

2023 Combined Catalog

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Sound Advice: How to Help Your Child with SPD, Autism and ADHD from the Inside Out

Publisher: Loving Healing Press

Author: Robin Abbott

ISBN-13: PB 978-1-61599-676-6 / HC 978-1-61599-677-3 / eBook 978-1-61599-678-0

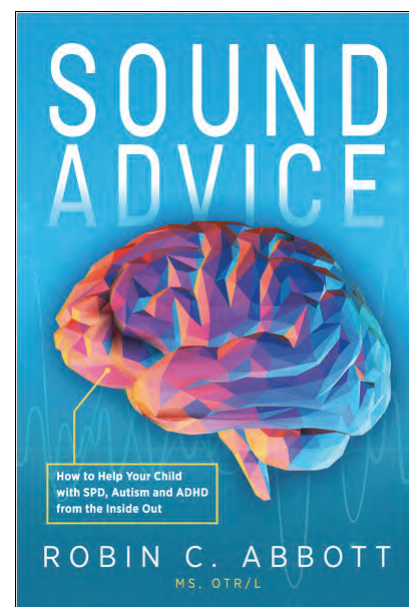
List Price: PB \$ 24.95 / HC \$ 37.95 / eBook \$ 7.95

Trim: 6.14 x 9.21 (236 pp)

Audience: General Adult

Pub Date: 07/01/2022

BISAC: MEDICAL/Allied Health Services/Occupational Therapy
FAMILY & RELATIONSHIPS/Attention Deficit Disorder (ADD-ADHD)
FAMILY & RELATIONSHIPS/Autism Spectrum Disorders



Synopsis: When the inner ear's ability to sense sound and movement breaks down during early life, there can be wide-ranging developmental consequences. *Sound Advice* integrates the personal stories of a pediatric occupational therapist with current science on why some children struggle to learn and adapt. *Sound Advice* explores these often therapeutically ignored senses as the gateway to the brain. Treating them can help children with SPD, autism and ADHD more easily connect with the world around them. Take "*Sound Advice*" on:

- The hidden functions of hearing in paying attention
- The "background" sensation of the vestibular system
- How glitches in sensory systems can derail normal development
- Developmentally-effective therapies and interventions
- Empowering yourself to support your child's way of learning about the world

"When I began my SPD journey with my daughter, there was almost nothing for parents who knew their child struggled, but had nowhere to turn to for answers. Over the years, after many other parents shared their stories and fabulous resources like Robin's book, the world of SPD isn't a mystery anymore. Including *Sound Advice* on your SPD reference shelf is a must."

-- Chynna Laird, author of *The Sensory Processing Diet: One Mom's Path of Creating Brain, Body and Nutritional Health for Children with SPD*

"Why does your child struggle? In her highly informative and readable book, Robin Abbott uses her extensive clinical experience and keen powers of observation to help you look into your child's mind, sense the world the way he or she does, and, with this new understanding, seek out the most effective therapies."

--Susan R. Barry, PhD, author of *Fixing My Gaze and Coming to Our Senses*, Professor Emeritus of Biology and Neuroscience, Mount Holyoke College

"A book I definitely recommend to all parents and professionals who want to know why sound and the auditory system play such key roles in the development of a child's self-awareness and motor, learning and social skills. *Sound Advice* is an accessible, engaging and practical book written by someone at the front line of helping kids with an obvious sense of care. A much-needed text at a time when sound-based therapies are becoming more popular while still little understood. A book for your must-read list."

--Paul Madaule, author of *When Listening Comes Alive*

Learn more at www.booksoundadvice.com

From Loving Healing Press

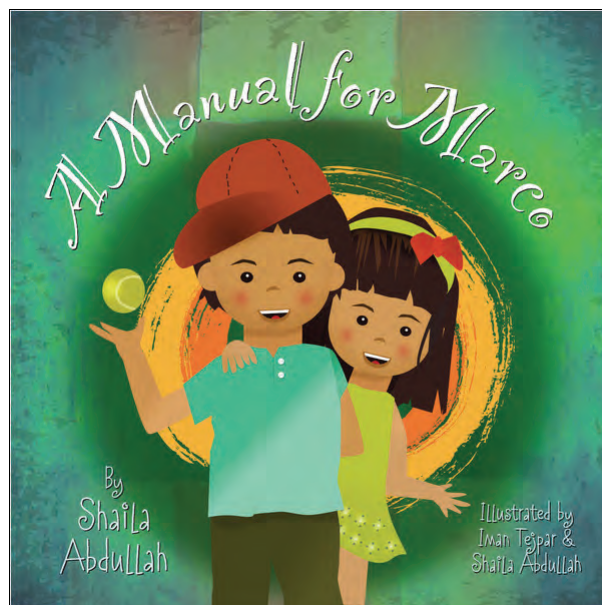
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A Manual for Marco: Living, Learning, and Laughing With an Autistic Sibling

Publisher: Loving Healing Press
Series: Growing With Love
Author: Shaila Abdullah
Illustrator: Iman Tejpar
ISBN-13: PB 978-1-61599-247-8 / HC 978-1-61599-248-5 / eBook 978-1-61599-249-2
List Price: PB \$ 14.95 / HC \$ 26.95 / eBook \$ 4.95
Trim: 8.5 x 8.5 (36 pp)
Audience: 6-8 years
Lexile Score: 760L - Grade(s) 3, 4
Pub Date: 02/01/2015
BISAC: JUVENILE FICTION/Social Issues/Special Needs
EDUCATION/Special Education/Social Disabilities
FAMILY & RELATIONSHIPS/Children with Special Needs



Synopsis: An 8-year old girl decides to make a list of all the things she likes and dislikes about dealing with her autistic brother, and in doing so realizes that she has created *A Manual for Marco*.

"Through her genuine and caring accounts about growing up with an older, autistic brother, this 8-year-old also shows her love for her sibling who is special but sometimes does things that are not-so-special. I highly recommend this book written with sensitivity and beautifully illustrated."

--Lorna d'Entremont, M.Ed., *Special Needs Book Review*

"Shaila Abdullah proves to be a great ambassador for autism, using explanations and warm, welcoming illustrations in *A Manual for Marco* that give a complex condition a simpler explanation."

--C. Hope Clark, Author of *The Carolina Slade Mysteries* and *The Edisto Island Mysteries*

"A Manual for Marco is a welcome addition to children's literature that will help in introducing the condition of autism to young people and providing information that will enable them to understand a little more about it so that it will not seem so scary."

--Wayne Walker, *Home School Book Reviews*

For more information, please visit www.ShailaAbdullah.com

SHAILA ABDULLAH is an award-winning author and designer based in Austin, Texas. She has written four other books: *Saffron Dreams*, *Beyond the Cayenne Wall*, *My Friend Suhana*, and *Rani in Search of a Rainbow*. Along with illustrations by the author, *A Manual for Marco* also includes artwork by IMAN TEJPAP, a 12-year-old artist from Canada.

From the Growing With Love Series

Loving Healing Press

Juvenile Fiction: Social Issues / Special Needs

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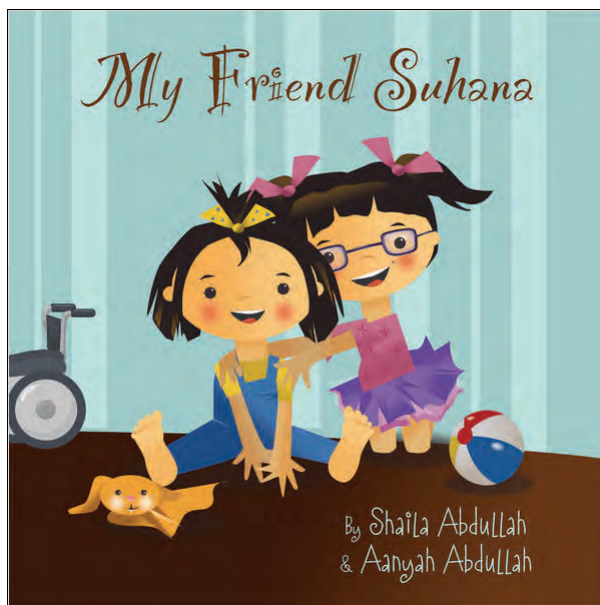
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My Friend Suhana: A Story of Friendship and Cerebral Palsy

Publisher: Loving Healing Press
Series: Growing With Love
Author: Shaila Abdullah and Aanyah Abdullah
ISBN-13: PB 978-1-61599-211-9 / HC 978-1-61599-212-6 / eBook 978-1-61599-210-2
List Price: PB \$ 14.95 / HC \$ 26.95 / eBook \$ 4.95
Trim: 8.5 x 8.5 (40 pp)
Audience: 6-8 years
Lexile Score: 720L - Grade(s) 3
Pub Date: 12/01/2013
BISAC: JUVENILE FICTION/Social Issues/Special Needs
JUVENILE FICTION/Social Issues/Friendship

Synopsis: A simple tale of love and friendship to warm your heart

Award-winning author and designer Shaila Abdullah teams up with her 10-year-old daughter Aanyah to bring you this heartwarming tale of a little girl who forms a close bond with a child with cerebral palsy. The girl finds that through her art, she can reach her special friend Suhana.



"My Friend Suhana is a delightful read for a children's book. Very well illustrated with respect, friendship, and advocacy all in mind at the same time."

--Dawn Cruzan, President, Camp Craig Allen for all abilities

"This is the story of a seven-year-old's first attempt at unconditional love. Tough but tender, inspirational yet utterly real, this is a small gem of a tale. Highly recommended for anyone in the position of mentoring a beloved child through the hard places of life."

--Paula Huston, author of *A Season of Mystery* and *A Land Without Sin*

"My Friend Suhana is a charming and perceptive book that will draw its readers into empathy while allowing them to enjoy this heartwarming story of two uncommon friends."

--Chitra Divakaruni, author of *Grandma and the Great Gourd*

Learn more at www.MyFriendSuhana.com

From the Growing With Love Series at www.LHPress.com

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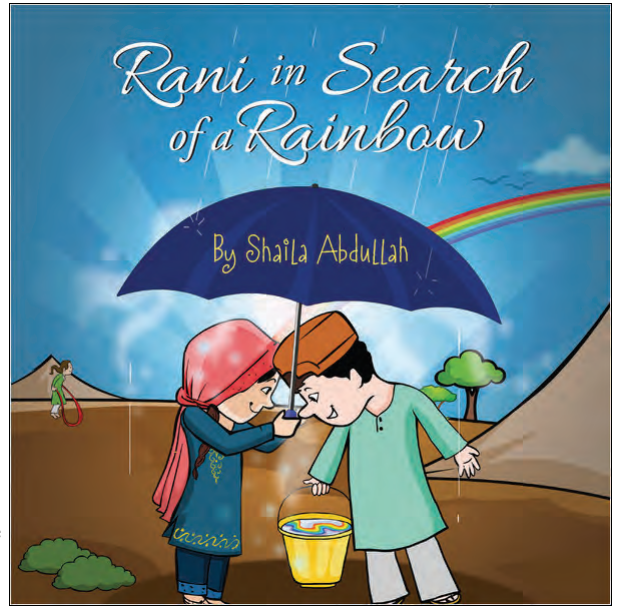
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Rani in Search of a Rainbow: A Natural Disaster Survival Tale

Publisher: Loving Healing Press
Author: Shaila Abdullah
ISBN-13: PB 978-1-61599-241-6 / HC 978-1-61599-242-3 / eBook 978-1-61599-243-0
List Price: PB \$ 14.95 / HC \$ 26.95 / eBook \$ 4.95
Trim: 8.5 x 8.5 (56 pp)
Audience: 5-7 years
Lexile Score: 620L - Grade(s) 2, 3
Pub Date: 11/01/2014
BISAC: JUVENILE FICTION/Social Issues/Homelessness & Poverty
JUVENILE FICTION/Social Issues/Friendship
JUVENILE FICTION/Historical/Asia

Synopsis: Displaced by the Pakistan floods, Rani's family has taken refuge at a relief camp where they are doing their part to help other flood victims. Eight-year-old Rani wants to assist but doesn't know how. Heeding the advice of her father to help in a way only children can, Rani embarks on a journey to bring true joy to a dear friend on the occasion of Eid.



"This sweet, touching story is based on the historic 2010 floods in Pakistan which affected 8.6 million children. As a result of reading Rani in Search of a Rainbow or having it read to them, youngsters will be introduced to the culture of Pakistan."

--WAYNE WALKER, Home School Book Reviews

"Abdullah's use of poetic language and Rani's quest to find her place in her community will keep readers turning the pages until the end."

--GWENDOLYN HOOKS, author of 17 books for young readers

"Rani in Search of a Rainbow glows under the colorful hues of its text and rich characters. As readers, we are taken into a unique setting that one would not expect to visit in the confines of a children's picture book."

--JEWEL KATS, author of Reena's Bollywood Dream and Cinderella's Magical Wheelchair

SHAILA ABDULLAH is an award-winning author and designer based in Austin, Texas. Her other books include: Saffron Dreams, Beyond the Cayenne Wall, My Friend Suhana, and A Manual for Marco. The author has received several awards for her work including the Golden Quill Award and Patras Bukhari Award for English Language.

For more information please visit www.ShailaAbdullah.com
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LCCN: 2014024041

Juvenile Fiction : Social Issues - Homelessness & Poverty

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Saffron Dreams

Imprint: Modern History Press
Series: Reflections of America
Author: Shaila Abdullah
ISBN-13: PB 978-1-932690-73-6 / HC 978-1-932690-72-9 / eBook 978-1-61599-896-8
List Price: PB \$ 19.95 / HC \$ 32.95 / eBook \$ 6.95
Trim: 6.14 x 9.21 (248 pp)
Audience: General Adult
Pub Date: 03/01/2009
BISAC: FICTION/Literary
FICTION/Contemporary Women
FICTION/Romance/Contemporary

Synopsis: *Saffron Dreams* is a tale of love, tragedy, and redemption from the award-winning author of *Beyond the Cayenne Wall*...

You don't know you're a misfit until you are marked as an outcast.

From the darkest hour of American history emerges a mesmerizing tale of tender love, a life interrupted, and faith recovered. Arissa Illahi, a Muslim artist and writer, discovers in a single moment that no matter how carefully you map your life, it is life itself that chooses your destiny. After her husband's death in the collapse of the World Trade Center, the discovery of his manuscript marks Arissa's reconnection to life. Her unborn son and the unfinished novel fuse in her mind into one life-defining project that becomes, at once, the struggle for her emotional survival and the redemption of her race. *Saffron Dreams* is a novel about our ever evolving identities and the events and places that shape them. It reminds us that in the midst of tragedy, our dreams can become a lasting legacy.

Praise for *Saffron Dreams*

"Eloquently written, a must-read for any one interested in exploring the lived experiences of Muslim women in the United States."
--Ali Asani, PhD, Professor of the Practice of Indo-Muslim Languages and Cultures, Harvard University

"*Saffron Dreams* is an unflinching look at the societal pressures of widowhood, the role that art can play in the healing process, and the impact of media bias and stereotyping on the Muslim American community in the aftermath of the 2001 terrorist attacks."
--Sandhya Nankani, Literary Safari

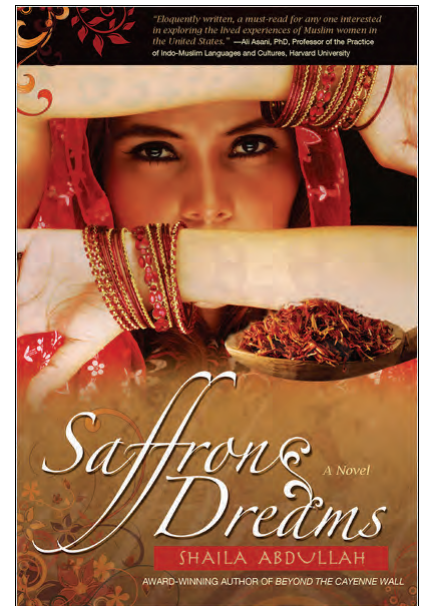
"Following Arissa's story makes the reader realize how little most of us know and understand the world of Muslims, and how incredibly wrong so many of our perceptions are."
--Olivera Baumgartner-Jackson, *Reader Views*

"Shaila Abdullah's *Saffron Dreams* is a fascinating look at how events can quickly change a life forever. The thread of Muslim beliefs in a modern world, and especially how women balance ancient and modern traditions, is a fresh and different viewpoint."
--Sandie Kirkland, *Rebecca's Reads*

About the Author

Shaila Abdullah is a Pakistani-American author and designer based in Austin, Texas. Her first book, *Beyond the Cayenne Wall*, is an award-winning collection of stories about Pakistani women struggling to find their individualities despite the barriers imposed by society. For more information, please visit www.ShailaAbdullah.com.

Saffron Dreams is Book #5 of the Reflections of America Series from Modern History Press www.ModernHistoryPress.com



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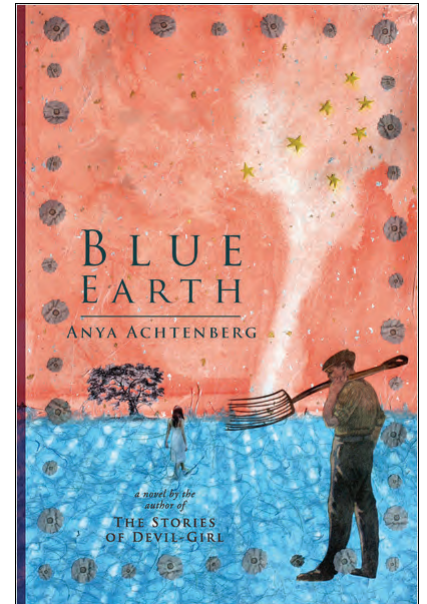
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Blue Earth

Imprint: Modern History Press
Series: Reflections of America
Author: Anya Achtenberg
ISBN-13: PB 978-1-61599-146-4 / HC 978-1-61599-147-1 / eBook 978-1-61599-148-8
List Price: PB \$ 19.95 / HC \$ 32.95 / eBook \$ 6.95
Trim: 6.14 x 9.21 (226 pp)
Audience: General Adult
Pub Date: 07/21/2012
BISAC: FICTION/Cultural Heritage
FICTION/Literary

Synopsis: *Blue Earth* is a compelling novel of Minnesota, a land that guards its secrets. Carver Heinz loses both farm and family in the farm crisis of the 1980s. Displaced into urban Minneapolis, he becomes obsessed with Angie, a beautiful child he rescues from a tornado in an encounter he insists they keep silent. Her close friendship with a Dakota Indian boy fuels Carver's rage and unleashes a series of events that reveal the haunting power of each character's past and of their shared histories, especially the 1862 Dakota Conflict and public hanging of 38 Dakota--the largest mass execution in U.S. history.



"We... see our own lives reflected in *Blue Earth's* dark mirror, even as we learn a tragic history kept from us by those who would forever erase our origins... This is a brilliant novel by one of our truly intuitive and accomplished writers"
--Margaret Randall, author of *Ruins*

"Achtenberg's passionate, brilliantly crafted language, combined with her profound ethical imagination, makes *Blue Earth* one of the most important books to appear at this moment in our history."
--Demetria Martinez, author of *Mother Tongue*

"Achtenberg creates morally complex and culturally diverse characters whose lives are affected by loss, poverty, disease, and war, but whose ultimately redemptive encounters with one another take *Blue Earth* far beyond its Midwestern setting."
--Martha Collins, author of *Blue Front*

"In the great tradition of Willa Cather and Wallace Stegner, Anya Achtenberg writes of the violence, past and present, that shapes the people of the vast American Midwest. Deep and searing, *Blue Earth* is perhaps one of the best novels of the past decade."
--Kathleen Spivack, author of *With Robert Lowell and His Circle*

Learn more at www.AnyaAchtenberg.com

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I Know What the Small Girl Knew

Imprint: Modern History Press

Author: Anya Achtenberg

Foreword: Joy Harjo

ISBN-13: PB 978-1-61599-517-2 / HC 978-1-61599-518-9 / eBook 978-1-61599-519-6

List Price: PB \$ 14.95 / HC \$ 24.95 / eBook \$ 4.95

Trim: 6.14 x 9.21 (82 pp)

Audience: General Adult

Pub Date: 05/01/2020

BISAC: POETRY/American/General

POETRY/Women Authors

Synopsis: This early collection of Achtenberg's poetry treats the intersection of the inner and the outer life through issues of social justice that remain crucial, and the ways history and its traumas sit in us. Her themes include women's rights, poverty, war, racism, and sexual abuse. Her vision of concern spans the world, from her own inner city neighborhoods to the wider world, anywhere people are oppressed.

"I can't tell you how wonderful and naked these poems are and a rare thing for a woman to be able to give it. What you are writing is not just something for this day you are wringing ringing out a cry you are privy to a great cry out a wonderful vision of a woman's agony. You have a witch's terrible straight look and you must go on with this vision . . . to show the utter depravity and cruelty of the oppressors, amidst screams of destruction, the past and future hiroshimas. This is the poetry of our resurrection. For the blood, for the healing. For love."

-- Meridel Le Sueur (excerpts from letters to the author)

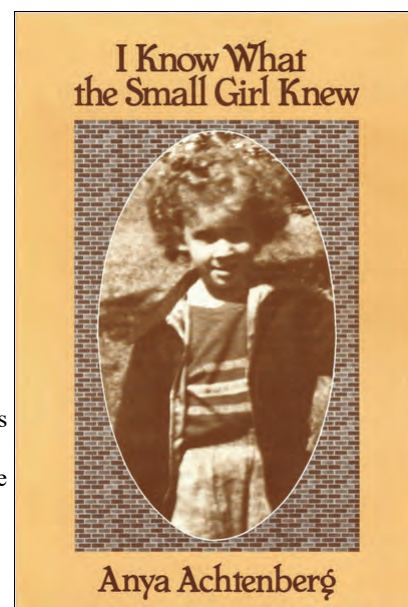
"I didn't know how much I needed this book until I read it. And I didn't know how much I'd been longing for a northamerican poetry that speaks with passion and authority of both the inner and outer life, as well as the point where they intersect; that place that is 'political' understood in its most fierce and fearful, sad and triumphant sense. Achtenberg's eye for detail is accurate and often startling, both compassionate and ironic; the rhythms of her language are resonant and complex beyond what we have come to expect from northamerican poetry. Anya Achtenberg's poetry gives both pleasure and courage."

-- Jim Moore, author of *Invisible Strings*

ANYA ACHTENBERG is an award-winning author of the novel *Blue Earth*, and novella, *The Stories of Devil-Girl* (both with Modern History Press); and poetry books, *The Stone of Language* (West End Press 2004; MHP 2020); and *I Know What the Small Girl Knew* (Holy Cow! Press; MHP 2020). Her fiction and poetry have received numerous prizes and distinctions, and been published in numerous literary journals, including *Harvard Review*; *Malpais Review*; *Gargoyle*; *Tupelo Quarterly*; *Hinchas de poesia*; *Poet Lore*; and many more.

Learn more at TheDisobedientWriter.com

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The Stories of Devil-Girl

Imprint: Modern History Press
Series: Reflections of America
Author: Anya Achtenberg
ISBN-13: PB 978-1-932690-62-0 / eBook 978-1-61599-992-7
List Price: PB \$ 16.95 / eBook \$ 5.95
Trim: 5.5 x 8.5 (128 pp)
Audience: General Adult
Pub Date: 07/08/2008
BISAC: FICTION/Jewish
FICTION/Urban Life
FICTION/Contemporary Women

Synopsis: "Poignant and fierce, this book is moving, beautifully written, and urgently relevant."

"Devil-Girl's stories are all of our stories, all of the 'discarded and demonized', all of us who have had to fight to survive, to fight to tell our truths. Achtenberg's wise survivor, Devil-Girl, is witness and seer, and her words are sustenance. There is much pain in this book, much wisdom, and a kind of beauty that sears itself into memory, a fierce beauty that is as necessary as air. Read this book."

--Lisa D. Chave, Author of Destruction Bay; In An Angry Season

"Achtenberg is a cutting-edge voice in the literature of the postglobalization age, an era in which we are uprooted geographically and spiritually, and redefining what it means to be home. What a superbly written book! Read it and be changed."

--Demetria Martinez, Author of Mother Tongue

"Stunning and original! Powerful 'make it new' language that creates-through the runaway energy and precise detail of the storytelling voice--a disturbing world in all its particularities, only to transcend it by grappling with what's at stake in the larger world."

--Stratis Haviaras, Founder and former editor of Harvard Review

"An amazing piece of bravura writing! Devil-Girl takes us from destitution to seedy glamour as a homeless vulnerable young woman tries to survive the savagery of the streets. Poignant and fierce, this book is moving, beautifully written, and urgently relevant."

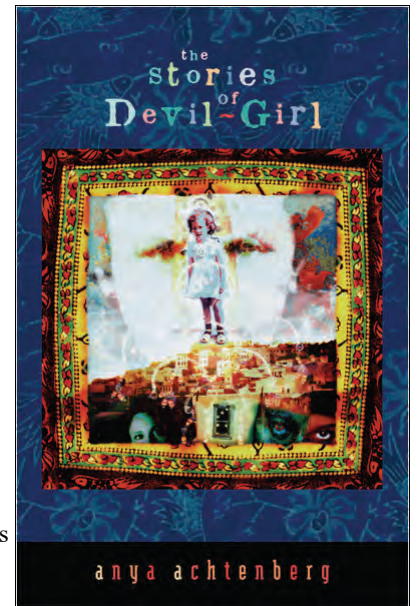
--Kathleen Spivack, Author, Director: Advanced Writing Workshop

Book #1 in the Reflections of America Series

Learn about the author at www.AnyaAchtenberg.com

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Jungle King Secrets: A Libido-Liberating Lifestyle For Superior Sexual Satisfaction

Publisher: Loving Healing Press

Author: Paul Adcock

ISBN-13: PB 978-1-932690-49-1 / eBook 978-1-61599-932-3

List Price: PB \$ 22.95 / eBook \$ 6.95

Trim: 7.44 x 9.69 (260 pp)

Audience: General Adult

Pub Date: 02/01/2008

BISAC: HEALTH & FITNESS/Infertility
HEALTH & FITNESS/Men's Health
SELF-HELP/Sexual Instruction

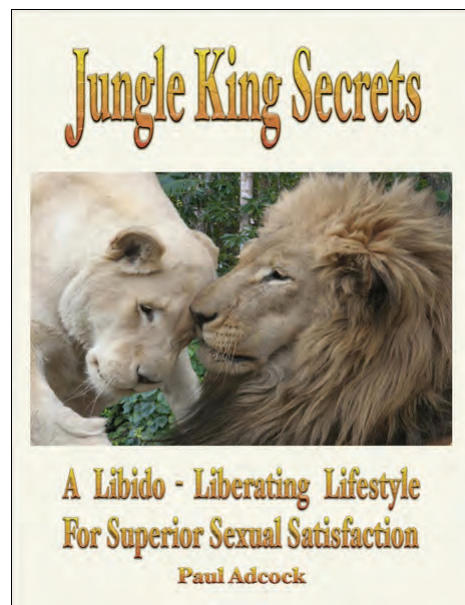
Synopsis: The Secrets of the "Jungle King" are solid sexual solutions, that allow one to proactively promote potency and prowess, enhance the experience of ecstasy, and banish bedroom boredom and blues.

Liven up your love life with:

- Lessons in Legendary Lovemaking
- World-class Wellness Workouts
- Erection Enhancing Exercises
- Secrets of Sexual Stamina
- Sexual Nutrition Secrets
- Love and Intimacy Cultivation
- Sexual Super-Food Supplements
- Botanical Erection-Power Boosters
- Antidotes to Sexual Atrophy and Aging

In modern civilization, one of the most tormenting tragedies, impotence, is increasing dramatically, due to the side effects of industrialization. In fact, modern man is under covert chemical attack everyday by various toxic pollutants that can cause chemical castration, and therefore domestication. In contrast, within the pristine jungle lives wildlife that always has the vitality needed to victoriously validate its virility. Turn your bedroom into a lion's den by becoming one with the wild, harmonizing with the primal power of nature. *Jungle King Secrets* is the way of sexual rejuvenation, invigoration, and libido liberation!

Learn more at www.JungleKing.biz



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Why Good People Make Bad Choices: How You Can Develop Peace of Mind Through Integrity

Publisher: Loving Healing Press
Series: New Horizons in Therapy
Author: Charles L. Allen
ISBN-13: PB 978-1-932690-25-5 / eBook 978-1-61599-937-8
List Price: PB \$ 21.95 / eBook \$ 6.95
Trim: Loving Healing Press (260 pp)
Audience: General Adult
Pub Date: 12/01/2007
BISAC: PSYCHOLOGY/Emotions
PSYCHOLOGY/Interpersonal Relations
SELF-HELP/Personal Growth/Success

Synopsis: Suppose that four simple instinctual directives helped to bring about the survival of the human species. While good for survival purposes, those directives have also been at the heart of most human problems.

Why Good People Make Bad Choices takes you on a journey of self-discovery by way of new insights about the human condition. The instinctual directives we follow are described as--the ego's agenda. Due to this agenda, we experience problematic feelings, maintain maladaptive thoughts, and engage in behaviors that we know are not in our best interest--indeed, we make bad choices. The solution is integrity. With this book you can learn how to:

- Create integrity, and recognize it in others.
- Create peace of mind.
- Resolve problematic feelings that may interfere with sustaining integrity.
- Create a self-image you can be proud of.
- Transform any unwanted behavior or thoughts into new valued behavior.
- Understand and manage anger, worry, guilt, bad habits, anxiety, and depression.

Why Good People Make Bad Choices is for the individual who wants to experience a more harmonious inner nature, or establish a new direction for their life.

"As you begin to consistently live out your belief system, one choice at a time, your trust in the outcome of integrity will be the incentive to continue. Positive results will prevail, and you will be evolving."

What People Are Saying About *Why Good People Make Bad Choices*

"I find this to be a very valuable framework for therapy, and for living a good life generally. It is a challenging book that can lead one to a new, more satisfying life."

--Robert Rich, PhD, author *Cancer: A Personal Challenge*.

"Why Good People Make Bad Choices is an incredible tool to aid in the transcendence of the ego and to initiate the establishment of a personal belief system in order to live life with integrity."

--Richard A. Singer Jr., psychotherapist, author *Your Daily Walk with the Great Minds*

"Thought-provoking and well worth the time, this book should be read once throughout and then repeatedly and in small doses. It is bound to trigger a lot of introspection, something we sorely lack in modern life."

--Sam Vaknin, author *Malignant Self Love: Narcissism Revisited*

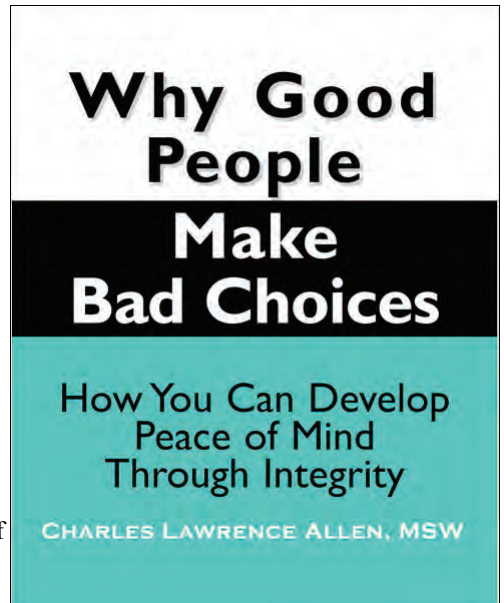
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From the New Horizons in Therapy Series

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Frameshifting: A Path to Wholeness

Publisher: Loving Healing Press

Author: David K. Banner

Foreword: Kenneth J.M. MacLean

ISBN-13: PB 978-1-932690-55-2 / HC 978-1-61599-028-3 / eBook 978-1-61599-935-4

List Price: PB \$ 19.95 / HC \$ 26.95 / eBook \$ 6.95

Trim: 6 x 9 (184 pp)

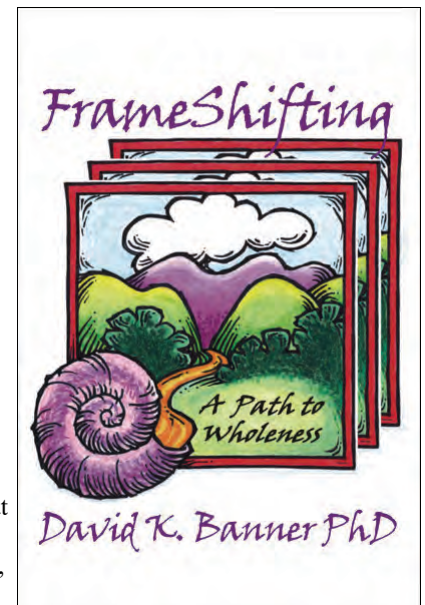
Audience: General Adult

Pub Date: 04/01/2008

BISAC: PHILOSOPHY/Metaphysics

SELF-HELP/Personal Growth/Happiness

SELF-HELP/Motivational & Inspirational



Synopsis: Ever wonder why certain events allow you to expand your consciousness or alter who you think you are beyond what you normally experience?

Through the power of Frameshifting, I'll show you how you can have access to this experience at any time, without adopting, changing, or fixing your beliefs! Along the way, I share with you personal experiences I've had that triggered this shift in me. With the tools provided in this book, you can have these shifts too.

- Discover unspoken limiting beliefs
- Achieve higher stages of consciousness
- Break free from the boundaries of ego
- Understand people in your life empathically
- Experience the pure joy of spiritual growth

Praise for Banner's *FrameShifting*

"For anyone serious about activating their inner brilliance, *FrameShifting* is a must read!"

--Dr. David Breitbach, Founder of Bright Life U

"David's journey has been eclectic, but his wit and courage have served him well and we are fortunate that he is willing to share what he has learned."

--Dr. James Way, PhD Mentor, Walden University

"Frameshifting describes a process to let go of your ego and discover your divine self."

--Ken Maclean, author *The Vibrational Universe*

"Whatever your personal development directions, you will benefit from Dave's journey and the insights he offers."

--Robert J. Wright, author *Beyond Time Management*

"*FrameShifting* is truly a life-altering book as it changed my views in many ways and increased my overall sense of awareness. I think that anyone who reads this book will find it beneficial in aiding him or her to lead a more fulfilling life."

--Kam Aures, *Reader Views*

Learn more at **www.DavidKBanner.com**

New Hardcover Edition for 2010!

Another great self-help book from Loving Healing Press: www.LHPress.com

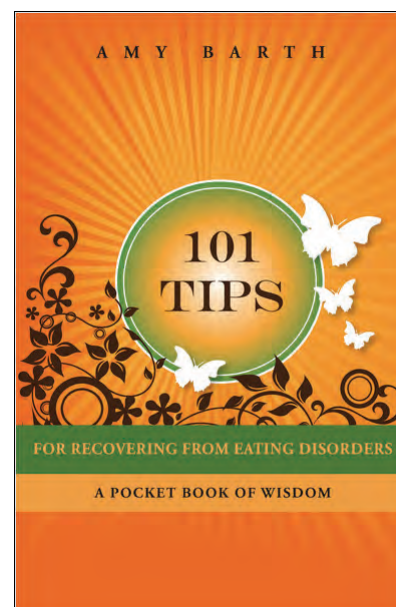
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101 Tips For Recovering From Eating Disorders: A Pocket Book of Wisdom

Publisher: Loving Healing Press
Author: Amy Barth
Foreword: Annette Colby
ISBN-13: PB 978-1-61599-001-6 / eBook 978-1-61599-903-3
List Price: PB \$ 13.95 / eBook \$ 3.99
Audiobook: iTunes, Audible.com, Amazon
Trim: 5.5 x 8.5 (34 pp)
Audience: General Adult
Pub Date: 09/01/2010
BISAC: PSYCHOLOGY/Psychopathology/Eating Disorders
SELF-HELP/Eating Disorders



Synopsis: If you're recovering from an Eating Disorder (E.D.) it's important to take one day at a time. Let *101 Tips for Recovering from Eating Disorders* be your companion in healing and you'll be reminded of the strength and wisdom that's already inside you. This book will help you celebrate the good days and develop solid coping strategies for the bad times. Most importantly, this book will remind that you're not alone and recovery is possible.

Acclaim for *101 Tips for Recovering from Eating Disorders: A Pocket Book of Wisdom*

"If you struggle with food or body image, *101 Tips for Recovering from Eating Disorders* needs to be on your coffee table or nightstand. Amy Barth's bite-sized nuggets of wisdom and inspiration will help to pick you up on rough days, give you much-needed hope everyday, and keep you moving along the journey to freedom."

--Jenni Schaefer, author of *Life Without Ed: How One Woman Declared Independence from Her Eating Disorder*

"*101 Tips for Recovering from Eating Disorders* is a heartfelt and helpful tool for anybody who is trying to recover from an eating disorder. It is one of those books you can take with you as your companion knowing that when times are tough, you can draw strength from reading its tips."

--Irene Celcer, MA, LCSW

"Amy Barth graciously shares her own heart-filled knowledge and insider secrets to creating a rich and satisfying life. Barth's words, culled from years of experience, make this book not only indispensable, but also a roadmap to success. "

--Dr. Annette Colby, author of *Body Redesign: Goal Setting Secrets for a Thinner, Happier You*

About the author

Amy Barth is a thriver possessing a passion for girls and women who need to be set free in their mind and their hearts. Her background is in social work and she founded Safe Girls Strong Girls in 2005--an organization committed to breaking the silence of childhood sexual abuse and giving girls their voices back. Camp CADI is the only camp of its kind where girls can heal and just be girls again. She is the author of several books including *Annabelle's Secret* and *101 Tips For Survivors of Sexual Abuse: A Pocket Book of Wisdom* .

For more information, visit www.AmyJBarth.com

Self-Help : Eating Disorders - General

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101 Tips For Survivors of Sexual Abuse: A Pocket Book of Wisdom

Publisher: Loving Healing Press

Author: Amy Barth

ISBN-13: PB 978-1-932690-94-1 / eBook 978-1-61599-904-0

List Price: PB \$ 12.95 / eBook \$ 4.95

Trim: 5.5 x 8.5 (32 pp)

Audience: General Adult

Pub Date: 09/01/2009

BISAC: SELF-HELP/Abuse

PSYCHOLOGY/Psychopathology/Post-Traumatic Stress Disorder (PTSD)

FAMILY & RELATIONSHIPS/Abuse/General

Synopsis: If you're a survivor, it's important to take one day at a time. Let *101 Tips for Survivors of Sexual Abuse* be your companion in healing and you'll be reminded of the strength and wisdom that's already inside you. This book will help you celebrate the good days and develop solid coping strategies for the bad times. Most importantly, this book will remind that you're not alone and it was never your fault.

Acclaim for *101 Tips For Survivors of Sexual Abuse: A Pocket Book of Wisdom*

"You can never have too much support as a survivor. Amy's little pocket book is great to carry around to remind yourself that you can all thrive after sexual abuse."

--Dr. Patti Feuereisen psychologist and author of *Invisible Girls: The Truth About Sexual Abuse*

"101 Tips for Survivors of Sexual Abuse has excellent ideas and thoughts to build up your self-esteem and give you courage for your journey."

--Marjorie McKinnon, founder, The Lamplighters and author of *Repair Your Life: A Program for Recovery from Incest & Childhood Sexual Abuse*

"101 Tips for Survivors of Sexual Abuse used as an adjunct to recovering from sexual abuse at any age can help guide the survivor toward releasing emotions and breaking the internal silence of trauma."

--Barbara Sinor, Ph.D., author of *Gifts From the Child Within* and *An Inspirational Guide for the Recovering Soul*

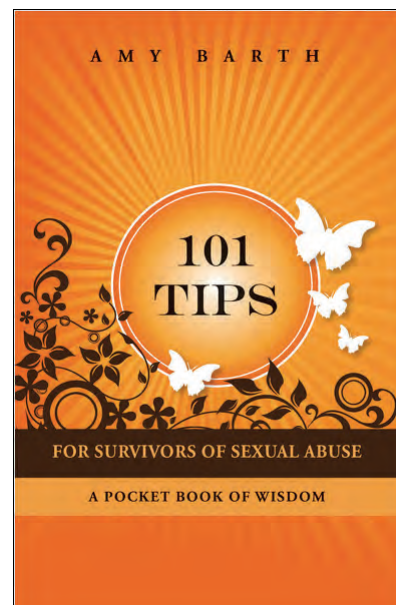
"I have just read 101 Tips. Every one of them fits my 30 years of experience in this field."

--Fr. Heyward B. Ewart, III, Ph.D., Sacred Heart Counseling Center, Author of *Am I Bad? Recovering From Abuse*

About the author

Amy Barth's background is in social work and she founded Safe Girls Strong Girls in 2005. SSSG is committed to breaking the silence of childhood sexual abuse and giving girls their voices back. Camp CADI is the only camp of its kind in the country and is a place where girls can heal and just be girls again. She is the author of several books including *Annabelle's Secret*. For more information, visit www.AmyJBarth.com

Self-Help : Abuse - Sexual



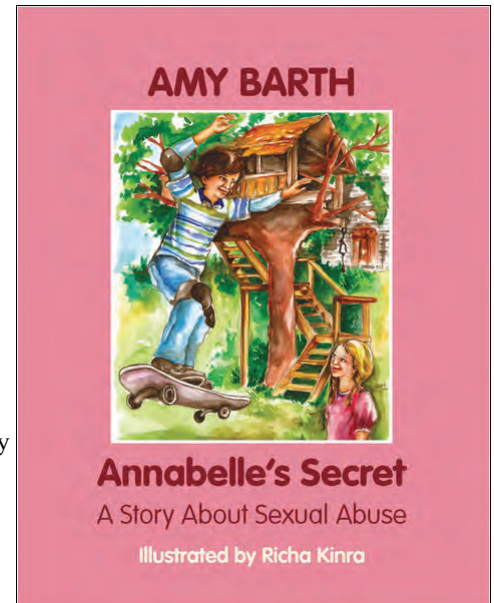
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Annabelle's Secret: A Story about Sexual Abuse

Publisher: Loving Healing Press
Series: Growing With Love
Author: Amy Barth
ISBN-13: PB 978-1-932690-95-8 / HC 978-1-61599-099-3 / eBook 978-1-61599-882-1
List Price: PB \$ 12.95 / HC \$ 27.95 / eBook \$ 4.95
Trim: 8 x 10 (20 pp)
Audience: 8-10 years
Lexile Score: 650L - Grade(s) 2, 3
Pub Date: 09/01/2009
BISAC: JUVENILE FICTION/Social Issues/Sexual Abuse



Synopsis: **Annabelle has a secret.** When she was seven years old, she was approached by a neighborhood boy and invited into a "secret club". Unfortunately, this club was just a ruse for thirteen-year-old Joel to groom Annabelle for abuse. A few years later, when Annabelle turns eleven, she finds some bad feelings have returned for her.

