIG wheels.

First published in 2012 as part of the Mighty Machines series, this new release has more pages and is as big and bold in color and content as the roaring monsters that crush cars, jump in the air, and do wheelies, spins and tricks.

Large type describes the nuts and bolts of monster trucks, literally: how they are made, what makes them safe, and exactly how impressively big and tall and wide and fat they are. But the kick for monster truck fans are the pages and pages of the most famous monster trucks: Monster Medic, Thundertrax, Maximum Destruction, Jurassic Attack, Raminator, Grim Reaper and more.

With a quiz to test monster truck know-how and activities to keep the fun going, plus a glossary of terms, Monster Trucks is perfect for kids to enjoy alone or with other monster truck superfans.

Clive Gifford is an award-winning author of more than 50 sports books including Braintwisters and Gaming Recordbreakers. He lives in Manchester, England.
"In a seaside town on a cozy little bay, ships of all kinds often dock for the day. There a man lives loved by tourists and fishers, known through the world to do magic with scissors."

So starts this children’s book debut by author-illustrator Joe Frank.

With bright splashes of vibrant watercolors and jaunty rhyming prose, Frank’s fashionable maritime myth comes alive in 32 pages of seafaring fun.

With his perfectly coifed pompadour, our protagonist, Arthur Garber, must set aside providing cuts for tourists and naval crews when he is met with the challenge of his life: A castaway with wild hair floats ashore hoping to look normal, once more.

"There was simply so much of it, frazzled and frizzy. Anyone else would have left feeling dizzy. What followed became a maritime myth. A castaway saved by a master hairsmith."

Full of wild hair, tall tales and a joyous surprise, Arthur Garber the Harbor Barber is a fantastic yarn for landlubbers and seafaring folk alike.

Joe Frank is an illustrator and writer. Nominated for the 2009 Pushcart Prize, he has also been honored as an emerging writer by the City of Hamilton Arts Awards in 2015. Joe lives in Hamilton, Ontario, with his wife, three children and chihuahua. You can find him online at josephthefrank.com.
Dragons?!

Lila Prap

Dragons?! tours the globe describing the discoveries and ancient beliefs about dragons as mythological monsters, deities, creators of the world and guardians of its riches. The book tells the many stories of fierce battles, superpowers, mysteries of nature, local lore and legend. Thankfully, heroes abound and a clutch of cheeky chicks guides readers through the pages.

Dragons?! opens with Pliny the Elder’s Encyclopedia written more than 2000 years ago in which he mentions dragons, the enormous creatures described by returning travelers. We know now, of course, that these were whales, octopuses, elephants and other giants of nature but Pliny called them “dragons” and it stuck. In this book, readers will learn a great deal about dragons while enjoying Lila Prap’s trademark illustrations.

As imagination took hold, the dragons became increasingly ferocious. Giant fanged, fire-breathing creatures morphed with snakes, roosters, flying birds and reptilian lizards to become enormous bloodthirsty monsters with insect legs, multiple heads and batlike wings. But not everyone thought the dragons were evil or dangerous; the Chinese believed they brought good fortune.

There is an exemplary amount of information in Dragons?! presented in a decidedly friendly way. Children will be captivated and will surely want to learn more about these mythological beings. Vividly illustrated and humorous: Lila Prap does it again.

Lila Prap has a degree in architecture from the University of Ljubljana, Slovenia. She works as a freelance artist and children’s author and illustrator. Her international prizes include the 2002 IBBY Certificate of Honor for Illustration and nominations for the 2005 German Literature Award, the 2006 Hans Christian Andersen Award for Illustration and the 2006 Astrid Lindgren Award for Illustration. In Slovenia she has been awarded the Levstik Prize, the Most Beautiful Book Prize and the Original Slovenian Picture Book Prize. She lives in in Smarjeta, Slovenia, where she runs an art gallery displaying her works.
This book looks scary!

No, it’s just interesting and fun!

FOR A LONG TIME, PEOPLE BELIEVED THAT DRAGONS WERE REAL!

Now, people believe in all sorts of silly things, but not dragons, it seems.

I hope there really are no dragons. I won’t be able to sleep if I see monsters like that.

DRAGONS WERE ALSO KNOWN ELSEWHERE AROUND THE WORLD!

What a snack with a dragon?

The place in my life is a hundred times more enjoyable if there’s been a dragon recently.

You’re a dork, Dad. You’re always saying that the men’s race is the man’s race.

Also by Lila Prap:

Daddies
978-0-2281-0166-6
paperback $6.95
978-0-2281-0121-5
plastic-laminated hardcover $14.95

Why?
978-0-2281-0167-3
paperback $6.95
978-0-2281-0122-2
plastic-laminated hardcover $14.95
A cow and a runaway train are on a collision course. How will it all end?

The captain is indisposed and there’s no one left to pilot the train. But a train mostly drives itself, right? What could possibly go wrong?

And with that, Cordell Barker’s allegorical tale of greed, ignorance and the social cost of self-importance is away!

Adapted from the 2009 animated short of the same name, Runaway is a rollicking and fast-paced comic that is short on dialogue, big on laughs and ends with a bang.

Pleasingly devoid of any pedantic tendencies, Barker’s story, expertly adapted for the page by children’s author Sarah Howden, comes alive with visual jokes, poignant pauses and plenty of action.

Rendered in Barker’s signature, energetic illustration style, and set in an era of steamer cars and top hats, Runaway is a heavy-duty story cleverly disguised as a simple comedy of errors.

Cordell Barker is an award-winning animator whose films include the critically acclaimed The Cat Came Back (adapted to book form in 2017) and Strange Invaders. Barker lives in Winnipeg where he can be found playing tennis when not animating.

Sarah Howden is a children’s book author and editor best known for her 5-Minute Stories for Fearless Girls collection. She lives in Toronto with her husband and daughter.

National Film Board of Canada Collection
In the tradition of the NFB’s creative and innovative storytelling on film comes the National Film Board of Canada Collection: a series of celebrated animated films, documentary films and media projects adapted for the printed page.