Experts Acclaim for *Annabelle's Secret*

"Amy Barth's *Annabelle* could be just the 'friend' a sexually abused child needs, and it models just what parents should do if their child shares about sexual abuse. A great little resource for children, parents, schools, therapists, treatment agencies, and prevention programs."

--Karen R. Nash, LCSW

"*Annabelle's Secret* is a well-written and beautifully illustrated book for children that tells the difficult tale of Annabelle, what happened to her, and what she did to stop the sexual abuse that she was experiencing. The book is written in a straightforward yet compelling manner that exposes the excruciating situation that far too many children experience. This book is a welcome and needed addition to the tools that we have for children and families and service providers for dealing openly about child sexual abuse."

--Pamela Pine, PhD, MPH, Founder and CEO
Stop the Silence: Stop Child Sexual Abuse, Inc

"*Annabelle's Secret* supports important issues regarding sexual abuse that may arise in a young girl's life. Written like a comforting letter from a survivor, the young reader will become aware of the importance and safety to report any encounters. The book is simply written and in understandable terms for any 6 to 9-year old. The information is concise, yet heartening and loving. *Annabelle's Secret* should be read with a parent present to encourage dialog about this significant subject."

--Irene Watson, author of *The Sitting Swing: Finding Wisdom to Know the Difference*

"*Annabelle* relates a story that reconfirms what I have observed over many years. Abused children, male or female, universally believe that it is their fault. Their self-image is mangled; they need to tell the truth; and they must get help from someone who knows how to treat such an injury to the soul."

--Fr. Heyward B. Ewart, III, PhD, *Author of Am I Bad? Recovering From Abuse*

To learn more, please visit www.AmyJBarth.com Juvenile Fiction : Social Issues - Sexual Abuse

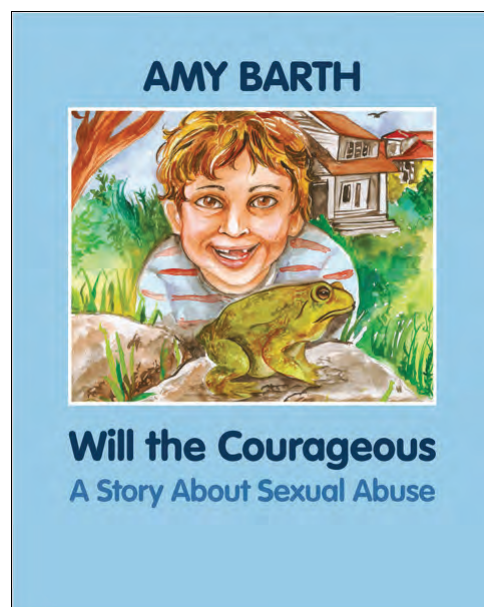
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Will the Courageous: A Story about Sexual Abuse

Publisher: Loving Healing Press
Series: Growing With Love
Author: Amy Barth
ISBN-13: PB 978-1-61599-000-9 / HC 978-1-61599-100-6 / eBook 978-1-61599-898-2
List Price: PB \$ 19.95 / HC \$ 32.95 / eBook \$ 4.95
Trim: 8 x 10 (30 pp)
Audience: 5-8 years
Lexile Score: 560L - Grade(s) 2, 3
Pub Date: 07/01/2011
BISAC: JUVENILE FICTION/Social Issues/Sexual Abuse



Synopsis: What is wrong with Will?

Will is a typical six-year-old boy: he loves to tell "knock-knock jokes", collect bugs, and play with other kids. On most school days, Will goes to Nana Winnie's until his mom returns from work. Will enjoys having his Nana as a babysitter. Recently, Nana's cousin Perry has come to visit and suddenly Will no longer wants to go there. He starts having nightmares, acting out in school and wetting his bed. Will's parents are worried. What is wrong with Will?

Experts Acclaim for *Will the Courageous*

"As a parent, what should you do if your daughter or son told you that she or he had been sexually abused by someone? The subject of this book is certainly not a pleasant thing to read or talk about, but it is definitely one that needs to be discussed. Author Amy Barth, who has an extensive background in social work, deals with her material in a delicate and age-appropriate way. Amy Barth's books would be an excellent resource to encourage any child who has experienced sexual abuse. It could also be used in controlled situations to introduce the topic in an effort to instruct children how to avoid becoming a sexual abuse victim."

--Wayne S. Walker, *Home School Book Review*

"Will the Courageous supports important issues regarding sexual abuse that may arise in a young person's life. Written like a comforting letter from a survivor, the young reader will become aware of the importance and safety to report any encounters. The book is simply written and in understandable terms for any 6 to 9-year old. The information is concise, yet heartening and loving. Will the Courageous should be read with a parent present to encourage dialog about this significant subject."

--Irene Watson, author of *The Sitting Swing*

"Will the Courageous relates a story that reconfirms what I have observed over many years. Abused children, male or female, universally believe that it is their fault. Their self-image is mangled; they need to tell the truth; and they must get help from someone who knows how to treat such an injury to the soul."

--Fr. Heyward B. Ewart, III, PhD Author of *Am I Bad? Recovering From Abuse*

For more info see www.AmyJBarth.com

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101 Tips for Surviving in a Pandemic: A Generation Z Guidebook

Publisher: Loving Healing Press
Author: Kate Battaglia
ISBN-13: PB 978-1-61599-645-2 / HC 978-1-61599-646-9 / eBook 978-1-61599-647-6
List Price: PB \$ 9.95 / HC \$ 21.95 / eBook \$ 2.99
Audiobook: iTunes, Audible.com, Amazon
Trim: 5.5 x 8.5 (44 pp)
Audience: General Adult
Pub Date: 02/01/2022
BISAC: HEALTH & FITNESS/Diseases/Contagious
BODY, MIND & SPIRIT/Inspiration & Personal Growth
SELF-HELP/Motivational & Inspirational

Synopsis: **Kate Paris Battaglia**, a resilient high school student, has taken advantage of COVID-imposed solitude to author her first book: *101 Tips for Surviving in a Pandemic: A Generation Z Guidebook*. Born near 2000, Kate allows readers to travel into the minds of a generation accustomed to the technology of the internet. However, she surprisingly does not dwell on social media to cure all ills that COVID-19 and its variants have inflicted upon the "zoomers" of Gen Z. This astute young author:

- offers advice on finding creative outlets in confined spaces.
- suggests sharing resources and affection with both neighbor and stranger.
- provides hope to those who have lost it in the melee of COVID variants, uncertain vaccines and treatments, and a changing educational and work landscape.
- gives older generations (as baby boomers) a new vocabulary - like vlog!

Her survival tips are as simple as planting flowers and as complex as forgiveness. Kate Battaglia truly gives us a COVID guidebook for all ages!

"As a special education teacher and mother, I have labored to engage the young during periods of isolation (and remote learning) during the COVID -19 pandemic. Kate Battaglia has written the book I didn't know I needed, with tips that are useful and intuitive. She gives readers a window into the world of Generation Z, and new vocabulary to use both in teaching and parenting!"

--Kelly B. Darmofal, author of *101 Tips for Recovering from Traumatic Brain Injury*

"I have been running online courses on positive psychology to help people cope with climate and COVID anxiety. I found many of my recommendations among the tips in this delightful little book, adapted to the needs and preferences of today's young people. As a Professional Grandfather, I am delighted to adopt Kate as a granddaughter, and can see a great future ahead of her. This list of 101 Tips is a coping aid, but it is also amusing and entertaining. Regardless of your age, you can't do much better than to use it as a starting point for improving your attitude to life, regardless of your circumstances."

--Bob Rich, PhD, author of *From Depression to Contentment: A Self-Therapy Guide*

"The isolation experienced by GEN Z due this pandemic is worrisome to all educators across the world. Kate's tips encourage GEN Z to take risks, challenge their minds and emotions, all while daring to try something new to support their social emotional well being and growth!"

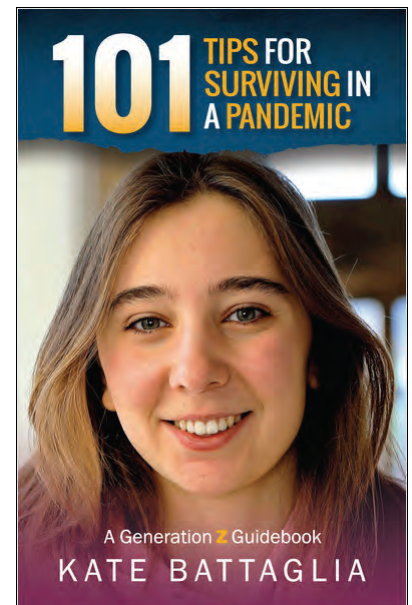
--Maria J. Davis, M.Ed., Barbieri Elementary School Principal, Massachusetts

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AD/HD SUCCESS!: Solutions for Boosting Self-Esteem / The Diary Method for Ages 7-17

Publisher: Loving Healing Press

Author: Kerin Bellak-Adams

ISBN-13: PB 978-1-61599-024-5 / eBook 978-1-61599-905-7

List Price: PB \$ 19.95 / eBook \$ 6.95

Trim: 8.25 x 11 (160 pp)

Audience: General Adult

Pub Date: 03/01/2010

BISAC: PSYCHOLOGY/Psychopathology/Attention-Deficit Disorder (ADD-ADHD)
EDUCATION/Special Education/Social Disabilities
FAMILY & RELATIONSHIPS/Children with Special Needs

Synopsis: Give Kids the Power of Positive Reinforcement In AD/HD SUCCESS!

Solutions for Boosting Self-Esteem, AD/HD expert Kerin Bellak-Adams presents a unique and practical method for working with children and adolescents who need to overcome some of the challenges that are frequently encountered in those with an AD/HD diagnosis. Based on her extensive experience working with families, Bellak-Adams's proven techniques boost self-esteem while helping children achieve their full potential.

Developed for ages 7 to 17, this hands-on workbook provides motivational tools that help kids experience a dramatic shift in positive attitude toward themselves, aiding them in developing new behaviors that will allow them to flourish in and out of school. Supporting exercises and worksheets help students learn time-management skills, improve communication with parents and teachers, develop accountability, increase self-discipline, and become aware of untapped strengths--putting them on the path to lifelong success! Featured in this invaluable workbook are:

- More than 50 reproducible diary pages that help children experience and acquire a positive attitudes self-image!
- Exercises that encourage children to communicate their inner thoughts, develop selfawareness, accountability, and demonstrate their courage
- Individualized step-by-step prompts that focus on time-management and many other AD/HD challenges.
- Result-oriented activities for parents and caregivers that encourage constructive, positive actions
- A customized Home/School Accountability Form for parents and teachers designed to improve daily correspondence and collaboration for Parent/Teacher conferences.
- Tools for helping teachers, student-teachers and classroom aides to identify and cope with AD/HD issues.
- Practical applications for school psychologists and clinical practitioners to be used on a one-on-one basis or in a group setting

Rave Reviews From the Experts!

"An excellent and practical workbook developed out of years of experience and caring. I highly recommend this workbook."

--Edward Hallowell, M.D. author of *Driven To Distraction* & *Answers To Distraction*

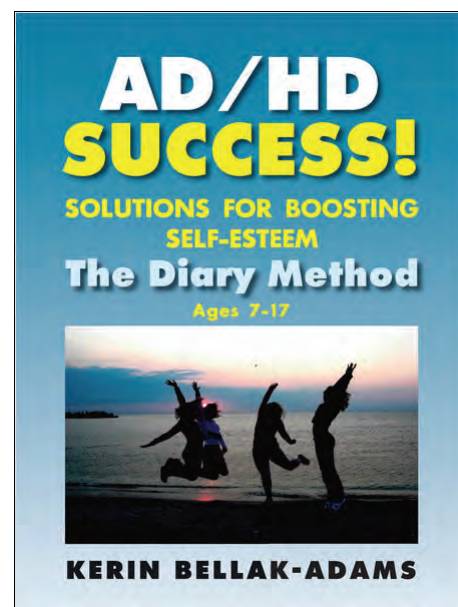
"Finally, a book for the kids! One that they can really use to boost their self-esteem, along with good information for their parents to help them understand also. It's just like having your own portable support group--take it with you, and read and write when you feel you need an ego boost. An easy-to-read book for everyone: parents, teachers, students--it goes a long way in advocating understanding of AD/HD--what it is, and what it is NOT!!!"

--Theresa C. Cavanaugh, LDT-C, President, Learning Disabilities Association of New York

"Kerin's understanding, borne of her many years of working in the field of AD/HD, has given her the ability to write a workbook that is an essential and comprehensive resource."

--Roy J. Boorady, M.D., Assistant Professor of Psychiatry, New York University School of Medicine Director, Psychopharmacology Service, NYU Child Study Center

Learn more about AD/HD Success! at www.ReachBeyondADD.com



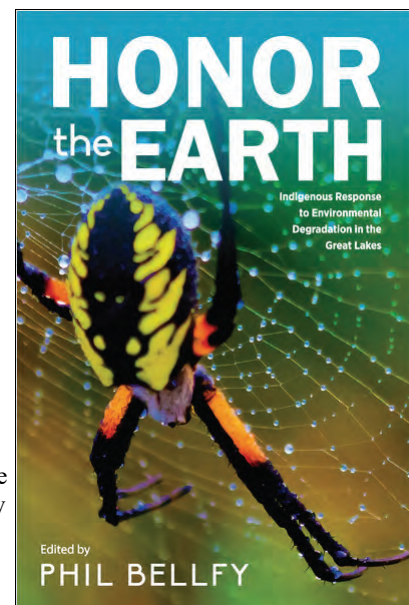
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Honor the Earth: Indigenous Response to Environmental Degradation in the Great Lakes, 2nd Ed.

Imprint: Ziibi Press
Editor: Phil Bellfy
ISBN-13: PB 978-1-61599-625-4 / HC 978-1-61599-626-1 / eBook 978-1-61599-627-8
List Price: PB \$ 24.95 / HC \$ 34.95 / eBook \$ 9.95
Trim: 6.14 x 9.21 (302 pp)
Audience: General Adult
Pub Date: 01/01/2022
BISAC: SOCIAL SCIENCE/Indigenous Studies
LAW/Indigenous Peoples
NATURE/Ecosystems & Habitats/Lakes, Ponds & Swamps



Synopsis: The Great Lakes Basin is under severe ecological threat from fracking, bursting pipelines, sulfide mining, abandonment of government environmental regulation, invasive species, warming and lowering of the lakes, etc. This book presents essays on Traditional Knowledge, Indigenous Responsibility, and how Indigenous people, governments, and NGOs are responding to the environmental degradation which threatens the Great Lakes. This volume grew out of a conference that was held on the campus of Michigan State University on Earth Day, 2007.

All of the essays have been updated and revised for this book. Among the presenters were Ward Churchill (author and activist), Joyce Tekahnawiaqs King (Director, Akwesasne Justice Department), Frank Ettawageshik, (Executive Director of the United Tribes of Michigan), Aaron Payment (Chair of the Sault Sainte Marie Tribe of Chippewa Indians), and Dean Sayers (Chief of the Batchewana First Nation). Winona LaDuke (author, activist, twice Green Party VP candidate) also contributed to this volume.

Adapted from the Introduction by Dr. Phil Bellfy:

"The elements of the relationship that the Great Lakes' ancient peoples had with their environment, developed over the millennia, was based on respect for the natural landscape, pure and simple. The "original people" of this area not only maintained their lives, they thrived within the natural boundaries established by their relationship with the natural world. In today's vocabulary, it may be something as simple as an understanding that if human beings take care of the environment, the environment will take care of them. The entire relationship can be summarized as "harmony and balance, based on respect."

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U.P. Colony: The Story of Resource Exploitation in Upper Michigan -- Focus on Sault Sainte Marie Industries

Imprint: Ziibi Press

Author: Phil Bellfy

ISBN-13: PB 978-1-61599-606-3 / eBook 978-1-61599-607-0

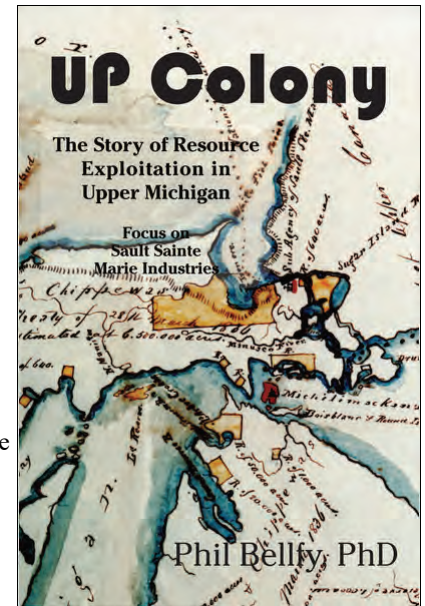
List Price: PB \$ 12.95 / eBook \$ 3.95

Trim: 6.14 x 9.21 (80 pp)

Audience: General Adult

Pub Date: 09/21/2021

BISAC: HISTORY/United States/State & Local/Midwest (IA, IL, IN, KS, MI, MN, MO, ND, NE, OH, SD, WI)
SOCIAL SCIENCE/Sociology/Rural
BUSINESS & ECONOMICS/Industries/Natural Resource Extraction



Synopsis: In the 1980s, Phil Bellfy pondered the question: Why does Sault, Ontario, appear to be so prosperous, while the "Sault" on the American side has fallen into such a deplorable state? Could the answer be that the "American side" was little more than a "resource colony"-or to use the academic jargon of "Conflict and Change" Sociology-an "Internal Colony." In *UP Colony*, Bellfy revisits his graduate research to update us the state of the Sault.

The ultimate question: why has the U.P.'s vast wealth, nearly unrivaled in the whole of the United States, left the area with poverty nearly unrivaled in the whole of the United States? None of the conventional explanations from "distance to markets," to "too many people," to "disadvantageous production costs," have any credibility. Simply put: "Where did the \$1.5 billion earned from copper mining, \$1 billion from logging, and nearly \$4 billion in iron ore go?"

To get to the bottom of these thorny questions, Bellfy looks at the possible economic pressures imposed by "external colonial powers." The pressure-points examined in this book include presence of a complimentary economy, lopsided investment in one sector, monopoly style management, disparity of living standards, a repressive conflict-resolution system, and the progressive growth of inequality over time.

In *UP Colony*, Dr. Bellfy has revisited his MA Thesis and brought this analysis up-to-date in conjunction with the Sault's Semiseptcentennial-the 350th anniversary of its French founding in 1668.

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How to Forgive: A Practical Guide

Publisher: Loving Healing Press

Series: 10-Step Empowerment

Author: Lynda Bevan

ISBN-13: PB 978-1-61599-030-6 / HC 978-1-61599-031-3 / eBook 978-1-61599-947-7

List Price: PB \$ 14.95 / HC \$ 26.95 / eBook \$ 4.95

Trim: 6 x 9 (110 pp)

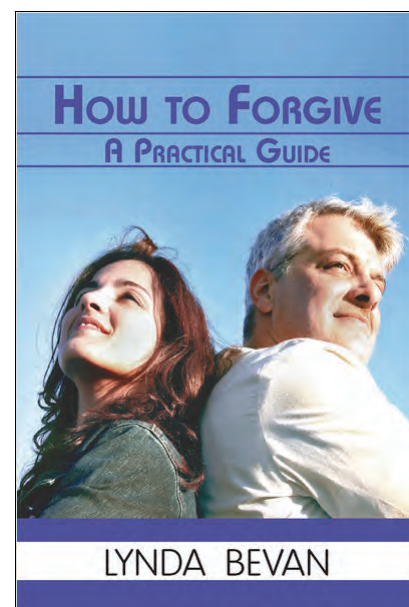
Audience: General Adult

Pub Date: 08/01/2011

BISAC: PSYCHOLOGY/Mental Health

FAMILY & RELATIONSHIPS/Abuse/General

SELF-HELP/Abuse



Synopsis: Ask yourself:

- Do you believe that the other person is responsible for how you feel?
- Do their actions seem like a complete mystery?
- Are you ready to stop feeling angry or upset?
- Do you still feel hurt or sad?
- Are you ready to re-build the trust within this relationship?
- Have you made the decision to forgive?
- Are you haunted by something you said or did to another?

If you answered YES to more than one of these questions, then this book is for you! *How To Forgive* will assist you in unraveling the past and help you to let go of the feelings which are holding you back. Forgiveness is a choice, but to forgive is not always easy. In fact, many people who would like to let go of anger and forgive are stumped with the question of how to forgive. This step-by-step guide will help you acknowledge your emotions and deal with the issues those emotions identify.

"Lynda Bevan offers an important contribution to the clarification of this emotionally loaded term: 'forgiveness'. She offers a taxonomy of misdeeds and issues that require forgiveness and then proceeds with guidance on how to tackle and defuse these situations and even turn them around in one's favor. Bevan thus transforms forgiveness from a mere ethical or moral requirement to a pragmatic approach to the management of anger, pain, and abuse. I have rarely encountered so much useful content packed into so little a space: this book is a veritable energy drink!"

--Sam Vaknin, author of *Malignant Self Love: Narcissism Revisited*

By the author of the #1 Bestseller: "Life Without Jealousy"

Book #5 in the 10-Step Empowerment Series -- Learn more at www.LyndaBevan.com

Self-Help: Abuse - General

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Life After Betrayal: A Practical Guide

Publisher: Loving Healing Press

Series: 10-Step Empowerment

Author: Lynda Bevan

ISBN-13: PB 978-1-932690-31-6 / eBook 978-1-61599-923-1

List Price: PB \$ 14.95 / eBook \$ 4.95

Trim: 6 x 9 (108 pp)

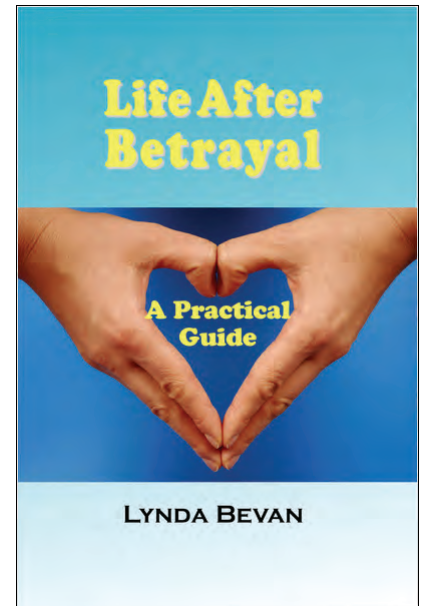
Audience: General Adult

Pub Date: 01/01/2007

BISAC: PSYCHOLOGY/Mental Health

FAMILY & RELATIONSHIPS/Love & Romance

PSYCHOLOGY/Psychopathology/General



Synopsis: Your long-time partner has just betrayed your relationship and everything you hold dear:

- Are you stuck trying to decide whether to move forward in your relationship or give up?
- Do you find yourself repeating old ways of behavior?
- Do you frequently talk about whose fault the betrayal was?
- Are you continually dealing with jealousy and control issues?
- Are you tired of being a victim?
- Do you spend a lot of time thinking how it might have been different?

If you answered YES to any of these questions then this book is for you! *Life After Betrayal: A Practical Guide*, is an honest, straightforward book that helps the reader through each step on the road to recovery. The book identifies the feelings that emerge during this emotional upheaval and offers a reservoir of alternative solutions on how to deal with these emotions. The journey of self-discovery is handled sensitively, and is an essential passage in moving on from an unhealthy relationship to a healthy emotional future.

What People Are Saying About *Life After Betrayal*

"Life after Betrayal : A Practical Guide" by Lynda Bevan delivers on its promise. It is a no-nonsense, honest but compassionate guide to surviving all forms of betrayal, from the romantic to the parental. It is hard to believe how much useful information the author has packed into this slender tome. The book is studded with illuminating case studies and provides an excellent exposition of issues such as post-traumatic emotional responses, pre-trauma expectations, setting boundaries, forgiveness and acceptance, and the do's and don'ts of moving forward. A gem."

--Sam Vaknin, author of "Malignant Self Love - Narcissism Revisited"

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Life After Your Lover Walks Out: A Practical Guide

Publisher: Loving Healing Press

Series: 10-Step Empowerment

Author: Lynda Bevan

ISBN-13: PB 978-1-932690-26-2 / eBook 978-1-61599-915-6

List Price: PB \$ 14.95 / eBook \$ 4.95

Trim: 6 x 9 (100 pp)

Audience: General Adult

Pub Date: 12/01/2006

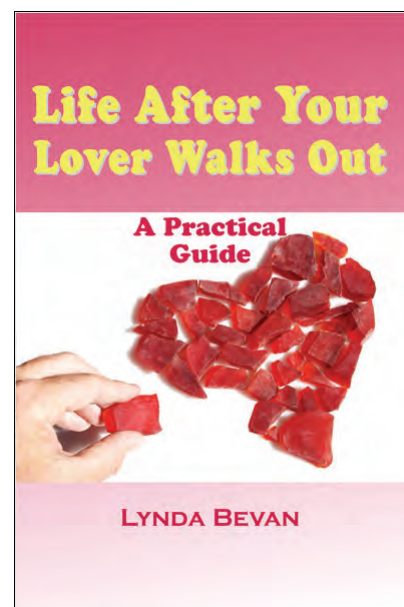
BISAC: FAMILY & RELATIONSHIPS/Love & Romance

PSYCHOLOGY/Mental Health

SELF-HELP/Personal Growth/Success

Synopsis: Your long-time partner has just walked out on you forever:

- Do you feel paralyzed or afraid to move on?
- Does the thought or sight of your old partner with someone else fill you with rage?
- Are you worried or anxious about how to get by financially on your own?
- Are you afraid to start another relationship with a new partner?
- Do you lack energy and motivation to do anything at all since the break-up?
- Do you spend a lot of time thinking how it might have been different?



If you answered YES to any of these questions then this book is for you! *Life After Your Lover Walks Out: A Practical Guide*, is an honest, straightforward book that helps the reader through each step on the road to recovery. The book identifies the feelings that emerge during this emotional upheaval and offers a reservoir of alternative solutions on how to deal with these emotions. The journey of self-discovery is handled sensitively, and is an essential passage in moving on from an unhealthy relationship to a healthy emotional future.

"This is a well thought out, useful little book that is an excellent guide for those recovering from a broken, long-term relationship."

--Robert Rich, PhD, M.A.P.S., author of *Cancer: A Personal Challenge*

Book #1 in the 10-Step Empowerment Series

Learn more at www.LyndaBevan.com

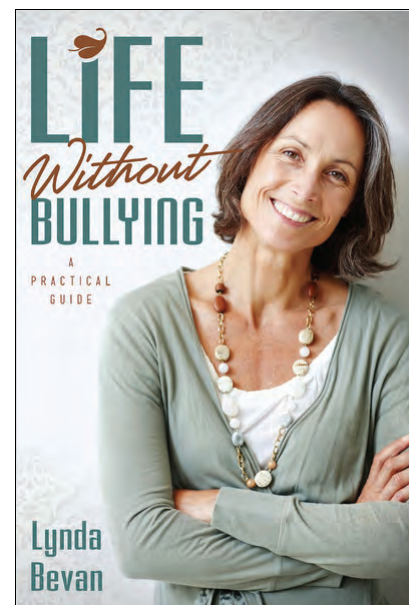
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Fax: +1 734 663 6861

Life Without Bullying: A Practical Guide

Publisher: Loving Healing Press
Series: 10-Step Empowerment
Author: Lynda Bevan
ISBN-13: PB 978-1-61599-150-1 / eBook 978-1-61599-151-8
List Price: PB \$ 14.95 / eBook \$ 4.95
Trim: 6 x 9 (108 pp)
Audience: General Adult
Pub Date: 01/01/2012
BISAC: FAMILY & RELATIONSHIPS/Abuse/Domestic Partner Abuse
SELF-HELP/Adult Children of Substance Abusers
SOCIAL SCIENCE/Sexual Abuse & Harassment



Synopsis: Life doesn't have to be like this!

- Are you getting pushed around?
- Do you feel you need to do everything asked of you by your partner or anyone else?
- Do you feel you have to fulfill all your partner's needs no matter what?
- Are you frightened of being unable to survive without your partner?
- Are you picked on and undermined if you question your partner on any issue?
- Is your self-esteem low?
- Have you lost your confidence?
- Do you remember a time when you could think for yourself and deal with most of the things that life throws at you?
- Do you ask yourself, "where have I gone wrong and how can I put it right?"
- Do you ask yourself, "where is the person who could deal with the daily problems of relationships and life, gone, or indeed have I not yet learned to think and act for myself?"

If you answered *YES* to any of these questions, then this book is for you.

Life Without Bullying: A Practical Guide is an essential tool in assisting you to change your position from being emotionally dependent on your partner to becoming emotionally independent. It will assist you in changing from being emotionally inadequate to becoming emotionally adequate. This book will enable you to become the person you once were or it can change you to becoming the person you have always wanted to be.

"It is hard to believe how much useful information the author has packed into this slender tome."
--Sam Vaknin, PhD, author of *Malignant Self Love: Narcissism Revisited*

For more information visit www.LyndaBevan.com

Book #3 in the 10-Step Empowerment Series

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Life Without Jealousy: A Practical Guide

Publisher: Loving Healing Press

Series: 10-Step Empowerment

Author: Lynda Bevan

ISBN-13: PB 978-1-932690-85-9 / HC 978-1-61599-023-8 / eBook 978-1-61599-901-9

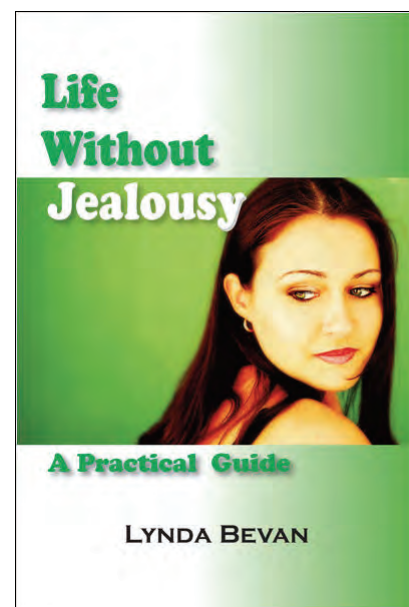
List Price: PB \$ 14.95 / HC \$ 26.95 / eBook \$ 4.95

Trim: 6 x 9 (124 pp)

Audience: General Adult

Pub Date: 01/01/2009

BISAC: FAMILY & RELATIONSHIPS/Love & Romance
PSYCHOLOGY/Emotions
SELF-HELP/Abuse



Synopsis: Ask' yourself...

- Do you feel the need to be frequently checking up on your partner?
- Are you suspicious when you meet new people?
- Do you often question your partner about where they are going and who they are seeing?
- Do you withdraw from your partner without giving an explanation as to why you are doing this?
- Do you make all of the social arrangements for your partner's life?
- Have you ever feigned illness to keep your partner at home?
- Are you frightened of being unable to survive without your partner?
- Do you examine on your partner's phone records, emails, or text messages "just in case"?
- Do you put your partner down over small details or infractions of agreements?

If you answered YES to more than one of these questions, then this book is for you.

This is the book to help you overcome this unwanted emotion. You will embark on a journey to discover the many types of jealousy. You can use this book as a manual to overcome emotional insecurity issues and to give you a clearer perspective on the emotion of jealousy. By engaging with the exercises with this book, you'll be able to see yourself as you really are and further exercises will assist you in eliminating your jealous thoughts and behavior.

"I truly feel that every individual who is dealing with issues of some form of jealousy will greatly benefit from reading *Life Without Jealousy* by Lynda Bevan. This includes people who are not jealous themselves but are being affected by others who are. Learning to understand it, overcome it, and gain effective new ways to communicate will greatly improve the quality of our lives."

--Paige Lovitt, *Reader Views*

"It is hard to believe how much useful information the author has packed into this slender tome."

--Sam Vaknin, author of *Malignant Self Love: Narcissism Revisited* Learn more at www.LyndaBevan.com

FAMILY & RELATIONSHIPS / Love & Romance

Psychology : Emotions

Self-Help : Abuse - General

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Overcoming Guilt: A Practical Guide

Publisher: Loving Healing Press

Series: 10-Step Empowerment

Author: Lynda Bevan

ISBN-13: PB 978-1-61599-222-5 / HC 978-1-61599-238-6 / eBook 978-1-61599-223-2

List Price: PB \$ 14.95 / HC \$ 26.95 / eBook \$ 4.95

Trim: 5.5 x 8.5 (98 pp)

Audience: General Adult

Pub Date: 05/01/2014

BISAC: SELF-HELP/Adult Children of Substance Abusers

PSYCHOLOGY/Emotions

SELF-HELP/Substance Abuse & Addictions/Drug Dependence

Synopsis: If you can recognize your guilt, you can use it for self-improvement

Ask yourself:

- Do you want to learn how to forgive yourself?
- Do you want to correct mistakes instead of hiding them?
- Do you become angry very quickly? (over-reacting)
- Do you get caught up in blaming and assigning guilt?
- Do you often ask yourself "Why did I do that?"
- Are you afraid that if you don't do everything your partner asks then he/she will leave you?
- Do you often put down or attack others before they can hurt you?
- Do you sometimes believe that nothing good can come your way?
- Do you opt-out of responsibility when possible?

If you answered YES to more than one of these questions, then this book is for you.

This is the book to help you overcome your unwanted emotional burden. Be ready to embark on a journey of discovery of the many different types of guilt and shame. You can use this little book as a manual to overcome emotional insecurity issues and to give you a clearer perspective on your own emotions of guilt and shame.

The exercises in this book will enable you to see yourself as you really are "warts and all" and further exercises will help you in eliminating destructive feelings and actions.

"It is hard to believe how much useful information the author has packed into this slender tome."

--Sam Vaknin, author of *Malignant Self Love: Narcissism Revisited*

Learn more at www.LyndaBevan.com

Book #6 in the 10-Step Empowerment Series

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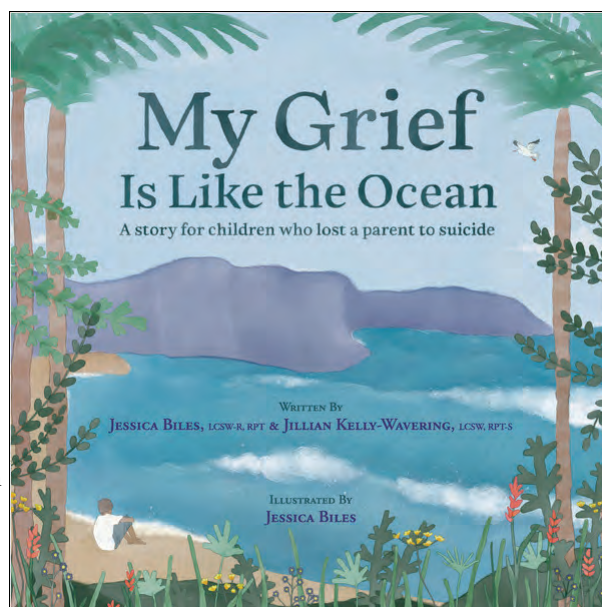
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My Grief is Like the Ocean: A Story for Children Who Lost a Parent to Suicide

Publisher: Loving Healing Press
Author: Jessica Biles and Jillian Kelly-Wavering
ISBN-13: PB 978-1-61599-686-5 / HC 978-1-61599-687-2 / eBook 978-1-61599-688-9
List Price: PB \$ 16.95 / HC \$ 28.95 / eBook \$ 4.95
Trim: 8.5 x 8.5 (30 pp)
Audience: 7-10 years
Pub Date: 09/01/2022
BISAC: JUVENILE FICTION/Social Issues/Death & Dying
JUVENILE FICTION/Social Issues/Emotions & Feelings
JUVENILE FICTION/Social Issues/Depression & Mental Illness



Synopsis: The death of a parent is heartbreaking, but the issues surrounding suicide can be even more devastating. *My Grief is Like the Ocean* was written by mental health professionals who wanted to support caregivers during incredibly difficult conversations with children. Using the latest research and clinical guidance, and told from the perspective of a boy who lost his father to suicide, this book will help children to feel supported. When caregivers and children read this book together, they will gain a valuable resource for engaging in honest, informative and heartfelt discussions to help families heal. This book will:

- Help children and caregivers talk about their grief experiences
- Normalize and encourage the many emotions a child may feel after a loss due to suicide
- Promote important dialogue and concrete ways to seek help for mental illness
- Provide caregivers with ideas for developmentally appropriate coping skills
- Offer additional resources caregivers can access for further support

"This is the one book all parents and clinicians need to have in their personal library. Adults now have a tool to help children navigate the difficult emotions of abandonment, betrayal, rage, and anger that often bubble up after the suicide of a loved one, but are often suppressed and left unspoken."

-- Athena A. Drewes, PsyD, RPT-S, founder and president emeritus, New York Association of Play Therapy, past director of the Association for Play Therapy

"*My Grief is Like the Ocean* tackles the seldom discussed, emotionally wrenching and very difficult concept of suicide in a way that children can understand...delicately using the metaphor of the ocean to describe how its shifting waves mirror the boy's feelings. The explanations are concise. The opportunity for a child to acknowledge their feelings is boundless." -- Laurie Zelinger, Ph.D., ABPP, RPT-S, board-certified psychologist, author of *Please Explain Anxiety to Me*

"This book is important and much needed, since the death of a parent by suicide is one of the most complicated and devastating forms of childhood grief. I found the book to be brilliant and written with the foundation of great sensitivity and compassion. I also loved the eloquent use of metaphors throughout. Highly recommended!"

-- David A. Crenshaw, Ph.D., ABPP, author, board-certified clinical psychologist

"*My Grief is Like the Ocean* addresses the complex and conflicting feelings survivors have when they have lost a loved one to suicide. It is a must-have resource for all therapists that work with children and youth, as well as the surviving family members who may need direction regarding how to support their children as they experience this unique form of grief and loss."

-- Theresa Fraser, CYC-P, CPT-S, MA, RP, RCT, CT, trauma, loss, and attachment clinical specialist

Learn more at MyGriefisLikeTheOcean.com

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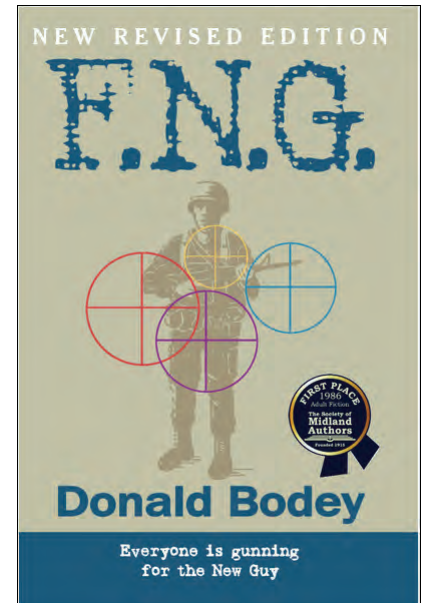
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F.N.G, Revised Ed.

Imprint: Modern History Press
Series: Reflections of America
Author: Don Bodey
ISBN-13: PB 978-1-932690-59-0 / HC 978-1-932690-58-3 / eBook 978-1-61599-930-9
List Price: PB \$ 21.95 / HC \$ 35.95 / eBook \$ 6.95
Audiobook: iTunes, Audible.com, Amazon
Trim: 6.14 x 9.21 (280 pp)
Audience: General Adult
Pub Date: 04/07/2008
BISAC: FICTION/War & Military
FICTION/Action & Adventure
FICTION/Action & Adventure



Synopsis: Everyone is gunning for the New Guy

Gabriel Sauers of Two Squad is a soldier, newly arrived in Vietnam--a country too beautiful to invite so savagely unreal a war. But Gabriel won't be a New Guy for long. He'll go through incoming mortars, he'll see the enemy alive. He'll wander through a hell that will turn the green recruit lucky enough to survive into a death-hardened veteran, longing for nothing more than a return to the world of hot baths and cold beer, no bullets, and no noise. Now, 40 years later, he is grappling with an action on the verge of his grandson Seth's deployment to Iraq that will change both their lives forever.

Critics Praise Don Bodey's *F.N.G*

"One of the most hard-hitting of all the vietnam novels" -- The Boston Herald

"A powerful social document and a well-written, deeply moving first novel...highly recommended" --The Library Journal "Raw, profane...a candidly moving portrayal of the average American soldier in Vietnam, who often found courage when he did not seek it--but little of anything else." --Chicago Sun-Times

"The day to day grind, beautifully and touchingly rendered by...a Vietnam veteran, is told with an unrelenting accumulation of detail." --The New York Times Book Review

"Bodey packs considerable emotional freight...into a style that remains deliberately supple, cool, and declarative...An impressive novel." --The Cleveland Plain Dealer

"A harrowing vividly written account of hell with a leavening of light moments. A revelation for one who wasn't there. Painful for those who were." --Bob Mason, author of *CHICKENHAWK*

"*All Quiet on the Western Front* drives its readers to the front of World War I. *F.N.G* helicopters its readers to a new front: Vietnam." --Bestsellers

More info at www.DonBodey.com

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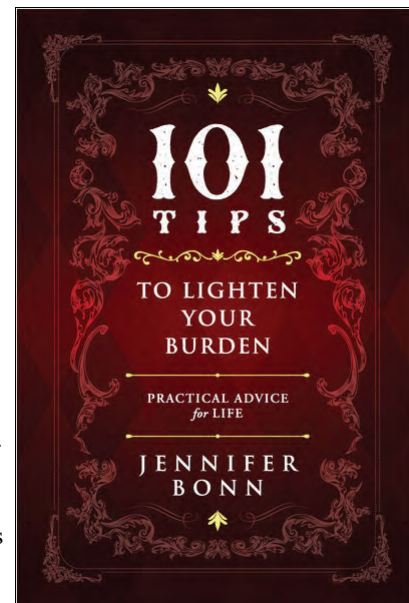
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101 Tips To Lighten Your Burden: Practical Advice for Life

Publisher: Loving Healing Press
Author: Jennifer Bonn
ISBN-13: PB 978-1-61599-609-4 / HC 978-1-61599-610-0 / eBook 978-1-61599-611-7
List Price: PB \$ 11.95 / HC \$ 24.95 / eBook \$ 2.99
Audiobook: iTunes, Audible.com, Amazon
Trim: 6 x 9 (62 pp)
Audience: General Adult
Pub Date: 11/01/2021
BISAC: SELF-HELP/Personal Growth/Happiness
SELF-HELP/Personal Growth/Success
SELF-HELP/Adult Children of Substance Abusers



Synopsis: We all have burdens of some kind, though we may carry them in different ways. The way we react to our challenges in life will determine whether we continue to struggle or whether we live life to the fullest.

When we are faced with roadblocks in life, we always have choices. We can let them paralyze us and not move forward, we can bust through them leaving havoc in our wake, or we can find a way around them continuing down our path.

101 Tips to Lighten Your Burden gives you quick, easy-to-read advice on how to handle many of life's struggles. You can pick it up whenever you need a lift. It will be like the voice of a friend telling you what you can do to make the situation better.

Readers will....

- Discover ways to cope with difficult situations.
- Realize that they are not alone with what they face in life.
- Find solace in the messages given.
- See they have power to make choices by how they react.
- Feel empowered by the messages.

"I have a Ph.D. in psychology, and decades of therapeutic experience, and I can tell you, this book could have been written by an experienced psychologist. Ms. Bonn could change professions, and become a professor in the psychology department of any university. In particular, she is an expert in Positive Psychology."

--Bob Rich, PhD, *Author of From Depression to Contentment*

"Jennifer Bonn's writings are inspiring and thought-provoking. Her articles contain positive steps to become a better person. Her writings always contain sound advice with a slightly humorous slant."

--Rebecca Gilbert, Director, Physician Coding Compliance, Wellstar Health System

"There is no doubt that Jennifer Bonn's new book will meet your expectations. I have been following her writing for years, and her essays are always insightful and intriguing and often humorous. Jennifer's writing has a way of empowering you. It is a feel-good guide of learning, accepting, and discovering."

--Kimberly Tucker, aircraft mechanic

The 101 Tips Series

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Coping with Crisis: A Counsellor's Guide to the Restabilization Process

Publisher: Loving Healing Press

Author: Jim Burtles

ISBN-13: PB 978-1-932690-41-5 / eBook 978-1-61599-926-2

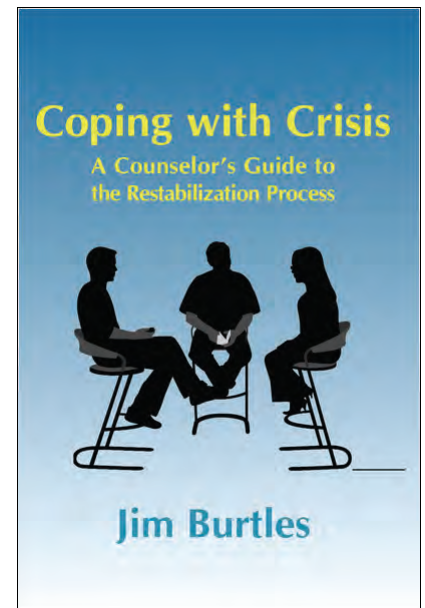
List Price: PB \$ 19.95 / eBook \$ 6.95

Trim: 6 x 9 (128 pp)

Audience: 06

Pub Date: 09/01/2007

BISAC: PSYCHOLOGY/Psychotherapy/Counseling
SOCIAL SCIENCE/Disasters & Disaster Relief
PSYCHOLOGY/Psychopathology/Post-Traumatic Stress Disorder (PTSD)



Synopsis:

In the wake of a catastrophic event, the witness may discover or experience unsettling emotions which can trigger subsequent behaviors. These reactions can lead to a number of consequences, some of which are unproductive.

Restabilization is a practical means of addressing these reactions and the resultant issues. It is a four-step process of self-discovery guided, but not led, by a counselor; aimed at restoring someone's confidence and improving their capability to deal with life's problems. The person is encouraged, and enabled, to view the event as a learning experience with an opportunity to improve their performance in relation to unexpected problems.

The four stages of the process are described in detail, together with examples of model sessions and rules of engagement which serve to ensure the effectiveness of the process. There are also some Communication Exercises designed to ensure unemotional but sympathetic communication between the counselor and their client.

In addition, the **Dark Serpent Dilemma** and Technique offers a pragmatic way of approaching and solving the problems which life throws at all of us from time to time. Once the concept is understood it can be applied as a way of ensuring the optimum reaction to any significant event or situation.

About the Author

For several years, Jim Burtles was Principal Consultant with Safetynet PLC, where he taught business executives how to cope with, and plan for, minor emergencies, disasters and absolute catastrophes. Safetynet was a pioneering disaster recovery and business continuity company which specialized in dealing with business emergencies. Such events might range in scale from a faulty air-conditioning system to the aftermath of major earthquakes or terrorist attacks.

The original concept of Safetynet was centered on the complex computer-based operations of the modern business. However, experience soon taught Safetynet's founders that the whole of the business environment had to be taken into account. Therefore, personnel problems and many other aspects needed to be taken into consideration.

Jim acquired his expertise in disaster recovery and emergency management through direct exposure to dozens of real-life disasters, almost a hundred emergencies and countless problem situations. He also benefited from the indirect experience of many more, gained from talking to, and working with, victims of various crises.

In his current role, as a Director of Total Continuity Management, he is now working with senior executives of international corporations and government departments to help them develop complete emergency response plans and processes which include appropriate counseling and training programs to cope with emergency

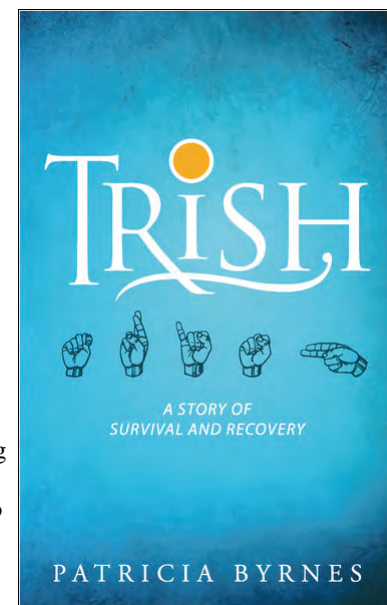
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Trish: A Story of Survival and Recovery

Imprint: Modern History Press
Author: Patricia Byrnes
ISBN-13: PB 978-1-61599-514-1 / HC 978-1-61599-515-8 / eBook 978-1-61599-516-5
List Price: PB \$ 15.95 / HC \$ 27.95 / eBook \$ 4.95
Audiobook: iTunes, Audible.com, Amazon
Trim: 5 x 8 (140 pp)
Audience: General Adult
Pub Date: 06/01/2020
BISAC: BIOGRAPHY & AUTOBIOGRAPHY/Personal Memoirs
SELF-HELP/Adult Children of Substance Abusers
FAMILY & RELATIONSHIPS / Dysfunctional Families



Synopsis: Patricia Byrnes's life began with being reared by deaf parents during an era when the deaf community was shunned rather than supported. Poverty, alcoholism, incest and poor parenting were the underpinnings of Patricia's life, leading to her own issues with alcohol. Eventually, with a 12-step recovery program, her life became a powerful, positive example to others. Her story is also a roadmap for change, and that was no easy task: the transition from self-loathing – the nemesis of the human experience – to self-love was painful but one that had to be taken in order to not only survive, but to also, finally, appreciate the gift she is and was created to share with others. Change is always possible... change is necessary.

"The author is a powerful example, demonstrating that a person can suffer from poverty, abuse, addiction, divorce and so much more and not only survive, but use adversity as a vehicle for growth, compassion and wisdom."

-- MIGNON LAWLESS, Ph.D.

"What a brave and strong woman you are! You have spoken your truth, pure and unadulterated. I am truly humbled by your straightforward portrayal of such an incredible and painfully difficult life's journey. You have reached the place of forgiveness and understanding against all odds. May God continue to hold you close to His loving and merciful heart!"

-- JEANNEMARIE BAKER, R.N.

"Read *TRISH* not to look into Byrnes's struggles at a distance, but to take personally what the human spirit can do with whatever it is given. That is a blessed assurance that whatever challenges we face in our lives, we too can survive and overcome."

-- SAMUEL DEIBLER, B.A., B.D.

"*TRISH* is a story of love, loss and longing told through the eyes of a girl who was forced into womanhood too early and a woman who somehow managed to retain the innocence of a girl. The impact of this beautiful book will linger long after you've turned the last page. Prepare to be changed."

-- DARALYSE LYONS, author, speaker, coach

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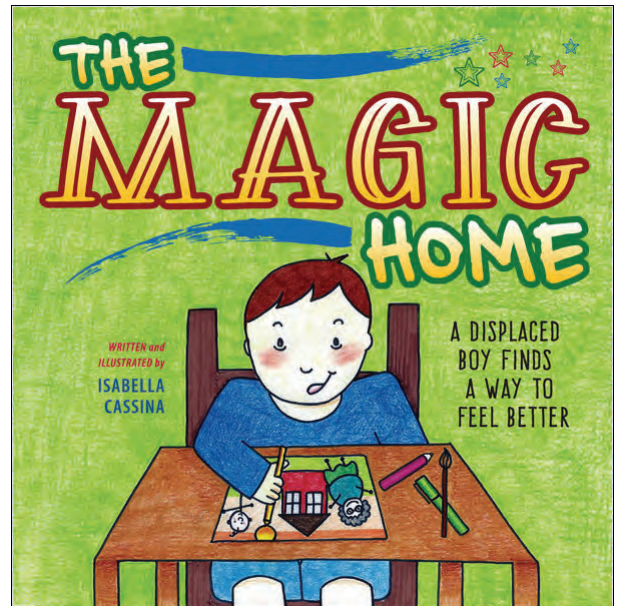
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The Magic Home: A Displaced Boy Finds a Way to Feel Better

Publisher: Loving Healing Press
Author: Isabella Cassina
Illustrator: Isabella Cassina
ISBN-13: PB 978-1-61599-511-0 / HC 978-1-61599-512-7 / eBook 978-1-61599-513-4
List Price: PB \$ 17.95 / HC \$ 26.95 / eBook \$ 4.95
Audiobook: iTunes, Audible.com, Amazon
Trim: 8.5 x 8.5 (52 pp)
Audience: 4-7 years
Lexile Score: 1000L - Grade(s) 5, 6, 7
Pub Date: 05/01/2020
BISAC: JUVENILE FICTION/Family/Orphans & Foster Homes
JUVENILE FICTION/Social Issues/Homelessness & Poverty
JUVENILE FICTION/Social Issues/Emigration & Immigration



Synopsis: *The Magic Home* is a story for those who believe in magic, to turn fear into bravery and let fantasies run wild! This is a tale of a little boy that lives with his family, plays happily in the courtyard with his brother, sister, a brown dog and a fluffy white rabbit, and cannot wait to start school. Suddenly he has to leave for an unpredictable journey...

The Magic Home offers psycho-educational support for children, parents and childhood professionals who are assisting children through the difficult transition of displacement. The author presents a guide for caregivers grounded in the principles of Play Therapy that allows children to be engaged in a dynamic and engaging process based on their capacities and the objectives defined by a caring adult. The book is ideal for easy reading with individuals and groups, and the suggested activities can be used between parent and child, at school, in a healthcare agency or any other place where children spend time.

"*The Magic Home* is an endearing and enduring story of a child's journey to deal with unimaginable feelings of sadness, loss and displacement. This touching story teaches us how to tap into the child's resilience using the healing power of play and expressive arts. *The Magic Home* is a must-have book for child clinicians, caregivers and child professionals to use with children displaced from their homes, regardless of the situation."

-- Athena A. Drewes, PsyD, MA, RPT-S, founder and president emeritus of the New York Association for Play Therapy.

"*The Magic Home* is a comforting story about a little boy who loses all that is familiar and faces many uncertainties in his new life until he meets Ina, who helps him feel that he is not alone. This gently told story and sweet illustrations offer children who have faced disruptions in their families a sense of control over their circumstances and hope for a brighter future."

-- Sue Bratton, PhD, LPC-S, RPT-S, director emerita, Center for Play Therapy at University of North Texas

"*The Magic Home* takes us on a journey that is dealing with loss, adjustment and, most importantly, feelings. This book helps adults help children with big feelings that are hard to understand. The added suggestions on how to use the book and reusable figures are a valuable addition. A delightful and helpful book that helps us all know we have a magic home. "

-- Linda E. Homeyer, PhD, LPCS, RPT-S, distinguished professor emerita and past president of the Association for Play Therapy (APT) board of directors.

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Essentials of Pre-Marital Counseling: Creating Compatible Couples

Publisher: Loving Healing Press
Series: New Horizons in Therapy
Author: Sandra L. Ceren
Foreword: Michael J. Salamon
ISBN-13: PB 978-1-932690-66-8 / eBook 978-1-61599-981-1
List Price: PB \$ 19.95 / eBook \$ 6.95
Trim: 6 x 9 (148 pp)
Audience: 06
Pub Date: 06/01/2008
BISAC: PSYCHOLOGY/Psychotherapy/Couples & Family
FAMILY & RELATIONSHIPS/Conflict Resolution
FAMILY & RELATIONSHIPS/Marriage

Synopsis: Expand Your Clinical Practice with this Practical Hands-on Guide

- Teach conflict resolution skills to your couples
- Introspective quizzes expose more of couples' inner lives and past history to each other
- Real-life exercises let couples practice cooperative decision-making and compromise before a crisis happens.
- Couples will discover and have the opportunity to change bad habits which threaten the viability of the relationship.

Therapists Acclaim for Essentials of Pre-Marital Counseling

"An invaluable ten-week program of specific steps to evaluate a relationship, detect warning signs and avoid disastrous pitfalls before committing to marriage."

--Holly A. Hunt, PhD, author of *Essentials of Private Practice*

"What I find most rewarding about this book is what Dr. Ceren refers to as 'The art of gracious compromise'-or what may be called-how to get along in your relationship. Therapists take heed, this book is for you and your clients! You will benefit greatly."

--Michael J. Salamon, Ph.D., FICPP, Senior Psychologist/Director, Adult Developmental Center, Author of *The Shidduch Crisis*

"A remarkable roadmap to a healthy relationship and insight into self, written by a therapist who combines experience and skill in improving the lives of others."

--Rosalee G. Weiss, PhD Diplomate, American Board of Psychological Specialties Learn more about the author at www.DrSandraLevyCeren.com

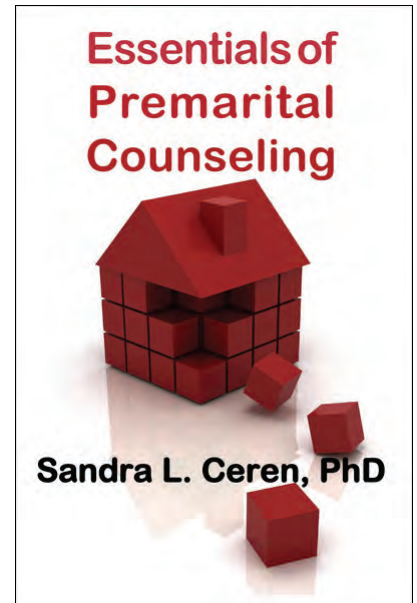
Book #7 in the New Horizons in Therapy Series

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Look Before You Leap: A Premarital Guide for Couples

Publisher: Loving Healing Press

Author: Sandra L. Ceren

ISBN-13: PB 978-1-932690-75-0 / eBook 978-1-61599-982-8

List Price: PB \$ 18.95 / eBook \$ 6.95

Trim: 6 x 9 (156 pp)

Audience: General Adult

Pub Date: 09/01/2008

BISAC: FAMILY & RELATIONSHIPS/Marriage
PSYCHOLOGY/Psychotherapy/Couples & Family
RELIGION/Christian Life/Love & Marriage

Synopsis: Ready to Tie the Knot?

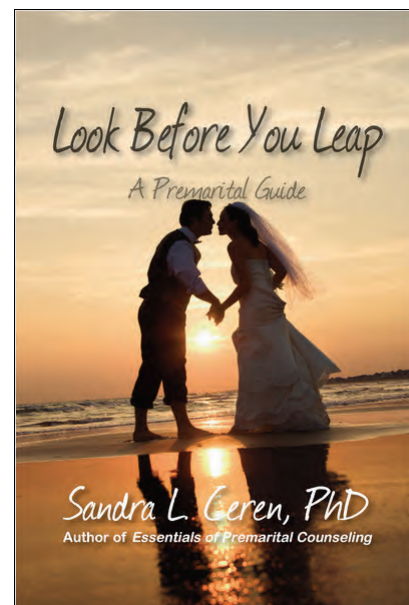
Originally published as a highly recommended professional text for premarital counselors, the research based quizzes, exercises, and case examples are now available for couples planning to marry. The materials can help you discover more about yourselves and your partner and determine readiness for marital challenges.

- Discover who you really are
- Find out more about your partner
- Determine the quality of your relationship
- Learn how to meet difficult situations
- Gain skills to resolve conflicts
- Acquire better communication
- Achieve a satisfying and enduring relationship

Therapists' Acclaim for Look Before You Leap

"Dr. Ceren shares her forty years of experience in helping couples to reduce and prevent relationship problems before committing to marriage. The book is a remarkable roadmap to a healthy relationship and insight into self, written by a therapist who combines experience and skill in improving the lives of others."

--Rosalee G. Weiss, Ph.D., Diplomate, American Board of Psychological Specialties



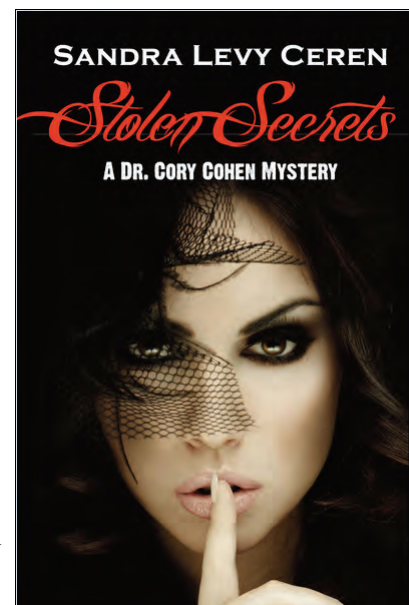
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Stolen Secrets: A Dr. Cory Cohen Mystery

Imprint: Modern History Press
Series: Dr. Cory Cohen Mysteries
Author: Sandra L. Ceren
ISBN-13: PB 978-1-61599-068-9 / HC 978-1-61599-069-6 / eBook 978-1-61599-959-0
List Price: PB \$ 19.95 / HC \$ 32.95 / eBook \$ 6.95
Trim: 6.14 x 9.21 (200 pp)
Audience: General Adult
Pub Date: 08/01/2011
BISAC: FICTION/Mystery & Detective/Women Sleuths
FICTION/Contemporary Women
FICTION/Jewish



**Synopsis: A woman reveals her most intimate fantasy...
a stolen secret which could lead to murder!**

A strait-laced patient in San Diego running for District Attorney is threatened by a midnight phone caller who knows her dirty secret--her fantasy of living as a prostitute--a secret she shared only with Dr. Cory Cohen. After confronting her therapist, she vanishes.

As Cory wrestles with her patient's disappearance, the security breach and the potential harmful effects on other patients, events escalate. A patient is blackmailed. Cory is stalked, and her quarters burgled, forcing her to escape an unseen enemy and sending her on a spiraling trail of deceit, betrayal, blackmail and murder.

Book #2 of the Dr. Cory Cohen Mysteries

"A genuine page-turner in the best sense. Her years as a psychologist have earned Ceren a look at the darkness of the psyche and human behavior. Psychologist-sleuth--Cory Cohen--is both compassionate and tough. A strong, heartfelt work from a writer we will be hearing a lot more about."

--T. Jefferson Parker, three-time Edgar-winning author

"A haunting tale of ambition and betrayal that tests the strength and ethical convictions of an engaging heroine. At every treacherous turn a cunning and dangerous assailant tries to make Cory choose between the welfare of her patients and her own life. A chilling read."

--Kris Neri, Agatha-nominated author

Please visit DrSandraLevyCeren.com

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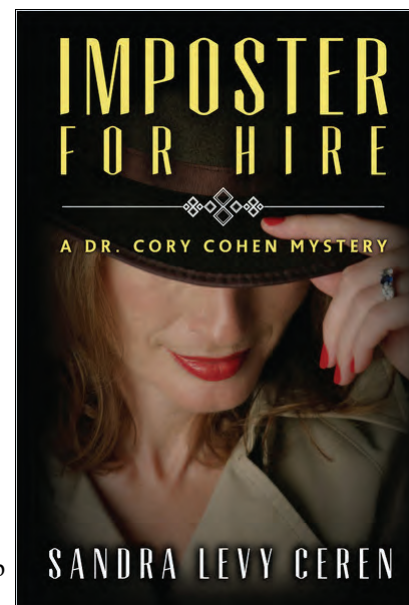
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Imposter for Hire: A Dr. Corey Cohen Mystery

Imprint: Modern History Press
Series: Dr. Cory Cohen Mysteries
Author: Sandra Levy Ceren
ISBN-13: PB 978-1-61599-142-6 / eBook 978-1-61599-144-0
List Price: PB \$ 19.95 / eBook \$ 6.95
Trim: 6.14 x 9.21 (200 pp)
Audience: General Adult
Pub Date: 04/15/2012
BISAC: FICTION/Mystery & Detective/Women Sleuths
FICTION/Contemporary Women
FICTION/Jewish



Synopsis: An international intrigue with psychological twists and turns!

Psychologist Dr. Cory Cohen teams up again with private investigator Ben Fortuna. This time they're on a case involving an anorexic young mother and her Iranian husband, a prominent petroleum engineer. His method to reinvigorate abandoned oil wells is sought by a desperate oil company executive willing to do anything, including kidnapping and murder, to claim ownership of the method. Cory and the detective tread a treacherous path strewn with terrorists determined to cause international disasters and a man propelled by greed and ambition.

"Her years as a psychologist have earned Ceren a look at the darkness of the psyche and human behavior. Psychologist-sleuth--Cory Cohen--is both compassionate and tough. A strong, heartfelt work from a writer we will be hearing a lot more about." --T. Jefferson Parker, three-time Edgar-winning author

"Another exciting, engrossing psychological thriller from a favorite author. The well-defined characters and international intrigue create a compelling page-turner to the very end." --Holly A. Hunt, PhD, psychologist, author, speaker

"...a good, fun thriller that packs in a whole lot of themes, in a way that doesn't clash. While being entertained, the reader is likely to get some subtle education on a number of psychological matters such as eating disorders and the effects of trauma." --Bob Rich, PhD, psychologist and author

Book #3 of the Dr. Cory Cohen Mystery Series.

Mystery & Detective - Women Sleuths

Please visit www.DrSandraLevyCeren.com

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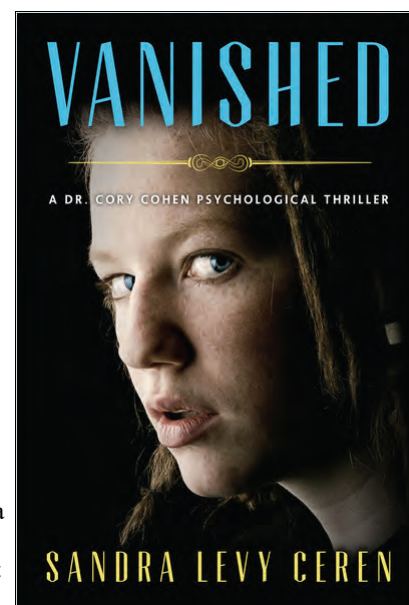
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Elsewhere: (734)417-4266
Fax: +1 734 663 6861

Vanished: A Dr. Cory Cohen Psychological Thriller

Imprint: Modern History Press
Series: Dr. Cory Cohen Mysteries
Author: Sandra Levy Ceren
ISBN-13: PB 978-1-61599-230-0 / eBook 978-1-61599-231-7
List Price: PB \$ 19.95 / eBook \$ 6.95
Trim: 6.14 x 9.21 (204 pp)
Audience: General Adult
Pub Date: 08/01/2014
BISAC: FICTION/Mystery & Detective/Women Sleuths
FICTION/Contemporary Women
FICTION/Jewish

Synopsis: A young artist awakes one morning alone in an empty house, with no memory of her identity or location. Puzzled and terrified, she finds Dr. Cory's business card in a purse. While the psychologist/sleuth tries to help the artist revive her memory, Cory's neighbor Rita goes missing. Uncovering Rita's real identity, Cory's detection abilities spring into action to confront a menace that haunts their neighborhood.

Written by a longtime psychologist, this fourth volume in the Dr. Cory Cohen mystery series, set on the San Diego coast, offers a genuine portrayal of a psychologist's professional life combined with the thrill and intrigue of a mystery.



Praise for the Dr. Cory Cohen Mystery Series

"Her years as a psychologist have earned Ceren a look at the darkness of the psyche and human behavior. Psychologist/sleuth Cory Cohen is both compassionate and tough. A strong, heartfelt work from a writer we will be hearing a lot more about."

--T. Jefferson Parker, three-time Edgar-winning author

"Another exciting, engrossing psychological thriller from a favorite author. The well-defined characters and intrigue create a compelling page-turner to the very end."

--Holly A. Hunt, PhD, psychologist, author, speaker

"...a good, fun thriller that packs in a whole lot of themes, in a way that doesn't clash. While being entertained, the reader is likely to get some education on the professional life of a psychologist and the effect of trauma on victims."

Bob Rich, PhD, psychologist and author

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Mystery & Detective - Women Sleuths

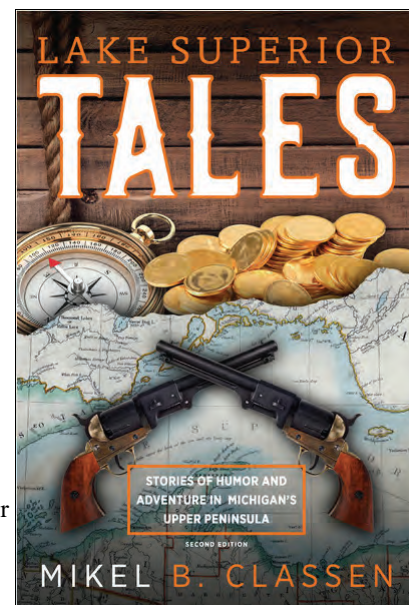
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Lake Superior Tales: Stories of Humor and Adventure in Michigan's Upper Peninsula, 2nd Ed.

Imprint: Modern History Press
Author: Mikel B. Classen
ISBN-13: PB 978-1-61599-404-5 / HC 978-1-61599-408-3 / eBook 978-1-61599-409-0
List Price: PB \$ 14.95 / HC \$ 24.95 / eBook \$ 4.95
Audiobook: iTunes, Audible.com, Amazon
Trim: 6.14 x 9.21 (134 pp)
Audience: General Adult
Pub Date: 11/01/2018
BISAC: FICTION/Short Stories (single author)
HISTORY/United States/State & Local/Midwest (IA, IL, IN, KS, MI, MN, MO, ND, NE, OH, SD, WI)
FICTION/Action & Adventure



Synopsis: Join us for epic adventures in the U.P. on land and lakes!

Pirates, thieves, shipwrecks, sexy women, lost gold, and adventures on the Lake Superior frontier await you! In this book, you'll sail on a ship full of gold, outwit deadly shapeshifters, battle frontier outlaws and even meet the mysterious agent that Andrew Jackson called "the meanest man" he ever knew. Packed with action, adventure, humor, and suspense, this book has something for every reader. Journey to the wilds of the Lake Superior shoreline through ten stories that span the 19th century through present day including "The Wreck of the Marie Jenny," "The Bigg Man," "Wolf Killer," and "Bullets Shine Silver in the Moonlight."

Mikel B. Classen is a longtime resident of Sault Sainte Marie in Michigan's Upper Peninsula. His intimacy of the region, the history and its culture gives this book a feel of authenticity that is rarely seen. As a writer, journalist, columnist, photographer, and editor with more than 30 years experience, his breadth of knowledge is unparalleled.

"It's clear that Mikel B. Classen knows and loves the Lake Superior area of Michigan and brings it to life in a delightful way. If you want frequent laughs, unusual characters who jump off the page, and the fruit of a highly creative mind, you've got to read this little book."
-- Bob Rich, author, *Looking Through Water*

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Learn more at www.MikelClassen.com

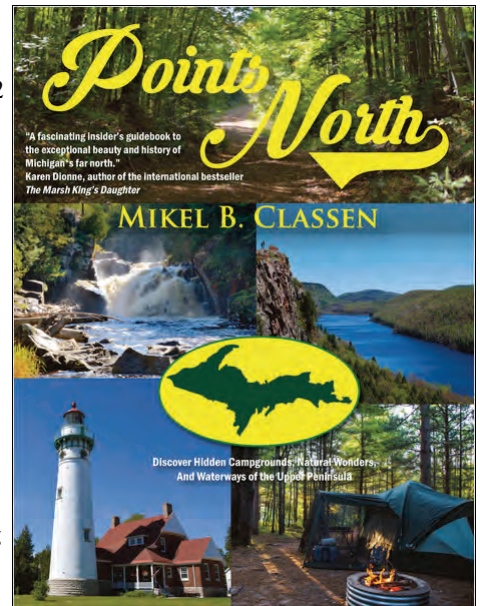
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Points North: Discover Hidden Campgrounds, Natural Wonders, and Waterways of the Upper Peninsula

Imprint: Modern History Press
Author: Mikel B. Classen
ISBN-13: PB 978-1-61599-490-8 / HC 978-1-61599-491-5 / eBook 978-1-61599-492-2
List Price: PB \$ 27.95 / HC \$ 39.95 / eBook \$ 6.95
Audiobook: iTunes, Audible.com, Amazon
Trim: 7.44 x 9.69 (140 pp)
Audience: General Adult
Pub Date: 11/01/2019
BISAC: TRAVEL/United States/Midwest/East North Central (IL, IN, MI, OH, WI)
HISTORY/United States/State & Local/Midwest (IA, IL, IN, KS, MI, MN, MO, ND, NE, OH, SD, WI)
SPORTS & RECREATION/Hiking



Synopsis: Featuring more than 150 color photos of the U.P.'s most beautiful, historic, and natural locations!

I've spent many years exploring the wilderness of Michigan's Upper Peninsula (U.P.), and one thing has become apparent: no matter what part in which you find yourself, fascinating sights are around every corner. There are parks, wilderness areas and museums. There are ghost towns and places named after legends. There are trails to be walked and waterways to be paddled. In the U.P., life is meant to be lived to the fullest. In this book, I've listed 40 destinations from every corner of the U.P. that have places of interest. Some reflect rich history, while others highlight the natural wonders that abound. So, join in the adventures. The Upper Peninsula is an open book--the one that's in your hand.

"Without a doubt, Mikel Classen's *Points North* needs to be in every library, gift shop and quality bookstore throughout the country--particularly those located in Michigan's Lower Peninsula. Not only does Classen bring alive the U.P. through his polished words, his masterful use of color photography also makes this book absolutely beautiful. *Points North* will long stand as a tremendous tribute to one of the most remarkable parts of our country."

--Michael Carrier, author, *Murder on Sugar Island*

"Mikel Classen's love for Michigan's Upper Peninsula shines from every page in *Points North*, a fascinating insider's guidebook to the exceptional beauty and history of Michigan's far north. Whether you're still in the planning stages of your trip, or you're looking back fondly on the memories you created--even if you wish merely to enjoy a virtual tour of the Upper Peninsula's natural wonders from the comfort of your armchair, you need this book."

--Karen Dionne, author of the international bestseller, *The Marsh King's Daughter*

"Many of the places in *Points North* may sound familiar, but Classen has spent time exploring them all, finding out the wonders others drive by and miss. And some of them may baffle you as much as they did me: the UP has a WWII glider museum? Classen has scoured every inch of the UP, visiting every campground, ghost town, lighthouse, waterfall, and beach that you may have never heard of. This book is full of surprises for even the most knowledgeable visitors to the UP. And if you're like me, you'll find yourself marking up the pages, making notes of places you have to visit next time you're up north."

--Steve Lehto, author of *Death's Door: The Truth Behind the Strike of 1913 and the Italian Hall Disaster* and *Michigan's Columbus: The Life of Douglass Houghton*

"Until I read this book, I had not realized the large number of hidden treasures that the U.P. has. More than just an interesting history, this book is a descriptive roadmap to these treasures. *Points North* can be used as a guide to an adventure you would never have known about on your own. The pictures and place descriptions here are fantastic! These hidden locations have suddenly become easy to find with this book. I recommend it highly."

--Bob Hruska, author of *Humorous Hunting, Fishing, and Camping in the U.P. and Canada*

Learn more at www.PointsNorthBooks.com

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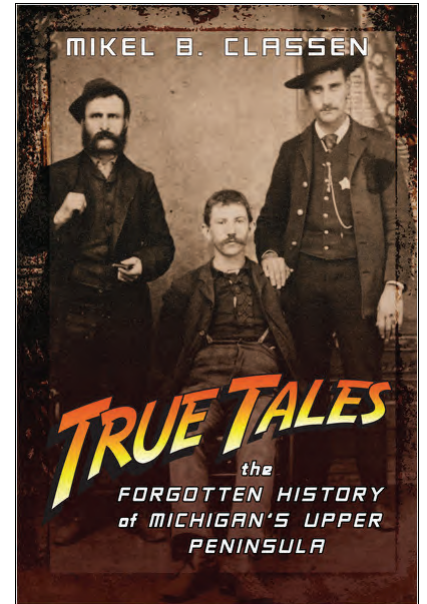
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True Tales: The Forgotten History of Michigan's Upper Peninsula

Imprint: Modern History Press
Author: Mikel B. Classen
ISBN-13: PB 978-1-61599-635-3 / HC 978-1-61599-636-0 / eBook 978-1-61599-637-7
List Price: PB \$ 18.95 / HC \$ 29.95 / eBook \$ 5.95
Audiobook: iTunes, Audible.com, Amazon
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Audience: General Adult
Pub Date: 04/01/2022
BISAC: HISTORY/United States/State & Local/Midwest (IA, IL, IN, KS, MI, MN, MO, ND, NE, OH, SD, WI)
TRAVEL/United States/Midwest/East North Central (IL, IN, MI, OH, WI)
BIOGRAPHY & AUTOBIOGRAPHY/Adventurers & Explorers



Synopsis: What Were Pioneer Days *Really* Like in the U.P.?

The combination of mining, maritime and lumbering history created a culture in the U.P. that is unique to the Midwest. Discover true stories of the rough and dangerous times of the Upper Peninsula frontier that are as enjoyable as they are educational. You'll find no conventional romantic or whitewashed history here. Instead, you will be astonished by the true hardships and facets of trying to settle a frontier sandwiched among the three Great Lakes.

These pages are populated by Native Americans and the European immigrants, looking for their personal promised land--whether to raise families, avoid the law, start a new life or just get rich... no matter what it took. Mineral hunters, outlaws, men of honor creating civilization out of wilderness and the women of strength that accompanied them, the Upper Peninsula called to all. Among the eye-opening stories, you'll find *True Tales* includes:

- Dan Seavey, the infamous pirate based out of Escanaba
- Angelique Mott, who was marooned with her husband on Isle Royale for 9 months with just a handful of provisions and no weapons or tools
- Vigilantes who broke up the notorious sex trafficking rings--protected by stockades, gunmen, and feral dogs--in Seney, Sac Bay, Ewen, Trout Creek, Ontonagon and Bruce Crossing
- Klaus L. Hamringa, the lightkeeper hero who received a commendation of valor for saving the crews of the Monarch and Kiowa shipwrecks
- The strange story of stagecoach robber Reimund (Black Bart) Holzhey
- The whimsical tale of how Christmas, Michigan got its moniker
- The backstories of famous pioneers, such as Peter White, George Shiras III, Governor Chase Osborn and many others

"This book is a gold mine of vacation possibilities, providing dozens of fascinating little-known facts about many of the innumerable attractions found in Michigan's Upper Peninsula. While most would agree that there exists no more interesting place to explore than Michigan's U.P., the way Mikel describes the individual points of interest exponentially enhances the qualities of each attraction. With the aid of a near countless parade of carefully selected historical images, Mikel paints a picture the reader will not ever forget." -- Michael Carrier, author of *Murder on Sugar Island* (Jack Handler mysteries)

"Romantic ideas of the pioneer days in Michigan's Upper Peninsula will fade quickly as these true tales of lawless, rugged, wild-weather, difficult times before about 1900 are perused. Laws were few, enforcement was scarce, violent events were often, and shipwrecks were many. However, opportunities to be a hero were as numerous and wonderful life-saving deeds of kindness and compassion are recorded in these pages as well. Classen does history an excellent service by revealing the truth. Sometimes we think humanity has advanced little. An attitude quickly challenged in these pages. Readers will feel gratitude for all they have today after finishing these tales."

--Carolyn Wilhelm, MA, *Midwest Book Review*

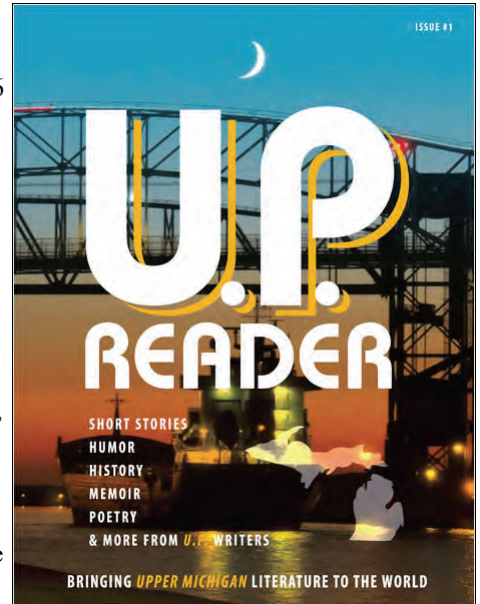
"Classen accomplished what he set out to do--provide readers with interesting and true tales about the U.P. He did not romanticize the history and told bold facts to enlighten the reader. The U.P. was uncharted territory with harsh beginnings. Captains battled terrible storms while sailing on Lake Superior. Corrupt entrepreneurs made money off the suffering of young women. Classen rang bells for unsung heroes. Much can be learned about Chase Osborn's efforts--the man who became the first governor of Michigan from the U.P. and Peter White, founder of Marquette. So much can be learned by reading Classen's book. It is highly recommended."

--Sharon Brunner, *U.P. Book Review*

Learn more at MikelBClassen.com
From Modern History Press

U.P. Reader -- Issue #1: Bringing Upper Michigan Literature to the World

Imprint: Modern History Press
Editor: Mikel B. Classen
ISBN-13: PB 978-1-61599-336-9 / HC 978-1-61599-355-0 / eBook 978-1-61599-337-6
List Price: PB \$ 13.95 / HC \$ 21.95 / eBook \$ 2.99
Audiobook: iTunes, Audible.com, Amazon
Trim: 8.25 x 10.75 (62 pp)
Audience: General Adult
Pub Date: 05/01/2017
BISAC: LITERARY COLLECTIONS/American/General
HISTORY/United States/State & Local/Midwest (IA, IL, IN, KS, MI, MN, MO, ND, NE, OH, SD, WI)



Synopsis: Michigan's Upper Peninsula is blessed with a treasure chest of writers and poets, all seeking to capture the diverse experiences of Yooper Life. Now *U.P. Reader* offers a rich collection of their voices that embraces the U.P.'s natural beauty and way of life, along with a few surprises.

The twenty-eight works in this first annual volume take readers on a U.P. road trip from the Mackinac Bridge to Menominee. Every page is rich with descriptions of the characters and culture that make the Upper Peninsula worth living in and writing about.

Whether you're a native Yooper or just wish you were, you'll love *U.P. Reader* and want to share it with all your Yooper family and friends.

"*U.P. Reader* offers a wonderful mix of storytelling, poetry, and Yooper culture. Here's to many future volumes!"

--Sonny Longtine, author of *Murder in Michigan's Upper Peninsula*

"Share in the bounty of Michigan's Upper Peninsula with those who love it most. The *U.P. Reader* has something for everyone. Congratulations to my writer and poet peers for a job well done."

--Gretchen Preston, Vice President, Upper Peninsula Publishers and Authors Association

"As readers embark upon this storied landscape, they learn that the people of Michigan's Upper Peninsula offer a unique voice, a tribute to a timeless place too long silent."

--Sue Harrison, international bestselling author of *Mother Earth Father Sky*

"I was amazed by the variety of voices in this volume. *U.P. Reader* offers a little of everything, from short stories to nature poetry, fantasy to reality, Yooper lore to humor. I look forward to the next issue."

--Jackie Stark, editor, *Marquette Monthly*

"Like the best of U.P. blizzards, *U.P. Reader* covers all of Upper Michigan in the variety of its offerings. A fine mix of nature, engaging characters, the supernatural, poetry, and much more."

--Karl Bohnak, TV 6 meteorologist and author of *So Cold a Sky: Upper Michigan Weather Stories*

U.P. Reader is sponsored by the Upper Peninsula Publishers and Authors Association (UPPAA) a non-profit 501(c)3 corporation. A portion of proceeds from each copy sold will be donated to the UPPAA for its educational programming.

Learn more at www.UPReader.org

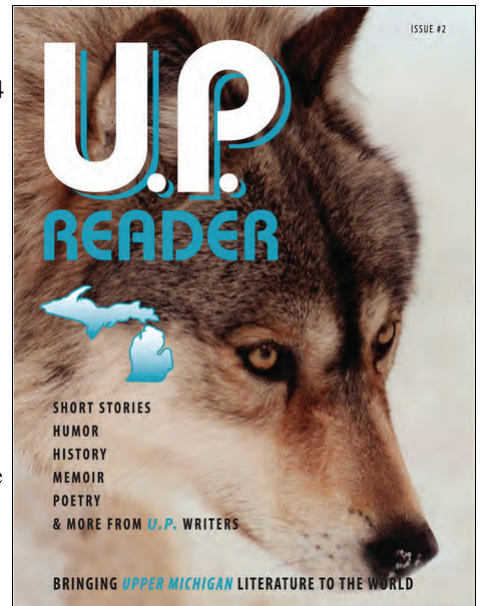
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U.P. Reader -- Issue #2: Bringing Upper Michigan Literature to the World

Imprint: Modern History Press
Editor: Mikel B. Classen
ISBN-13: PB 978-1-61599-384-0 / HC 978-1-61599-385-7 / eBook 978-1-61599-386-4
List Price: PB \$ 15.95 / HC \$ 21.95 / eBook \$ 5.95
Audiobook: iTunes, Audible.com, Amazon
Trim: 8.25 x 10.75 (124 pp)
Audience: General Adult
Pub Date: 06/01/2018
BISAC: LITERARY COLLECTIONS/American/General
HISTORY/United States/State & Local/Midwest (IA, IL, IN, KS, MI, MN, MO, ND, NE, OH, SD, WI)
POETRY/American/General



Synopsis: Michigan's Upper Peninsula is blessed with a treasure trove of storytellers, poets, and historians, all seeking to capture a sense of Yooper Life from settler's days to the far-flung future. Now *U.P. Reader* offers a rich collection of their voices that embraces the U.P.'s natural beauty and way of life, along with a few surprises. The thirty-six works in this second annual volume take readers on U.P. road and boat trips from the Keweenaw to the Straits of Mackinac. Every page is rich with descriptions of the characters and culture that make the Upper Peninsula worth living in and writing about. U.P. writers span genres from humor to history and from science fiction to poetry. This issue also includes imaginative fiction from the Dandelion Cottage Short Story Award winners, honoring the amazing young writers enrolled in the U.P.'s schools. Whether you're an ex-pat, a visitor, or a native-born Yooper, you'll love *U.P. Reader* and want to share it with all your Yooper family and friends.

"*U.P. Reader* offers a wonderful mix of storytelling, poetry, and Yooper culture. Here's to many future volumes!"