Whether discovering a much-loved classic for the first time or interacting with a favorite film in a new and exciting way, readers will be delighted with the thought-provoking stories and inventive presentations of the National Film Board of Canada Collection.
Up...

Down...

It seemed like the humans had lost control.

In...

Around...

The passengers didn't look worried.

But that couldn't be true.

The band was playing a rollicking tune.
SUMMER NORTH COMING
Dorothy Bentley
illustrations by Jessica Bromley Bartram

Summer North Coming is a lyrical, full color picture poetry book which celebrates the magic of Summer and Winter in Canada’s North with a young family spending time together walking in the woods, swimming in the river and all the wonderful things that the natural world can offer.

fragrant muskeg rose, tickle my nose
sun climb, warm shine
summer north coming

tired forest sleeping, cheeks bright stinging
sun hide; moon rise
winter north coming

Doris Bentley, born in Ontario, now lives in Fort McMurray with her family. She is known as the “Book Aunt” who gifts books, which she believes are better than toys. Her close association with the Dene, Cree, and Metis peoples of the North has enriched her life.

Jessica Bromley Bartram is a graphic designer, living in Ottawa. She has won several awards, including the Association of Illustrator’s Award for New Talent. She is the illustrator of Charles (9781554554164).

KAZAAK!
Sean Cassidy

“It’s fun when a book can be a great story as well as educational, and that’s just the case with Kazaak!” — The Calgary Herald

Spike’s baby porcupine quills have hardened into sharp, “ouchy” points — and he is not impressed. But his friend Rupert convinces him that “quills are the BEST” — especially when a hungry bear finds the two friends in the forest and wants to eat them for his mid-day snack!

Includes back-matter and information about porcupines for young nature lovers to enjoy.

Sean Cassidy is the author and illustrator of many award-winning children’s books, such as Good to be Small, Chicken Cat, Gummytoes and A Woodpecker’s Tale. Sean lives in Orangeville, Ontario.
THE DAY OF THE TORNADO
Georgia Graham

“Striking illustrations... A warm reassuring story.”
—School Library Journal

“A very satisfying symmetry between strong, vivid paintings of the Alberta landscape... and the powerful, forthright story”
—Globe and Mail

As Matthew and his father repair a fence on their dairy farm, Matthew encounters something stronger than his dad: a tornado sweeping a path of devastation across the prairie. The classic illustrated story about love, hope and renewal is now in paperback for the first time.

Originally published in hardcover as The Strongest Man This Side of Cremona.

Georgia Graham has been a compulsive drawer ever since she was a child growing up in Calgary, Alberta. She graduated from the Alberta College of Art in 1982 where she majored in Visual Communications. She has written and illustrated Cub’s Journey Home, Where Wild Horses Run, The Lime Green Secret, A Team Like No Other, and The Strongest Man This Side of Cremona.
Gabby reaches up, up, up, to put away her last book when suddenly, the book tumbles out of her hand and the letters inside scatter around her playroom! Before Gabby can collect them all, the letters take on a life of their own, “spelling” disaster!

Will Gabby manage to tame her new “word-mates” and show them how letters can also make “f-r-i-e-n-d-s?”

Joyce Grant is the editor of Getting Kids Reading, a non-profit website that works to stimulate a love of reading in children. She is the author of the 3 books in the Gabby series as well as the middle grade novels Sliding Home and Tagged Out. She lives in Toronto, Ontario.

Jan Dolby creates her illustrations using acrylic paint, watercolor, graphite or marker mixed with the addition of Photoshop and Illustrator. Jan was born in St. John’s, Newfoundland and raised in Ontario. She studied Fine Art and Business at The University of Guelph. Her picture books include the 3 books in the Gabby series, Lucky Me and The Cold Little Voice. She lives in Stouffville, Ontario.
**JUST PUBLISHED**

**THE LITTLE BOOK OF WOODLAND BIRD SONGS**
Andrea Pinnington and Caz Buckingham

*Hear the songs and learn about 12 of North America’s woodland birds.*

*The Little Book of Woodland Bird Songs* features recordings of twelve bird songs from some of the best-known woodland species seen and heard in North America. It is an interactive board book that is ideal for curious young readers. The sturdy pages are easy to turn and the twelve song buttons, each with a portrait of the bird, are easy to activate. The high-quality sound module is encased in durable plastic and the one-inch (3-cm) speaker makes it easy to hear and differentiate the elements of the bird’s song, such as pitch, tempo and trills.

Beautiful lifelike illustrations aid in identifying the birds and a descriptive paragraph and facts panel provide information such as the time of day the bird is likely to sing, what it eats, behavior traits and how it constructs its nest.

*Caz Buckingham* and *Andrea Pinnington* are the founders of Fine Feather Press, which promotes a love of nature in children from an early age. They live near Farnham, UK.

---

**BACK IN PRINT**

**THE LITTLE BOOK OF BACKYARD BIRD SONGS**
Andrea Pinnington and Caz Buckingham

“It’s the sort of book which children have to plead with the adults to let them have a look at. Everything about it is superb. Highly recommended.” —The Bookbag.co.uk

Being able to identify a bird’s song is a skill that brings joy and fosters an appreciation of nature. Learning how to differentiate between the songs of a house finch and a goldfinch, however, is not easy. That is where this enchanting book comes into its own. It features recordings of twelve bird songs from some of the best-known garden bird species seen and heard across North America.

This is an interactive board book designed for any age with features for young readers. The board pages are easy to turn. The twelve song buttons are easy to activate and each bears a portrait of the singing bird. The high-quality sound module is encased in durable plastic, and the one-inch (3 cm) speaker makes it easy to hear and differentiate the elements of a bird’s song, like pitch, tempo, whistles, trills and buzzes.
“This is an important book but we don’t have time for its young readers to replace those in power. So read this book and then give grown-ups hell and demand something be done. It’s your future that’s at stake.” — David Suzuki

The Earth’s oceans are on the rise. Since 1900, global sea levels have risen steadily each year to a global average of about 8 inches (20cm) today, and they’re still rising. By 2100, the sea could climb as much as 14 feet (4.3m) to 32 feet (9.75m).