--Sonny Longtine, author of *Murder in Michigan's Upper Peninsula*

"Share in the bounty of Michigan's Upper Peninsula with those who love it most. The *U.P. Reader* has something for everyone.

Congratulations to my writer and poet peers for a job well done."

--Gretchen Preston, Vice President, Upper Peninsula Publishers and Authors Association

"As readers embark upon this storied landscape, they learn that the people of Michigan's Upper Peninsula offer a unique voice, a tribute to a timeless place too long silent."

--Sue Harrison, international bestselling author of *Mother Earth Father Sky*

"I was amazed by the variety of voices in this volume. *U.P. Reader* offers a little of everything, from short stories to nature poetry, fantasy to reality, Yooper lore to humor. I look forward to the next issue."

--Jackie Stark, editor, *Marquette Monthly*

"Like the best of U.P. blizzards, *U.P. Reader* covers all of Upper Michigan in the variety of its offerings. A fine mix of nature, engaging characters, the supernatural, poetry, and much more."

--Karl Bohnak, TV 6 meteorologist and author of *So Cold a Sky: Upper Michigan Weather Stories*

U.P. Reader is sponsored by the Upper Peninsula Publishers and Authors Association (UPPAA) a non-profit 501(c)3 corporation. A portion of proceeds from each copy sold will be donated to the UPPAA for its educational programming.

Learn more at www.UPReader.org

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U.P. Reader -- Issue #3: Bringing Upper Michigan Literature to the World

Imprint: Modern History Press
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ISBN-13: PB 978-1-61599-447-2 / HC 978-1-61599-448-9 / eBook 978-1-61599-449-6
List Price: PB \$ 14.95 / HC \$ 22.95 / eBook \$ 5.95
Audiobook: iTunes, Audible.com, Amazon
Trim: 8.25 x 10.75 (96 pp)
Audience: General Adult
Pub Date: 04/01/2019
BISAC: LITERARY COLLECTIONS/American/General
HISTORY/United States/State & Local/Midwest (IA, IL, IN, KS, MI, MN, MO, ND, NE, OH, SD, WI)
POETRY/American/General

Synopsis: Michigan's Upper Peninsula is blessed with a treasure trove of storytellers, poets, and historians, all seeking to capture a sense of Yooper Life from settler's days to the far-flung future. Since 2017, the *U.P. Reader* offers a rich collection of their voices that embraces the U.P.'s natural beauty and way of life, along with a few surprises.

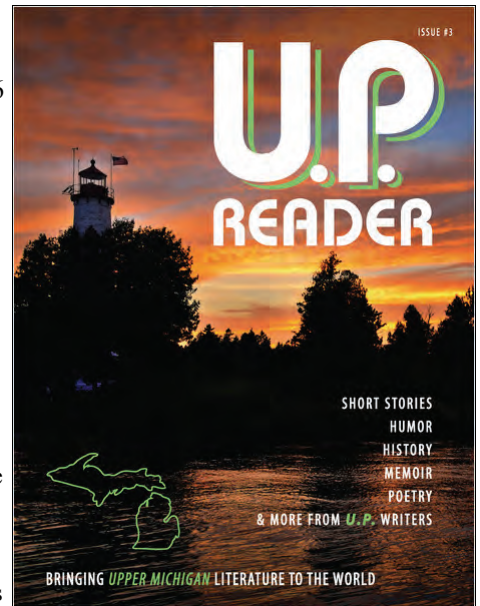
The twenty-three works in this third annual volume take readers on U.P. road and boat trips from the Keweenaw to the Soo. Every page is rich with descriptions of the characters and culture that make the Upper Peninsula worth living in and writing about. U.P. writers span genres from humor to history and from science fiction to poetry. This issue also includes imaginative fiction from the Dandelion Cottage Short Story Award winners, honoring the amazing young writers enrolled in all of the U.P.'s schools.

Featuring the words of Larry Buege, Mikel B. Classen, Deborah K. Frontiera, Jan Kellis, Amy Klco, David Lehto, Sharon Kennedy, Bobby Mack, Becky Ross Michael, T. Sanders, Donna Searight Simons and Frank Searight, Emma Locknane, Lucy Woods, Kaitlin Ambuehl, T. Kilgore Splake, Aric Sundquist, Ninie G. Syarikin, and Tyler R. Tichelaar.

"*U.P. Reader* offers a wonderful mix of storytelling, poetry, and Yooper culture. Here's to many future volumes!"
--Sonny Longtine, author of *Murder in Michigan's Upper Peninsula*

"As readers embark upon this storied landscape, they learn that the people of Michigan's Upper Peninsula offer a unique voice, a tribute to a timeless place too long silent." --Sue Harrison, international bestselling author of *Mother Earth Father Sky* "I was amazed by the variety of voices in this volume. *U.P. Reader* offers a little of everything, from short stories to nature poetry, fantasy to reality, Yooper lore to humor. I look forward to the next issue." --Jackie Stark, editor, *Marquette Monthly*

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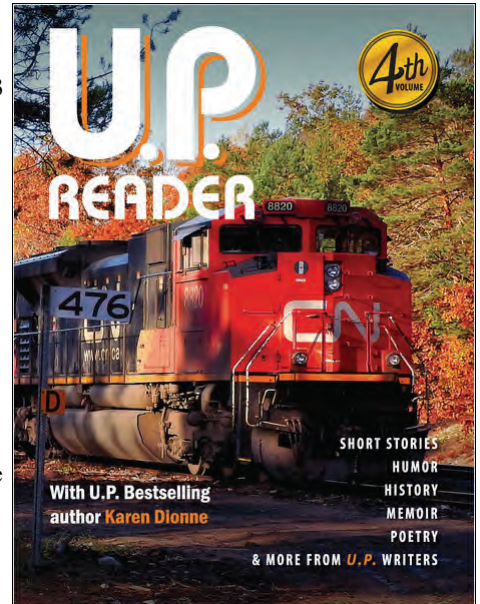
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U.P. Reader -- Volume #4: Bringing Upper Michigan Literature to the World

Imprint: Modern History Press
Editor: Mikel B. Classen
ISBN-13: PB 978-1-61599-508-0 / HC 978-1-61599-509-7 / eBook 978-1-61599-510-3
List Price: PB \$ 16.95 / HC \$ 27.95 / eBook \$ 5.95
Audiobook: iTunes, Audible.com, Amazon
Trim: 8.25 x 10.75 (148 pp)
Audience: General Adult
Pub Date: 04/01/2020
BISAC: LITERARY COLLECTIONS/American/General
HISTORY/United States/State & Local/Midwest (IA, IL, IN, KS, MI, MN, MO, ND, NE, OH, SD, WI)
FICTION/Anthologies (multiple authors)



Synopsis: Michigan's Upper Peninsula is blessed with a treasure trove of storytellers, poets, and historians, all seeking to capture a sense of Yooper Life from settler's days to the far-flung future. Since 2017, the *U.P. Reader* offers a rich collection of their voices that embraces the U.P.'s natural beauty and way of life, along with a few surprises.

The forty-five short works in this fourth annual volume take readers on U.P. road and boat trips from the Keweenaw to the Soo. Every page is rich with descriptions of the characters and culture that make the Upper Peninsula worth living in and writing about. U.P. writers span genres from humor to history and from science fiction to poetry. This issue also includes imaginative fiction from the Dandelion Cottage Short Story Award winners, honoring the amazing young writers enrolled in all of the U.P.'s schools.

Featuring the words of Karen Dionne, Donna Winters, Tyler R. Tichelaar, Brandy Thomas, Jon Taylor, T. Kilgore Splake, Joni Scott, Donna Searight Simons, Terry Sanders, Ninie G. Syarikin, Becky Ross Michael, Cyndi Perkins, Charli Mills, Tricia Carr, Raymond Luczak, David Lehto, Tamara Lauder, Chris Kent, Sharon Kennedy, Jan Stafford Kellis, Rich Hill, Elizabeth Fust, Deborah K. Frontiera, Ann Dallman, Mikel B. Classen, T. Marie Bertineau, Larry Buege, Craig Brockman, Megan Sutherland, May Amelia Shapton, Cora Mueller, and Fenwood Tolonen.

"Funny, wise, or speculative, the essays, memoirs, and poems found in the pages of these profusely illustrated annuals are windows to the history, soul, and spirit of both the exceptional land and people found in Michigan's remarkable U.P. If you seek some great writing about the northernmost of the state's two peninsulas look around for copies of the *U.P. Reader*.

--Tom Powers, *Michigan in Books*

"*U.P. Reader* offers a wonderful mix of storytelling, poetry, and Yooper culture. Here's to many future volumes!"

--Sonny Longtine, author of *Murder in Michigan's Upper Peninsula*

"As readers embark upon this storied landscape, they learn that the people of Michigan's Upper Peninsula offer a unique voice, a tribute to a timeless place too long silent."

--Sue Harrison, international bestselling author of *Mother Earth Father Sky*

"I was amazed by the variety of voices in this volume. *U.P. Reader* offers a little of everything, from short stories to nature poetry, fantasy to reality, Yooper lore to humor. I look forward to the next issue." --Jackie Stark, editor, *Marquette Monthly*

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Learn more at www.UPReader.org

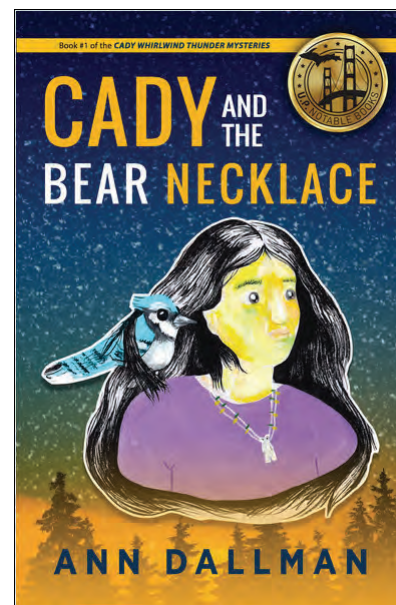
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Cady and the Bear Necklace: A Cady Whirlwind Thunder Mystery, 2nd Ed.

Imprint: Modern History Press
Author: Ann Dallman
ISBN-13: PB 978-1-61599-648-3 / HC 978-1-61599-649-0 / eBook 978-1-61599-650-6
List Price: PB \$ 15.95 / HC \$ 26.95 / eBook \$ 4.95
Audiobook: iTunes, Audible.com, Amazon
Trim: 5.5 x 8.5 (134 pp)
Audience: 11-14 years
Pub Date: 02/01/2022
BISAC: YOUNG ADULT FICTION/Diversity & Multicultural
YOUNG ADULT FICTION/Coming of Age
YOUNG ADULT FICTION/Girls & Women



Synopsis: Join us for the first book of the CADY WHIRLWIND THUNDER MYSTERIES

- Winner of the Historical Society of Michigan's book award for Children & Youth (2020)
- Winner of the Midwest Book Award for Young Adult Fiction (2020)
- Winner of the Upper Peninsula Notable Books award (2020)

Cady, a 13-year-old girl of Native American heritage, has experienced major changes in the past year—her father's marriage to a younger woman, a new baby brother, and a move from Minnesota to Michigan where she attends a reservation school for the first time. One school day, Cady finds an eagle feather on the floor outside a classroom and reports it to the principal. When thanking her for this act of honor, he tells her that a mystery might soon appear in her life. Later, Cady discovers and antique Indian beaded necklace hidden under the floor of her bedroom closet. Is this the mystery the principal predicted might appear? She consults with elders who tell her it is her "job" to find out why. Helping her are her new friends Irish, John Ray and a talking blue jay.

"I was enthralled by the story, its interesting characters, the mystery plot, the author's beautiful writing style spiced with wisdom and humor, and what I learned about tribal cultures and customs."

-- Christine DeSmet, author of *The Fudge Shop Mysteries*

"I LOVE IT. I could not put it down. I read the last few chapters slowly as possible the past few days because I was sad it was almost to the end of the book. I am looking forward to the next one."

-- Faye DG Auginaush, from the White Earth Ojibwe in MN & Hannahville MI Potawatomi.

"What a beautifully written story of a young Native American girl, Cady, and her search for love and answers. The author's descriptions and authentic dialogue will immerse the reader in Native American culture and history."

-- Gregory L. Renz, author of *Beneath the Flames*

"As the Director of the Crystal Falls District Community Library (MI), I highly recommend this book! It has mystery and adventure, with a hint of romance. I have bought this book for gifts, and it is just great. Ann Dallman can really write a tale for tween children that speaks to them on their level. Don't overthink it. Just put this in your cart now and buy it!"

-- Evelyn Gathu

"Cady is a beautifully drawn and very likeable character. Readers will feel lucky to have found Cady and accompanied her on a journey of self-discovery. Cady grows to appreciate how her people are much more in touch with the natural world, possess an ingrained sense of wonder, and a firm belief that nature in all its myriad forms communicates with them. Best of all they live in harmony with the natural world. And oh yes, this is a YA novel, but I defy anyone of any age to read a few pages and not become totally absorbed in Cady's life."

-- Tom Powers, *Michigan In Books*

Learn more at www.AnnDallman.com

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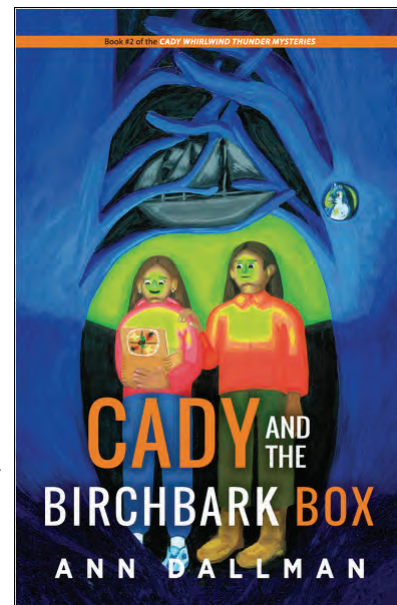
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Cady and the Birchbark Box: A Cady Whirlwind Thunder Mystery

Imprint: Modern History Press
Author: Ann Dallman
ISBN-13: PB 978-1-61599-651-3 / HC 978-1-61599-652-0 / eBook 978-1-61599-653-7
List Price: PB \$ 16.95 / HC \$ 29.95 / eBook \$ 4.95
Audiobook: iTunes, Audible.com, Amazon
Trim: 5.5 x 8.5 (146 pp)
Audience: 11-14 years
Pub Date: 06/01/2022
BISAC: YOUNG ADULT FICTION/Diversity & Multicultural
YOUNG ADULT FICTION/Coming of Age
YOUNG ADULT FICTION/Girls & Women

Synopsis: In *Cady and the Birchbark Box*, Cady Whirlwind Thunder solves the mystery behind a weathered journal found inside an old birchbark box. Why was the box buried behind a deserted garage? This is the question her friend and "crush," John Ray Chicaug, asks Cady after the two of them find it. And what meaning do the notes in the book have? Cady's grandma and her ever-present companion, a noisy blue jay, encourage her as she puts together the pieces and ultimately restores the reputation of a deceased elder. Cady does all this while navigating through another school year, earning a place on the school's soccer team and continuing to calm her temper and adjust to life with a new stepmother and baby brother.



"I love *Cady and the Birchbark Box*. I read it with my daughter, who is very interested in Native American culture. The book is a fun adventure, sprinkled with history and culture. It is a great book for kids and adults alike. Great read!"

-- August Brill, M.S., bilingual teacher, Chicago public schools

"This well-crafted, beautiful novel immerses readers in the elegance of Native American culture as it delivers an emotional, intriguing mystery that readers from middle grade through adults will enjoy. Highly recommended!"

-- Christine DeSmet, author of *Fudge Shop Mystery Series*

"Ann Dallman's writing is a teacher's dream come true. Cady is a character students can relate to and learn from. While Cady is learning about her Native American culture and traditions, readers become immersed in a culture they may not have knowledge of."

-- Gina Zanon, 5th-grade teacher, Menominee, MI

"Another great mystery with our strong Anishnaabe Kwe Cady! As with the first book in this series, *Cady and the Birchbark Box* gives the reader insight into life on a Native American Reservation while also taking them on an exciting journey! The characters feel authentic and the use of Native traditions sprinkled throughout makes this book feel like home. I got sucked into the story immediately and love a good mystery! Native readers (children and adults alike) will feel seen and I wish I had this series to read when I was a child. I am thrilled that my children will grow up with Cady on their bookshelf. We will read of her adventures while drinking ginger ale and sitting outside with the blue jays. Until next time Cady, bama pi."

--Larissa Wandahsega, Hannahville Indian Community member

Learn more at www.AnnDallman.com

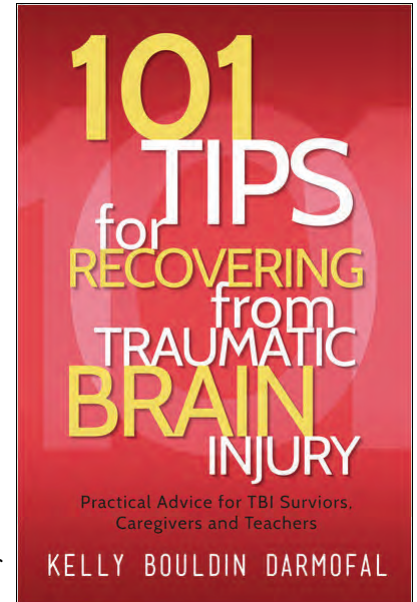
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101 Tips for Recovering from Traumatic Brain Injury: Practical Advice for TBI Survivors, Caregivers, and Teachers

Publisher: Loving Healing Press
Series: 101 Tips
Author: Kelly Bouldin Darmofal
Foreword: Dr. Frank Balch Wood
ISBN-13: PB 978-1-61599-282-9 / HC 978-1-61599-433-5 / eBook 978-1-61599-283-6
List Price: PB \$ 8.95 / HC \$ / eBook \$ 4.95
Audiobook: iTunes, Audible.com, Amazon
Trim: 5.25 x 8 (43 pp)
Audience: General Adult
Pub Date: 09/01/2015
BISAC: HEALTH & FITNESS/Diseases/Nervous System (incl. Brain)
EDUCATION/Special Education/Learning Disabilities
BIOGRAPHY & AUTOBIOGRAPHY/Women



Synopsis: Kelly Bouldin Darmofal suffered a severe TBI in 1992; currently she holds a Masters in Special Education from Salem College, NC. Her memoir *Lost In My Mind: Recovering From Traumatic Brain Injury (TBI)* tells her story of tragedy and triumph. Kelly will be teaching "TBI: An Overview for Educators" at Salem College. Kelly's "tips" were learned during two decades of recovery and perseverance; they include:

- Ways to avoid isolation and culture shock post-TBI
- Tips for staying organized in the face of instant chaos
- Strategies for caretakers and teachers of TBI survivors
- Life philosophies that reject despair
- How to relearn that shoes must match
- Why one alarm clock is never enough, and
- A breath of humor for a growing population with a "silent illness"--TBI

Those who suffer from TBI should benefit from Kelly Darmofal's advice. She speaks often of the value of a sense of humor in dealing with TBI symptoms and quotes Viktor Frankl who believed that humor was one of the "...soul's weapons in the fight for self preservation." I strongly recommend her work.

--Dr. George E. Naff, NCC, LPC, Diplomate in Logotherapy

Kelly is a wonderful resource about TBI for survivors, caregivers, teachers, and the entire community. The wisdom gained from her own experience makes her believable; the frankness and sense of humor that she reveals as she writes makes her authentic... Kelly and her publications have become a trusted resource for our clients who are surviving from a TBI.

--Barbara Saulpaugh, Regional Executive Director, CareNet Counseling, an affiliate of Wake Forest Baptist Health

Learn more at www.ImLostInMyMind.com

From Loving Healing Press www.LHPress.com

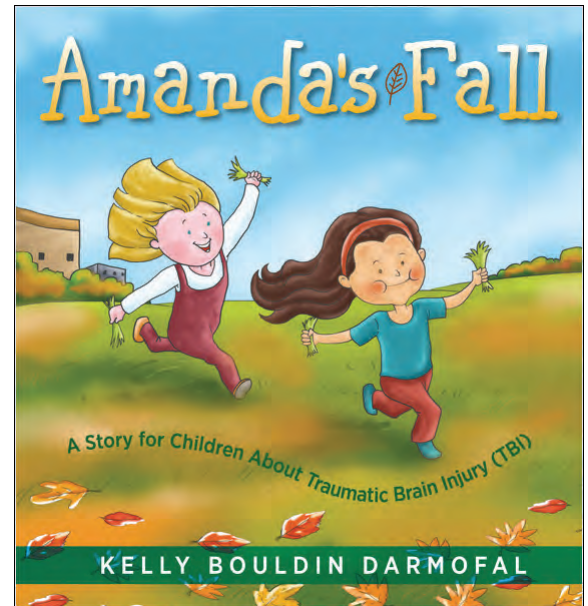
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Amanda's Fall: A Story for Children About Traumatic Brain Injury (TBI)

Publisher: Loving Healing Press
Author: Kelly Bouldin Darmofal
ISBN-13: PB 978-1-61599-450-2 / HC 978-1-61599-451-9 / eBook 978-1-61599-452-6
List Price: PB \$ 15.95 / HC \$ 26.95 / eBook \$ 4.95
Trim: 8.5 x 9.0 (28 pp)
Audience: 5-8 years
Lexile Score: 690L - Grade(s) 3
Pub Date: 05/01/2019
BISAC: JUVENILE FICTION/Social Issues/Special Needs
JUVENILE FICTION/Health & Daily Living/Diseases, Illnesses & Injuries



Synopsis: *Amanda's Fall*, with charming illustrations by Bijan Samaddar, depicts an event common in schools today. Young Amanda gets a concussion after falling and hitting her head during recess. While she can hear people talking, she cannot respond. Amanda is taken to a doctor for evaluation. Wisely, her parents ask for a prognosis, which in Amanda's case, is a good one. Author Kelly Darmofal offers readers her third book on TBI (Traumatic Brain Injury), encouraging parents and caretakers to alert schools and, hopefully, doctors when any child is concussed; side effects can then be ameliorated.

Studies show that Traumatic Brain Injuries represent the leading cause of death and disability in young adults in industrialized countries. According to the CDC, at least 564,000 children are seen each year for brain injury in hospital emergency departments and released.

"Kelly Darmofal worked hard on recovering from severe TBI, and gained the special gift of ability to explain what she went through. This book offers transforming power to children and parents--those afflicted with TBI and those trying to prevent it."

-- Dr. Frank Balch Wood, professor emeritus of neurology-neuropsychology at Wake Forest School of Medicine and ordained Baptist minister

"*Amanda's Fall* is a delightful, much needed children's book on Traumatic Brain Injury. Through the eyes of a child, it raises awareness, has tips for coping and offers support for those affected."

-- Christina Condon NP, Neurology

"*Amanda's Fall* is a lovely book that uses rhyme and colorful illustrations to engage young readers. Kelly Bouldin Darmofal's warm writing style makes it easy to understand the issues surrounding this potentially serious medical condition."

Laurie Zelinger, PhD, RPT-S, board certified psychologist and author of *Please Explain Time Out to Me*

"This is a cute and creative story to help young children understand their world after a traumatic brain injury. It teaches them that they are not alone in their experiences. The tips for parents are a valuable resource as well."

-- Mary Jane Morgan, Lower School Principal, Calvary Day School

"Darmofal has an ease in the way she writes about TBI. In this sweet story, she makes a difficult situation approachable and something to discuss. This is a wonderful story to share and educate children about TBI."

-- Susie van der Vorst, co-Founder and Director, Camp Spring Creek

Learn more at www.ImLostInMyMind.com

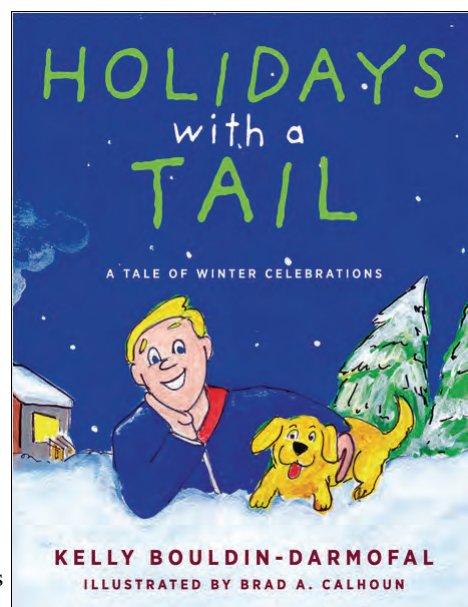
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Holidays with a Tail: A Tale of Winter Celebrations

Publisher: Loving Healing Press
Author: Kelly Bouldin Darmofal
Illustrator: Brad Calhoun
ISBN-13: PB 978-1-61599-615-5 / HC 978-1-61599-616-2 / eBook 978-1-61599-617-9
List Price: PB \$ 17.95 / HC \$ 29.95 / eBook \$ 4.95
Audiobook: iTunes, Audible.com, Amazon
Trim: 8.5 x 11 (34 pp)
Audience: 4-7 years
Lexile Score: 1020L - Grade(s) 6, 7, 8
Pub Date: 11/01/2021
BISAC: JUVENILE FICTION/Holidays & Celebrations/Christmas & Advent
JUVENILE FICTION/Holidays & Celebrations/Hanukkah
JUVENILE FICTION/Holidays & Celebrations/Kwanzaa



Synopsis: Young Alex is beyond excited on Christmas Eve. He knows that Christmas celebrates the birthday of Jesus Christ, and he cannot wait for tomorrow to come—he wants a puppy of his own to play with and love. On Christmas Day, he opens a large box with, yes, a puppy inside. Alex names him Zipper! However, when grandparents come bearing gifts, Zipper bounds out of the open door. Mother and Alex then begin a neighborhood adventure as they search for a runaway dog and meet neighbors with different winter holiday celebrations and traditions: the Hindu Diwali, the Jewish Hanukkah, the Latinx Las Posadas and the African-American Kwanzaa. Alex then returns home for a Christmas feast, happy with his new canine companion and the knowledge that his neighborhood is filled with amazing people who are more alike than different.

"Kelly Darmofal takes her readers on an unexpected Christmas journey that leads her readers to discover the beauty of our diverse winter holidays! *Holidays with a Tail: A Tale of Winter Celebrations* is a book to read aloud to all!"

--Debbie McIntyre, Principal of Jefferson Elementary School

"With warmth and cheer, Darmofal captures Christmas Day in *Holidays with a Tail: A Tale of Winter Celebrations*. A day of adventure for a boy becomes a day of learning and connecting with others for a deeper understanding of cultures and traditions that differ from his own. A great holiday read!"

--Emily M. Cagle, Media Specialist at Meadowlark Elementary School

"With vibrant illustrations and easy to understand language, the author introduces us to five holiday celebrations enjoyed by families of different cultures. This book is non-judgmental and depicts appreciation for the differences among us. While it is intended for children, parents might also learn something new. *Holidays With a Tail* is a valuable resource if we plan to raise our children with an acceptance of diversity."

--Dr. Laurie Zelinger, Child Psychologist, Author of *Please Explain Vaccines to Me Because I HATE SHOTS!*

Learn more at www.ImLostInMyMind.com

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Lost in My Mind: Recovering From Traumatic Brain Injury (TBI)

Imprint: Modern History Press
Author: Kelly Bouldin Darmofal
ISBN-13: PB 978-1-61599-244-7 / HC 978-1-61599-245-4 / eBook 978-1-61599-246-1
List Price: PB \$ 19.95 / HC \$ 32.95 / eBook \$ 6.95
Audiobook: iTunes, Audible.com, Amazon
Trim: 6.14 x 9.21 (224 pp)
Audience: General Adult
Pub Date: 11/01/2014
BISAC: HEALTH & FITNESS/Diseases/Nervous System (incl. Brain)
EDUCATION/Special Education/Learning Disabilities
BIOGRAPHY & AUTOBIOGRAPHY/Women

Synopsis: *Lost in My Mind* is a stunning memoir describing Kelly Bouldin Darmofal's journey from adolescent girl to special education teacher, wife and mother -- despite severe Traumatic Brain Injury (TBI). Spanning three decades, Kelly's journey is unique in its focus on TBI education in America (or lack thereof). Kelly also abridges her mother's journals to describe forgotten experiences. She continues the narrative in her own humorous, poetic voice, describing a victim's relentless search for success, love, and acceptance -- while combating bureaucratic red tape, aphasia, bilateral hand impairment, and loss of memory.

Readers will:

- Learn why TBI is a "silent illness" for students as well as soldiers and athletes.
- Discover coping strategies which enable TBI survivors to hope and achieve.
- Experience what it's like to be a caregiver for someone with TBI.
- Realize that the majority of teachers are sadly unprepared to teach victims of TBI.
- Find out how relearning ordinary tasks, like walking, writing, and driving require intense determination.

"This peek into the real-life trials and triumphs of a young woman who survives a horrific car crash and struggles to regain academic excellence and meaningful social relationships is a worthwhile read for anyone who needs information, inspiration or escape from the isolation so common after traumatic brain injury."

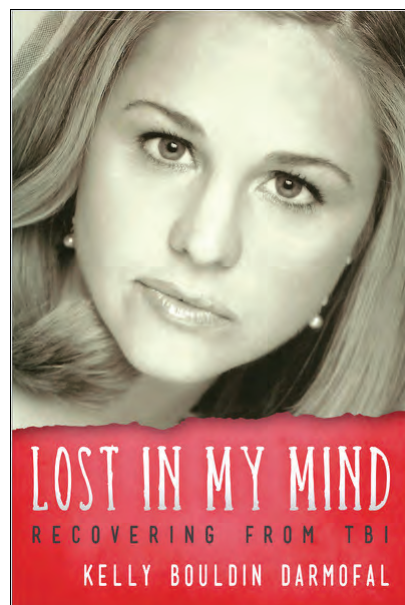
-- Susan H. Connors, President/CEO, Brain Injury Association of America

"Kelly Bouldin Darmofal's account is unique, yet widely applicable: she teaches any who have suffered TBI--and all who love, care for, and teach them--insights that are not only novel but revolutionary. The book is not simply worth reading; it is necessary reading for patients, poets, professors, preachers, and teachers."

-- Dr. Frank Balch Wood, Professor Emeritus of Neurology-Neuropsychology, Wake Forest School of Medicine

Learn more at www.ImLostInMyMind.com

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Dropping the Eyelids: Nonfiction for the Soul

Imprint: Modern History Press
Author: Ernest Dempsey
ISBN-13: PB 978-1-61599-631-5 / eBook 978-1-61599-638-4
List Price: PB \$ 9.95 / eBook \$ 2.99
Trim: 5.5 x 8.5 (50 pp)
Audience: General Adult
Pub Date: 01/01/2022
BISAC: HUMOR/Form/Essays
SOCIAL SCIENCE/Essays
TRAVEL/Essays & Travelogues

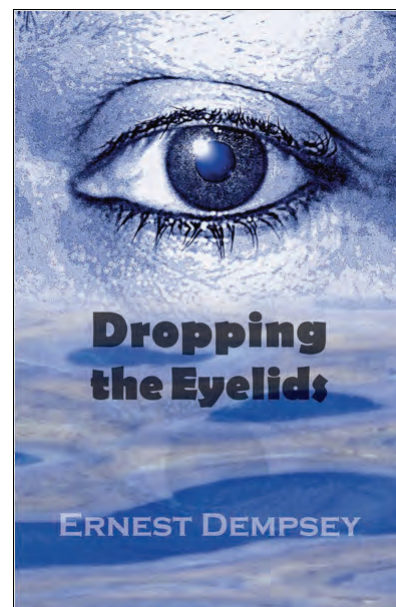
Synopsis: In this latest collection of nonfiction stories and essays, Ernest Dempsey takes readers to the darker corners of human consciousness that make the boundary of our collective vulnerabilities. In these pages, readers will walk through episodes of heartbreak and grief, memories of childhood peace oblivious to the violence lurking in future, and daggers of disillusionment slashing the great expectations out of a naive heart.

While themes of these stories and essays are varied, due to multiple accounts weaved around real-life deaths, *Dropping the Eyelids* can be called Dempsey's unofficial sequel to his short fiction book *The Blue Fairy and Other Tales of Transcendence* (Modern History Press, 2009). However, the narration and mode of the entries in this collection are more critical, self-conscious, and poignant than reassuring and veiled.

Dropping the Eyelids is a book of nonfiction for the soul, and at the same time it marks a campsite for the author, who ventures into the creative wilderness--unarmed but undeterred.

Learn more at www.ErnestDempsey.com

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Runs of Life

Imprint: Modern History Press

Author: Ernest Dempsey

ISBN-13: PB 978-1-61599-439-7 / HC 978-1-61599-440-3 / eBook 978-1-61599-441-0

List Price: PB \$ 8.95 / HC \$ 21.95 / eBook \$ 2.99

Trim: 5 x 8 (22 pp)

Audience: General Adult

Pub Date: 03/01/2019

BISAC: POETRY/Subjects & Themes/Death, Grief, Loss
POETRY/General

Synopsis: Running is natural--an act combining freedom of motion and personal energy to take one's body and spirit out of the "normal" mode of movement. We run early in our lives, starting in childhood. Nobody needs to teach it to us. Even before we are able to muster the strength and attain the balance for running with our bodies, our spirit is long familiar with running. There truly is something special about running.

The themed poems in this publication come mainly from personal memories of running--out of simple play and childhood fun time, at times for safety, or even in dreams. I loved running; still love it though now I don't get many "calls" for speeding up my feet and setting my pace to that level of energy. But I do run, body and soul.

"Ernest Dempsey's dear little book on running is full of surprises. His earnestness about running both delights and transforms into potent metaphor.... just not the ones you might expect. This is a sweet and generous heart... one that runs into darkness and manages to bring back joy."

-- Elizabeth Knight, Writing and Literature Instructor, Portland Community College

"Not everyone remembers the joys of running the way that Ernest Dempsey has done in this little book. My favorite poem is 'Racing Heart.' Kudos to Ernest."

-- RD Armstrong, poet, publisher and dog about town

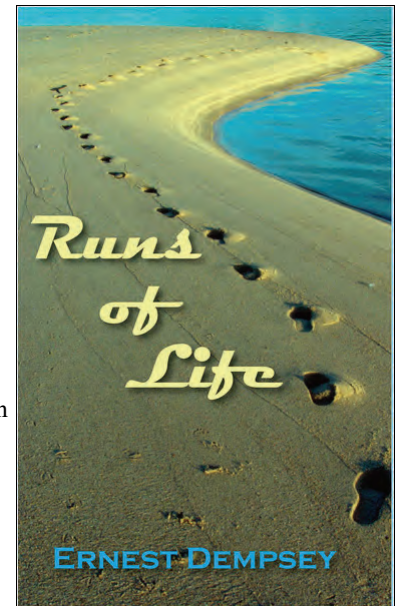
Learn more at www.ErnestDempsey.com

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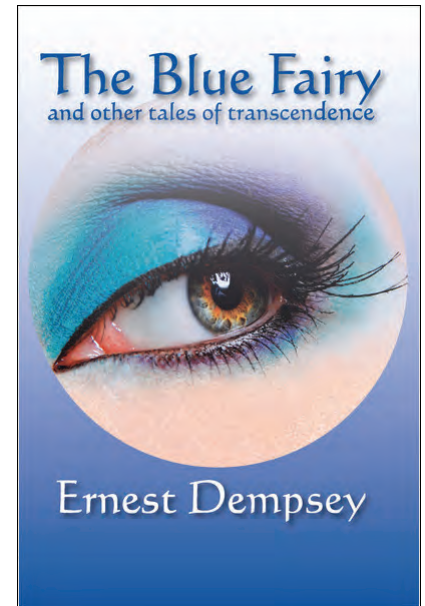
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The Blue Fairy and other tales of transcendence

Imprint: Modern History Press
Series: World Voices
Author: Ernest Dempsey
ISBN-13: PB 978-1-932690-92-7 / eBook 978-1-61599-991-0
List Price: PB \$ 16.95 / eBook \$ 5.95
Trim: 6 x 9 (108 pp)
Audience: General Adult
Pub Date: 01/01/2010
BISAC: FICTION/General
FICTION/Short Stories (single author)
FICTION/Visionary & Metaphysical



Synopsis: A thought-provoking excursion to life's last breath

Ernest Dempsey's second collection of short stories *The Blue Fairy* takes a subject that has been dreaded for centuries - 'Death'. It is one of the few works of fiction, which neither treats the subject as the 'D word' by bringing in fantasies of afterlife nor compromises the solemnity by trying to evaporate the reality of death in humor. Instead, Dempsey explores the many sides to the subject that make the final departure a meaningful reality of existence. Inspired mostly by real life experiences, Dempsey's *The Blue Fairy* ingeniously integrates dying with living. It is a book for the soul.

Acclaim for the writing of Ernest Dempsey

"There is something about the somberness of his search for moral principles that reminds me of Victorian poets such as Tennyson, Bronte, Kipling, and Hardy writing in the 19th century. Bringing these themes into 21st century views is an interesting task."
--Janet Grace Riehl, Village Wisdom

"Following clearly in the footsteps of Rod Serling or his distant predecessor, Edgar Allan Poe, comes a fresh new voice in world fiction. Ernest Dempsey conveys the freight of emotion with a twist of irony in his first collection of short stories which address the tender lines between life and death."

--Victor R. Volkman, host of Authors Access

About the Author

Ernest Dempsey has authored four books and, in just the last few years, seen the publication of his poems, essays, short stories, and literary reviews worldwide. He is now the editor-in-chief of the literary magazine *Recovering the Self: A Journal of Hope and Healing* (www.RecoveringSelf.com) and also works as the country editor for Pakistan on the celebrated Internet news channel Instablogs. Dempsey is now looking forward to completing his first novel.

Learn more at www.ErnestDempsey.com

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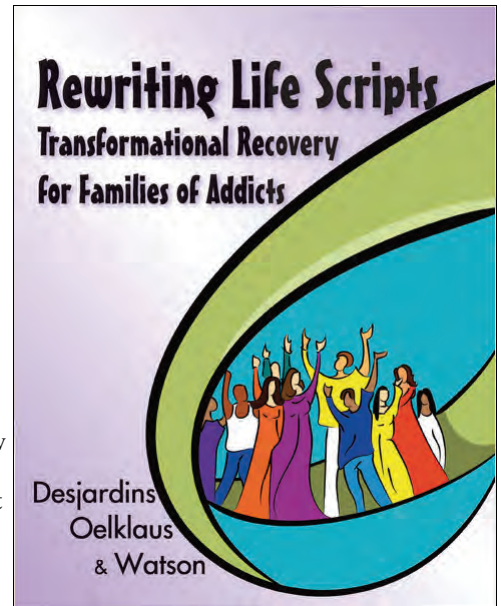
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Rewriting Life Scripts: Transformational Recovery for Families of Addicts

Imprint: Life Scripts Press
Author: Liliane Desjardins and Nancy Oelklaus
ISBN-13: PB 978-1-932690-97-2 / eBook 978-1-61599-943-9
List Price: PB \$ 22.95 / eBook \$ 6.95
Trim: 8 x 10 (184 pp)
Audience: General Adult
Pub Date: 03/01/2010
BISAC: SELF-HELP/Substance Abuse & Addictions/General
FAMILY & RELATIONSHIPS/General
SELF-HELP/Adult Children of Substance Abusers



Synopsis: Finally a treatment approach that embraces the whole family!

In one sense, alcoholics and drug addicts are the fortunate ones. They have to learn a new way to live or risk death, incarceration, and loss of everything they hold dear. But what about the other members of their family? Because so many of them believe that the addict is the problem, they do nothing about their own habits of mind and heart--and continue to live in resentment, anger, and fear, feeding their own stress level and shortening their lives in a way that's very different from the addict--yet, on another level, remarkably similar.

Rewriting Life Scripts: Transformational Recovery for Families of Addicts contains information, explanation, and processes for change. Following the steps outlined in this book brings peace of mind, forgiveness, reconciliation, and the ability--truly--to live happily ever after.

About the Authors

Nancy Oelklaus, Ed. D. has more than 30 years in education, specializing in curriculum development, professional development, and leadership development. First and foremost, she is a teacher. She's also an author, coach, speaker, and workshop leader.

Irene Watson, MA brings over 40 years of life changing experiences and study into her hands-on retreats and workshops. Her background includes psychosynthesis therapy and entrepreneurship. Irene's vision is to inspire others to find their authentic self.

Liliane Desjardins, LCAS loves helping people to do better. With 32 years of clinical experience, she understands and appreciates the beauty, resilience, resourcefulness and deep intelligence of human spirit.

Acclaim for *Rewriting Life Scripts*

"*Rewriting Life Scripts* is a must read for everybody in a family that lives with addiction. A lot has been written about and for people who are addicted. But this book is for the family. And it's good. Their advice is very straightforward and practical and their description of the family disease is a very real picture of the kind of reactions family members develop when they live with someone who is addicted."

--Tony Mandarich, former NFL player, author of *My Dirty Little Secrets: Steroids, Alcohol, and God*

"*Rewriting Life Scripts* is an invaluable roadmap for anyone navigating the difficult journey through the family disease of alcoholism, with stories of success from real people who have 'been there, done that' and are willing to share their experience, strength and hope. Addiction doesn't discriminate and neither should recovery -- recovery for the family too."

--William C. Moyers, author of *Broken* and

From Life Scripts Press

Learn more about this book at www.RewritingLifeScripts.com

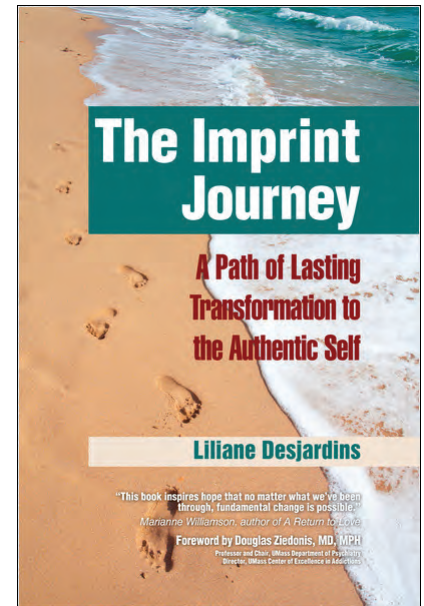
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The Imprint Journey: A Path of Lasting Transformation Into Your Authentic Self

Imprint: Life Scripts Press
Author: Liliane Desjardins
Foreword: Douglas Ziedonis
ISBN-13: PB 978-1-61599-087-0 / HC 978-1-61599-088-7 / eBook 978-1-61599-961-3
List Price: PB \$ 19.95 / HC \$ 32.95 / eBook \$ 6.95
Trim: 7.44 x 9.69 (200 pp)
Audience: General Adult
Pub Date: 03/01/2011
BISAC: BIOGRAPHY & AUTOBIOGRAPHY/General
FAMILY & RELATIONSHIPS/General
SELF-HELP/Adult Children of Substance Abusers



Synopsis: Ever Wonder Why The Same Patterns Happen To You Over And Over Again?