*Rising Seas: Flooding, Climate Change and Our New World* gives youth an eye-popping view of what the Earth might look like under the rising and falling water levels of climate change. Photographs juxtapose the present-day with that same area’s projected future. The shocking images will help them understand the urgency for action. Key issues in today’s news will be better understood, such as the 2015 Paris Protocol in which the world agreed to limit temperature increases to 2°C (ideally 1.5°C).

*Keltie Thomas* is the author of *Do Fish Fart?* and *How Hockey Works*, as well as many other highly acclaimed children’s books nominated for several awards. Most recently, *Do Fish Fart?* won the Award of Merit from the Lake Simcoe Region Conservation Authority.

*Belle Wuthrich* is an illustrator designer living in Vancouver, British Columbia. Her work is featured in numerous books for younger readers.

*Kath Boake W.* is an illustrator and fine artist whose work appeared in *Owl* magazine for 20 years. Her digital adaptations of our changing world appear in *Rising Seas*.
THE PLASTIC PROBLEM
Rachel Salt

The shocking truth of plastic’s impact on our planet — and what we can do about it.

The data is in and it’s bad. We create and throw away too much plastic, and it is killing our planet. However, too many people have very little idea about just how far this problem reaches, and those who do know feel helpless with the enormity of the task at hand.

To fill this void and provide some hope is Rachel Salt’s simple and transformative book, The Plastic Problem.

As a producer for the award-winning and wildly popular YouTube channel AsapSCIENCE, Salt is accustomed to taking big, complicated concepts and translating them into entertaining and easy-to-understand segments. She applies the same methodology to The Plastic Problem. The result is a critically important book that will change the lives of those who read it. Never before has the problem been presented in such an impactful way. Readers of any age will emerge from this book with a thorough understanding of the problem, its individual and global impacts, and — most importantly — hope for the future.

In 18 bite-sized chapters, Salt walks readers through the invention and globalized creation of plastic, its impacts and uses in our day-to-day lives, and its importance to the larger global economy. She then examines the how and why of what makes plastic so harmful to our planet and, just in case there was any doubt, Salt reinforces this danger by providing chapters on the planet-choking results of our plastic habit — including the fact that there is almost certainly, plastic floating inside each and every person in the world.

Salt finishes this vital book with a message of hope. All is not lost. We can make changes — both at home and on a global scale.

Big changes are already happening. If you want to be an actor and help change the future, The Plastic Problem is the best place to start.

Rachel Salt is head writer, researcher and producer of weekly videos on AsapSCIENCE, a YouTube channel dedicated to science education with over eight million subscribers. She has a Master's Degree in Environmental Biology from the University of Guelph.
The title says it all.

It's yucky. It's gooey
It makes your food chewy
Ptooey! Ptooey!
Oh, spit.

Ew! Nasty!
Ew! Gross!
But spit is no spitball joke.
Drool is cool!
It's one of the most amazing fluids in your body.

In *Spit*, renowned science writer and children's author Mary Batten examines everything that's cool about drool. Spit keeps your mouth moist. It begins digesting food the minute you take a bite. It keeps your teeth from wearing away. It keeps your tongue from choking you to death! But it isn't just humans that rely on spit, anything with a mouth needs saliva to keep functioning. A vampire bat has special saliva that stops its victim's blood from clotting. A spitting spider can trap prey in gooey saliva that it can spit in 1/700th of a second — that's fast! And, if spitballs are your thing, perhaps try your hand at spitting antelope dung; the record, set in South Africa, is 51 feet!

In *Spit*, Batten's informative and informal text is paired with humorous illustrations and real-life photos to help tell the important story hiding in this gross-out subject. From the DNA in human mouths to the science behind Pavlov's dogs to the astounding wonders of saliva in the animal kingdom, *Spit* uncovers the secrets secreting in the many mouths on the globe.

Mary Batten is an award-winning writer with a focus on science content for children. Some of her many books include *Please Don’t Wake the Animals*, *Aliens from Earth: When Animals and Plants Invade Other Ecosystems* and *Anthropologist: Scientist of the People*. She also wrote for the acclaimed TV series, *3-2-1 Contact*. Mary Batten lives and works in Virginia.
THE HUBBLE SPACE TELESCOPE

Our Eye on the Universe

Terence Dickinson with Tracy C. Read

A beautifully illustrated, accessible beginner’s guide to the Hubble Space Telescope.

Acclaimed astronomer Terence Dickinson and his longtime editor Tracy C. Read team up to explore the starry treasures in our galaxy and beyond as revealed by the Hubble Space Telescope.

Since Galileo pointed his telescope at the starry night in 1609 and discovered that the hazy patch above us was not a cloud but a “river” of uncountable stars — the Milky Way, our home galaxy — humans have been improving on ways to understand the cosmos.

We’ve devised ever more powerful telescopes and placed them on mountaintops, far from the bright lights of cities. But the launch of the Hubble Space Telescope in 1990 was the first time we’d sent a telescope into space, beyond the distorting effects caused by looking through the Earth’s atmosphere.

Orbiting roughly 350 miles above Earth and circling the planet more than 5,000 times a year, Hubble has made over 1.3 million observations, revealing the vast scope of the expanding universe beyond our solar system. In The Hubble Space Telescope: Our Eye on the Universe, young readers find out how this groundbreaking telescope gathers imagery and transmits it to Earth. This book shares what Hubble has taught us about the universe and explains its top discoveries. Chapters filled with the telescope’s latest photography offer insight into:

- stormy weather on our solar system’s planets and moons and dramatic collisions in space
- star clusters, nebulas and the Milky Way Galaxy
- the Milky Way’s galaxy neighbors
- massive black holes and dark matter
- planets beyond our solar system
- star nurseries and glimpses of distant galaxies in deep space.

Terence Dickinson is the award-winning author of Hubble’s Universe: Greatest Discoveries and Latest Images, NightWatch and The Backyard Astronomer’s Guide.

Tracy C. Read is a writer who lives in Kingston, Ontario, and is the author of the children’s natural history series Exploring the World of….
NEW IN THE 5 ANIMALS SERIES

5 RHINOS
Anne Innis Dagg

A new addition to the “5 Animals” series!

5 Rhinos is an engaging and educational look at the world of the rhinoceros through verbal portraits of five actual animals. Rhinos are greatly endangered in today’s world as a result of poachers seeking rhino horns for illegal black markets in Asia, and the true stories of these incredible creatures should help increase public consciousness about them worldwide.

Naturalist and award-winning author Anne Innis Dagg presents portraits of 5 rhinos:

• Torgamba, a Sumatran rhino
• Jao, the Javan rhino
• Clara, the Indian rhino who toured Europe for 17 years during the 18th century in the company of a Dutch sea captain
• Rajah, an Indian rhino
• Baby Nandu, born at Toronto Zoo in 2016.

These stories are interspersed with fun facts and sidebars about rhino reserves:

• the many attempts to relocate these large animals
• what they eat
• the impact of rhino horns and money on the existence of the various species
• a description of the tragic death of the last black rhino in 2016
• what wildlife rangers do
• where to see rhinos in the wild
• what people today can do to save these remarkable creatures.

Fully illustrated in full color and including maps, the book also has a comprehensive list of sources, and an index.

Anne Innis Dagg is a Canadian zoologist, biologist, feminist, and author of numerous books including 5 Giraffes. She is the subject of the 2018 documentary film, The Woman Who Loves Giraffes. She lives in southwestern Ontario.

In the same series:

5 Elephants
978-1-55455-404-1
paperback $14.95

5 Giraffes
978-1-55455-356-3
hardcover $24.95
DREAMING OF HORSES
Nicola Jane Swinney
Photography by Bob Langrish

“For the last two decades, Bob Langrish’s photography has been an essential part of Horse Illustrated. His gorgeous equine imagery has graced countless covers and been the cornerstone of the magazine’s signature breed profile. Through Bob’s lens, Horse Illustrated readers have experienced horse breeds from all corners of the globe and enjoyed the beauty of the horse in every form.”
—Horse Illustrated

Horses are celebrated around the globe for their beauty, grace and power. Dreaming of Horses features spreads on a multitude of breeds, and is packed with stunning photographs of each breed in its color varieties, including at least one full-body image of the horse in motion. Descriptive text tells the story of the breed from its beginnings; its role in the histories of kings and wars, peasants and industry; the characteristics for which it is prized; and how it rose from humble working horse to elite companion and valuable performer. A fact file notes the basics of height, color, character, and color photographs displaying the unique brilliance of the most popular breeds. Text describes what makes each breed individual—its origin, history, how climate and terrain shaped its physical features and temperament, how it lives today and its interaction with humans, and how all of these influences have contributed to its unique strength, skill, grace and of course, beauty.

With breathtaking photographs that will awe and inspire, this collection will enrapture anyone with a love of these magnificent creatures.

- Founding Breeds: Arabian, Akhal-Teke, Thoroughbred, Andalusian
- Wild and Feral Horses: Mustang, Chincoteague, Brumby, Camargue, Exmoor, New Forest
- America's Horses: Morgan, Quarter Horse, Saddlebred, Tennessee Walking Horse, Appaloosa, Palomino, Paint, Falabella, Pony of the Americas, Paso Fino, Peruvian Paso, Mangalarga Marchador
- Foals
- Horses from Around the World: Lipizzaner, Friesian, Hanoverian, Trakehner, Selle Français, Haflinger, Percheron, Fjord, Welsh, Shetland, Connemara, Suffolk, Shire, Orlov Trotter, Marwari, Caspian.


Bob Langrish is an equestrian photographer with a passion for horses, which is also displayed in his book Bob Langrish’s World of Horses: A Master Photographer’s Lifelong Quest to Capture the Most Magnificent Horses in the World. He lives in Bisley, England.

Please see the next spread for two more books in the series.
GOOD DOG!
Nicola Jane Swinney

A beautiful tribute to the charm and brilliance of our beloved best friend.

Dogs are universally admired for their loyalty and intelligence. Dog lovers return that devotion and are forever curious to learn more and look at anything about their companion, especially gorgeous photographs. Good Dog! has all of that and more as it explores the charm and brilliance of our canine friends.

While dogs were the first animal to be domesticated, its origins as a species remains a mystery beyond their ancestry from wild wolves. We also know the early human relationship was as hunting partner and protector. Fast forward to today and dogs are thoroughly domesticated and have taken their place by the hearth of millions of homes while keeping us safe and in many places still helping with the hunt and protecting livestock. For most of us, however, a dog is a loyal companion who returns our affection freely and forever.

Good Dog! uncovers the secrets of 36 dog breeds and what makes each distinctive and irresistible. With 170 gorgeous photographs to admire and adore, including a double-page portrait of each breed, this collection is the perfect guide for dog lovers everywhere.

- **Popular Pets** German Shepherd, Labrador Retriever, Bulldog, Beagle, Yorkshire Terrier, Poodle, Boxer
- **Hounds and Hunting Dogs** Greyhound, Basset Hound, Rhodesian Ridgeback, Cocker Spaniel, Dachshund, Jack Russell
- **Pocket-sized Companions** Bichon Frise, Chihuahua, Papillon, Pomeranian, Pug, Lhasa Apso
- **Farming Dogs** Border Collie, Komondor, Samoyed, Old English Sheepdog, Welsh Corgi
- **Pets with a Purpose** Siberian Husky, Dalmatian, Schnauzer, Doberman Pinscher, Great Dane, Newfoundland, Rottweiler
- **Unusual Breeds** Xoloitzcuintli, Afghan Hound, Shar-pei, Tibetan Mastiff, Chow Chow

Sure to delight dog lovers of all ages, Good Dog! is a beautiful and informative keepsake to peruse again and again.

Nicola Jane Swinney is a former newspaper journalist who was hunting editor and later chief subeditor for the equestrian magazine Horse & Hound. The author of more than twelve books, including I Love Puppies and Dogs, she lives in southeast London, UK.
HERE, KITTY!
Nicola Jane Swinney

A beautiful tribute to the charm and brilliance of our feline friends.