We all have imprints, both negative and positive. An imprint is a belief that shapes our thoughts and actions, a belief we often hold unconsciously. Liliane Desjardins, a certified clinical addiction specialist, co-founder of Pavillon Gilles Desjardins, and co-creator of the Desjardins Unified Model of Treatment of Addictions, sets forth in *The Imprint Journey* an exploration of imprints, how they govern our lives, and how we can reprogram our minds to function in new and fulfilling ways.

The Imprint Journey is equivalent to reading two powerful books in one. Liliane spends the first section telling her own story--a childhood in war-torn Croatia, the death of her mother, being an immigrant first to France and later French Canada--and the addictions and dysfunctions that marred her life until a suicide attempt resulted in a near-death experience. Her own personal recovery led her on a mission to help others find their own freedom from self-imposed and self-limiting imprints. The second half of this powerful book provides an anatomy of our imprints, revealing how to transform them so we are free to be our authentic selves. Liliane includes eight powerful personal stories of people who have overcome their imprints--including religious, sexual, and cultural limitations--as well as an overview of how understanding and rewriting our imprints can shape the human race's future as we all experience individual "Oneness." Readers will find themselves turning to *The Imprint Journey* again and again as a guide to relieve fears and to discover powerful truths about themselves that will transform them into their authentic selves.

Acclaim For Desjardins' *The Imprint Journey*

"Liliane writes from the depth of her own experience, with passion and power and a keen understanding of the human psyche. Her insights lift the reader above their own past patterns, providing insight both comforting and striking. The book inspires hope that no matter what we've been through, fundamental change is possible."

--Marianne Williamson, author, *A Return To Love*

"The Imprint Journey will touch your very soul and make way for profound transformation. From personal story to practical steps, Liliane walks with her readers on the path of awakening. Your life will be changed."

--Carolyn Craft, Psychotherapist, Unity Minister, host of "Waking Up With Carolyn Craft" on Sirius Satellite Radio

Learn more at www.LilianeDesjardins.com

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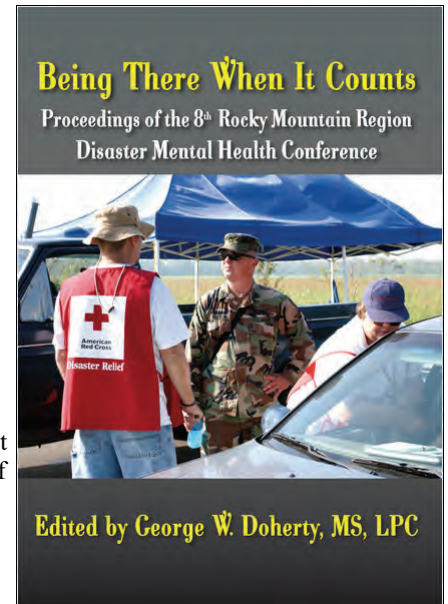
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Being There When It Counts: Proceedings of the 8th Annual Rocky Mountain Disaster Mental Health Conference

Imprint: Rocky Mountain Region DMH Institute Press
Editor: George W. Doherty
ISBN-13: PB 978-1-61599-039-9 / eBook 978-1-61599-967-5
List Price: PB \$ 27.95 / eBook \$ 9.95
Trim: A4 (144 pp)
Audience: 06
Pub Date: 06/01/2010
BISAC: SOCIAL SCIENCE/Disasters & Disaster Relief
PSYCHOLOGY/Psychopathology/Post-Traumatic Stress Disorder (PTSD)
MEDICAL/Allied Health Services/Emergency Medical Services

Synopsis: Will You Be There When it Counts?

"Being There When It Counts" is what Disaster Mental Health Services (DMHS) teams try hardest to achieve before, during and following disasters, critical incidents, crises, and terrorist activities. Although a relatively new field, these teams have quickly become an integral part of disaster and critical incident preparedness, mitigation, response, and follow-up. DMHS began with Critical Incident Stress Debriefing and Critical Incident Stress Management. In order to continue to grow and meet identified needs, both continued development as well as focused research. Research will help identify how Mental Health Services can best be utilized as well as how relevant changes need to be made in practice. Networking and sharing experiences can also help develop resources. The 8th Rocky Mountain Region Disaster Mental Health Conference was held Nov. 7-9, 2009 in Cheyenne, Wyoming. This volume highlights key papers from presenters.



Praise for *The Proceedings of the Rocky Mountain Region Disaster Mental Health Conference*

"...A must have for first responders and mental health professionals. Addressing the needs of people who work in these fields is critical. The better trained they are to be emotionally equipped for disasters, the better they can help others. I think that the pages of information covered in this book will be some of the most important information needed by people in this field today."

--Page Lovitt, Reader Views

"This compilation of papers deals with people's reactions to a wide variety of disasters, including not only terror and Hurricane Katrina, but child abuse and the trauma suffered by families of service members. Taken together, the papers are fascinating. The "Proceedings of the 5th Rocky Mountain Region Disaster Mental Health Conference" provides insight into the nature of the individual's response to terror and disaster. They should be interesting reading for everyone who either indirectly or directly has been affected."

--Linda Benninghoff, author of *Departures*

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Crisis in the American Heartland -- Coming Home: Challenges of Returning Veterans (Volume 2)

Imprint: Rocky Mountain Region DMH Institute Press
Series: Crisis In The American Heartland
Author: George W. Doherty
Foreword: John G. Jones
ISBN-13: PB 978-1-61599-153-2 / HC 978-1-61599-154-9 / eBook 978-1-61599-152-5
List Price: PB \$ 24.95 / HC \$ 37.95 / eBook \$ 6.95
Trim: 7.44 x 9.69 (162 pp)
Audience: General Adult
Pub Date: 04/01/2013
BISAC: MEDICAL/Allied Health Services/Emergency Medical Services
PSYCHOLOGY/Psychopathology/Post-Traumatic Stress Disorder (PTSD)
SOCIAL SCIENCE/Disasters & Disaster Relief

Synopsis: Veterans in rural communities face unique challenges, who will step up to help?

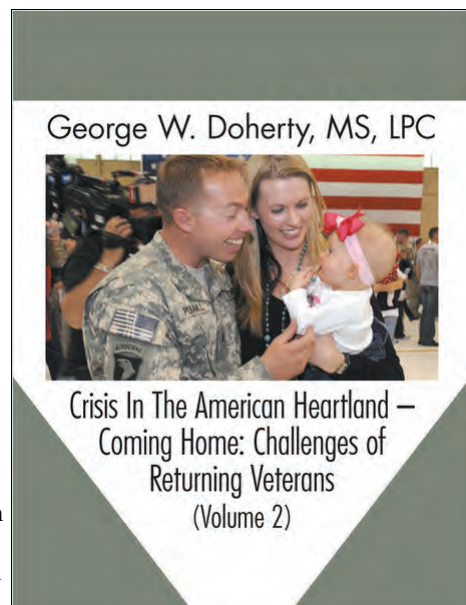
Beginning with a brief scenario of a more gentle view of rural life, the book moves through learned information about families, children, and our returning National Guard and Reserve civilian military members. Return experiences will necessarily be different in rural and frontier settings than they are in suburban and urban environments. Our rural and frontier areas, especially in Western states with more isolated communities, less developed communication and limited access to medical, psychological and social services remain an important concern. This book helps provide some informed direction in working toward improving these as a general guide for mental health professionals working with Guard and Reserve members and families in rural/frontier settings. An appendix provides an in-depth list of online references for Traumatic Brain Injury (TBI).

Specific areas of concern include:

- Morale, deployment abroad, and stress factors
- Effects of terrorism on children and families at home
- Understanding survivor guilt
- Post Traumatic Stress Disorder (PTSD) and suicide
- Preventing secondary traumatization
- Resiliency among refugee populations and military families
- Adjustment and re-integration following the Iraq and Afghanistan Wars
- Vicarious trauma and its effects on children and adults
- How rural and remote communities differ from more urban ones following war experiences in readjusting military members
- Characteristics important in therapists/counselors working with returning military

Doherty's second volume in this new series *Crisis in the American Heartland* explores these and many other issues. Each volume available in trade paper, hardcover, and eBook formats.

Learn more at www.RMRIInstitute.org



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Crisis In The American Heartland -- Disasters & Mental Health In Rural Environments: An Introduction (Volume 1)

Imprint: Rocky Mountain Region DMH Institute Press
Series: Crisis In The American Heartland
Author: George W. Doherty
Foreword: Thomas Mitchell
ISBN-13: PB 978-1-61599-075-7 / HC 978-1-61599-076-4 / eBook 978-1-61599-963-7
List Price: PB \$ 24.95 / HC \$ 39.95 / eBook \$ 6.95
Trim: 7.44 x 9.69 (218 pp)
Audience: 06
Pub Date: 04/01/2011
BISAC: MEDICAL/Allied Health Services/Emergency Medical Services
PSYCHOLOGY/Psychopathology/Post-Traumatic Stress Disorder (PTSD)
SOCIAL SCIENCE/Disasters & Disaster Relief

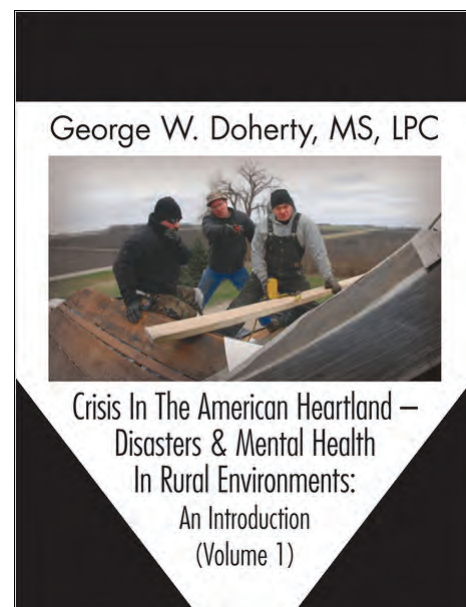
Synopsis: Who will step up to meet the challenge of the next rural crisis?

Rural practice presents important yet challenging issues for psychology, especially given uneven population distribution, high levels of need, limited availability of rural services, and ongoing migration to urban centers. It is critical that mental health professionals and first responders in rural areas become aware of recent research, training and approaches to crisis intervention, traumatology, compassion fatigue, disaster mental health, critical incident stress management, post-traumatic stress and related areas in rural environments. Critical issues facing rural areas include:

- Physical issues such as land, air, and water resources, cheap food policy, chemicals and pesticides, animal rights, corruption in food marketing and distribution, and land appropriation for energy development.
- Quality of life issues such as rural America's declining share of national wealth, problems of hunger, education, and rural poverty among rural populations of farmers and ranchers.
- Direct service issues include the need to accommodate a wide variety of mental health difficulties, client privacy and boundaries, and practical challenges.
- Indirect service issues include the greater need for diverse professional activities, collaborative work with professionals having different orientations and beliefs, program development and evaluation, and conducting research with few mentors or peer collaborators.
- Professional training and development issues include lack of specialized relevant courses and placements.
- Personal issues include limited opportunities for recreation, culture, and lack of privacy.

Doherty's first volume in this new series *Crisis in the American Heartland* explores these and many other issues. Each volume available in trade paper, hardcover, and eBook formats. Social Science: Disasters & Disaster Relief

For more information please visit **www.RMRInstitute.org**



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Crisis Intervention Training for Disaster Workers: An Introduction

Imprint: Rocky Mountain Region DMH Institute Press
Author: George W. Doherty
ISBN-13: PB 978-1-932690-42-2 / eBook 978-1-61599-927-9
List Price: PB \$ 29.95 / eBook \$ 9.95
Trim: 7.44 x 9.69 (288 pp)
Audience: 06
Pub Date: 09/01/2007
BISAC: PSYCHOLOGY/Psychopathology/General
SOCIAL SCIENCE/Disasters & Disaster Relief
NATURE/Natural Disasters

Synopsis: This book provides information about training for mental health professionals and first responders who work with victims of disaster related stress and trauma. It helps prepare them to relate with disaster victims and co-workers. Warning signs and symptoms are explored together with stages, strategies and interventions for recovery.

The book will introduce you to disasters, the community response, the roles of first responders, Disaster Mental Health Services and Critical Incident Stress Management (CISM) responders and teams. It provides a brief overview of these and their roles in responding to the needs of both victims and disaster workers. The role of CISM is presented and discussed both for disasters and other critical incidents. This includes discussion about war, terrorism and follow-up responses by mental health professionals. The book is designed to help readers identify appropriate methods for activating Disaster Mental Health Crisis Intervention Teams for disaster mental health services for victims, co-workers, and self.

The content includes general theory and models of Disaster Mental Health, CISM, crisis intervention techniques commonly used in these situations, supportive research, and practice of approaches used in responding to the victims, workers and communities affected by disasters, critical incidents and terrorism threats and events.

What People are Saying About Crisis Intervention Training for Disaster Workers

"Provides a breadth and depth of knowledge as well as practical tools for beginner to expert. Should be required reading for all disaster responders, and, especially, mental health professionals considering disaster work."

-Bruce L. Andrews, MS, LPC (ARC Disaster Mental Provider/Instructor)

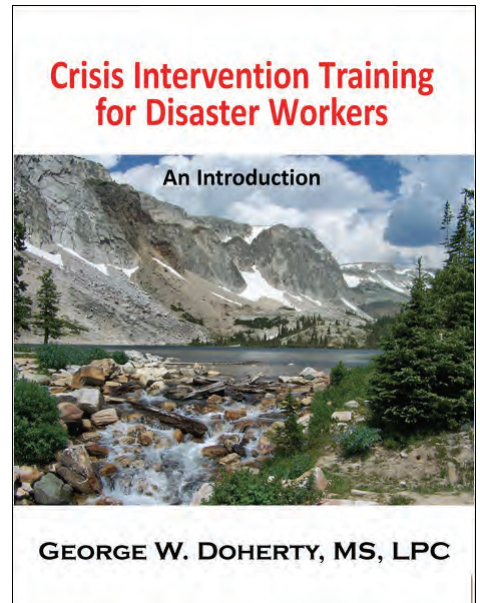
"This text serves as a wonderful adjunct and lead into the discipline of CISM. It provides a brief survey of disaster mental health and disaster mental health services."

-Thomas Mitchell, LPC

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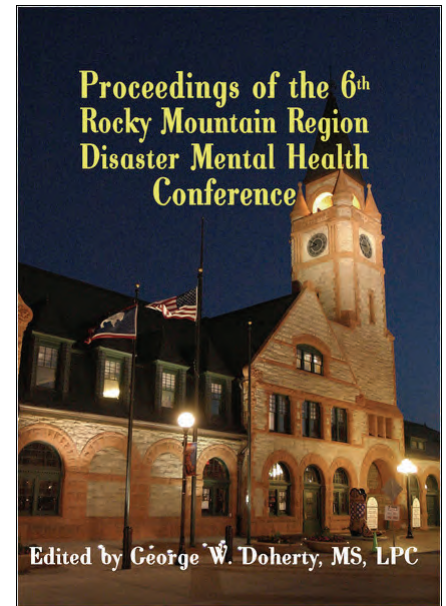
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From Crisis to Recovery: Proceedings of the 6th Annual Rocky Mountain Disaster Mental Health Conference

Imprint: Rocky Mountain Region DMH Institute Press
Editor: George W. Doherty
ISBN-13: PB 978-1-932690-56-9 / eBook 978-1-61599-983-5
List Price: PB \$ 24.95 / eBook \$ 6.95
Trim: A4 (124 pp)
Audience: 06
Pub Date: 04/01/2008
BISAC: PSYCHOLOGY/Psychopathology/General
SOCIAL SCIENCE/Disasters & Disaster Relief
PSYCHOLOGY/Psychopathology/Post-Traumatic Stress Disorder (PTSD)



Synopsis:

Events around the world continue to present challenges for first responders and mental health professionals. Natural and man-made disasters continue. Evidence mounts concerning potential events such as global warming and the effects this may have worldwide. Avian Flu remains a concern as do forms of biological terrorism and natural hazards such as tsunamis, floods, hurricanes and earthquakes. The 2004 tsunami in Sri Lanka and Thailand continues to have a significant impact on that area of the world. Wars in Afghanistan and Iraq continue to impact those countries, the Middle East and the United States. Preparing our communities and families not only for deployments and support of those deployed and their families, but also for the aftermath and return of our military and National Guard personnel into our communities is important for all.

What can we expect from all of these? How do communities and first responders handle these? What role does mental health play? How do first responders and mental health professionals plan together for responding to future events and learning from past ones. Using a strategic planning approach, how do we identify potential threats and identify target populations and groups? What resources are available for which identified threats? How do we do such planning, how often, and how do we exercise such plans prior to events? What can we learn from such events and how do we incorporate what we learn into future planning?

It is crucial that response, resilience, recovery and follow-up be included in our planning. Additional variables important in responding include cultural knowledge and sensitivity. We need to prepare to respond appropriately within a culture not our own, whether locally, nationally, or internationally.

November 8-10, 2007, the Rocky Mountain Region Disaster Mental Health Institute held their Annual Disaster Mental Health Conference in Cheyenne, Wyoming. The theme of this conference was: *From Crisis To Recovery: Resilience and Strategic Planning for the Future*.

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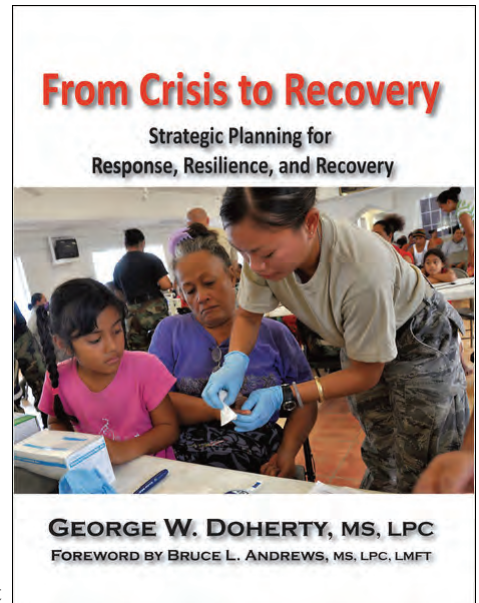
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From Crisis to Recovery: Strategic Planning for Response, Resilience and Recovery

Imprint: Rocky Mountain Region DMH Institute Press
Author: George W. Doherty
Foreword: Bruce L. Andrews
ISBN-13: PB 978-1-61599-015-3 / HC 978-1-61599-016-0 / eBook 978-1-61599-879-1
List Price: PB \$ 29.95 / HC \$ / eBook \$ 6.95
Trim: 7.44 x 9.69 (280 pp)
Audience: 06
Pub Date: 06/01/2010
BISAC: MEDICAL/Allied Health Services/Emergency Medical Services
SOCIAL SCIENCE/Disasters & Disaster Relief
PSYCHOLOGY/Psychopathology/Post-Traumatic Stress Disorder (PTSD)



Synopsis: Crises Happen... Will You Be Ready?

Crises affect people on many different levels, including psychological well-being. The 2004/2009 tsunamis, hurricanes Rita and Katrina, wars in Iraq and Afghanistan are among events continuing to affect millions of lives daily. Potential events like Avian and Swine Flu pandemics, global warming/climate change and threats of spreading unrest in the Middle East are concerns weighing heavily on all. Planning and coordination are important components of responses to crises, disasters, and critical incidents.

Resilience, recovery from crises, community preparation, learning from past experience, and strategically planning for future events are all activities involving education, training and time of first responders, behavioral health professionals, chaplains and others.

Additional response variables include cultural knowledge and sensitivity. We need to respond appropriately within a culture not our own, whether locally, nationally, or internationally. The purpose of a behavioral health plan is to ensure efficient, coordinated and effective responses to behavioral health needs of affected populations during times of disasters and other critical incidents.

Readers of this book will:

- Learn how the community and individuals respond to recover from disasters.
- Identify activities in preparing for, responding to, and recovering from disasters.
- Perform strategic planning and explain how it is helpful in mitigating and responding to disasters, critical incidents and other crises.
- Understand the mental health services provided to people affected by disasters, critical incidents and other crises.
- Identify and explain how disaster mental health professionals are affected by responding to disasters, critical incidents and other crises.
- Understand the stages of disaster recovery and how resilience affects each stage.
- Learn the signs and symptoms of disaster induced stress and emotional trauma and how resilience mitigates outcomes.
- Discover the meaning of "Return to Equilibrium" and explain its role in the recovery process following a disaster or critical incident.

Praise for *From Crisis to Recovery*

"Mr. Doherty has produced an invaluable reference volume for everyone involved in disaster response/disaster preparedness field. It is a must for your library! His attention to detail, breadth of scope, depth of knowledge and readable writing style, reflect the work of an eminent scholar in his field and one who has paid his dues on the frontlines. It represents the ultimate A to Z 'How to Do It' manual in this difficult, complicated field. From the sensitive discussion of clinical issues to the organizational planning details, the clarity and thoroughness of this volume are outstanding. This book should be required reading for everyone involved in this critical field."

--John G. Jones, Ph.D. ABPP ATR-BC Licensed Psychologist

Learn more about the Rocky Mountain Region Disaster Mental Health Institute at www.RMRinstitute.org

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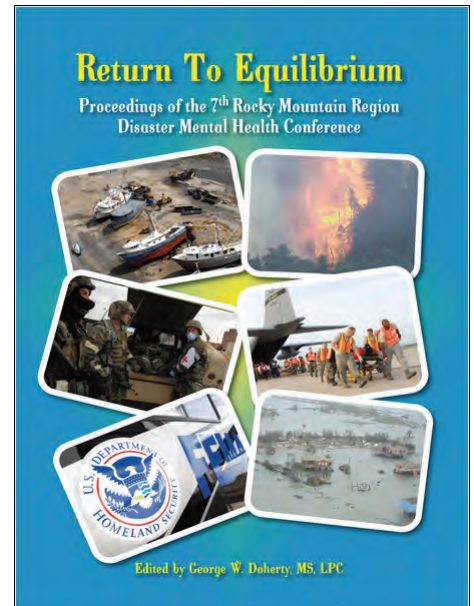
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Return to Equilibrium: Proceedings of the 7th Annual Rocky Mountain Disaster Mental Health Conference

Imprint: Rocky Mountain Region DMH Institute Press
Editor: George W. Doherty
ISBN-13: PB 978-1-932690-86-6 / eBook 978-1-61599-990-3
List Price: PB \$ 29.95 / eBook \$ 9.95
Trim: A4 (224 pp)
Audience: 06
Pub Date: 09/01/2009
BISAC: PSYCHOLOGY/Psychopathology/General
SOCIAL SCIENCE/Disasters & Disaster Relief
PSYCHOLOGY/Psychopathology/Post-Traumatic Stress Disorder (PTSD)

Synopsis: Much discussion follows disasters and critical incidents about returning to normal, but "normal" is never the same again. "Return to Equilibrium", involving integrating the event, its effects, meanings and recognition it's part of one's life can build a new balance and create a new enriched life. Good or bad, experience changes us. Integrating experience into our life creates a new balance. Re-establishing balance in life integrates the event as part of one's life, constructively developing a new "normality". "Return to Equilibrium" is a goal of recovery.



Military personnel (Regular, Reserve, National Guard) are deployed in Afghanistan and Iraq for various lengths and number of tours, leaving jobs, family and college for extended periods to serve our country. While deployed, they are in harm's way 24/7. Some are severely wounded physically. Many others are wounded emotionally and behaviorally. Family members are all affected by deployments. They are supported through Family Services groups during deployment. Veterans and families receive assistance upon return into the community. Veterans organizations provide additional support. Increasing numbers of Veterans return with PTSD, anxiety, depression, somatic problems and Traumatic Brain Injury (TBI), directly affecting relations among spouses, children, friends, relatives and fellow employees in our communities.

Particularly disturbing is the number of suicides occurring among military personnel. Most affected is the returning veteran. Adjusting to changed lives and re-adjusting to families and community is not always smooth. How can communities better understand these adjustments, support returning veterans and become involved in re-integrating them back into communities? What resources are available? What is the role of mental health professionals? Who do they network and interact with? Do they have a role with other healthcare providers, public health, hospitals, veterans organizations, veterans administration, military support groups, etc? How can these groups strategically plan how to address and respond to needs in a combined effort? What issues need to be addressed?

November 6-8, 2008, the Rocky Mountain Region Disaster Mental Health Institute held their Annual Disaster Mental Health Conference in Laramie, Wyoming. Themes were Disaster Mental Health and Returning Military and Families.

Praise for *The Proceedings of the Rocky Mountain Region Disaster Mental Health Conference*

"...A must have for first responders and mental health professionals. Addressing the needs of people who work in these fields is critical. The better trained they are to be emotionally equipped for disasters, the better they can help others. I think that the pages of information covered in this book will be some of the most important information needed by people in this field today."

--Page Lovitt, Reader Views

"This compilation of papers deals with people's reactions to a wide variety of disasters, including not only terror and Hurricane Katrina, but child abuse and the trauma suffered by families of service members. Taken together, the papers are fascinating. The "Proceedings of the 5th Rocky Mountain Region Disaster Mental Health Conference" provides insight into the nature of the individual's response to terror and disaster. They should be interesting reading for everyone who either indirectly or directly has been affected."

--Linda Benninghoff, author of *Departures*

RM DMH Institute Press www.rmrinstitute.org

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Taking Charge in Troubled Times: Proceedings of the 5th Annual Rocky Mountain Disaster Mental Health Conference

Imprint: Rocky Mountain Region DMH Institute Press

Editor: George W. Doherty

ISBN-13: PB 978-1-932690-37-8 / eBook 978-1-61599-921-7

List Price: PB \$ 24.95 / eBook \$ 6.95

Trim: A4 (128 pp)

Audience: 06

Pub Date: 02/01/2007

BISAC: SOCIAL SCIENCE/Disasters & Disaster Relief

PSYCHOLOGY/Psychopathology/Post-Traumatic Stress Disorder (PTSD)

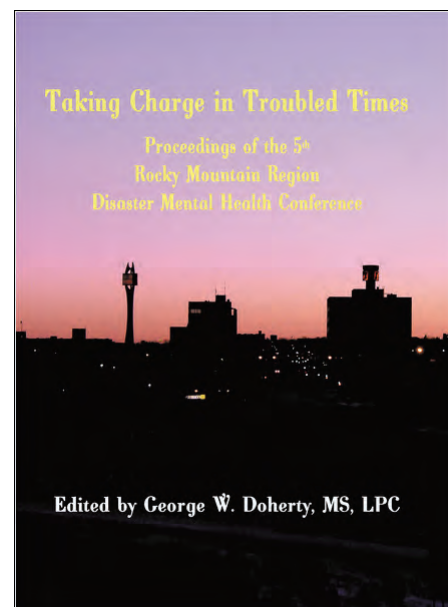
NATURE/Natural Disasters

Synopsis: Recent years have seen an extraordinary number of major disasters, critical incidents and other events that have had major impacts on our world. The 2004 tsunami, hurricanes Rita and Katrina, and the wars in Iraq and Afghanistan affect millions of lives daily. Potential events such as Avian Flu pandemic, global warming and the increasing threats of spreading unrest in the Middle East are concerns that weigh heavily on us all.

November 8-11, 2006, the Rocky Mountain Region Disaster Mental Health Institute held their Annual four-day Disaster Mental Health Conference. The theme of the conference was **"TAKING CHARGE IN TROUBLED TIMES: Response, Resilience, Recovery and Follow-up."** This edition contains the major papers presented at the conference and summaries of additional presentations. They address some of the major crisis events confronting our societies in recent years, namely, large disasters such as hurricanes Katrina and Rita; case studies such as Abu Ghraib, and traumatic events such as a night club suicide bombing, the role of cultural sensitivity and ethics in disaster settings, resilience, and the importance of planning, education and taking care of our first responders and mental health professionals. An additional concern with information includes information about preparation of communities and families for deployment and return of military personnel. The importance of planning for how mental health personnel can respond in the event of an Avian Flu Pandemic is also discussed. Presenters are drawn from researchers and responders from Wyoming, the United States, and the United Kingdom.

Contributors include John Durkin, Alan L. Hensley, Thom Curtis, Patricia Justice, Richard J. Conroy, Debra Russell, Joshua Faudem, Kenneth Glass, and Tasha Graves.

The Rocky Mountain Region Disaster Mental Health Institute is a 501(c)3 Non-profit Organization
Learn more at <http://www.rmrinstitute.org>



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K.V. Dominic Essential Readings: Poems about Social Justice, Women's Rights, and the Environment

Imprint: Modern History Press

Author: K.V. Dominic

ISBN-13: PB 978-1-61599-302-4 / HC 978-1-61599-303-1 / eBook 978-1-61599-304-8

List Price: PB \$ 29.95 / HC \$ 44.95 / eBook \$ 9.95

Trim: 6.14 x 9.21 (286 pp)

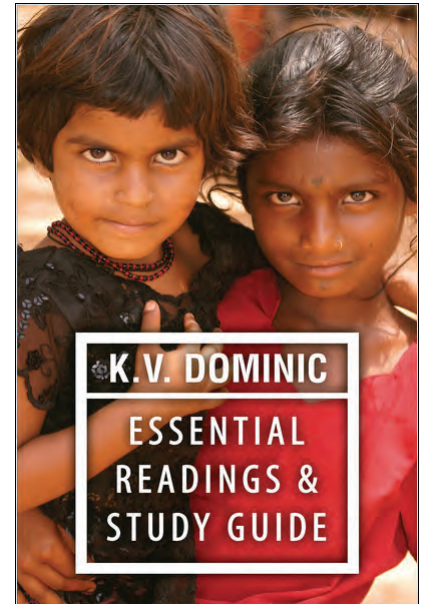
Audience: General Adult

Pub Date: 09/01/2016

BISAC: LITERARY COLLECTIONS/Asian/Indic

LITERARY CRITICISM/Asian/Indic

POLITICAL SCIENCE/Political Freedom & Security/Human Rights



Synopsis: *K. V. Dominic Essential Readings* gathers for the first time the three most important works of poetry from this shining new light of contemporary Indian verse in English: *Winged Reason*, *Write Son*, *Write* and *Multicultural Symphony*. A fourth collection of 22 previously unpublished poems round out a complete look at the first 12 years of Dominic's prolific and profound verse. Each poem includes unique Study Guide questions suitable for South Asian studies curricula.

Written in free verse, each of his poems makes the reader contemplate on intellectual, philosophical, spiritual, political, and social issues of the present world. Themes range from multiculturalism, environmental issues, social mafia, caste-ism, exploitation of women and children, poverty, and corruption to purely introspective matters. From the observation of neighborhood life to international events, and everyday forgotten tragedies of India, nothing escapes the grasp of Dominic's keen sense of the fragility of life and morality in the modern world.

Praise for the verse of K. V. Dominic

"K. V. Dominic is one of the most vibrant Indian English poets whose intense passion for the burning social and national ailments makes him a disciple of Ezekielean School of poetry. His poetic passion for the natural beauty keeps him besides the Romanticists."

-- Dr. A. K. Choudhary, English poet, critic and editor, Professor of English, Assam, India

"K. V. Dominic's poems are important additions to the growing global movement to bring about positive change and equality for all individuals. The injustices he confronts in his poems are the arrows and thorns that pierce his heart every day and the gushing blood that runs through his pen to paper."

-- Rob Harle, poet and critic, Nimbin, Australia

"K. V. Dominic is a poet of the suffering masses and oppressed sections of the society. He tries to dissect corruption at all levels, political or religious, social or academic and presents it in its true colours with all the ugliness and monstrous greed."

--Prof. T. V. Reddy, reputed English poet, writer and critic, Emeritus Professor of English from Andhra Pradesh, India

Learn more at www.profKVDominic.com

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Sanchita Karma and Other Tales of Ethics and Choice from India

Imprint: Modern History Press

Author: K.V. Dominic

ISBN-13: PB 978-1-61599-393-2 / HC 978-1-61599-394-9 / eBook 978-1-61599-395-6

List Price: PB \$ 15.95 / HC \$ 25.95 / eBook \$ 3.99

Trim: 6.14 x 9.21 (146 pp)

Audience: General Adult

Pub Date: 07/01/2018

BISAC: FICTION/Short Stories (single author)

HISTORY/Asia/India & South Asia

LITERARY CRITICISM/Asian/Indic

Synopsis: Join us on an epic journey to India!

K.V. Dominic, one of India's leading contemporary English poets, takes us on a trip to India in this constellation of short stories. His love for his native country is exposed through stories that cover a range of humanistic concerns, including women's empowerment, the natural environment, government and corruption, the education system, crime, the power of compassion and the question of how much influence we have in our own destinies.

"*Sanchita Karma*, a collection of stories evocative of India with its characters, is simply sketched in a few sentences while still feeling rounded and real. From the tentative beginnings of friendship, to family problems, running from life to finding fulfilment, pointed character studies and quiet meditations--Dominic's people are often bereft, put upon and always searching for something. Through them, he speaks volumes--in a short space--about cause and effect in relationships."

--Dr. Patricia Prime, poet, critic, reviewer and editor, New Zealand

"The stories in *Sanchita Karma* deal with a wide spectrum of themes, including the helplessness and loneliness of the aged, the thirst for love, crime and terrorism, religious intolerance and superstition and corruption and unemployment. Like sips of cold water after a dusty walk in the hot sun, the vivid portrayal of these stark realities is revealed through instances of love, humanism, honesty, duty consciousness, compassion, repentance and reformation."

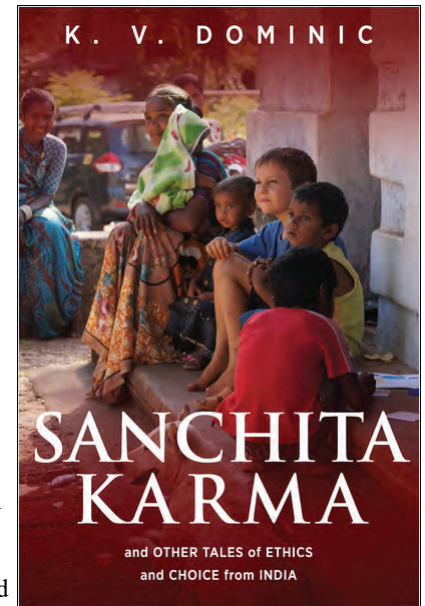
Chandramoni Narayanaswamy, English poet, writer, essayist and translator, Bhubaneswar, Odisha, India

"In *Sanchita Karma*, K.V. Dominic's potential is testified by a simple yet realistic depiction of various characters drawn from all walks of life. The poet/short story writer portrays characters in such a way that the words emphatically flow from their mouths--and stay in our minds--as if they are time bound and dictums for all ages."

--Dr. Radhamony Sarma, Professor of English (ret.), poet and critic, Chennai, India.

Learn more at www.ProfKVDominic.com

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Are You Rugged or Unrugged?: A Graphic Guide to Ruggedtivity

Imprint: Modern History Press
Author: Rugged Dude
Illustrator: Murray Stenton
ISBN-13: PB 978-1-61599-453-3 / HC 978-1-61599-454-0 / eBook 978-1-61599-455-7
List Price: PB \$ 16.95 / HC \$ 26.95 / eBook \$ 4.95
Trim: 8.5 x 9.0 (38 pp)
Audience: General Adult
Pub Date: 07/01/2019
BISAC: COMICS & GRAPHIC NOVELS/Humorous
HUMOR/Form/Comic Strips & Cartoons
SOCIAL SCIENCE/Men's Studies

Synopsis:

ARE YOU RUGGED OR UNRUGGED?

According to Rugged Dude Carson (his real name): "This is the ultimate guide to bringing even a rugged dude or dudette in training all the way up to Rugged Certified status! Even if you live in a high rise building in the city, and drive a Toyota Prius, there is hope for you... Read this book and you'll be on your way to full 'Ruggedtivityizationalism.' Yes, that's a real word. Look it up!"

Rugged Dude credits inspiration for the book from "Doing my TV series *Officially Rugged with RD* for eight seasons and the many (thousands) of emails from people telling us their ideas of being rugged or unrugged. we got over that time. "

When asked how much of himself he could see in the rugged or un-rugged dilemmas, RD replied: "Safe to say that I do see myself in many of the scenarios in the book. Also, on many of my trips (for taping shows anywhere across Canada and the USA) there would be a couple or three other people with us. And, they too, would be perfect candidates for some of this ruggedtivity."

"I feel so much better—it's good to have my ruggedness affirmed by the experts. This book is a humorous look at the outdoors lifestyle that those of us that are rugged, enjoy. This collection of fun illustrations and ruggedisms will keep you turning the pages from cover to cover. Are you rugged? Take the test. And yes, I have fixed a hole in my canoe with duct tape."

--Mikel B. Classen, author of *Lake Superior Tales*, editor of *U.P. Reader*

"After a year in the bush hunting and fishing and not using any deodorant, a hungry bear picks up your trail. It gets a good whiff of you and goes the other way. Rugged?..... This book is humorous and full of many 'Rugged' examples. A winner!"

--- Bob Hruska, Author of *Humorous Hunting and Fishing Stories*

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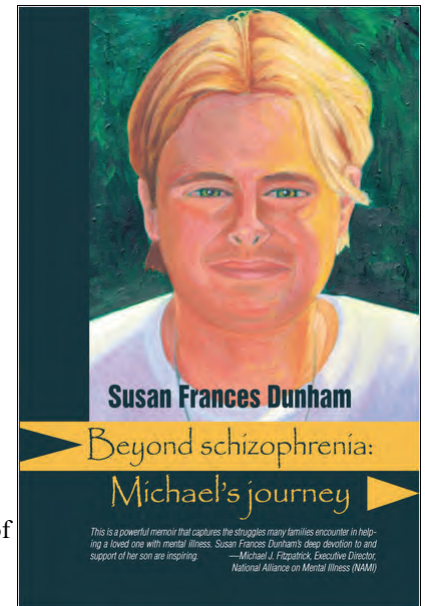
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Beyond Schizophrenia: Michael's Journey

Imprint: Modern History Press
Author: Susan Frances Dunham
ISBN-13: PB 978-1-61599-035-1 / HC 978-1-61599-058-0 / eBook 978-1-61599-948-4
List Price: PB \$ 19.95 / HC \$ 32.95 / eBook \$ 6.95
Trim: 6.14 x 9.21 (200 pp)
Audience: General Adult
Pub Date: 01/01/2011
BISAC: PSYCHOLOGY/Psychopathology/Schizophrenia
BIOGRAPHY & AUTOBIOGRAPHY/Personal Memoirs
MEDICAL/Psychiatry/Psychopharmacology

Synopsis: What would you do if your child suffered with something so severe it affected every aspect of his life?

Susie Dunham, Midwestern mom and former nurse, never suspected her son Michael was anything but a typical college student with big dreams until he developed schizophrenia shortly after his 21st birthday. The Dunham family quickly becomes immersed in the nightmare world of mental illness in America: psychiatric wards, a seemingly indifferent nursing staff, and the trial-and-error world of psychotropic meds. Michael's ultimate recovery and remission comes with plenty of traumatic incidents involving both ignorance and stigma, but his courage and quest for dignity will inspire all readers.



"Susie Dunham's heroic, heart-rending story is a beacon of light in the darkness of insanity. It shows that recovery is hard-won but possible for people who develop schizophrenia, despite a media that sensationalizes them, a society that shuns them, and a dysfunctional mental healthcare system that fails them miserably."

--Patrick Tracey, author of *Stalking Irish Madness: Searching for the Roots of My Family's Schizophrenia*

"Every person in a leadership position needs to take the time to read this moving story of triumph over adversity."

--State Representative John Adams, Ohio House Minority Whip

"The fact that Michael bravely fought this disease, picked up the pieces and moved beyond it, should give others hope that one day schizophrenia will be seen as a treatable disease with no stigma attached."

--Sharon Goldberg, News & Reviews Editor, "NYC Voices": A Journal for Mental Health Advocacy

"*Beyond Schizophrenia: Michael's Journey* is a book that I couldn't put down. The story of Michael's parents Susie and Mark who support their son both in good times and bad really touched me. I really like the way the symptoms of schizophrenia are explained clearly."

--Bill MacPhee, Founder/CEO of SZ Magazine

Also available in trade paperback and eBook editions
Learn more at www.SusieDunham.org

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You've Gotta Fight Back!: Winning with serious illness, injury, or disability

Publisher: Loving Healing Press

Series: Reflections of America

Author: Dirk Chase Eldredge

ISBN-13: PB 978-1-932690-34-7 / eBook 978-1-61599-878-4

List Price: PB \$ 21.95 / eBook \$ 6.95

Trim: 6.14 x 9.21 (288 pp)

Audience: General Adult

Pub Date: 10/01/2007

BISAC: MEDICAL/Diseases

HEALTH & FITNESS/Physical Impairments

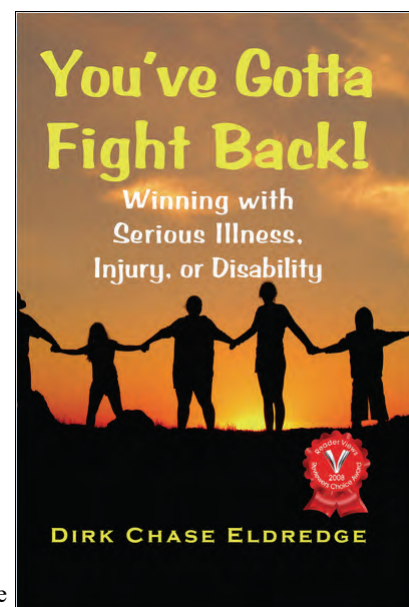
Synopsis: The heart of this book consists of thirteen, riveting, in-depth stories of people who fought back with courage, humor, and a positive attitude. In doing so, they have provided valuable guidance for you, the readers of this inspiring work.

- The seriously ill, their friends and family will gain priceless advice on coping, dealing with depression, how to partner with the medical profession, the tremendous value of self-help groups and the vital importance of attitude.
- Those with disabilities will learn how others have successfully played the hand they were dealt and managed to live successful, fulfilling lives. The disabled and those with serious illnesses can learn from each other. There are no silver bullets buried in these pages, just the sound, useable experience of others.
- Caregivers, be they family, friends, or health professionals will gain great insight from the in-depth stories of survivors, the bereaved, and those who died with grace and even style.

"This book helps sufferers and caregivers alike to make sense of their situation, to avoid the mistakes while copying the successful strategies of these very real people."

--Bob Rich, PhD, author of *Cancer: A Personal Challenge*

"Far from a mere theoretical discourse and despite its potentially morbid topic, it brims with life: real cases, real people, real triumphs over a variety of illnesses and the distress they cause. A treasure trove of celebrated stories of survival and passages from the memoirs of those who made it." --Sam Vaknin, PhD, author of *Malignant Self Love*



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Padman: A Dad's Guide to Buying... Those and other tales

Imprint: Modern History Press
Series: Reflections of America
Author: Mark Elswick
ISBN-13: PB 978-1-61599-115-0 / HC 978-1-61599-116-7 / eBook 978-1-61599-902-6
List Price: PB \$ 14.95 / HC \$ / eBook \$ 4.95
Trim: 6 x 9 (116 pp)
Audience: General Adult
Pub Date: 09/01/2011
BISAC: FAMILY & RELATIONSHIPS/Parenting/Fatherhood
HUMOR/Topic/Marriage & Family
HUMOR/Form/Anecdotes

Synopsis: "Padman made me smile, chuckle, laugh out loud, cry and all the emotions in between..." --Diana Stroud, Amazon.com

In this collection of personal essays, Mark Elswick offers humorous episodes about being a man and father. Whether it's his daughter sending him to the store to buy those... well, things that transforms him into "Padman"; his realization that at forty-two, he is slowly turning into an old man; or his reaction to his middle school aged daughter dating a "man" two years older than her, readers--male and female alike--will find themselves cracking smiles when they aren't busy laughing out loud.

Elswick also has a serious side to him. Interspersed with the comical tales are heartfelt looks into the lives of people who experience a Traumatic Brain Incident (TBI) injury, including his own story of being in a life-threatening car accident that left doctors predicting he would be a vegetable for the rest of his life. With compassion and insight, while retaining his sense of humor, Elswick writes to raise awareness about TBI; a portion of Padman: A Dad's Guide to Buying... Those, and Other Tales' proceeds will go to TBI research.

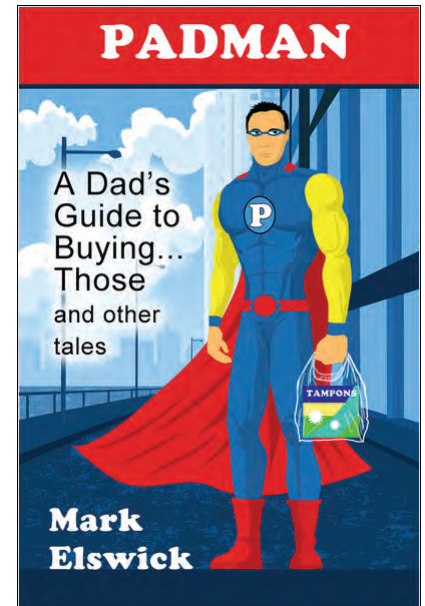
Acclaim for Elswick's Padman

"I am officially announcing my own support for Mark Elswick, the writer who won his own battle with TBI and is now giving back of himself to those who are continuing or just beginning theirs. Padman offers an 'edutaining' read on a subject that is anything but humorous. And it underscores the importance of embracing now the devastation of TBI among the general public, as well as in the face of our affected troops returning home."

--Joseph Yurt, Reader Views

"Mark Elswick's style of humor will be appreciated by any male reader as he pokes fun at himself and the feminine world that he often perceives to be threatening his masculinity. Plus, what's better than helping a good cause (Traumatic Brain Injury research) while getting some laughs!"

--Tyler R. Tichelaar, PhD, author of the award-winning Narrow Lives Humor : Topic - Marriage & Family
Learn more at **MarkElswick.com**



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Am I Bad?: Recovering from Abuse

Publisher: Loving Healing Press

Author: Heyward Ewart

ISBN-13: PB 978-1-932690-33-0 / eBook 978-1-61599-922-4

List Price: PB \$ 19.95 / eBook \$ 6.95

Trim: 6.14 x 9.21 (200 pp)

Audience: General Adult

Pub Date: 06/29/2007

BISAC: SELF-HELP/Abuse

FAMILY & RELATIONSHIPS/Abuse/Child Abuse

PSYCHOLOGY/Psychopathology/Post-Traumatic Stress Disorder (PTSD)

Synopsis: Find Your Way to Freedom Today!

If you were abused or neglected as a child, chances are that you have been your whole life, whether you are a man, a woman, or a teen. Child abuse so mangles the personality that the victim unconsciously attracts abusers throughout the life cycle. Lies about yourself were planted deep in your mind by the abuse, and you still believe them. They are crippling your life! Do you have any of these signs?

- You have symptoms of Post-Traumatic Stress Disorder (PTSD).
- You feel like a second-class citizen.
- Nobody understands: they ask, "Why can't you get over it?"
- You have escaped one abuser only to end up with another.

Until you understand exactly what the abuse did to you, you cannot get free. You can stay in therapy your whole life and never get a clue. OR you can unravel the mysteries once and for all and bring everything to light by reading *AM I BAD? Recovering from Abuse*. A great resource for victims, therapists, and group work.

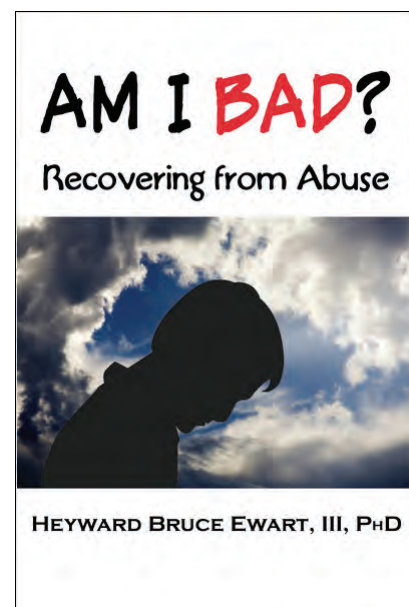
Therapists acclaim for AM I BAD?

"AM I BAD? is a tour de force of the tortured landscape of child abuse and its pernicious long-term outcomes. This book is an important contribution towards the edification of victims and institutions alike."

--Sam Vaknin, PhD, author *Malignant Self-Love*

"This book should be compulsory reading for anyone dealing with abused children or abused adults, or adult survivors of childhood abuse."

--Robert Rich, PhD, M.A.P.S., A.A.S.H.



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Soul Rape: Recovering Personhood after Abuse

Publisher: Loving Healing Press

Series: New Horizons in Therapy

Author: Heyward Ewart

ISBN-13: PB 978-1-61599-168-6 / HC 978-1-61599-167-9 / eBook 978-1-61599-169-3

List Price: PB \$ 19.95 / HC \$ 33.95 / eBook \$ 6.95

Trim: 6.14 x 9.21 (212 pp)

Audience: General Adult

Pub Date: 09/01/2012

BISAC: SELF-HELP/Abuse

FAMILY & RELATIONSHIPS/Abuse/Child Abuse

SOCIAL SCIENCE/Sexual Abuse & Harassment

Synopsis: Find Your Way to Freedom Today!

If you were abused or neglected as a child, chances are that you have been your whole life, whether you are a man, a woman, or a teen. Child abuse so mangles the personality that the victim unconsciously attracts abusers throughout the life cycle. Lies about yourself were planted deep in your mind by the abuse, and you still believe them. Until you understand exactly what the abuse did to you, you cannot get free. *Soul Rape: Recovering Personhood After Abuse* provides an effective 7-step program for use by victims, their therapists, and for group work. In this book, survivors and professionals will discover:

- How celebrities become addicts
- Why twelve-step programs don't work and can be extremely harmful
- What a faith-based 7-step program for abuse recovery can do for you
- How addressing abuse solves cycle of addiction
- Why mental illness is a reaction to somebody else's craziness
- How group work can transform victims into survivors
- Why "bootleg" churches are starving souls and endangering America

PLUS

- A Test to Find DANGEROUS STUDENTS before it's too late

Therapists acclaim for *Soul Rape*

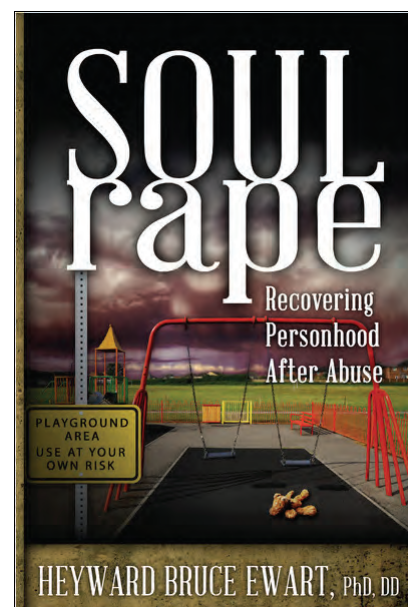
"*Soul Rape* is a tour de force of the tortured landscape of child abuse and its pernicious long-term outcomes. Numerous case studies expertly intertwine with theoretical insights to produce the equivalent of a comprehensive and unconventional treatment modality. This book is an important contribution toward the edification of victims and institutions alike."

--Sam Vaknin, PhD, author *Malignant Self-Love*

"This book should be compulsory reading for anyone dealing with abused children or abused adults, or adult survivors of childhood abuse: physicians, psychologists, and other therapists, teachers, protective workers, and so on. And the language is so clear and nontechnical that it will be of enormous benefit to the survivors of trauma themselves, and even to parents who want to ensure the safety and wellbeing of their children."

--Robert Rich, PhD, M.A.P.S., A.A.S.H.

Learn more at www.RecoveringFromAbuse.com



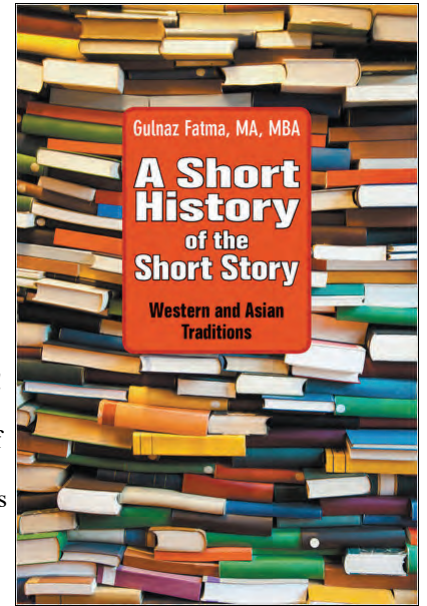
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A Short History of the Short Story: Western and Asian Traditions

Imprint: Modern History Press
Series: World Voices
Author: Gulnaz Fatma
ISBN-13: PB 978-1-61599-166-2 / eBook 978-1-61599-177-8
List Price: PB \$ 8.95 / eBook \$ 2.95
Trim: 6.14 x 9.21 (46 pp)
Audience: General Adult
Pub Date: 09/01/2012
BISAC: LITERARY CRITICISM/Short Stories
LITERARY CRITICISM/Asian/General



Synopsis: Worldwide Appreciation of the Short Story Form Spans Cultures and Centuries!

In this concise volume, Gulnaz Fatma traces the short story from its origins in fables, ancient poetry, and tales such as *The Arabian Nights*, to its modern form in the early American stories of Irving, Poe, and Hawthorne, and then through the twentieth century and throughout the world. The elements of what makes a short story are presented along with a discussion of the difficulties in defining the genre. The short story's relation to the novel as well as its uniqueness as its own form are deftly presented.

While the American and European traditions of the short story take up much of this book, the final chapter is a thorough presentation of the short story's development in India. Anyone interested in the short story--teachers, students, writers, and readers--will find this volume informative, thoughtful, and a welcome addition to our understanding of one of literature's most dynamic forms.

Gulnaz Fatma is an Indian writer and author. She is a research scholar in the Department of English at Aligarh Muslim University in Aligarh, India.

"As a fiction writer who has also taught the short story form, I was impressed by the thoroughness and insight presented in this concise book. Fatma's broad exploration of the short story form is backed by numerous supporting examples and her chapter on the short story in India will introduce many readers to that country's own literary gems."

--Tyler R. Tichelaar, Ph.D. and author of the award-winning *Narrow Lives*

From the World Voices Series www.ModernHistoryPress.com

Literary Criticism: Short Stories
Literary Criticism: Asian - General

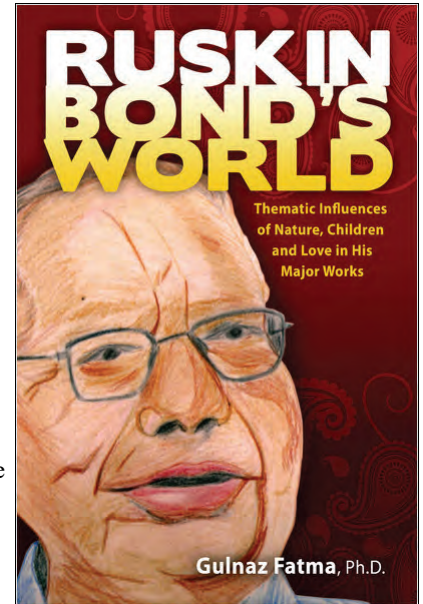
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Ruskin Bond's World: Thematic Influences of Nature, Children, and Love in his Major Works

Imprint: Modern History Press
Author: Gulnaz Fatma
ISBN-13: PB 978-1-61599-199-0 / eBook 978-1-61599-200-3
List Price: PB \$ 14.95 / eBook \$ 4.95
Trim: 6.14 x 9.21 (84 pp)
Audience: General Adult
Pub Date: 11/01/2013
BISAC: LITERARY CRITICISM/Asian/Indic
HISTORY/Asia/India & South Asia
LITERARY CRITICISM/Short Stories



Synopsis: Ruskin Bond has won the hearts of millions of readers with his countless charming short stories and introspective novels. From biographical tales about acting as a grandfather to children, to tales of unrequited love, the cross-cultural dimensions of Indian society, and the power and beauty of nature, Bond's more than forty novels and short story collections have made him an internationally acclaimed author.

In *Ruskin Bond's World*, Indian scholar Gulnaz Fatma, Ph.D. sheds light on one of her country's greatest and most beloved storytellers, tracing the influences in his stories from a childhood in colonial India through his time spent in Britain and his life today among India's hills and mountains. She explores the biographical as well as the imaginary elements of his fiction and explores in detail the themes of nature, children, love, and animals in his novels and short stories. Throughout these pages is revealed Bond's love for humanity in all its variety, from honorable rogues to proud beggars, heartbroken lovers, and wise old men and women.

"Gulnaz has successfully traced major themes in Bond's prolific work under the lenses of her careful examination, proving he is the product of his environment...a sincere study of Ruskin Bond."

--Stephen Gill, Ph.D., author and poet laureate of Ansted University

"I welcome this long overdue study of one of India's literary shining lights. *Ruskin Bond's World* opens the door to a deeper understanding of one author's imagination and deepest wisdom."

--Tyler R. Tichelaar, Ph.D. and award-winning author of *The Gothic Wanderer*

Literary Criticism: Asian - Indic
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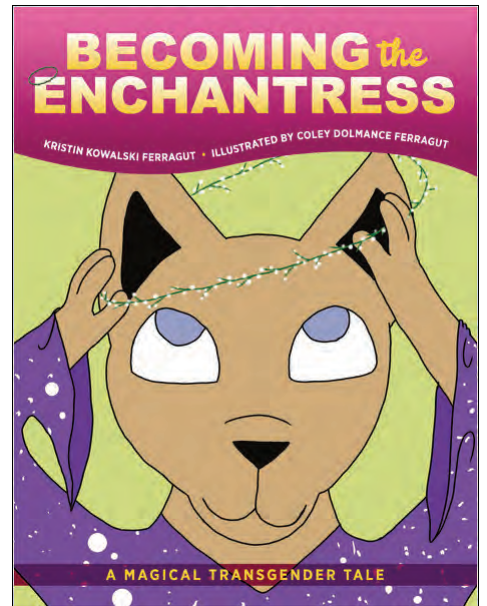
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Becoming the Enchantress: A Magical Transgender Tale

Publisher: Loving Healing Press
Author: Kristin Kowalski Ferragut
Illustrator: Coley Dolmance Ferragut
ISBN-13: PB 978-1-61599-562-2 / HC 978-1-61599-563-9 / eBook 978-1-61599-564-6
List Price: PB \$ 15.95 / HC \$ 26.95 / eBook \$ 4.95
Audiobook: iTunes, Audible.com, Amazon
Trim: 8.5 x 11 (34 pp)
Audience: 5-7 years
Lexile Score: 650L - Grade(s) 2, 3
Pub Date: 03/01/2021
BISAC: JUVENILE FICTION/LGBTQ+
JUVENILE FICTION/Family/Parents
JUVENILE FICTION/Family/Alternative Family



Synopsis: *Becoming the Enchantress* is the story of a transgender parent that faces personal longing for change. Given the acceptance and encouragement of her children, the parent magically transforms from a Wizard into an Enchantress on Halloween night. The story highlights themes of acceptance and the love between child and parent. *Becoming the Enchantress* is unique in that it is written for children whose parent is the one discovering their dysphoria and seeking reassignment, rather than that of the child or teenager themselves.

Becoming the Enchantress fills a heretofore neglected niche in children's literature. It conveys the struggle of a parent to find, in this case, her true identity, and the children's loving acceptance of it. It should prove a useful resource for families with a transgender or non-binary parent.

--W. Luther Jett, retired Special Educator, Montgomery County Public Schools, author of *Our Situation* and *Everyone Disappears*

Becoming the Enchantress is a beautiful story about a life-changing transition. It uses imagery that children can understand to discuss a difficult topic. The book details the emotions of someone who is learning how to be their true self. The story shows that while children may not fully understand the issue, they are accepting and are willing to love others for who they are.

--Stacy Whipp, M.Ed.

A wonderful story for all ages of unconditional love and acceptance for people! Be true to who you are and love yourself and you will feel completely fulfilled. This story teaches us that no matter what, a person's heart and soul is what defines them.

--Katherine R Stull, LCSW-C

Becoming the Enchantress is a wonderful tale for anyone who has questioned their identity or has loved someone doing so. It treats the delicate subject in the most loving way possible, with gorgeous illustrations, spotlighting the magic that positive self-image and family acceptance can create.

--Michelle Zibrat, Art Educator

I am both the parent of a trans child and a therapist that supports transitioning children, teens and adults. I love *Becoming the Enchantress* as it is a lovely story that explains the need to transition from your sex assigned at birth to your true self. Children will connect both with the Wizard and his family in this story. Using the experience of "trying on" a different persona is a lovely way to introduce the children to the wizard and the concept of transitions.

--Theresa Fraser, CYC-P, CPT-S, NSCCT, MA, RP, Trauma and Loss Clinical Specialist

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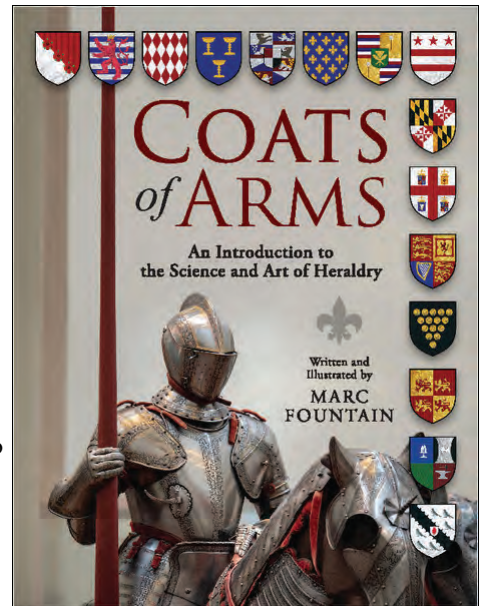
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Coats of Arms: An Introduction to The Science and Art of Heraldry

Imprint: Modern History Press
Author: Marc Fountain
Illustrator: Marc Fountain
ISBN-13: PB 978-1-61599-695-7 / HC 978-1-61599-696-4 / eBook 978-1-61599-697-1
List Price: PB \$ 21.95 / HC \$ 34.95 / eBook \$ 6.95
Trim: 8.5 x 11 (42 pp)
Audience: General Adult
Pub Date: 10/01/2022
BISAC: HISTORY/Medieval
SOCIAL SCIENCE/Customs & Traditions
ART/History/Medieval



Synopsis: With full-color pages accessible to readers of any age, this how and why quick-start guide explains knighthood and nobility and royalty, what *Coats of Arms* mean, how to create your own, and how to assemble those of your ancestors. Heraldry is the art and profession of creating designs within shield-shaped outlines meant to identify important individuals and their descendants, as well as organizations (towns, schools, corporations) and nations. These designs often come surrounded by additional symbols such as helms, crowns or crests. Although few of us bear actual shields in the modern world, many today print their ancestors' armorial symbols onto paper, engrave them into jewelry or tableware, and carve them into wood and stone. Readers will learn about:

- Symbols of Identity - where Heraldry came from, and how it can still empower people today
- Within the Shield - the symbols which identify a person or family or organization
- Beyond the Shield - the symbols which identify social rank (gentry, knight, noble, royal) Ancestry - where last names came from, and where you come into the story

"*Coats of Arms* is a thorough and comprehensive guide for anyone fascinated by heraldry. You'll learn how to differentiate a duke from a marquis, a firstborn son from a second, and the meaning behind every symbol on a shield. A treasure to refer to time and time again. I know I'll be referring back to it when I get back to genealogy and looking at my own medieval ancestors' *Coats of Arms*."

--Tyler R. Tichelaar, PhD and award-winning author of *King Arthur's Children: A Study in Fiction and Tradition*

"History can be boring beyond belief if it is a mere list of names and dates. Or it can be immensely fascinating. *Coats of Arms: An Introduction to the Science and Art of Heraldry* will bring past times and even present customs to life through the study of symbols of many kinds, many though not all relating to badges of nobility. Any student of history, and of cultural differences, will benefit from looking at the many beautiful illustrations, all of which are keys for entry into ways of thinking and living. It is a good day when I learn something new, so I really enjoyed editing this book for the publisher."

--Bob Rich, PhD and author of *Sleeper, Awake!*

"One of the most difficult requirements for teachers of history and English is to find ways to assess students with special needs. *Coats of Arms* offers a uniquely creative means to enhance the study of Medieval Times; most students, with or without disability, will enjoy learning patterns, colors and shapes that relate to their personal history. Creating one's own coat of arms using methods centuries old will help students relate to the past while tying together strands of history still used in the present. A secondary bonus is the intriguing vocabulary presented in this book, with new meanings for 'hatching' and 'field' as examples."

--Carolyn Bouldin, reading comprehension specialist and teacher of secondary English

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We're All Not the Same, But We're Still Family: An Adoption and Birth Family Story

Publisher: Loving Healing Press
Author: Theresa Fraser and Eric E.W. Fraser
ISBN-13: PB 978-1-61599-478-6 / HC 978-1-61599-479-3 / eBook 978-1-61599-480-9
List Price: PB \$ 15.95 / HC \$ 26.95 / eBook \$ 4.95
Trim: 8.5 x 8.5 (42 pp)
Audience: 7-10 years
Lexile Score: 640L - Grade(s) 2, 3
Pub Date: 11/01/2019
BISAC: JUVENILE FICTION/Family/Adoption
JUVENILE FICTION/Family/Alternative Family
JUVENILE FICTION/Family/Orphans & Foster Homes



Synopsis: This story was written for adoptive families to explore the benefits of adoption openness. The main character, Deshaun, loves his family but always wondered about his biological family. Does he look like them? Did they love him? With the support of his adoptive parents, Deshaun gets to meet his biological family. They develop an ongoing relationship, so Deshaun feels more stable in his adoptive family, but also develops a comfortable relationship with his birth family. Deshaun and his family are reminded (as we all are) that family can include biological, adopted, foster and kin members.

After reading this book, a child and their family will be able to:

- Discuss feelings about adoption
- Imagine what openness might mean for them
- Acknowledge similarities and differences among family members
- Discuss if an expanded sense of family is possible for their circumstances

"There are many children's adoption books that address the important themes of identity, attachment, grief and loss; however, very few approach the topic of openness for older children in the in-depth manner that Theresa and Eric do in their book. The emotions that Deshaun describes are typical of many adopted children and could help normalize universal feelings for young adoptees. I would highly recommend this book for all adopted children and will certainly be using it in my practice."

--Tecla Jenniskens, M.S.W., R.S.W., adoption social worker

"Many foster and adoptive parents fear the consequences of introducing their children to birth parents. This story offers a redemptive look at how parents can remain history keepers for their children by helping them answer important questions about themselves and their origins. This book is a beautiful example of how fearless curiosity and compassion can lead to increased coherence in a child's story and an expanded sense of family for everyone."

--Paris Goodyear-Brown, LCSW, RPT-S, clinical director of Nurture House, executive director of the TraumaPlay Institute and author of *A Safe Circle for Little U* and *Trauma and Play Therapy*

"*We're All Not the Same, but We're Still Family* is a lovely book that tackles issues adopted children really think about when they question their identity and place within a family. The authors describe the process of a boy's search for his biological family, with the full support of his adoptive parents, and the events that brought him into the child welfare system. The illustrator's rendition of the Skyped meetings between the two families is captivating, while the text gives careful attention to the unification process. I applaud the authors on their inclusion of realistic steps in this complicated process, as we witness a child's journey to find and complete his family."

--Laurie Zelinger, PhD, ABPP, RPT-S, board certified psychologist and author of *Please Explain "Anxiety" to Me!*

Learn more at www.TheresaFraser.com
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Adopting a Child With a Trauma and Attachment Disruption History: A Practical Guide

Publisher: Loving Healing Press

Author: Theresa Ann Fraser

Foreword: William E. Krill

ISBN-13: PB 978-1-61599-130-3 / eBook 978-1-61599-131-0

List Price: PB \$ 8.95 / eBook \$ 2.99

Trim: 6.69 x 9.61 (32 pp)

Audience: General Adult

Pub Date: 11/01/2011

BISAC: FAMILY & RELATIONSHIPS/Adoption & Fostering
PSYCHOLOGY/Psychopathology/Post-Traumatic Stress Disorder (PTSD)
SOCIAL SCIENCE/Social Work

Synopsis: "If you have the love in your heart and the courage to adopt a child from a traumatized background, then you must have this book." -- Robert Rich, PhD, anxietyanddepression-help.com

This booklet is a fact-filled resource for adoptive parents who have a child with trauma and attachment disruption experiences. Fraser provides tips and strategies that can be considered before placement as well as days, weeks, and months after your child joins your family. It addresses the day-to-day issues that new parents often get stuck on and provides info on the Four S's parenting plan that she shares with families (safety, structure, supervision and support). Readers will:

- Understand how kids with trauma and attachment disruptions first require emotional safety
- Learn how providing structure will help your child connect with your family
- Discover the importance of providing engaging supervision
- Affirm that adoptive parents need support and learn how to help

Therapists' Acclaim for Adopting a Child with Trauma...

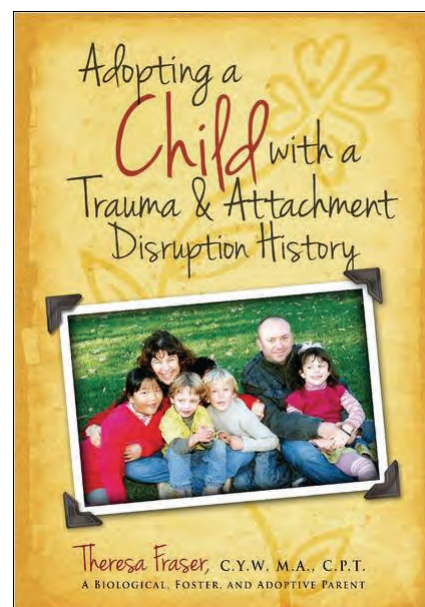
"The subtitle of this little book is apt: it is a practical guide. If you are considering adopting, read it first. It may well put you off, but that's better than taking in an already troubled child, only to pass the load on to someone else, causing another experience of rejection and loss for the child."

--Robert Rich, PhD. anxietyanddepression-help.com

"Anyone adopting a child with a history of trauma will find this in work a wealth of practical advice. Its very shortness is a virtue when parenting is already so demanding. Effective parenting, including adoptive parenting, comes out of knowledge and understanding as well as love. Theresa Fraser cuts to the chase with just what you need to know to be prepared to meet the challenges of adopting a traumatized child."

Marian K. Volkman, editor of *Children and Traumatic Incident Reduction*

Learn more at www.theresafraser.com



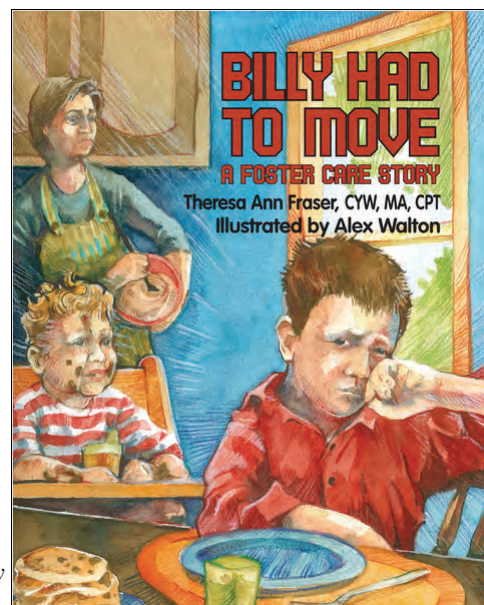
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Billy Had To Move: A Foster Care Story

Publisher: Loving Healing Press
Series: Growing With Love
Author: Theresa Ann Fraser
ISBN-13: PB 978-1-932690-87-3 / HC 978-1-61599-118-1 / eBook 978-1-61599-881-4
List Price: PB \$ 19.95 / HC \$ 32.95 / eBook \$ 4.95
Audiobook: iTunes, Audible.com, Amazon
Trim: 8 x 10 (32 pp)
Audience: General Adult
Pub Date: 06/01/2009
BISAC: JUVENILE FICTION/Family/Orphans & Foster Homes
JUVENILE FICTION/Family/Adoption
JUVENILE FICTION/Family/Stepfamilies



Synopsis: Child Protection Services have been involved with Billy and his mother for some time now. He has been happily settled in a kinship placement with his grandmother and enjoys his pet cat, interacting with neighbors and even taking piano lessons. As the story unfolds, Billy's grandmother has unexpectedly passed away and so the story of *Billy Had To Move* begins.

Unfortunately, Billy's mother cannot be located. Mr. Murphy, Billy's social worker, places him in the foster home of Amy, Tim, and their baby "Colly." Billy experiences great loss resulting not only from his grandmother's death, but also the loss of the life he knew. Billy's inner journey therefore has also begun and with the help of Ms. Woods, a Play Therapist, there is hope.

Therapists' Acclaim for *Billy Had To Move*

"This gem of a book gently frames the stages of a child's natural quest to make sense of his story. Fraser has created more than a teaching story: she generously offers a sacred space that compassionately holds and supports the multidimensional realities of our foster children and their birth families, our social workers and foster families, our teachers and child psychotherapists."

--Gisela Schubach De Domenico, PhD, MFT, R-PTS

"Billy Had To Move is a profound story about the complex issues children in foster care often face. Fraser provides important lessons for caregivers. The book gracefully introduces the sandtray and provides insight into how powerful the experience can be when the child has an opportunity to explore their trauma in the sandtray."

--Mark E. Hulbert, MA, LLP

"A wonderful addition to the bibliotherapy field. This is a much-needed book for foster care children to help them in adjusting to a new caregiver and placement. It offers a welcoming view of how children's worries and losses can be understood by a caring Play Therapist, in a warm and inviting setting."

--Athena A. Drewes, PsyD, RPT-S; Director of Clinical Training, The Astor Home for Children, Poughkeepsie, NY

"In this engaging, warm-hearted story, Billy grieving the loss of his grandmother, finds a way to heal by expressing his thoughts and feelings in Play Therapy. Highly recommended!"

--Charles E. Schaefer, PhD, RPT-S Director Emeritus, The Association for Play Therapy

Learn More About This Book at www.TheresaFraser.com

Juvenile Fiction : Family - Orphans & Foster Homes

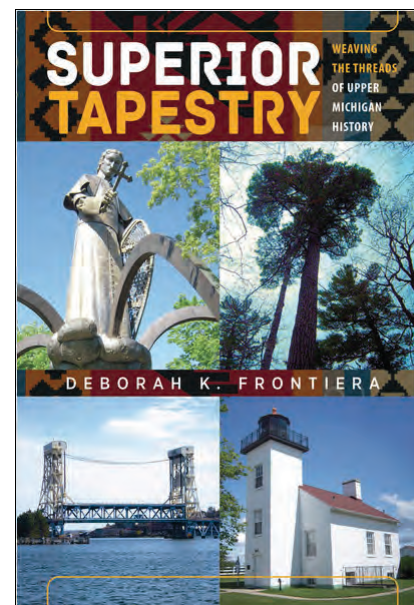
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Superior Tapestry: Weaving the Threads of Upper Michigan History

Imprint: Modern History Press
Author: Deborah K. Frontiera
ISBN-13: PB 978-1-61599-588-2 / HC 978-1-61599-589-9 / eBook 978-1-61599-590-5
List Price: PB \$ 24.95 / HC \$ 37.95 / eBook \$ 5.95
Audiobook: iTunes, Audible.com, Amazon
Trim: 6 x 9 (236 pp)
Audience: General Adult
Pub Date: 07/01/2021
BISAC: HISTORY/United States/State & Local/Midwest (IA, IL, IN, KS, MI, MN, MO, ND, NE, OH, SD, WI)
FICTION/Short Stories (single author)
FICTION/Small Town & Rural



Synopsis: Like any tapestry, the threads of history cross over and under each other in different points of view and places in time. Award-winning author Deborah K. Frontiera mixes natural science and geology into history where those aspects intersect with the lives of people or are the reason Michigan's Upper Peninsula developed the way it did. Enjoy this work's unique perspective, the point of view of trees, rocks, rivers and artifacts--among them a ship's bell, a lighthouse, a cross-cut saw, beads and rings given in trade, a bent propeller and many more. Students, adults and families will enjoy experiencing history in this unique way.

"Deborah K. Frontiera takes U.P. history and turns it into a fun story, told by its least appreciated players. Here, we have the perspective of the St. Mary's River, the bell on the Edmund Fitzgerald, an early iron forge, a sauna, the Bishop Baraga statue and many, many more. Together, they make Superior Tapestry a diverse and refreshing alternative to more straightforward historical narratives, while educating us in entertaining ways and, once again, displaying the creativity of Yooper culture."

-- Tyler R. Tichelaar, Ph.D. in literature and award-winning author of *Haunted Marquette* and *Kawbawgam: The Chief, The Legend, The Man*

"Frontiera has a knack for bringing inanimate objects to life and imbuing them with observational skills that let the reader see the world around the objects through their eyes. Human time is dwarfed when compared to the span of time experienced by some of the objects Frontiera describes. This book is such an interesting read; I'll be using it as my guide when exploring the nooks and crannies of the Upper Peninsula in Michigan."

-- Linda Martin-Rust, Ph.D.

"What a fun way to learn about our Upper Peninsula history; a great book for all ages. Superior Tapestry will become one of your favorite UP books."

== Tony Bausano, president of Copper World Gift Shop, Calumet, Michigan

Deborah Kay Olson Frontiera grew up in Lake Linden, Michigan. She taught in Houston public schools from 1985 until 2008 and then taught creative writing part-time for Houston's WITS (Writers In The Schools) program.

Learn more at www.SuperiorTapestry.com

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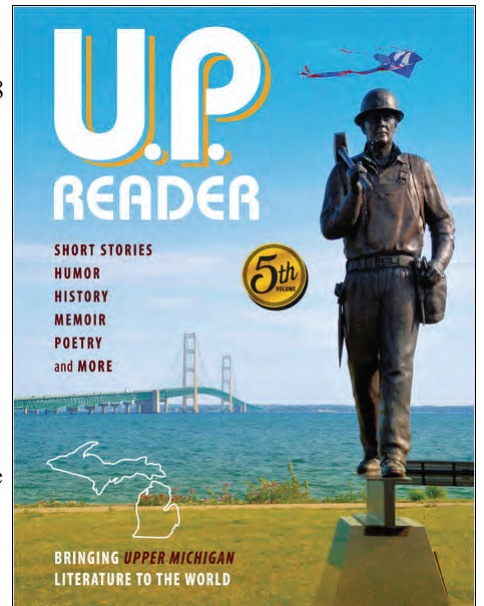
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U.P. Reader -- Volume #5: Bringing Upper Michigan Literature to the World

Imprint: Modern History Press
Editor: Deborah K. Frontiera and Mikel B. Classen
ISBN-13: PB 978-1-61599-571-4 / HC 978-1-61599-572-1 / eBook 978-1-61599-573-8
List Price: PB \$ 17.95 / HC \$ 28.95 / eBook \$ 5.95
Audiobook: iTunes, Audible.com, Amazon
Trim: 8.25 x 10.75 (154 pp)
Audience: General Adult
Pub Date: 04/01/2021
BISAC: LITERARY COLLECTIONS/American/General
HISTORY/United States/State & Local/Midwest (IA, IL, IN, KS, MI, MN, MO, ND, NE, OH, SD, WI)
FICTION/Anthologies (multiple authors)



Synopsis: Michigan's Upper Peninsula is blessed with a treasure trove of storytellers, poets, and historians, all seeking to capture a sense of Yooper Life from settler's days to the far-flung future. Since 2017, the *U.P. Reader* offers a rich collection of their voices that embraces the U.P.'s natural beauty and way of life, along with a few surprises.

The forty-one short works in this fifth annual volume take readers on U.P. road and boat trips from the Keweenaw to the Soo. Every page is rich with descriptions of the characters and culture that make the Upper Peninsula worth living in and writing about. U.P. writers span genres from humor to history and from science fiction to poetry. This issue also includes imaginative fiction from the Dandelion Cottage Short Story Award winners, honoring the amazing young writers enrolled in all of the U.P.'s schools.

Featuring the words of **Karen Dionne**, Barbara Bartel, T. Marie Bertineau, Don Bodey, Craig A. Brockman, Stephanie Brule, Larry Buege, Tricia Carr, Deborah K. Frontiera, Elizabeth Fust, Robert Grede, Charles Hand, Kathy Johnson, Sharon Kennedy, Chris Kent, Tamara Lauder, Teresa Locknane, Ellen Lord, Becky Ross Michael, Hilton Moore, Gretchen Preston, Donna Searight Simons, Frank Searight, T. Kilgore Splake, Ninie G. Syarikin, Tyler Tichelaar, Brandy Thomas, Donna Winters, Annabell Danker, Kyra Holmgren, Nicholas Painer, and Walter Dennis.

"Funny, wise, or speculative, the essays, memoirs, and poems found in the pages of these profusely illustrated annuals are windows to the history, soul, and spirit of both the exceptional land and people found in Michigan's remarkable U.P. If you seek some great writing about the northernmost of the state's two peninsulas look around for copies of the *U.P. Reader*.

--Tom Powers, *Michigan in Books*

"*U.P. Reader* offers a wonderful mix of storytelling, poetry, and Yooper culture. Here's to many future volumes!"

--Sonny Longtine, author of *Murder in Michigan's Upper Peninsula*

"As readers embark upon this storied landscape, they learn that the people of Michigan's Upper Peninsula offer a unique voice, a tribute to a timeless place too long silent."

--Sue Harrison, international bestselling author of *Mother Earth Father Sky*

"I was amazed by the variety of voices in this volume. *U.P. Reader* offers a little of everything, from short stories to nature poetry, fantasy to reality, Yooper lore to humor. I look forward to the next issue." --Jackie Stark, editor, *Marquette Monthly*

The *U.P. Reader* is sponsored by the Upper Peninsula Publishers and Authors Association (UPPAA) a non-profit 501(c)3 corporation. A portion of proceeds from each copy sold will be donated to the UPPAA for its educational programming.

Learn more at www.UPReader.org

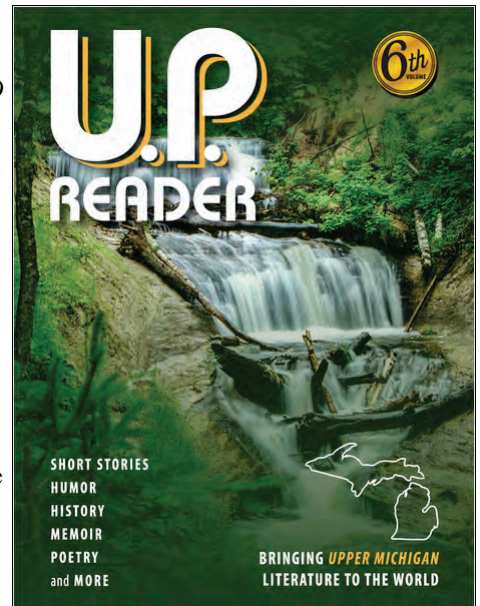
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U.P. Reader -- Volume #6: Bringing Upper Michigan Literature to the World

Imprint: Modern History Press
Editor: Deborah K. Frontiera and Mikel B. Classen
ISBN-13: PB 978-1-61599-660-5 / HC 978-1-61599-661-2 / eBook 978-1-61599-662-9
List Price: PB \$ 19.95 / HC \$ 34.95 / eBook \$ 5.95
Audiobook: iTunes, Audible.com, Amazon
Trim: 8.25 x 10.75 (172 pp)
Audience: General Adult
Pub Date: 04/01/2022
BISAC: LITERARY COLLECTIONS/American/General
HISTORY/United States/State & Local/Midwest (IA, IL, IN, KS, MI, MN, MO, ND, NE, OH, SD, WI)
FICTION/Anthologies (multiple authors)



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Featuring the words of Phil Bellfy, T. Marie Bertineau, Don Bodey, Sharon Brunner, Larry Buege, Mikel Classen, Tricia Carr, Deborah K. Frontiera, Elizabeth Fust, Brad Gischia, Sienna Goodney, Paige Griffin, J.L. Hagen, Heidi Helppi, Mack Hassler, John Haeussler, Richard Hill, Douglas Hoover, Sharon M. Kennedy, Chris Kent, Kathleen Carlton Johnson, Tamara Lauder, Ellen Lord, Raymond Luczak, Robert McEvilla, Beck Ross Michael, Nikki Mitchell, Cyndi Perkins, Lauryn Ramme, Christine Saari, T. Kilgore Splake, Bill Sproule, David Swindell, Ninie Gaspariani Syarikin, Brandy Thomas, Tyler Tichelaar, Edd Tury, Victor Volkman, Cheyenne Welsh, and Donna Winters.

"Funny, wise, or speculative, the essays, memoirs, and poems found in the pages of these profusely illustrated annuals are windows to the history, soul, and spirit of both the exceptional land and people found in Michigan's remarkable U.P. If you seek some great writing about the northernmost of the state's two peninsulas look around for copies of the *U.P. Reader*.

--Tom Powers, Michigan in Books

"*U.P. Reader* offers a wonderful mix of storytelling, poetry, and Yooper culture. Here's to many future volumes!"