Like cats, cat lovers are forever curious to learn more about our feline friends, and look at anything about their chosen pet — especially gorgeous photographs. Here, Kitty! has all of those and more.

Cats began their relationship with humans with the Egyptians, who had rodents raiding their grain storage and ships. As efficient rat catchers that didn’t require care, they went on to earn their keep for thousands of years. But at some point, humans decided that cats could come inside. There were mice in the house, after all, and furry cats made great footwarmers on a cold night. Cats became permanent fixtures in homes around the world and over time new breeds emerged or were purposely bred.

Here, Kitty! uncovers the secrets of 36 breeds and what makes each distinctive and endearing. With 170 gorgeous photographs to admire and adore, including a double-page portrait of each breed, this collection is the perfect guide for cat lovers everywhere.

- **Ancient Breeds** Abyssinian, Chartreux, Egyptian Mau, Japanese Bobtail, Turkish Angora
- **Rare Breeds** Bombay, Cornish Rex, Devon Rex, Highlander, Kurilian Bobtail, Sokoke
- **American Breeds** American Bobtail, American Curl, American Shorthair, Ragdoll, Selkirk Rex, Snowshoe, Maine Coon
- **Unusual Breeds** Russian Blue, Manx, Munchkin, Savannah, Scottish Fold
- **Longhaired Breeds** Balinese, Birman, Norwegian Forest Cat, Persian, Siberian, Turkish Van
- **Designer Breeds** Bengal, Chausie, RagaMuffin, Havana, Himalayan.

Sure to delight cat lovers of all ages, Here, Kitty! is a beautiful and informative keepsake to peruse again and again.

Nicola Jane Swinney is a former newspaper journalist who was hunting editor and later chief subeditor for the equestrian magazine Horse & Hound. The author of more than twelve books, including I Love Puppies and Dogs, she lives in southeast London, UK.
**FIREFLY ENCYCLOPEDIA OF ANIMALS**
Dr. Philip Whitfield

*A lavishly illustrated who’s who of the animal kingdom.*

*Firefly Encyclopedia of Animals* is a stunning new reference guide to 840 members of the Animal Kingdom from every continent — North and South America, Africa, Europe, Asia and Australia.

More than 1,000 commissioned full-color watercolors, photographs and distribution maps describe the animal world for readers of all ages. From the smallest mouse to the largest whale, this book offers a detailed and thorough guide to a wide array of mammals, birds, reptiles, amphibians and fish, as well as insects, spiders and other invertebrates.

Written in clear language that will engage readers of all ages, this authoritative reference is ideal for home and school, where it will be especially useful for natural history reports.

Dr. Philip Whitfield is a lecturer in zoology and natural science at King’s College, University of London.

**FIREFLY ENCYCLOPEDIA OF DINOSAURS AND PREHISTORIC ANIMALS**
Dr. Douglas Palmer

*A lavishly illustrated who’s who of the prehistoric world.*

*Firefly Encyclopedia of Dinosaurs and Prehistoric Animals* is a stunning new reference to 350 of the most amazing animals ever to have roamed the Earth. More than 1,000 full-color commissioned artworks bring the prehistoric world to vivid life and make the book exciting to look at and read. The encyclopedia covers all of the dinosaurs plus the full scope of prehistoric animals, including birds, camels, fish, reptiles, porpoises, apes and many more.

Timelines, family trees and hundreds of fact boxes throughout the book will engage and inform readers. Full-bleed illustrations on every page show the prehistoric world in exciting detail.

This richly illustrated, authoritative reference will capture readers’ imagination and provide hours of discovery. It is ideal for home and school where it will be especially useful for reports.

Dr. Douglas Palmer is a science writer and academic currently teaching at Cambridge University. He is the author of several books on science, geology and prehistory.
365 OPTICAL ILLUSIONS
Laure Maj

An incredible 365 optical illusions.

Why not experience a mindbender every day? This book is a great way to enjoy an optical illusion every day or take them in all at once.

There are instantly recognizable classics that trick the eye no matter how many times you see them, and dozens of new ones, like astounding sidewalk illusions and masterful architecture. There are illustrations, paintings and graphics, as well as color and black and white photographs of scenes ranging from buildings to landscapes.

<table>
<thead>
<tr>
<th>FIREFLY BOOKS</th>
<th>376 pages</th>
<th>6 ¾ × 4 ¾</th>
<th>full color throughout, index</th>
</tr>
</thead>
<tbody>
<tr>
<td>978-1-77085-756-8</td>
<td>paperback</td>
<td>$14.95</td>
<td>Ctn qty: 28</td>
</tr>
<tr>
<td>AVAILABLE</td>
<td>Rights: World ex India</td>
<td></td>
<td></td>
</tr>
</tbody>
</table>

365 INCREDIBLE ANIMALS
Laure Maj

A year's worth of the world's most beautiful and amazing creatures.

Each page in this book features a color photograph of a member of the Animal Kingdom. It may be a mammal, a reptile or an amphibian, an insect, a bird, a fish or a mysterious ocean creature. It might be enormous like an elephant or tiny like a spider. There are newborns, infants and adults. It could be fighting or eating, running or sleeping, alone or with its littermates or herd. There are mysterious close-ups to identify. And much more.

Concise text identifies the animals and describes the scene.

<table>
<thead>
<tr>
<th>FIREFLY BOOKS</th>
<th>376 pages</th>
<th>6 ¾ × 4 ¾</th>
<th>full color throughout, index</th>
</tr>
</thead>
<tbody>
<tr>
<td>978-1-77085-755-1</td>
<td>paperback</td>
<td>$14.95</td>
<td>Ctn qty: 28</td>
</tr>
<tr>
<td>AVAILABLE</td>
<td>Rights: World English</td>
<td></td>
<td></td>
</tr>
</tbody>
</table>

Also available:

- **Monsters of the Deep**
  by Camilla de la Bédoyère
  Ages 8 to 11
  80 pages · 8 ½ × 11 ¼
  978-1-77085-465-9 $9.95
  flexibound paperback
  Rights: U.S. & Canada

- **Creatures of the Night**
  by Camilla de la Bédoyère
  Ages 8 to 11
  80 pages · 8 ½ × 11 ¼
  978-1-77085-459-8 $9.95
  flexibound paperback
  Rights: U.S. & Canada

- **Sharks – Predators of the Sea**
  by Anna Claybourne
  Ages 9 to 12
  80 pages · 8 ½ × 11 ¼
  978-1-77085-739-1 $9.95
  flexibound paperback
  Rights: U.S. & Canada
BACK IN PRINT

EASY ORIGAMI
Didier Boursin

24 simple, easy-to-follow projects for beginners to the art of origami.

The ancient art of origami continues to fascinate young and old alike. More than a method of artistic expression, it provides an opportunity for reflection and relaxation.

Easy Origami takes beginners step-by-step through the process of creating 24 simple yet interesting projects. Children, teens and adults will construct a hamster, a butterfly, an airplane, a house, a garland, a star cluster and more. The book begins with general tips on getting started and obtaining the best results. Easy-to-follow directions are included for all the basic folds. The projects are then organized by level of difficulty.

Easy Origami is the perfect introduction to this popular craft. Beginners of all ages will have fun folding and unfolding as they discover a magical world of paper creations.

Didier Boursin is an origami artist and instructor. A paper folder for 20 years, he is the author of several best-selling guides to this ancient art form.

Of related interest:

500 Origamis series Each book is 520 pages · 4 × 4 · $9.95 · paperback · Rights: World English

500 Irresistible Origamis by Mayumi Jezewski
978-0-2281-0150-5

500 Fluorescent Origamis by Mayumi Jezewski
978-0-2281-0149-9

500 Fun Origamis by Mayumi Jezewski
978-0-2281-0148-2
ULTIMATE EXPLORER GUIDE FOR KIDS
Justin Miles

Ultimate Explorer Guide for Kids presents straightforward advice on what every explorer must know if they are to survive the most daunting challenges the world has to offer. The ultimate adventures are gleaned from the author’s travels around the world. He packs every page with the priceless knowledge he has gained over the years.

Features include:

- “Watch Out!” warnings and danger alerts
- “What To Wear” checklists
- “How To” advice (such as how to spear a fish)
- Equipment essentials (like anti-leech socks)
- “Did You Know” sidebars describing the animals adventurers may encounter
- Interesting facts, such as the experiences of record-breaking explorers, like British explorer Sir Ranulph Fiennes who cut off the tops of his own fingers in a vise rather than endure the pain of frostbite for one more minute
- Explorer Q+A’s, where the author describes his own lifetime of exploring
- Author Q+A’s.

Ultimate Explorer Guide for Kids is no replacement for the real thing but quite possibly it will inspire would-be explorers to dream about their own adventures in the not-so-distant future.

Justin Miles is a professional adventurer who has undertaken expeditions and adventures in some of the world’s most extreme environments. He uses his experiences to support charities and education projects, many of them for children. Justin turned his passion for adventure into his profession after recovering from a 1999 car accident, which resulted in a brain injury that left him having to learn to walk and talk again.

In the same series:

- Ultimate Mapping Guide for Kids
  by Justin Miles
  Ages 10 to 13
  96 pages · 5 × 8
  978-1-77085-741-4
  $9.95 flexibound

- Ultimate Survival Guide for Kids
  by Rob Colson
  Ages 10 and up
  96 pages · 5 × 8
  978-1-77085-619-6
  $9.95 flexibound

- Wildlife Watcher Guide
  by Michael Leach and Meriel Lland
  Ages 10 to 13
  96 pages · 5 × 8
  978-1-77085-742-1
  $9.95 flexibound
WHAT IS GOD?
Etan Boritzer
illustrated by Robbie Marantz

“A delightfully ecumenical book that answers questions straightforwardly and stresses the similarities of the world’s religions in simple language. The color pictures are whimsical and sure to delight readers of all ages.” — Washington Post

What is God? is an eloquent introduction to the ideas behind God and religion, and brings forward complex ideas in a way children will understand. It is written with a simple clarity and beautifully illustrated with just the right blend of seriousness and humor.

What is God? compares different religions — Christianity, Islam, Judaism, Hinduism, Buddhism — and their holy books, looks at misunderstandings and arguments among people of different religions, and talks about praying as well as feeling connected to everything in the world.

If you want to talk about spirituality with a child, or introduce them to philosophy or religion, or just help them to begin to center themselves and their feelings about the world, this book is a great beginning.

Etan Boritzer has worked as a journalist for several magazines and his poetry has been published in various European and American journals. Etan’s travels and studies in the Far East and other parts of the world, have led to his realization that the numerous and sometimes confusing concepts of God should be synthesized and made more accessible to children. Etan Boritzer currently resides near Santa Monica, California, writing screenplays and more children’s books.

Robbie Marantz is a freelance illustrator living in New York City. She grew up in Los Angeles and was educated at Art Center College of Design in Pasadena. The majority of her work is editorial illustration for magazines and newspapers, including Time Magazine, Business Week and Cosmopolitan. What is God? is Robbie’s first children’s book.
HIGHRISE
The Towers in the World
and the World in the Towers
Katerina Cizek
Adapted by Kristy Woudstra

Adapted from the Emmy-winning, multimedia interactive
documentary of the same name, Highrise is an in-depth
exploration of the world’s highrises and the people who live inside
them.

From the multi-story dwellings of Ancient Rome to the soaring glass
skyscrapers of today, humans have used highrises for thousands of
years to house the poor, protect the rich and sometimes narrow the gap
between the two. Highrise first examines the history of vertical living
in a 20-page chapter on the origins, technological triumphs, social
failures and future of the highrise. The book then invites young readers
into homes around the world. Through the lens of the highrise, readers
will learn about 10 cities and hear stories that capture what life is like in
these diverse places.