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Learn more at www.UPReader.org

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The Evolutionary Glitch: Rise Above the Root of Your Problems

Publisher: Loving Healing Press

Author: Albert Garoli

ISBN-13: PB 978-1-61599-017-7 / HC 978-1-61599-018-4 / eBook 978-1-61599-033-7

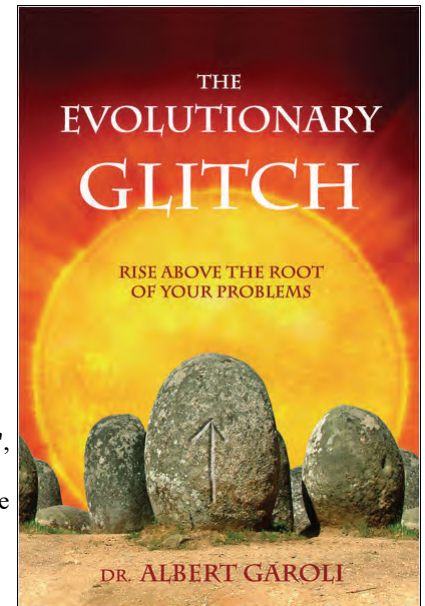
List Price: PB \$ 19.95 / HC \$ 32.95 / eBook \$ 6.95

Trim: 6.14 x 9.21 (230 pp)

Audience: General Adult

Pub Date: 09/01/2010

BISAC: PSYCHOLOGY/Interpersonal Relations
SELF-HELP/Personal Growth/General
SELF-HELP/Personal Growth/General



Synopsis: Ever wonder what it is that keeps holding you back?

Deep within the constructs of your brain, a superimposed identity has been formed. This "glitch", embedded in your neural network through the evolution of brain development, is an acquired Persona which perpetuates itself by constantly creating problems and limitations in your life. The Persona thinks for you, acts for you, and even learns for you, but it is NOT the real YOU!

In this revolutionary book, you will discover which of the six major types of Personas you have unwittingly acquired, and you will learn how to free yourself from the power it has over you. Like a remedy for an illness, *The Evolutionary Glitch* serves as a guide to confronting and rising above the root of your problems. Drawing on ancient wisdom as well as the latest discoveries in neurobiology and quantum physics, *The Evolutionary Glitch* will radically change the way you see yourself and the world around you.

Learn the skills you need to...

- Uproot the Persona you have acquired
- Break the problem-causing patterns in your life
- Follow the "signs" in your life
- Identify your true nature
- Do what you were born to do

If you are ready to discover what is hidden behind the mask of your Persona, free yourself from your problems, and live your life with purpose and direction, *The Evolutionary Glitch* could be the most important book you've ever read.

Leading edge thinkers praise *The Evolutionary Glitch*

"Albert Garoli gives us the insight needed so we can make the changes within ourselves and create our own world that is problem-free."
--Irene Watson, author of *Rewriting Life Scripts*

"Garoli dives into new inspiring self-improvement methods that will empower and motivate readers to succeed in all aspects of their lives."
--Robin Marvel, host of "Living Out Loud Radio", author of *Awakening Consciousness*

"Garoli's worldly experiences unite Eastern philosophies with physiology in a reference-based compendium of information for self-improvement."
--Laurie Zelinger, PhD, author of *Please Explain Anxiety to Me*

About the Author

Dr. Albert Garoli has studied Traditional Chinese Medicine and Accupuncture in Sri Lanka and China as well as learning Electroacupuncture and Homotoxicology in Germany. After decades of further research, Garoli's theory of the Autonomic Digital Reflex (ADR) has provided specific insights in the tremendous importance of genetic interaction and interdependence, as well as the subconscious processes we battle. You can learn more about Garoli at www.TheEvolutionaryGlitch.com

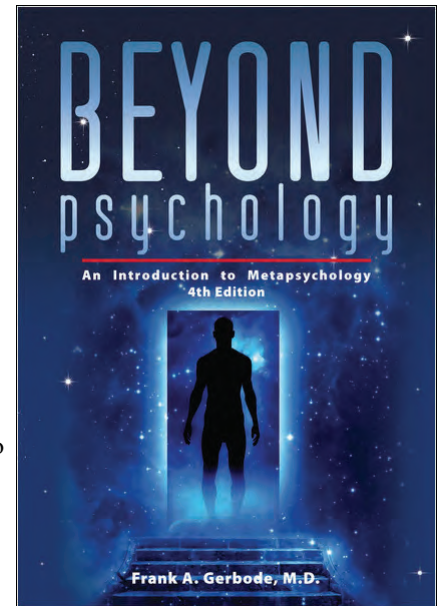
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Beyond Psychology: An Introduction to Metapsychology, 4th Ed.

Imprint: Applied Metapsychology International Press
Author: Frank A. Gerbode
Foreword: John Durkin
ISBN-13: PB 978-1-61599-123-5 / HC 978-1-61599-124-2 / eBook 978-1-61599-125-9
List Price: PB \$ 29.95 / HC \$ 44.95 / eBook \$ 9.95
Trim: 6.69 x 9.61 (440 pp)
Audience: General Adult
Pub Date: 03/01/2013
BISAC: PSYCHOLOGY/Movements/Humanism
PSYCHOLOGY/Psychopathology/Post-Traumatic Stress Disorder (PTSD)
SELF-HELP/Personal Growth/General



Synopsis: Person-Centered Techniques put You Back in Control of Your Destiny

Metapsychology is the science of human nature and experience as viewed by you--the one who experiences--from the inside out, not by an outside "expert" trying to look in. The methods of "Applied Metapsychology" recognize you as the authority at the center of your world of experience, and provide tools to enable you to improve personal relationships, increase personal power, and fashion your world into the loving, fascinating, and fulfilling place you always wanted it to be.

Readers of this book will learn...

- The principles and methodology of Applied Metapsychology, a truly effective method for understanding yourself, your own mind, and your world of experience.
- The principles of Traumatic Incident Reduction (TIR), a technique for resolving the traumatic incidents that build upon each other to produce a network of distress that can lead to Post Traumatic Stress Disorder (PTSD) .
- Specific other techniques to help you address the issues which concern you most--relationships, job satisfaction, and unwanted emotions such as grief and anger.
- A systematic method of case-planning for designing coherent and effective strategies for achieving these ends in a relatively short period of time.

Acclaim for Beyond Psychology

"Beyond Psychology deserves to be widely known, studied and applied. A new synthesis is now possible."

-- Lewis H. Gann, Ph.D., Senior Fellow, Hoover Institution, Stanford University

"Metapsychology represents a new and effective way of 'viewing' ourselves, our worlds, and our relationships with each other."

-- Jerry S. Davis, Ed.D., Vice President for Research, Lumina Foundation for Education (retired)

"Not in 30+ years of clinical practice have I found a more straight-to-the-core and consistently successful approach."

-- Robert H. Moore, Ph.D., former Director Institute for Rational-Emotive Therapy Clearwater, Florida

"Stimulating and helpful... especially the section on Traumatic Incident Reduction... will contribute a great deal to change for the better."

-- Robert A Harper, Ph.D., Book Review Editor *Journal of Rational-Emotive & Cognitive-Behavior Therapy*

For more information please visit **www.TIRBook.com**

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Got An Angry kid?: Parenting Spike, A Seriously Difficult Child

Publisher: Loving Healing Press

Series: Growing With Love

Author: Andrew D. Gibson

ISBN-13: PB 978-1-932690-89-7 / eBook 978-1-61599-886-9

List Price: PB \$ 21.95 / eBook \$ 6.95

Trim: 7.44 x 9.69 (188 pp)

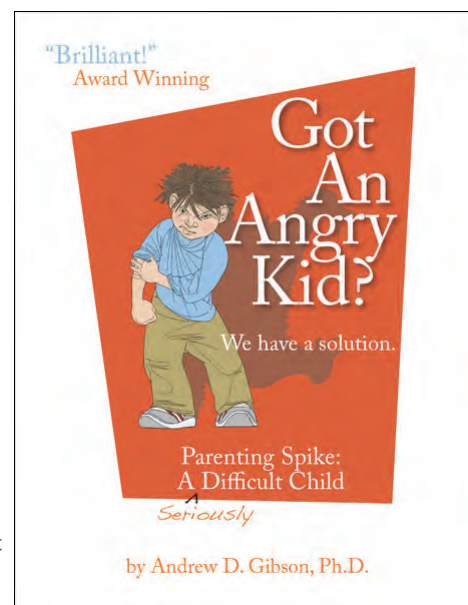
Audience: General Adult

Pub Date: 01/01/2010

BISAC: FAMILY & RELATIONSHIPS/Parenting/General
SELF-HELP/Anger Management (see also FAMILY &
RELATIONSHIPS/Anger)
PSYCHOLOGY/Psychotherapy/Child & Adolescent

Synopsis:

- Does your family live in conflict?
- Does your child have a psychiatric label (such as ADHD, oppositional defiance, conduct disorder, bi-polar disorder) or the behavior that would get him/her one?
- Have you lost (or nearly lost) control of your child?



If you answered YES to any of these three things, then P.A.C.T. can help you as it has helped thousands of other families restore love and integrity to their relationships!

What Others Say About *Got An Angry Kid?* and The P.A.C.T. Training Program

"The family is much calmer. Taking P.A.C.T. Training was the best decision I ever made. It's the best hard work I've ever done. P.A.C.T. was the light at the end of the tunnel for us."

--Ms. K. D., Willimantic, CT, Mom and Dad of an adolescent girl placed in foster care

"From my professional experience as a manager in the field, P.A.C.T. is one of the very few services which has been held in high regard by our professional staff as well as the families which benefitted from Dr. Gibson's excellent program."

--Ms. Helen Lawrence (retired) Connecticut State Department of Children and Families (CTSDCF)

"I have had to fight for every service for my family. P.A.C.T. is my best chance to [create] change. Thanks for everything."

--Ms. K.M., Vernon, CT, single Mom of an out-of-control son

"Although I was only a few weeks into P.A.C.T., I felt myself becoming calmer, more hopeful, and more in control. P.A.C.T. is putting life into my parenting and does what three years of residential placement didn't."

--Mrs D.W., Hamden, CT, single Mom of a seriously emotionally disturbed boy

"Again, I can't say enough about how this program has changed my life."

--Mr. L.C., New Milford, CT, single parent of a foster child

"P.A.C.T. and Got An Angry Kid? is brilliant."

--Parenting consultant

About the Author

Dr. Gibson earned his PhD in Education at the University of Connecticut in 1987 under the tutelage of Richard Bloomer. He poured everything about his childhood and his experience as a parent went into what became Parenting Angry Children and Teens (PACT) Training and the book, "Got An Angry Kid?" In 1993, the Connecticut State Department of Children and Families adopted the PACT methodology and since then 500 families have completed the year-long program with remarkable results. For more information, visit www.DrAGibson.com

Family & Relationships: Parenting - Child Rearing

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The Real Estate Primer: The Golden Rules of Buying and Selling

Imprint: Modern History Press
Author: Geoffrey Gibson
ISBN-13: PB 978-1-61599-228-7 / eBook 978-1-61599-229-4
List Price: PB \$ 8.95 / eBook \$ 2.99
Trim: 5 x 8 (38 pp)
Audience: General Adult
Pub Date: 05/01/2014
BISAC: BUSINESS & ECONOMICS/Real Estate
BUSINESS & ECONOMICS/Personal Finance/Investing

Synopsis: You would not set out to climb Everest without the right training and equipment. Same with real estate, do not even start unless you know what you are doing. This book can be your guide, it is the result of thirty years in a very competitive real estate market. Let the author walk you through the marketplace in this easy step-by-step guide. This will help you achieve your real estate goals and save your hard earned money. Learn how to:

- Set up your search.
- Assess value.
- Understand the golden rule of real estate.
- Overcome the hurdle of price.
- Read the real estate market.
- Negotiate to buy or sell.
- Auctions.
- Successfully invest.

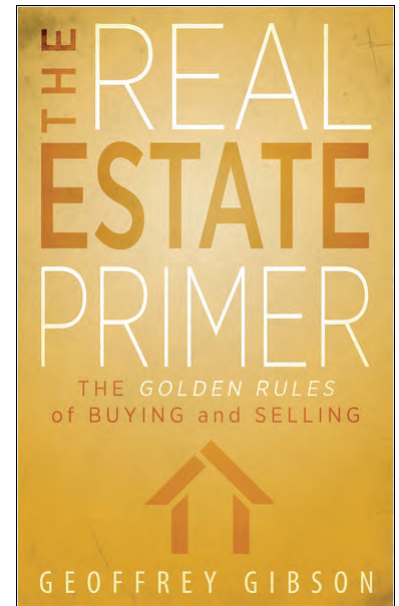
Geoffrey Gibson spent thirty years in the highly competitive real estate market of Sydney's Lower North Shore. He has sold some of Sydney's finest homes, and was also known for his marketing of the area's commercial, retail and industrial property. Learn more at www.GeoffreyGibson.com

Business & Economics : Real Estate - Buying & Selling Homes

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The Taciturn Man: and other Tales of Australia

Publisher: Loving Healing Press

Series: World Voices

Author: Geoffrey Gibson

Foreword: Susan Violante

ISBN-13: PB 978-1-61599-120-4 / HC 978-1-61599-121-1 / eBook 978-1-61599-975-0

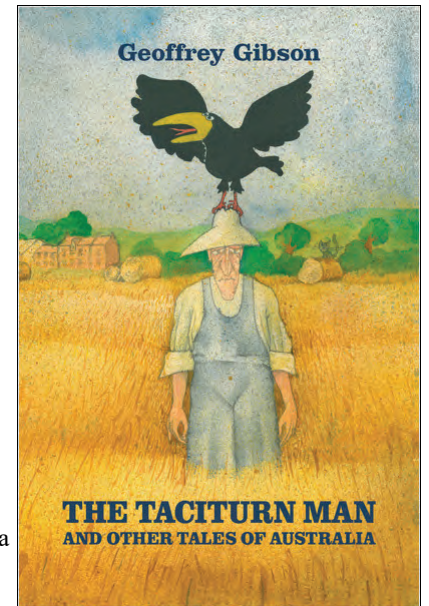
List Price: PB \$ 14.95 / HC \$ 26.95 / eBook \$ 4.95

Trim: 6.14 x 9.21 (116 pp)

Audience: General Adult

Pub Date: 09/01/2011

BISAC: BIOGRAPHY & AUTOBIOGRAPHY/Personal Memoirs
HISTORY/Australia & New Zealand
LITERARY COLLECTIONS/Australian & Oceanian



Synopsis: An immigrant's tale of an untamed country

Alexander Gibson, my father, was a young Englishman who with his brother settled in Australia in the 1920s. The brothers each married one of the Solomon sisters just prior to the Great Depression. The Taciturn Man begins just after the Second World War when Alexander took up a rough bush sheep-grazing block in isolation among the tall trees of New England (New South Wales).

I was born in 1937, and so I was just three years old when my father went to war, and age eight when he returned. Fortunately, by then I was old enough to absorb much of the material for this collection which I hope you will now enjoy.

Praise for *The Taciturn Man*

"A delightful memoir with all the emotions of life itself--seriousness, humor, joy and sadness and more. The author's observations of people and lively writing style make it a great bedside book to be savored, rather than hurried through."

--Deborah K. Frontiera, author of *Fighting CPS: Guilty Until Proven Innocent of Child Protective Services Charges*

"The Taciturn Man is a trip through Australia's countryside that feels like a nostalgic summer breeze as Gibson's personal narrative reveals its beauty, culture, and history through his own experiences and unique voice."

--Susan Violante, author of *Innocent War: Behind an Immigrant's Past*

About the Author

Geoffrey Gibson grew up in rural Australia in the 1940s, earned his keep as a jackeroo (farmhand), had a brief stint in the Army, followed by thirty years as a suburban real estate agent in Sydney. He has dabbled in politics, and in retirement now spends his time writing, surfing and mucking about with friends on the state's South coast.

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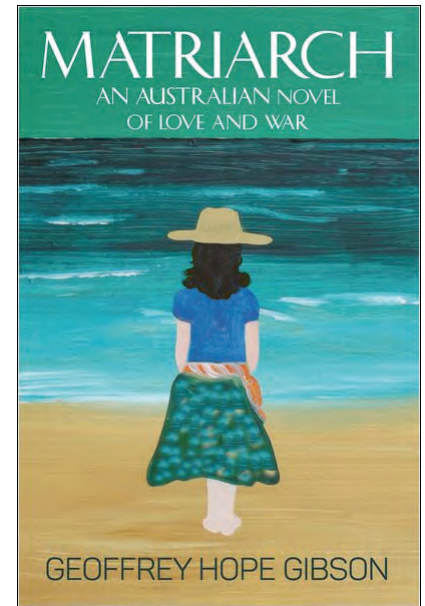
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Matriarch: An Australian Novel of Love and War

Imprint: Modern History Press
Author: Geoffrey Hope Gibson
ISBN-13: PB 978-1-61599-270-6 / eBook 978-1-61599-269-0
List Price: PB \$ 21.95 / eBook \$ 5.95
Trim: 6.14 x 9.21 (254 pp)
Audience: General Adult
Pub Date: 11/01/2015
BISAC: FICTION/Sagas
FICTION/Literary



Synopsis: "Powerful and unforgettable."

At the beginning of the twentieth century, the son of an English lord settles in Australia and marries an indigenous woman. It is an age when interracial relationships are not only misunderstood, but result in family conflict, disgrace, and disinheritance. Then the Christian missionaries come. They destroy the timeless culture and beliefs of Australia's indigenous people, leaving them to flounder in a soup of the white man's religious beliefs. The great-grandmother's telling of the family story is the nourishment that holds it together through war, and the constant battle to adjust and exist in a white man's world. The Christian missionaries will not tolerate any belief or view other than their own.

Amid all this religious and racial conflict, the great-grandchildren adjust and eventually prosper. The young man distinguishes himself in the conflict in Vietnam, while his sister finds her place and flourishes in the food and catering industry.

From the Boer War through two World Wars, the Vietnam War, and the last decades of the twentieth century, *Matriarch* takes readers on an eye-opening journey through Australian history, culminating in a serial murder mystery that opens old family wounds.

Author Geoffrey Hope Gibson's historical sweep of Australia's past is as broad as James A. Michener's. His style is reminiscent of Richard Llewellyn's depictions of Wales and Argentina, and his depiction of Aborigine mistreatment rivals the most frightening moments in Tayeb Salih's classic postcolonial novel *Season of Migration to the North*.

"*Matriarch* is a captivating story that will take readers through time within the aboriginal heart in Australia, and feel the raw truth of their history and social evolution to current times. A Must Read!"

-- Susan Violante, Managing Editor of Reader Views, and author of *Innocent War*

"This sprawling epic tale of love, marriage, injustice, ancestors, misguided religion, grief, rage, and murder is a testament to how the past never dies. In one family's struggles, Gibson creates a story that calls forth the best and worst of what it means to be human. Powerful and unforgettable."

--Tyler R. Tichelaar, Ph.D., and award-winning author of *Narrow Lives* and *The Best Place*

Learn more at www.GeoffreyGibson.com

From the World Voices Series at Modern History Press www.ModernHistoryPress.com

Fiction : Sagas

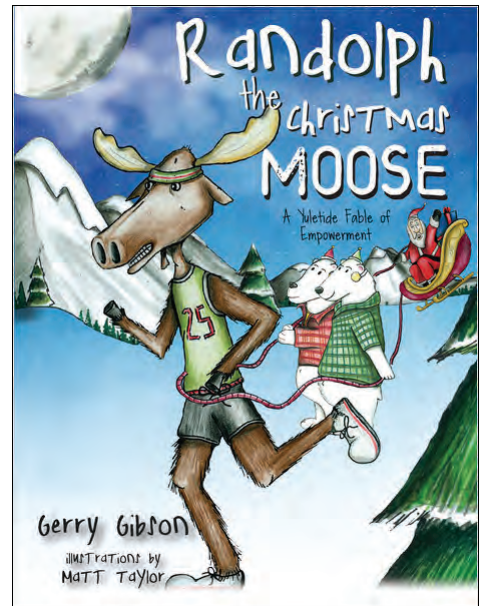
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Randolph the Christmas Moose: A Yuletide Fable of Empowerment

Publisher: Loving Healing Press
Author: Gerry Gibson
Illustrator: Matt Taylor
ISBN-13: PB 978-1-61599-499-1 / HC 978-1-61599-500-4 / eBook 978-1-61599-501-1
List Price: PB \$ 15.95 / HC \$ 28.95 / eBook \$ 5.95
Audiobook: iTunes, Audible.com, Amazon
Trim: 8.5 x 11 (46 pp)
Audience: 4-7 years
Lexile Score: 600L - Grade(s) 2, 3
Pub Date: 06/01/2020
BISAC: JUVENILE FICTION/Holidays & Celebrations/Christmas & Advent
JUVENILE FICTION/Animals/Deer, Moose & Caribou
JUVENILE FICTION/Social Issues/Self-Esteem & Self-Reliance



Synopsis: *Randolph the Moose* lives with his mother in the Great White North. After a chance encounter with the reindeer from Santa Claus' sleigh-pulling team, Randolph finds new joy in trail running as he trains to join the reindeer in Santa's flight school. But when the head elf places him at the workshop loading dock instead (due to his tremendous bulk), Randolph has to use his brains and work ethic to earn respect at his new job... *and even save Christmas.*

Imagine Rudolf the red-nosed reindeer, except...

- Randolph has a healthy self-image
- Randolph has a more positive outlet for his feelings
- Randolph runs, but not away from his problems
- Randolph is pro-active, refusing to let Santa's workshop define him as a moose

BE YOUR OWN MOOSE!

"*Randolph the Christmas Moose* empowers kids to find the unique leader within themselves and to not allow stereotyping to limit their potential."

--AUSTIN HIGHSMITH GARCES, author of *The Miracle Tree* and actor in *Dolphin Tale 1* and *2*

"*Randolph the Christmas Moose*, filled with humor and character building, shares a twist to a familiar tale to produce an important message about how children can be hard-working, determined and true to themselves."

--ADAM DOVICO, educator and author of *When Kids Lead*, *The Limitless School* and *Inside the Trenches*

"This is a charming and funny story that will not only entertain kids, but also help them understand that other people's opinions don't define them."

--LINDSAY THOMPSON, filmmaker and writer for PBS' *Arthur*

"*Randolph the Christmas Moose* addresses many important childhood themes, including acceptance, endurance and bullying, without sounding 'preachy.'"

--SUE ELDER, Ed.D., public and elementary school librarian, educator and bibliophile

Learn more at www.GerryGibsonAuthor.com

From Loving Healing press www.LHPress.com

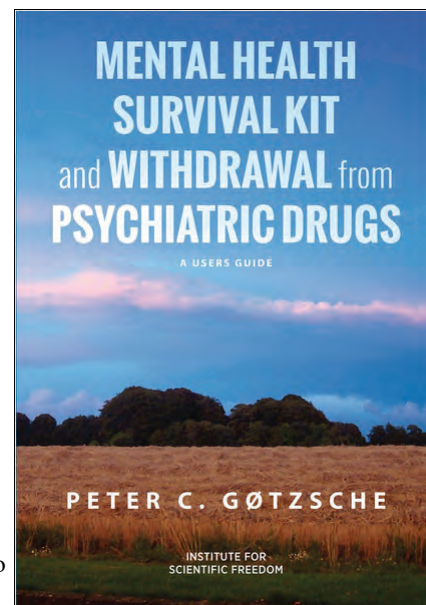
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Mental Health Survival Kit and Withdrawal from Psychiatric Drugs: A User's Manual

Imprint: Institute for Scientific Freedom
Author: Peter C. Gotzsche
ISBN-13: PB 978-1-61599-619-3 / HC 978-1-61599-620-9 / eBook 978-1-61599-621-6
List Price: PB \$ 24.95 / HC \$ 37.95 / eBook \$ 7.95
Trim: 6.14 x 9.21 (234 pp)
Audience: General Adult
Pub Date: 12/01/2021
BISAC: MEDICAL/Psychiatry/Psychopharmacology
MEDICAL/Nursing/Psychiatric
SELF-HELP/Substance Abuse & Addictions/Drug Dependence



Synopsis: This book is the collected images of Joanna Walitalo's first five years of woodburning artwork. Pyrography, the use of heat or fire to create an image, is an uncommon and sometimes under-appreciated media in the art world and commonly considered more of a craft. Joanna, like many other Midwest kids, was given a craft wood-burner when she was young, tried it once or twice, burnt herself and subsequently put it away. Many years later, she picked it up again, and this time stuck with it, pushing herself to create high detail, realistic artwork. Her professional background in biology, environmental policies and forestry led her to the idea of incorporating what she had learned about wood products into this unique art form, using her skills as an artist to spread the message of love, beauty and respect for the environment and our natural resources. The concept that all of her work is done on scrap wood builds an ethic of recycling into each piece of art.

The name J. Walitalo was chosen because it covers both James and Joanna, a husband and wife team. The Walitalos enjoyed this hobby, where they could work together, James preparing and finishing the wood on which Joanna does her artwork. "It is very satisfying to work together to create something unique and special, especially when I can do it with my best friend," Joanna reflects, referring to her husband James. No two pieces are the same because of the wood--each piece is a different size, species and grain. Sometimes it takes a while to find the right piece of wood for a particular image or to find the right image to fit a particular piece of wood. Each piece of art is done freehand, either drawing from life or from looking at reference photos.

"Joanna's vision is honest and straightforward. Walitalo loves wood, and she thoughtfully integrates the natural design of the various wood grains and knots within her rendering. Under Joanna's experienced craftsmanship, scraps of basswood, pine, curly maple, etc. become her partners in the creative process. Walitalo's drawings are a wonderful example of the artist uniting her life's passions with her perfect expressive medium."

--Michael Volker, Assistant Professor (Lecturer III) Painting and Drawing, Central Michigan University

"An extraordinary convergence of art, personal experience, growth and utilization of a renewable resource as a canvas. The narrative depicts and shares with the reader the thinking of the artist, her experiences in life and in her work. Joanna Walitalo has created a collection of artwork that utilizes pyrography to recognize people, nature and landscapes, and brought it to a single work that shares wood, nature and life."

--Andrew J. Storer, Dean, College of Forest Resources and Environmental Science, Michigan Tech University

"Joanna Walitalo has an amazing capacity to recognize the personality of her subjects--both animal and human--and infuse that element into the finished piece. Using fine lines in either ink or pyrography, she brings forth the character of the time and place in her art. Her ethics of recycling wood that has either been rejected or has passed its time of usefulness as a product, lends heart and value to her work. This is an artist who loves, understands and values the natural world and can bring nature right into your home. Incredible!"

--Barb Rogers, Manager, Wildlife Recovery Association, and retired art instructor

Learn more at jwalitalowoodburning.com

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Handwriting for Heroes: Learn to Write with Your Non-Dominant Hand in 6 Weeks

Publisher: Loving Healing Press

Author: Kristin Gulick and Kathleen E. Yancosek

ISBN-13: PB 978-1-932690-69-9

List Price: PB \$ 22.95

Trim: 8.5 x 11 (152 pp)

Audience: General Adult

Pub Date: 01/01/2009

BISAC: MEDICAL/Allied Health Services/Occupational Therapy
EDUCATION/Special Education/Learning Disabilities
MEDICAL/Occupational & Industrial Medicine

Synopsis: By targeting adults, this book preserves the dignity of those who must "re-learn" the basics of handwriting by providing an alternative to children's workbooks. All tasks are oriented to the adult learner.

- Handwriting for Heroes is a task-oriented workbook that approaches learning to write with your previously non-dominant hand through meaningful repetitions of purposeful writing tasks.
- Handwriting for Heroes captures the extra-ordinary learning process of a very ordinary task: handwriting.
- The methods of instruction are based on motor learning principles and the dynamic process of skill acquisition.
- This is a first-of-its-kind workbook designed for adult populations who sustain injuries to their dominant hands that permanently impair dexterity functions.
- Learning to write with the previously non-dominant hand can be a rewarding accomplishment along the recovery path; it is an accomplishment that leads to improved self-esteem, increased opportunities for hobbies and work occupations, and one more illustration of the adult's ability to overcome adversity.

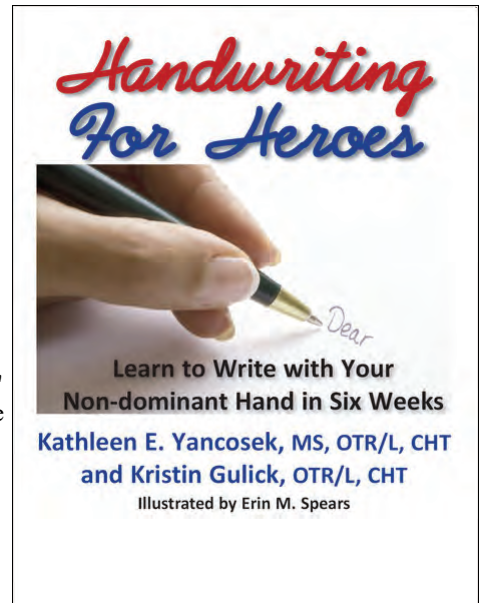
Occupational Therapists' Acclaim for the Handwriting for Heroes Method

"I used Handwriting for Heroes with all of my patients, some had lost hand function from amputation, brachial plexus injuries, stroke, or extensive soft tissue trauma to the dominant hand. All of my patients benefited and enjoyed the workbook and how it helped them return to handwriting tasks." --Stephanie E. Daugherty, MS, OTR/L, CHT, Army Lt. Col. (Ret.)

"This workbook is extremely practical and functional! It is an essential tool in hand dominance retraining for the upper limb amputee." --Oren S. Ganz, MOT, OTR/L

"Handwriting for Heroes is more than a workbook! It's an investment into the future performance of my patients who need to return to occupations that demand handwriting. My patients enjoy the challenge and the success of the program!" ---Kristi A. Say, OTR/L

Learn more about this book at www.HandwritingForHeroes.com



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Jamie and the Angel: Meeting Her Guardian Angel

Imprint: Marvelous Spirit Press
Author: Carol Guy
ISBN-13: PB 978-1-61599-002-3 / eBook 978-1-61599-996-5
List Price: PB \$ 15.95 / eBook \$ 4.95
Trim: 8 x 10 (20 pp)
Audience: 6-9 years
Lexile Score: 590L - Grade(s) 2, 3
Pub Date: 09/01/2009
BISAC: JUVENILE FICTION/General

Synopsis: Many children are gifted in the psychic area, but fail to be taught that it is OK to see things that others may fail to see or acknowledge. *Jamie and The Angel* is a story for children and people of all ages who may be experiencing psychic and "intuitive insights." This delightful book helps children to know they are not alone, and that what they are experiencing is a gift.

It also helps parents to nurture and encourage their children's psychic and intuitive abilities. Once children understand that their angels are there to always help them, they can learn to get in touch with their guardian angels, and other help from the spirit world. This beautiful book also has a Parent's Guide to help them teach their children about their special "God Given Gifts."

Jamie is an 8-year-old girl from a military family who's been having a hard time making friends because her family moves around a lot and her parents are busy trying to make things work. She struggles with her gifts and prays for help in her life. When her Angel appears, will Jaime's prayer's for understanding and guidance be fulfilled? Read this book and find out!

Parents and Psychics Praise for *Jamie and The Angel*

"What a beautiful story! *Jamie and the Angel* isn't just for children, it is for us all to see the magic that is within us and how we all can open our heart to the Divine realm where angels do live. It is Purely Divine. I recommend this beautiful book to everyone."

--Michele Blood, co-author *Become A Magnet To Money Through the Sea of Unlimited Consciousness and Self Esteem For KIDZ*

"A wonderful book that all children should read on the path of self-acceptance and to know that being different is perfect to allow their imagination to flow in life."

--Steven L. Hairfield, PhD author, *The Twelve Sacred Principles of Karma*

"Wow! What a wonderful book for both children and adults. Children must be encouraged and supported in understanding their relationship with God and the gifts they have been blessed with. *Jamie and The Angel* addresses these concerns admirably well. I recommend it as a must read for both children and adults."

--Lawrence T. Bond, PhD co-author, *Deeper Metaphysics*

"This inspiring book, is a special light in the world for these rare gifted children and their parents! Carol Guy's sensitive expression touched my children deeply and led to discussions we've never had before. I am grateful for this gem!"

-- Traci Amos. Singer/Songwriter, founder of OPOLnow.org

"*Jamie and The Angel* is a comfort for children learning to accept their gifts. Carol Guy captures the essence of connection between spirit and children."

Robin Marvel author, *Awakening Consciousness: A Girl's Guide!*

"All children should know their personal angels and/or guardians from the beyond. Learn more at www.CarolGuy.com

From Marvelous Spirit Press www.MarvelousSpirit.com

Body, Mind & Spirit : Angels & Spirit Guides



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Logan and Luna Find the Magic Tree

Publisher: Loving Healing Press
Author: Cristina Hanif
Illustrator: Murray Stenton
ISBN-13: PB 978-1-61599-421-2 / HC 978-1-61599-422-9 / eBook 978-1-61599-423-6
List Price: PB \$ 15.95 / HC \$ 26.95 / eBook \$ 4.95
Trim: 8.5 x 8.5 (34 pp)
Audience: 4-6 years
Lexile Score: 680L - Grade(s) 3
Pub Date: 12/01/2018
BISAC: JUVENILE FICTION/Action & Adventure/General
JUVENILE FICTION/Family/Siblings
JUVENILE FICTION/Books & Libraries

Synopsis: Logan and Luna's family live in the big city where everything is rushed and busy. On the weekends, they love to visit Grandpa at his serene lake house by the woods. Together, Logan and Luna sneak away from Grandpa's house and discover an incredible secret in the woods that will change their lives forever. Join Logan and Luna as they explore the vibrant world of reading and adventure.



"The story of Logan and Luna, two siblings who love to dream, will appeal to children and the adults who read to them. My hope is that it encourages everyone to live in a world where reality can be just as magical as fiction!"

-- Maggy Williams, author, *I'm Mixed* and *Celia and the Glue Man*

"Let your imagination run free on this nature filled story where two siblings discover the hidden secret of the magic tree."

-- S.R Jamiro Villaruel, author, *It's Raining Clouds*

"Hanif's debut children's book, *Logan and Luna Find the Magic Tree*, is a delight. The magic tree comes to life for young readers sharing the joy of stories with their own families, just as it has for Logan and Luna. A touching story about the power of imagination bringing together today's busy families."

-- Serena Agosto-Cox, poet, Poetic Book Tours and Savvy Verse & Wit blog

"Cristina Hanif captures the reader's interest as soon as you begin reading. The family's life in the city sounds like your own, and you know there must be something even better to come. As a teacher, I love the special bond that Logan and his grandfather have, especially since it involves their love of reading. This would be a great book to read."

-- Cindy Watkins, kindergarten teacher at Diamond Elementary

"This story encourages children to believe in themselves, adults to hold on to the magic of imagination and for us all to open our eyes to a world of possibilities."

-- Jenna Halstad, 1st grade teacher at Diamond Elementary

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All Age Art -- Sea Animal Coloring Book: Vol. I

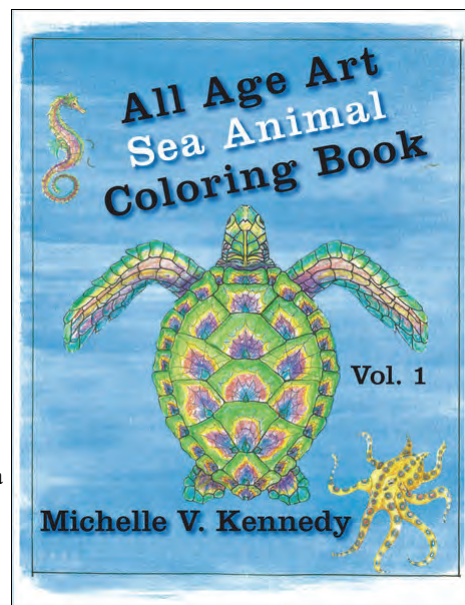
Imprint: Modern History Press
Author: M.V Hartman
Illustrator: M.V. Hartman
ISBN-13: PB 978-1-61599-442-7
List Price: PB \$ 9.95
Trim: 8.25 x 10.75 (42 pp)
Audience: General Adult
Pub Date: 03/01/2019
BISAC: GAMES & ACTIVITIES / Coloring Books
NATURE/Animals/Fish
NATURE/Ecosystems & Habitats/Oceans & Seas

Synopsis:

All Age Art -- Sea Animal Coloring Book: Volume 1 introduces you to the magical undersea worlds of sea horses, sea turtles, manta rays, and octopuses. For each aquatic species, you will find five images of love: love of self, of mate, of family, community, and the connection to the universe represented in mandala. This is truly an *All Age* book because you can choose the level of detail you want to color, all the way down to individual scales on a sea turtle shell, if you wish. Please enjoy bringing these images to life with colors of your own choosing.

Art therapist Nadia Jenefsky wrote: “People with a lot of anxiety respond really well to coloring books. There are some choices involved—in terms of choosing what colors you’re going to use and how you’re blending your colors—but there’s also a lot of structure.”

Michelle V. Hartman loves to swim in the ocean, paint, and be with her family. Living in Maui, Hawaii has inspired this book of sea animals. She can be reached by email to michelle@marvelousspirit.com.



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Mental Illness and Your Town: 37 Ways for Communities to Help and Heal

Publisher: Loving Healing Press

Author: Larry Hayes

ISBN-13: PB 978-1-932690-76-7 / eBook 978-1-61599-893-7

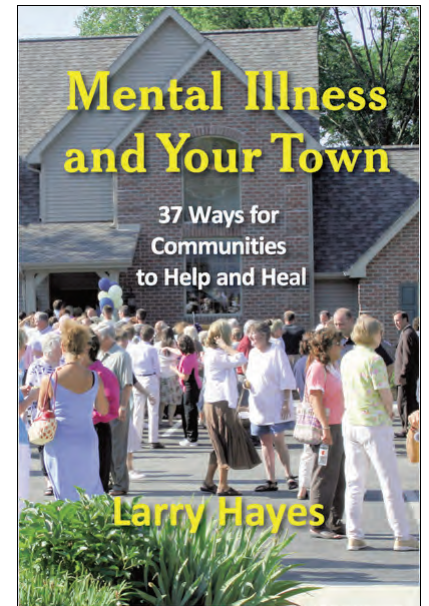
List Price: PB \$ 18.95 / eBook \$ 6.95

Trim: 6 x 9 (188 pp)

Audience: General Adult

Pub Date: 03/01/2009

BISAC: SOCIAL SCIENCE/Human Services
PSYCHOLOGY/Psychopathology/General
MEDICAL/Nursing/Home & Community Care



Synopsis: A Blueprint for Community Action From Award-Winning Journalist Larry Hayes

Written with authority and compassion, this is the book that rescues mental illness from the shadows and takes the disability into the community.

- Learn how each person can play a role to help those who so often suffer alone.
- Hear the stories of the people who've found how to triumph over this disability.
- Discover how everyone can work together to create a treatment revolution that enriches and saves lives.
- Let this guide open your heart and mind to be inspired and challenged to do the work ahead.

A Book that will Change Your Community!

"Larry Hayes provides families with a real self-help manual that is personal and compassionate, yet practical and hands-on. It is long overdue and can only come from someone who has been there--in the trenches. Larry certainly has."

--Stephen C. McCaffrey, President, Mental Health America of Indiana

"With a father's wit and a reporter's well-honed writing skills, Larry Hayes uses his family's story to offer practical suggestions about how communities can help persons with mental illnesses recover and thrive. This is a wonderful blueprint that spells out ways to change lives and help persons seldom seen or heard."

--Pete Earley, author, *CRAZY: A Father's Search Through America's Mental Health Madness*

"Larry Hayes demonstrates in this book a very rare gift that he has, the ability to reduce complex social problems to simple terms. In addition, he fills the book with practical solutions and ways to reduce the sometimes debilitating effects of mental illness."

--James C. Howell, Ph.D., juvenile justice researcher

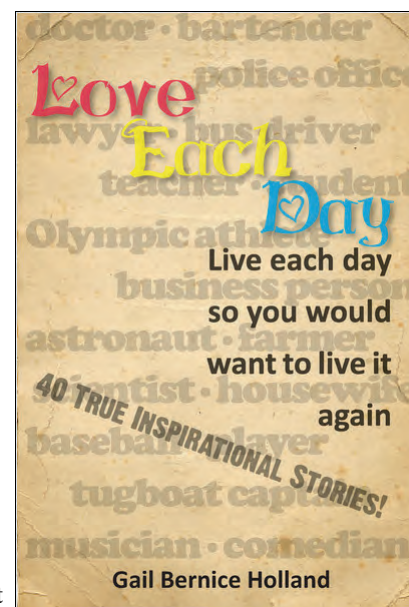
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Love Each Day: Live each day so you would want to live it again

Imprint: Modern History Press
Author: Gail Bernice Holland
ISBN-13: PB 978-1-932690-79-8 / HC 978-1-61599-036-8 / eBook 978-1-61599-988-0
List Price: PB \$ 16.95 / HC \$ 24.95 / eBook \$ 5.95
Trim: 6 x 9 (134 pp)
Audience: General Adult
Pub Date: 09/01/2009
BISAC: SELF-HELP/Personal Growth/Happiness
SELF-HELP/Motivational & Inspirational
BODY, MIND & SPIRIT/Inspiration & Personal Growth



Synopsis: Are We Happy Yet?

We are used to psychologists, psychiatrists, and other "experts" offering advice about how to be happy and how to live a fulfilling life. Even though the books by these experts can be helpful, sometimes the best way to learn about life is from true stories. Although *Love Each Day* doesn't specifically tell people how to live a wonderful life, the authentic true stories nevertheless offer timeless lessons about enjoying life. The tapestry of true stories in our lives will always be invaluable. From these stories we not only learn how people from different walks of life live, but also what is important to these individuals. Ultimately, this book inspires readers to spend time treasuring what really matters.

Praise for Love Each Day

"This book of poignant, inspirational, and moving stories gives us a glimpse into other people's lives and an opportunity to tap into our own life scripts. The touching experience of each individual demonstrates that life is to be celebrated, shared, and cherished."

--Irene Watson, author of *The Sitting Swing: Finding Wisdom to Know the Difference*

"Should you live your life as if each day were your last? *Love Each Day* answers this question by showing us that 'living each day so you would want to live it again' is a much better formula for happiness. From famous individuals like Apollo astronaut Edgar Mitchell and professional baseball player Huston Street, to police officers, moms, and everyday people, *Love Each Day* inspires us with true stories from real life."

--Kenneth J.M. MacLean, author of *The Vibrational Universe* and *Conversations with my Higher Self*

"Loving each day is essential in order to live in joy and fulfillment. The stories within *Love Each Day* remind us that each day is a life, each day is a new world, each day is another opportunity to bless and be blessed."

--Lee Lawson, artist and author, *Visitations from the Afterlife*

Learn more at www.AuthorGBR.com

From the *Reflections of America* series at Modern History Press www.ModernHistoryPress.com

NOTE: This book is also available in paperback and eBook formats

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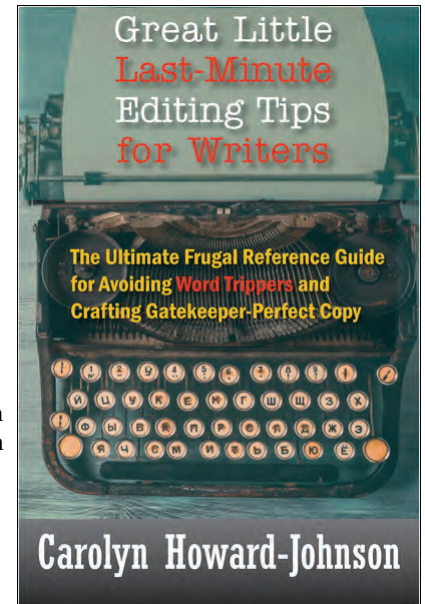
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Great Little Last-Minute Editing Tips for Writers: The Ultimate Frugal Reference Guide for Avoiding Word Trippers and Crafting Gatekeeper-Perfect Copy, 2nd Ed.