The cities featured in Highrise:
• Ramallah, West Bank
• Mumbai, India
• Guangzhou, China
• Chicago, USA
• Tainan, Taiwan
• Johannesburg, South Africa
• Toronto, Canada
• Amsterdam, Netherlands
• Prague, Czech Republic
• Sao Paulo, Brazil.

In addition to being windows on different cultures and experiences,
the stories from these cities cover important and, at times, challenging
issues that residents must face — from a young mother in the West
Bank who cannot visit her parents in Gaza, to an LGBTQ activist in
China who must hide her sexual orientation from her family. Highrise is
a bold and unique volume that illuminates life on our urban planet like
never before.

Katerina Cizek is the award-winning director of the multimedia
documentary Highrise and a pioneer of digital documentaries. She
teaches and presents around the world about her innovative approach
to the documentary genre.

Kristy Woudstra is an award-winning Toronto-based writer and
editor. She has worked for HuffPost, Today’s Parent, Outdoor Canada,
MoneySense, The United Church Observer as well as international
development organizations. She has traveled the world to cover stories
in countries like Niger, Uganda, Brazil, South Africa and Mexico, and
her writing has appeared in many Canadian publications including The
Walrus, Canadian Living, Geez and This.

National Film Board of Canada Collection
In the tradition of the NFB’s creative and innovative storytelling on
film comes the National Film Board of Canada Collection: a series
of celebrated animated films, documentary films and media projects
adapted for the printed page.
METAMORPHOSIS
The Ehrich Weisz Chronicles
Marty Chan

The conclusion to the Ehrich Weisz Chronicles trilogy!

Praise for *Demon Gate*, the first book in the Ehrich Weisz series:
“Demon Gate is a well-written adventure that creates the very unusual world in which Ehrich finds himself as he searches for his brother. The characters of the alien Dimensionals are fleshed out as are their motivations. There are good and bad on both sides. If readers enjoy fast-moving action, and the occasional hiss-worthy villain, with an attractive, but perhaps not quite human, girl from another dimension thrown in, they should relish Demon Gate, a tale of daring-do. Highly Recommended.”—CM Magazine

In this third and final book of the *Ehrich Weisz Chronicles*, Ehrich must make good on his promise to his brother Dash that they will return to their home dimension from their current location in the alternate New York, where immigrants are not just from different lands — but from different dimensions. When an attack by the Dimensionals kills passengers and crew of the airship Oriental Clipper, Demon Watch Commissioner Thomas Edison promises to electrocute 54 Dimensionals unless Ehrich and his friends can stop him, while thwarting warlord Ba Tian’s planned invasion of New York.

Marty Chan is an award-winning author living in Edmonton, Alberta. He has written for television, radio, theatre, newspaper, and has published several children’s and young adult books including the other Ehrich Weisz Chronicles books and the *Keepers of the Vault* series. Marty’s TV shows and plays have been watched around the world, and he continues to write in the company of his wife and two cats, Buddy and Max.

*In the same series:*

- *Demon Gate* 978-1-55455-306-8 paperback $13.95
- *Infinity Coil* 978-1-55455-345-7 paperback $13.95
FOOD FIGHT
Deborah Sherman

Lumpy mashed potatoes oozing down the wall; green beans soaring through the air; stodgy meatloaf guiltily smeared across the cafeteria floor.

Who threw that first fistful of food?

• Could it be the shy new kid cracking under the pressure of being new?
• The star athlete? He could easily throw veggies across the room.
• Perhaps the perp is someone completely unexpected, like a top student who has never been in trouble before?
• Someone started it and someone is going to detention.

All this in the middle of a contentious contest for the election of class president. The suspects are endless but, in the end, the case will be cracked, and the election won.

Food Fight: A fun-filled middle grade novel by the author of The Bedmas Conspiracy and Triple Chocolate Brownie Genius.

When not writing books, Deborah Sherman works as a teacher. Her favorite things are chocolate, the Buffalo Bills, spending time with her family — and a good food fight! She is the author of The Bedmas Conspiracy and Triple Chocolate Brownie Genius.
DOG TRACKS
Ruby Slipperjack

Abby is having trouble fitting in at Bear Creek Reserve. After having lived most of her life with her grandparents in town, it’s definitely a transition moving back to the reserve. When Choom, her grandfather, falls ill, Abby must leave her best friends at school, her supportive grandparents, and her perfect pink bedroom, and adjust to living with her mom. But it’s not only being back with Mom that is hard — there’s a new father, John, and a pesky half-brother, Blink. There is also a schoolroom full of kids who don’t know her (and don’t seem to want to), not to mention a completely different way of life that seems so traditional, so puzzling and complicated.

But, with the help of the reserve’s chief, Paulie, a puppy named Ki-Moot, and her parents’ vision of a sled-dog tourist venture, Abby slowly begins to find her rhythm at Bear Creek. All she has to do is follow the dog tracks.

Ruby Slipperjack was born and raised at her father’s trapline at Whitewater Lake in northwestern Ontario. Ruby is the mother of three daughters and currently lives in Thunder Bay with her husband and their two shelties.

COOPER CLARK & THE DRAGON LADY
Valerie Sherrard

Written as a simple chapter book for younger readers, this novel focuses on the tribulations of Cooper Clark, who needs a babysitter after school every day until his parents come home from work. All is fine as long as that babysitter is Cooper’s favorite, Linda. But when Linda gets a new job, Cooper’s parents must find a new sitter. The only person available is old Mrs. Mulligan, who lives two streets away. Every kid in the neighborhood calls her The Dragon Lady because they know she keeps a dragon in her cellar. And Cooper is deathly afraid of dragons, even though he does not want his parents or friends to know about his terrible fear. If Cooper cannot figure out a way to get out of going to Mrs Mulligan’s house what horrible things is he going to have to confront?

Valerie Sherrard was born in Moose Jaw, Saskatchewan. She is an award-winning Canadian author of both picture books for children, and novels for young adults including *Tumbleweed Skies*, *The Glory Wind*, *Counting Back from Nine* and the picture book *Down Here*.
CITY ON STRIKE
Harriet Zaidman

The 1919 Winnipeg General Strike was a key moment in Canadian history, when demands of workers and returning soldiers all played out in the bloody streets of Winnipeg. The governing elite condemned the strike organizers as “Bolsheviks” and unleashed waves of violence. The country hasn’t fully healed since.

City on Strike is a riveting middle grade-fiction focusing on a 13-year-old boy and his younger sister, part of a poor but hardworking immigrant family in Winnipeg’s North End. And like so many others, it’s a family that gets drawn into the chaos that terrible spring.

“History often repeats itself,” author Harriet Zaidman says. “In 1919 more than 30,000 people in Winnipeg went on strike. Those in authority wanted to maintain their power and profits, so they spread lies and stirred up racism to create divisions in society. Today there are still those who make harmful statements about different groups. These negative comments prevent society from being united and making advances.”

Harriet Zaidman worked as a teacher-librarian for 25 years. Picture books inspired her to write her first two titles, Daisy’s Biggest Success and Sherman and the Sheep Shape Contest. Harriet is a freelance writer and reviews books for The Winnipeg Free Press and CM: Canadian Review of Materials. She lives in Winnipeg, Manitoba.

KATE’S RING
Donna Grassby

“Grassby’s portrait of the urban and rural communities of Nova Scotia are filled with details of a bygone era, but astute readers will see contemporary echoes in Kate’s tribulations.” —Booklist

“Kate’s Ring is a marvellous story, a modern day Anne of Green Gables, gritty, sometimes desperate, tender, and in the end triumphant. It tears at your heart.” —Sandra Birdsell

An industrial town where smoke laden with reddish-orange dust from the steel plant darkens the sky. A place where it’s not easy to raise a family, especially one with its fair share of problems. But thirteen-year-old Kate takes on the responsibility and tries to keep her embattled family going. And it’s Kate, in the end, who thinks she can get her parents, her brothers and sisters through heartbreak and tragedy.

Set in a hardscrabble East Coast town in the 1920’s, Donna Grassby’s novel paints a vivid portrait of people in crisis, exploring issues as relevant today as they were then. The resolution leans as much on hope as it does on family.

Donna Grassby grew up a Pier Girl in Whitney Pier, Cape Breton. Her critically acclaimed first book, A Seaside Alphabet, was published by Penguin Random House. She lives north of Toronto.
On the heels of Miriam Körner's critically acclaimed first novel, Yellow Dog, comes the highly anticipated young adult adventure — Qaqavii — set amongst the unforgettable land and people of Canada’s majestic North.

When 15-year-old Emmylou arrives in Churchill, Manitoba — the Polar Bear Capital of the World — all she can think about is getting out of town before she ends up on the wrong end of a polar bear dinner. But things are rarely what they seem in the North and Emmylou’s outlook begins to change — fast. First, she meets Barnabas, a young Inuk who is training dogs for the gruelling Arctic Quest — a sled-dog race held at the edge of the Arctic. That’s when she falls for the insatiable Qaqavii, an unruly puppy who doesn’t quite fit into the dog team. But things really start to heat up when Emmylou gets a chance to race in the Arctic Quest herself, something that will surely turn her life upside down forever.

Miriam Körner was born in Germany, but now lives in Northern Saskatchewan with her husband and their twelve sled dogs. She is the author of the critically acclaimed Yellow Dog.

“Körner hits the mark exploring the passions of a young boy and his relationships… Heartwarming and optimistic.” — Kirkus Reviews

“Körner, a Saskatchewan resident and sled dog owner, vividly portrays life in the Canadian north, including a shocking scene with a stray dog, and seeds the novel with authentic dog team culture and history. VERDICT Hand this touching coming-of-age adventure to fans of Gary Paulsen’s Hatchet.” — School Library Journal

Jeremy lives in a small community where winters are long and stray dogs roam the streets. When peer pressure leads Jeremy into a bad prank, he is immediately struck with guilt — and that’s when his life changes forever. Trying to make amends, Jeremy befriends Yellow Dog — and in the process meets a curious old man who introduces him to the adventures of dog sledding. Soon Jeremy is forming his own old-time dog team that includes Yellow Dog and in the process, discovers more about himself — and the old man — than he ever thought possible.
882½ Amazing Answers to Your Questions About the Titanic
Hugh Brewster and Laurie Coulter

“For all trivia lovers this is a great book of questions and answers... and would prove useful to anyone who has an interest in the topic from young readers through to adults.” —Resource Links

It’s all here. The financiers and founders of the White Star Line; the building and launch; the ship’s features; the crew and passengers; the fateful collision; the scramble for lifeboats; the sinking and the survivors; the high-tech discovery of the wreck; the movie.... 882½ Amazing Answers to Your Questions About the Titanic is packed with all of the intriguing details and fascinating facts that tell the true story.

It puts myths to rest and confirms the truth. Was the Titanic really unsinkable? Were third-class passengers locked down below? Were there enough lifeboats? Was there a Jack Dawson? Did the Heart of the Ocean diamond really exist? Was there a murderer aboard the ship?

Illustrated with dozens of accurate paintings, diagrams and rare photographs, the book’s special features include the making of James Cameron’s movie Titanic, a true-or-false quiz and the real-life stories of the young people who sailed on the fateful voyage.

TITANIC
Jim Pipe

A large-format, fully illustrated exploration of the Titanic that gives both the sailing experience as well as the tragic end. Includes reproductions of period items, a narrated tour of the ship, eyewitness accounts and the official investigation.

Author Jim Pipe assumes the role of one of the many journalists that covered the maiden voyage. He describes the facts: the financiers and builders, the shipyard, the layout and state-of-the-art technology, the passengers, the appointments, staterooms, dining rooms and more, and also the “hidden” spaces used by the lower-class passengers and the crew. And of course, he conveys the public astonishment at this new “wonder of the world,” the biggest ship ever, and unsinkable!

The narrator’s imaginary account is combined with period photographs, illustrations, tip-ins, booklets and other ephemera and eyewitness accounts of the sinking, including those by surviving children. He covers the aftermath of the tragedy and includes the reports and inquiries of the official investigation.