Imprint: Modern History Press
Author: Carolyn Howard-Johnson
ISBN-13: PB 978-1-61599-524-0 / HC 978-1-61599-525-7 / eBook 978-1-61599-526-4
List Price: PB \$ 9.95 / HC \$ 21.95 / eBook \$ 2.99
Trim: 6.14 x 9.21 (56 pp)
Audience: General Adult
Pub Date: 09/01/2020
BISAC: LANGUAGE ARTS & DISCIPLINES/Editing & Proofreading
LANGUAGE ARTS & DISCIPLINES/Vocabulary
BUSINESS & ECONOMICS/Business Writing



Synopsis: Carolyn Howard-Johnson picks the trip-you-up words that her clients struggle with and puts them in a quick reference guide light enough and small enough to be used as an quickie gift that the recipient can tuck into a glove compartment or purse to keep their homonym skills fresh and explains why following grammar rules assiduously isn't always the best choice for writers.

"Carolyn Howard-Johnson has created something of unmatched value: usage advice that cuts through the contentious world of grammar to offer real help. Writers polishing their manuscripts and query letters will find Howard-Johnson's guide more useful than Strunk and White."

-- JUNE CASAGRANDE, author of *Grammar Snobs Are Great Big Meanies* (Penguin) and syndicated grammar columnist guru

"That so much helpful advice is couched in such light-hearted, easy to read and entertaining prose is due to Howard-Johnson's abilities..."

-- MAGDALENA BALL, founder and editor of *The Compulsive Reader* review

"...it's editing books like this that help us get one step closer to writing, and speaking, clearly and succinctly. Five stars."

-- DAWN COLCLASURE, author, *365 Tips for Writers*

"This book is a good investment for all writers, no matter how skilled and experienced they believe they are. And, if you believe you 'could care less,' you really need this book."

-- BOYD SUTTON, editor, *Wisconsin Writer's Journal*

"From adapting/adopting to wreak/reek, this book is highly recommended reading for anyone preparing to write pretty much anything -- and a fascinating read in its own right for those who appreciate word-play and the occasionally encountered dilemmas of the English language!"

-- JIM COX, Editor-in-Chief, *Midwest Book Review*

"This is a wonderful book that could be used as a reference book in secondary classrooms and writing groups. The book would also be handy during teacher-student writing conferences as a neutral way to discuss word use errors especially."

-- CAROLYN WILHELM, curriculum writer, *The Wise Owl Factory*

Learn more at www.HowToDoItFrugally.com

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The Frugal Book Promoter: How to get nearly free publicity on your own or by partnering with your publisher, 3rd Ed.

Imprint: Modern History Press
Series: HowToDoItFrugally
Author: Carolyn Howard-Johnson
ISBN-13: PB 978-1-61599-468-7 / HC 978-1-61599-469-4 / eBook 978-1-61599-470-0
List Price: PB \$ 24.95 / HC \$ 36.95 / eBook \$ 6.95
Trim: 6.14 x 9.21 (292 pp)
Audience: General Adult
Pub Date: 09/01/2019
BISAC: LANGUAGE ARTS & DISCIPLINES/Publishing
BUSINESS & ECONOMICS/E-Commerce/Internet Marketing
COMPUTERS/Web/Social Networking

Synopsis: *The Frugal Book Promoter* assures your book gets the best possible start in life, whether your publisher assigns zero dollars or thousands to your book's marketing campaign. A former publicist, the author provides no-nonsense basics to build the essentials you need to build a time-saving social media campaign and knock'em dead lists of influencers that will be more effective than anything you could buy. Pick and choose from dozens of ideas for promotions that she developed or refined through extensive (and award-winning) book campaigns of her own. Several will match your pocketbook and personality.



"The most expensive part of book promotion are the mistakes. This book will save you time and money."

--Dan Poynter, legendary author of *The Self-Publishing Manual*

"Carolyn Howard-Johnson's *Frugal Book Promoter* is... a classic!"

--Bookbaby.com

"[Carolyn Howard-Johnson is] an incessant promoter who develops and shares new approaches for book promotion."

--Marilyn Ross, founder, Small Publishers of North America and coauthor of *The Complete Guide to Self-Publishing*>

"*The Frugal Book Promoter* has given me ideas that would never have occurred to me and has changed the way I think about book promotion."

-- Mark Logie, award-winning poet and short-story writer

Carolyn Howard-Johnson (@FrugalBookPromo) is a multi award-winning author of both fiction and nonfiction. She is a former publicist for a New York PR firm and a marketing instructor for the UCLA Extension Writers' Program. She has appeared on hundreds of TV and radio stations both nationally and locally, and her poetry, essays, columns and stories are published frequently in journals and on the web. She admits to loving marketing almost as much as she loves writing.

Learn more at www.HowToDoItFrugally.com

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The Frugal Editor: Do-It-Yourself Editing Secrets -- From Your Query Letters to Final Manuscript to the Marketing of Your New Bestseller, 3rd Edition, 3rd Ed.

Imprint: Modern History Press
Author: Carolyn Howard-Johnson
ISBN-13: PB 978-1-61599-600-1 / HC 978-1-61599-601-8 / eBook 978-1-61599-602-5
List Price: PB \$ 26.95 / HC \$ 41.95 / eBook \$ 8.95
Trim: 6.14 x 9.21 (296 pp)
Audience: General Adult
Pub Date: 11/01/2021
BISAC: LANGUAGE ARTS & DISCIPLINES/Editing & Proofreading
LANGUAGE ARTS & DISCIPLINES/Grammar & Punctuation
LANGUAGE ARTS & DISCIPLINES/Writing/Composition

Synopsis: *The Frugal Editor: Do-it-Yourself Editing Secrets From your query letter to final manuscript to the marketing of your book*

Whether you are a new or experienced author, *The Frugal Editor* helps you present whistle-clean copy from a one-page cover letter to your entire manuscript that will convince those with the power to say "yea" or "nay" to your precious book.

The third edition of *The Frugal Editor*, is the winningest book in Carolyn's multi-award-winning HowToDoltFrugally Series of Books for writers with accolades from Reader Views Literary Award, Dan Poynter's Global Ebook Award, the coveted Irwin Award, and many others. This fully updated edition includes the new help you need from managing gender pronouns to maximizing the usefulness of front and back matter. Altogether, *The Frugal Editor* now provides 50% more information designed for the success of your title.

"Writers and editors have a true friend in Carolyn Howard-Johnson. Her word smarts, her publishing savvy, and her sincere commitment to authors and editors make *The Frugal Editor* a must-have resource." -- June Casagrande, author of *The Best Punctuation Book, Period* and *Grammar Snobs Are Great Big Meanies* (Penguin) and syndicated grammar columnist

"Previous editions of *The Frugal Editor* were excellent. Nothing could be better... except this book which has an additional 50% new content. The publishing world changes quickly, and this text allows writers to keep up with the ever-changing world of editors, publicists, finicky agents, trends, cultural expectations, queries, and media kits... exploding grammar myths, and possible scams. Save yourself time and money by learning from the best, Howard-Johnson. -- Carolyn Wilhelm, BA, MA, MS and author of environmental content

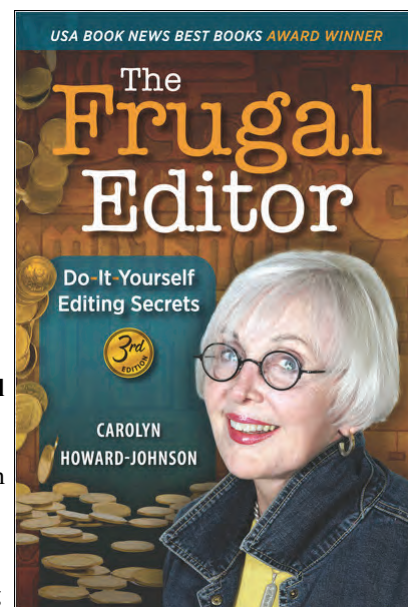
"Carolyn Howard-Johnson is a godsend for writers everywhere. Her new book *The Frugal Editor*, is part reference guide, part do-it-yourself editing manual, part masterclass on the writing and publishing industry... and all with Carolyn's signature humor and encouraging energy! She is a master at simplifying overwhelming tasks into relevant, can-do information. This book is a must for every writer's bookshelf!" --Dallas Woodburn, book coach and best-selling author of *Thanks, Cariss, for Ruining my Life*

"I am using *The Frugal Editor* to polish my next book. I've used it for the first edit, the beta edit, and...I'm ready to snuff out excess words. Your tip about adding spaces with the search and replace tool is a timely add to my editing skills. It was easy to weed out abbreviations like AR for Arkansas one of my clients used with the (space)AR(space) feature." --Elizabeth Seckman, editor of *Insecure Writers Group* newsletter

"In the third edition of her *The Frugal Editor*, Carolyn Howard-Johnson helps authors obtain a finished product worthy of Simon and Shuster. The book guides readers through evolving changes in the English language that has no governing academy regulating it." --Helen Dunn Frame shares her secrets for *Retiring in Costa Rica* or *Doctors, Dogs and Pura Vida* and other books. "Whether you're writing your first book or tenth, *The Frugal Editor* is a must-read." --Tim Bete, director, Erma Bombeck Writers' Workshop

"Carolyn Howard-Johnson's *The Frugal Editor* has been my go-to editing bible for many years. The new Third Edition is the best yet with all the clear, easy-to-follow advice on how to edit your work like a pro of the earlier editions and a whole new range of up-to-the-minute advice about such things as using gender pronouns correctly, well-researched insider info on how to avoid agents' and publishers' pet peeves, how to avoid scams, and lots more. This is a must for every author's editing arsenal." --Magdalena Ball, is a poet and runs the *CompulsiveReader.com*

Learn more at <https://howtodoitfrugally.com>
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The Great First Impression Book Proposal: Everything You Need to Know About Selling Your Book to an Agent or Publisher in Thirty Minutes or Less, 2nd Ed.

Imprint: Modern History Press
Series: HowToDoItFrugally
Author: Carolyn Howard-Johnson
ISBN-13: PB 978-1-61599-481-6 / HC 978-1-61599-482-3 / eBook 978-1-61599-483-0
List Price: PB \$ 8.95 / HC \$ 19.95 / eBook \$ 2.99
Trim: 6.14 x 9.21 (54 pp)
Audience: General Adult
Pub Date: 09/01/2019
BISAC: BUSINESS & ECONOMICS/Business Writing
LANGUAGE ARTS & DISCIPLINES/Publishing
BUSINESS & ECONOMICS/Marketing/Research

Synopsis: This booklet from Carolyn Howard-Johnson, a UCLA Extension Writers' Program instructor for nearly a decade, helps authors love the project they most love to hate--writing a book proposal. She has taken the guessing out of the book proposal process. Now there is no need to take expensive, time-consuming classes or spend hours reading a tome to find the voice and format that will propel an author's idea from a dream to reality. This slim book and thirty minutes will do it.

Randy Eller, speaker and CEO of Eller Enterprises, says, "There is only one thing you need to learn from Carolyn Howard-Johnson to succeed...everything she says!"

"Marketing is never easy... Well, it might be if you follow the easy steps Carolyn Howard-Johnson offers up in *The Great First Impression Book Proposal: Everything You Need to Know About Selling Your Book in Thirty Minutes or Less*. Howard-Johnson's bulleted lists are superior. They are easy to understand, easy to implement, and even easier to read. She means it when she says thirty minutes or less. I will recommend this book to all of our authors and potential authors."

~ Georgia Jones, Editor in Chief, LadybugPress and NewVoices, Inc.

This booklet is the result of multi award-winning author Carolyn Howard-Johnson's extensive work with clients who hate writing book proposals and hate learning how to write them even more. She found herself coaching them through the process rather than doing it for them, for who could possibly recreate the passion an author feels for his or her own book better than the author? In doing so, she found she had written a booklet—not a tome—that took her clients only about thirty minutes to absorb. Voila! *The Great First Impression Book Proposal* was born.

The *HowToDoItFrugally* Series from Modern History Press
www.ModernHistoryPress.com



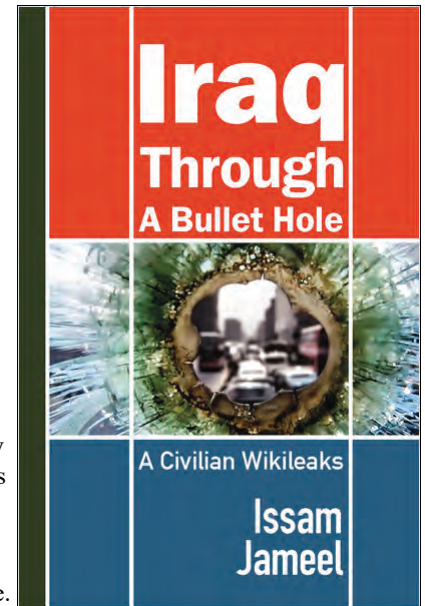
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Iraq through a Bullet Hole: A Civilian Wikileaks

Imprint: Modern History Press
Series: World Voices
Author: Issam Jameel
ISBN-13: PB 978-1-61599-090-0 / HC 978-1-61599-091-7 / eBook 978-1-61599-960-6
List Price: PB \$ 19.95 / HC \$ 32.95 / eBook \$ 6.95
Trim: 6.14 x 9.21 (214 pp)
Audience: General Adult
Pub Date: 10/01/2010
BISAC: HISTORY/Middle East/General
HISTORY/Military/Iraq War (2003-)
SOCIAL SCIENCE/Islamic Studies



Synopsis: A unique on-the-ground account of a country shattered

Iraqi playwright Issam Jameel returned to Iraq after a 12-year exile. Giving up the relative safety of Jordan, he made a perilous journey to Baghdad for a reunion. Unfortunately, the reason for his trip was to grieve for his nephew, recently killed by American forces while guarding an Iraq parliament member from insurgents. Jameel also mourns the loss of a formerly secular civil society replaced by vehement sectarianism, intolerance, and ignorance. Basic human needs like food, water, and power have become an endless daily struggle amidst the shards of infrastructure. Routine tasks, such as selling a house or getting a job are fraught with peril as old scores continue to be settled on religious, ethnic, and political fronts. Everywhere he turns, people are desperate to leave, but fear for the worst. After escaping this madness, he recorded his eyewitness report, desperate to provide an honest and impartial tale of an epic tragedy which has killed more than 100,000 people and displaced many more.

Today, the US government gambles with Iraq's stability by turning a blind eye to Al-Maliki's internal policy, especially after Wikileaks revealed his complicity in death squads. We are jeopardizing the hard-won political gains that the US achieved by neutralizing the Sunnis of Iraq when it converted them from fighters and boycotters to voters. The US administration fails to show much real concern for the future of democracy in Iraq except perhaps for its anxiety about Obama's promises of military withdrawal.

Critics Praise *Iraq Through A Bullet Hole*

"Issam Jameel's *Iraq Through A Bullet Hole* is evocative in the best sense of the word. A native Iraqi, he describes with measured sadness and authenticity the dismemberment of his country by a senseless war. His perspective on events there--both personal and general--will not be found in reporting done by the Western press. His tale reminds us that the things that matter most--family, friends, and faith can and will endure even the most severe trials. I highly recommend this book for its relevance and timelessness."

--Cristobal Krusen, Author and Filmmaker

"Iraq has been a focus for our attention for years now, since our armed forces went looking for nonexistent weapons of mass destruction there. The media have presented a picture--but how real is it? What is life really like in that unfortunate country? Find out by reading this book."

--Robert Rich, PhD, Author of *Cancer: A Personal Challenge*

"Going home is such a trivial thing to so many people in the world. This story is the revealing statement of one man that went home to find it lost in such a strife-filled region, considered by historians as the origin of modern civilization. For those who do know how difficult his journey was, they will relate to Issam's message which is one of perseverance, shared hope and a common faith in mankind that in the end, all could eventually be well. If only men would let it..."

--Bill Evans, civilian contractor in Iraq

More info at www.IraqThruABulletHole.com

Book #5 in the Reflections of History Series from Modern History Press www.ModernHistoryPress.com

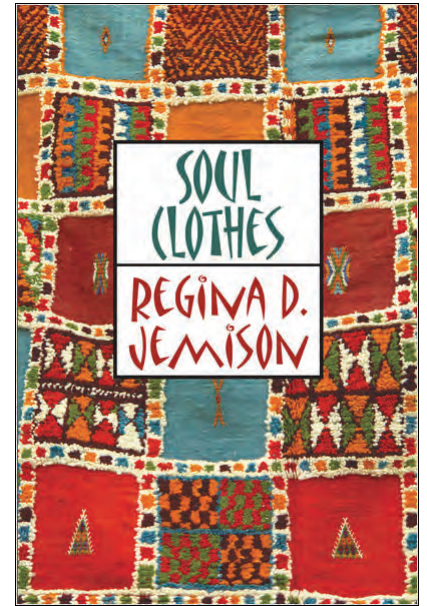
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Soul Clothes

Imprint: Modern History Press
Series: Reflections of America
Author: Regina D. Jemison
Foreword: Stephen G. Marsh
ISBN-13: PB 978-1-61599-095-5 / HC 978-1-61599-096-2 / eBook 978-1-61599-968-2
List Price: PB \$ 8.95 / HC \$ 22.95 / eBook \$ 2.99
Trim: 6.14 x 9.21 (44 pp)
Audience: General Adult
Pub Date: 08/01/2011
BISAC: SOCIAL SCIENCE/Ethnic Studies/African American Studies
POETRY/American/African American
SOCIAL SCIENCE/Women's Studies



Synopsis: Here's your invitation to join a literary as well as a personal relationship with the deeply insightful and profoundly expressive perspectives of Regina Diane Jemison. As you encounter these soul-stirring pieces, you may imagine listening to one of God's own trombones. The poetry, prose and personality in *Soul Clothes*, may rub up on a curious and compassionate place within you, a place of stark reality drenched in divine hope. Imagine a John Coltrane solo, with words instead of tenor sax.

Acclaim for *Soul Clothes*

"*Soul Clothes* dances naked and unabashed across the page. Jemison's poetry connects spirit to spirit, stripping away masks and guiding us to divine adornments of grace, truth, faith."

--Aundria Sheppard Morgan, author *Cross My Heart and Hope to Die*

"*Soul Clothes* is one poet's passionate expression of what it is to be human. Her poems encompass a vast expanse of emotions, from suffering and grief to love and celebration. While being real about the human experiences we all share, many of these poems also exalt the divine within us."

--Valerie Jean, author of *Woman Writing a Letter*

"*Soul Clothes* reveals a collection of compelling, compassionate, daring, devoted, honest and unafraid poems with a spiritual undertone."

--Sweta Srivastava Vikram, author of *Kaleidoscope: An Asian Journey of Colors*

For more information see www.ReginaJemison.com

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Poetry: African-American

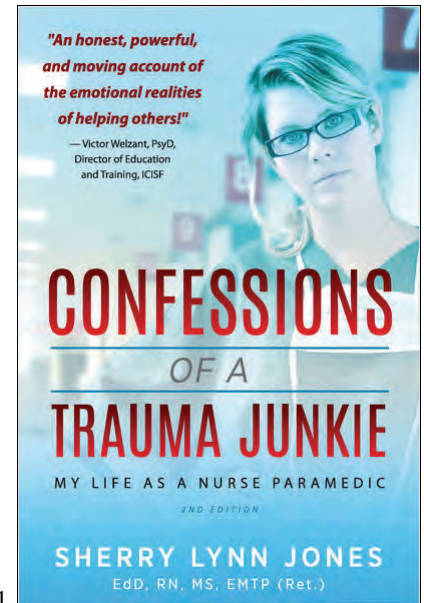
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Confessions of a Trauma Junkie: My Life as a Nurse Paramedic, 2nd Ed.

Imprint: Modern History Press
Series: Reflections of America
Author: Sherry Lynn Jones
Foreword: Victor Welzant
ISBN-13: PB 978-1-61599-341-3 / HC 978-1-61599-345-1 / eBook 978-1-61599-343-7
List Price: PB \$ 21.95 / HC \$ 32.95 / eBook \$ 6.95
Audiobook: iTunes, Audible.com, Amazon
Trim: 6.14 x 9.21 (238 pp)
Audience: General Adult
Pub Date: 05/01/2017
BISAC: BIOGRAPHY & AUTOBIOGRAPHY/Medical
MEDICAL/Allied Health Services/Emergency Medical Services
PSYCHOLOGY/Psychopathology/Post-Traumatic Stress Disorder (PTSD)



Synopsis: Ride in the back of the ambulance with Sherry Lynn Jones

Share the innermost feelings of emergency services workers as they encounter trauma, tragedy, redemption, and even a little humor. Sherry Lynn Jones has been an Emergency Medical Technician, Emergency Room Nurse, prison healthcare practitioner, and an on-scene critical incident debriefer. Most people who have observed or experienced physical, mental or emotional crisis have single perspectives. This book allows readers to stand on both sides of the gurney; it details a progression from innocence to enlightened caregiver to burnout, glimpsing into each stage personally and professionally.

"Corrections": the third realm of emergency care behind layers of concrete and barbed wire. Join in the dangers, challenges, and truth-is-stranger-than-fiction humor of this updated and revised second edition of *Confessions of a Trauma Junkie*. In addition to stories from the streets and ERs, medics, nurses, and corrections officers share perceptions and coping skills from the other side of prisons' cuffs and clanging metal doors.

Emergency Service Professionals Praise *Confessions of a Trauma Junkie*

"A must read for those who choose to subject themselves to life at its best and at its worst. Sherry offers insight in the Emergency Response business that most people cannot imagine."

--Maj Gen Richard L. Bowling, former Commanding General, USAF Auxiliary (CAP)

"Sherry Lynn Jones shares experiences and unique personal insights of first responders. Told with poetry, sensitivity and a touch of humor at times, all are real, providing views into realities EMTs, Nurses, and other first responders encounter. Recommended reading for anyone working with trauma, crises, critical incidents in any profession."

-- George W. Doherty, MS, LPC, President Rocky Mountain Region Disaster Mental Health Institute

"Sherry has captured the essence of working with people who have witnessed trauma. It made me cry, it made me laugh, it helped me to understand differently the work of our Emergency Services Personnel. I consider this a 'must read' for all of us who wish to be helpful to those who work in these professions."

--Dennis Potter, LMSW, CAADC, CCS, FAAETS, ICISF Faculty

"*Confessions of a Trauma Junkie* is an honest, powerful, and moving account of the emotional realities of helping others! Sherry Lynn Jones gives us a privileged look into the healing professions she knows firsthand. The importance of peer support is beautifully illustrated. This book will deepen the readers respect for those who serve."

--Victor Welzant, PsyD, Director of Education and Training, The International Critical Incident Stress Foundation, Inc (ICISF)

Learn more at www.SherryLynnJones.com

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Biography & Autobiography : Medical - General

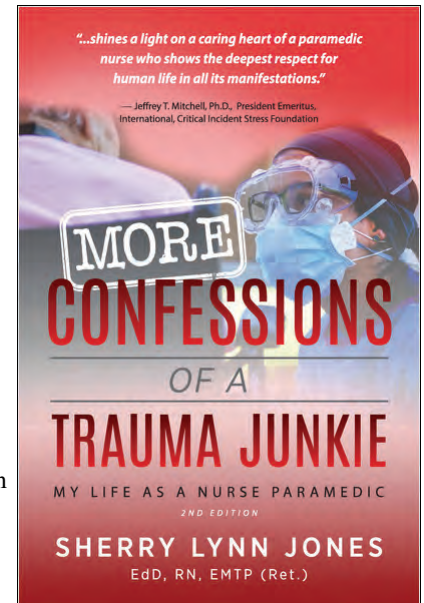
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More Confessions of a Trauma Junkie: My Life as a Nurse Paramedic, 2nd Ed.

Imprint: Modern History Press
Series: Reflections of America
Author: Sherry Lynn Jones
Foreword: Neal E. Braverman
ISBN-13: PB 978-1-61599-553-0 / HC 978-1-61599-554-7 / eBook 978-1-61599-555-4
List Price: PB \$ 17.95 / HC \$ 29.95 / eBook \$ 4.95
Trim: 6.14 x 9.21 (166 pp)
Audience: General Adult
Pub Date: 02/01/2021
BISAC: BIOGRAPHY & AUTOBIOGRAPHY/Medical
MEDICAL/Allied Health Services/Emergency Medical Services
PSYCHOLOGY/Psychopathology/Post-Traumatic Stress Disorder (PTSD)



Synopsis: More True Stories from EMS and the ER

More Confessions shares the raw and honest feelings of emergency service professionals through true 'story behind the story' revelations. Disclosing experiences from both sides of the gurney, Sherry and other EMS, ER, paramilitary, and firefighter responders walk you along their fragile line of sanity. Using humor as a life raft during perfect storms, workers reflect upon how they endure and survive personal and professional tragedy while trying not to care too much, and what happens when they fail in that attempt. A graduate student in psychology, Sherry is a paramedic, trauma nurse, and crisis interventionist who led a national paramilitary crisis response team and continues conducting crisis management training throughout the U.S.

Emergency Service Professionals Praise *More Confessions*

"Once again, Sherry brings to life the overlooked or, too often, over-hyped world of the emergency services for all to experience. She does so with a vitality and spirit that makes her prose almost poetic. If you want to glimpse the amazing world of EMS from 'behind the curtain,' *More Confessions* is for you. Highest recommendations."

--Rev. Don Brown, B.A., M.Div., Flight Paramedic (retired), Chaplain, Lt. Col., CAP (retired); Pastor, First United Methodist Church, Grand Saline, TX

"*More Confessions* will take you to the edge of first responder insanity with honesty and integrity. Sherry has once again opened our world to the reader by cleverly describing the unbelievable experiences that we have every day. This book is the real deal!"

--Peter Volkmann, MSW, EMT, Chief-Stockport NY Police Department.

"Through the venue of real and personable human experience stories, Sherry's *More Confessions* is a powerfully written sequel that provides key insights into the need for those who work in emergency and disaster response, as well as their families, to actively and purposely recognize and consistently address their physical, mental, and spiritual well-being. All who read this book will be touched deeply in some way."

--Harvey J. Burnett, Jr., PhD, LP, President, Michigan Crisis Response Association Sergeant, Buchanan Police Department Assistant Professor of Psychology, Behavioral Sciences Dept., Andrews University

From the Reflections of America Series at Modern History Press www.ModernHistoryPress.com

Medical: Allied Health Services - Emergency Medical Services

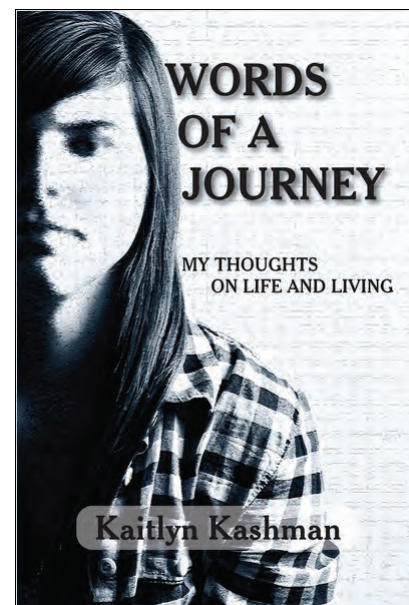
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Words of a Journey: My Thoughts on Life and Living

Imprint: Modern History Press
Series: World Voices
Author: Kaitlyn Kashman
ISBN-13: PB 978-1-61599-052-8 / HC 978-1-61599-062-7 / eBook 978-1-61599-953-8
List Price: PB \$ 16.95 / HC \$ 27.95 / eBook \$ 5.95
Trim: 6.14 x 9.21 (144 pp)
Audience: General Adult
Pub Date: 08/01/2010
BISAC: POETRY/Canadian



Synopsis: A book by a teenager for teenagers!

Words of a Journey is a book for anyone who wants to take a closer look at life's meaning and their experiences. Seventeen-year old Kaitlyn Kashman has designed this book to provide thought-stimulation on various issues and feelings that young adults explore. The book is a potpourri of poetry, with introspective, inspirational questions and observations to stimulate thought in readers so they can come to a clearer understanding of their own feelings and desires.

Topics for deeper introspection run the vast range of emotions and situations young adults experience to help readers analyze and clarify their own relationships:

- Understanding unrequited love leads to analysis between what is a want vs. a need.
- The difficulties of first love, learning about oneself, seeking the thrill of love, and knowing when it is best to end.
- Discovering that one cannot change for another person.
- Learning that sometimes we love our own fictional version of a person.
- Nourishing a budding sense of new identity.
- Finding the boundaries between two people, accepting and embracing ourselves.

An important book for any teenager or young adult, *Words of a Journey* will take readers down a path that will lead them back home to find a better version of themselves.

Critics Praise for *Words of A Journey*

"In *Words of a Journey* Kaitlyn gives teenagers permission to think for themselves and a place to express themselves on the pages of the book. A simple thought gives way to self-expression and the opportunity for clarity. *Words of a Journey: My Thoughts on Life and Living*, serves as a journal that can be used every day. Often, we simply need to see our thoughts in print to make sense out of our struggle and to fully appreciate our joy!"

--Judee Ausnow, author of *Drama is Optional: A Guide for Teens*

Learn more at www.KaitlynKashman.com

From the World Voices Series at Modern History Press www.ModernHistoryPress.com

Look for paperback and eBook editions too!

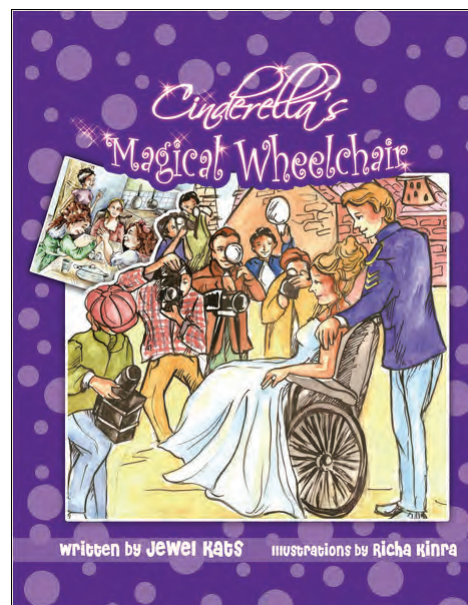
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Cinderella's Magical Wheelchair: An Empowering Fairy Tale

Publisher: Loving Healing Press
Series: Fairy Ability Tales
Author: Jewel Kats
Illustrator: Richa Kinra
ISBN-13: PB 978-1-61599-112-9 / HC 978-1-61599-113-6 / eBook 978-1-61599-976-7
List Price: PB \$ 16.95 / HC \$ 29.95 / eBook \$ 4.95
Audiobook: iTunes, Audible.com, Amazon
Trim: 8.5 x 11 (24 pp)
Audience: 7-9 years
Lexile Score: 570L - Grade(s) 2, 3
Pub Date: 08/01/2011
BISAC: JUVENILE FICTION/Social Issues/Special Needs
JUVENILE FICTION/Fairy Tales & Folklore/Anthologies



Synopsis: Join Cinderella in a World Where Anything is Possible!

In a Kingdom far, far away lives Cinderella. As expected, she slaves away for her cranky sisters and step-mother. She would dearly love to attend the Royal costume ball and meet the Prince, but her family is totally dead set against it. In fact, they have gone so far as to trash her wheelchair! An unexpected magical endowment to her wheelchair begins a truly enchanted evening and a dance with the Prince. Can true love be far behind?

- This fairy tale demonstrates people with disabilities can overcome abuse
- Children with disabilities finally have a Cinderella story they can identify with
- In this version, Cinderella uses her own abilities to build a new future for herself
- The connection Cinderella and the Prince share illustrates love surges past mutual attraction

Acclaim for Cinderella's Magical Wheelchair

"An inspiring and exciting read for children of all ages and abilities. Finally here is a book which shows that wheelchair-mobile children can achieve anything. A clever, modern twist on this traditional and much loved story."

--Joanne Smith, TV Producer, *Terry Fox Hall of Fame inductee*, *Gemini Award winner*

"This strength-based present day Cinderella story reminds readers that everyone, including someone with a physical challenge, can have the experiences and relationships they hope to have. This Cinderella found that 'success was of her own making'. A must have for every school library and therapy office."

--Theresa Fraser, M.A., Child Psychotherapist and Play Therapist, author of: *Billy Had To Move*

"A wonderful, upbeat, modernized version of a familiar fairy tale. Cinderella's physical disability is taken in stride, and life goes on regardless. I loved it!"

--Dr. Laurie Zelinger, Child Psychologist, author *Please Explain Anxiety to Me*

"A magnificent modern-day Cinderella story teaching children of all ages--about creating one's own success, happiness, and positive self-image while embracing life's challenges."

--Sherry Jones Mayo, RN, EMTP, NCCN, author *Confessions of a Trauma Junkie*

Learn more at www.JewelKats.com

JUVENILE FICTION: SOCIAL ISSUES - SPECIAL NEEDS

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DitzAbleD Princess: A Comical Diary Inspired by Real Life

Imprint: Marvelous Spirit Press
Author: Jewel Kats
Illustrator: Katarina Andriopoulos
ISBN-13: PB 978-1-61599-183-9 / HC 978-1-61599-185-3 / eBook 978-1-61599-184-6
List Price: PB \$ 14.95 / HC \$ 26.95 / eBook \$ 4.95
Trim: 6.14 x 9.21 (70 pp)
Audience: General Adult
Pub Date: 04/01/2013
BISAC: COMICS & GRAPHIC NOVELS/Contemporary Women
EDUCATION/Special Education/Physical Disabilities
SOCIAL SCIENCE/Women's Studies

Synopsis: Jewel at 33 is a Princess in her own right.

She's a fun-loving, demanding Diva who loves to shop as much she loves to write. Jewel is the apple of everyone's eye--be it her doting family, her doctor for her never-ending bowel issues, her pushy book editor and especially her frugal husband's soft spot. So, what's Jewel's weakness? Her pet dogs: Snowie and Dolly. Particularly, naughty Snowie who is known to pee wherever he fancies--including Dolly's face!

For Jewel, her physical disability doesn't dampen her spirits. Rather, it enhances them. She gets to use an unusual fashion accessory (Imagine: A hot pink elbow crutch.) She gets out of doing housework. She gets carried up-and-down stairs like a Princess a la command. Jewel may be horribly messy, terrible with numbers and a workaholic, but nobody can imagine life without her. Not that she would let them, anyway! She has a big mouth, remember?

About the Author

Once a teen runaway, Jewel Kats is now a self-made Diva. Her closet is stuffed with fashion and beauty accessories. She's overcome sexual abuse, disabilities, you name it... Jewel interned in the TV studio of Entertainment Tonight Canada. She appeared in a documentary series by the Oprah Winfrey Network (Canada) in 2012.

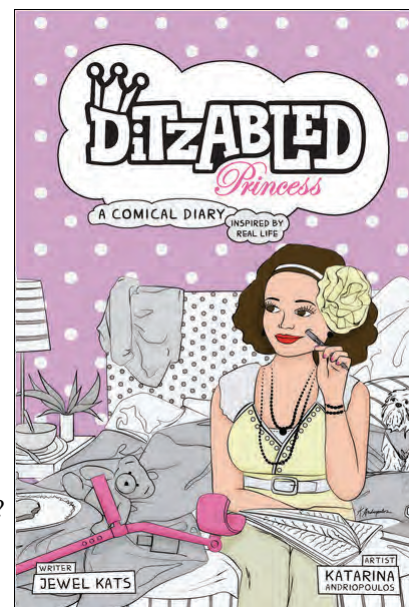
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Hansel and Gretel: A Fairy Tale with a Down Syndrome Twist

Publisher: Loving Healing Press
Series: Fairy Ability Tales
Author: Jewel Kats
Illustrator: Claudia Marie Lenart
ISBN-13: PB 978-1-61599-250-8 / HC 978-1-61599-251-5 / eBook 978-1-61599-252-2
List Price: PB \$ 15.95 / HC \$ 27.95 / eBook \$ 4.95
Trim: 8.5 x 8.5 (44 pp)
Audience: 5-7 years
Lexile Score: 610L - Grade(s) 2, 3
Pub Date: 10/01/2014
BISAC: JUVENILE FICTION/Social Issues/Special Needs
JUVENILE FICTION/Fairy Tales & Folklore/Adaptations
JUVENILE FICTION/Social Issues/Values & Virtues



Synopsis: *Hansel & Gretel: A Fairy Tale with a Down Syndrome Twist* is an enchanting tale about how kindness overcomes callousness and leads to a wondrous reward. This adaptation of the classic Grimms' tale includes the wicked witch and the poor siblings in search of food, but in this case, five-year-old Hansel is a mischievous, yet courageous, boy with Down syndrome.

Young readers will learn that:

- Children with Down syndrome are capable and can achieve extraordinary success with determination.
- An act of kindness can transform people and the world.
- Treating people like family can create a miracle.
- People cannot be judged by appearance; a princess or a hero can be hidden within.
- Facing a challenge can lead to unimagined rewards.

"I love that this book addresses not only the low expectations that society has of kids with Down syndrome but that the Mother has as well. What a gifted author to see past the diagnosis and tell a magical story of potential and belief!"

--Nancy Gianni, Founder & Gigi's Mom, *GiGi's Playhouse: Down Syndrome Achievement Centers*

"I find that Jewel Kat's message that someone's disability is not what makes a person, a great one. I like how she portrayed Hansel. He reminded me of my nephew who had Down syndrome--not only someone who was kind but also very smart. I believe it's a great book for every kid to read."

--Janet McNevin, Museum of disABILITY History

"Hansel shines as a courageous boy with incredible determination despite his challenges and succeeds in changing his family's circumstances. This story would help young readers look beyond disabilities and focus on the characters of those who have special needs. Claudia's breathtaking illustrations take this beloved tale to a whole new level. A must read for children of all ages."

--Shaila Abdullah, author, *My Friend Suhana: A Story of Friendship and Cerebral Palsy*

Learn more at www.JewelKats.com

Book #5 in the Fairy Ability Tales Series

Juvenile Fiction: Social Issues - Special Needs

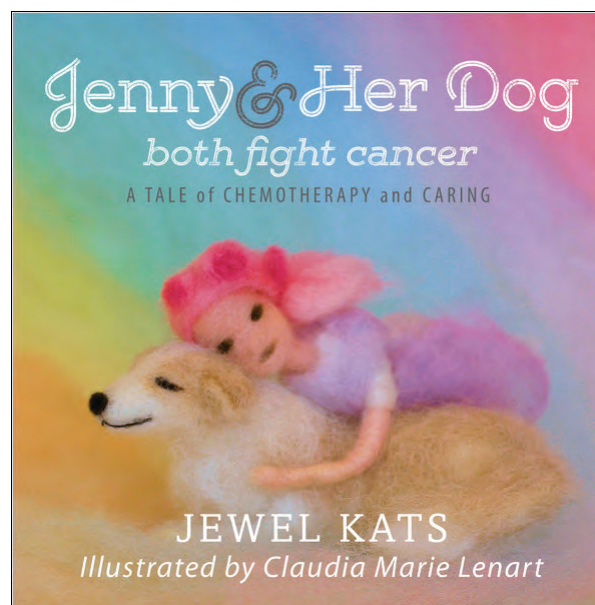
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Jenny & Her Dog Both Fight Cancer: A Tale of Chemotherapy and Caring

Publisher: Loving Healing Press
Series: Growing With Love
Author: Jewel Kats
Illustrator: Claudia Marie Lenart
ISBN-13: PB 978-1-61599-279-9 / HC 978-1-61599-280-5 / eBook 978-1-61599-281-2
List Price: PB \$ 15.95 / HC \$ 27.95 / eBook \$ 4.95
Trim: 8.5 x 8.5 (38 pp)
Audience: 6-9 years
Lexile Score: 550L - Grade(s) 2, 3
Pub Date: 04/01/2016
BISAC: JUVENILE FICTION/Animals/Dogs
JUVENILE FICTION/Health & Daily Living/Diseases, Illnesses & Injuries



Synopsis: **Jenny, a young girl undergoing treatment for cancer, discovers that her best friend, Dolly, also has cancer.** Dolly is the family's dog, who has always been at Jenny's side through trying times, and Jenny vows to support Dolly as well. This bittersweet tale is a story of mutual devotion and loyalty. While the prognosis is not good for dogs with cancer, Dolly's love provides enduring hope and support for Jenny on her healing journey.

"Wow! I love this honest, refreshing book about childhood cancer and the tender, loving bond of a courageous child with her dog that enables them to endure the intolerable chemotherapy treatments and gives them all the more reason to do so. Highly recommended!"
--David A. Crenshaw, Ph.D., ABPP, Author, & Clinical Director, Children's Home of Poughkeepsie

"In this book, Jenny and her dog, Dolly, both get the dreaded cancer diagnosis. In this sweet, moving journey, Jenny and Dolly show us how they fight through chemotherapy treatment together. I love how genuine, heartfelt, and sincere this story is. It will truly benefit families who struggle with cancer."
--Jill Osborne, EdS, LPC, RPT-S, CPCS

"Jewel Kats and Claudia Marie Lenart accomplished the unimaginable by telling an important and moving story in just a few mesmerizing pages. Jewel introduces the reader to 'Cancer' and the treatment that saves Jenny's life while she comforts the dog she loves. Claudia's pictures are magnificent in their texture, color, detail, and postural simplicity of the characters. I had to read it twice--I could not see through my tears the first time."
--Laurie Zelinger, Ph.D., ABPP, RPT-S, Board Certified Psychologist and author of the *Please Explain* series

"Jewel Kats tackles cancer in a heartwarming story of friendship and loss. Cancer has no boundaries, as Kats points out, when a young girl and her dog both fight this deadly illness. This book is beneficial for children who are embarking upon a cancer journey, either their own or alongside a family member."
--V.S. Grenier, Award-winning Author & Mom's Choice Honoree

"The C word--not all kids know what it means, but they see the reaction in all who hear the word. In this beautifully illustrated book, author Jewel Kats strives to talk about both symptoms and feelings attached to experiencing cancer. Some of us experience cancer inside ourselves and some of us experience it by watching the impact on those we care about."
--Theresa Fraser, CYW, M.A., CPT-S, Trauma and Loss Clinical Specialist, Registered Psychotherapist

Learn more at www.ClaudiaMarieFelt.com and www.JewelKats.com
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Fax: +1 734 663 6861

Miss Popular Steals the Show: Girls in Wheelchairs Rule!

Imprint: Marvelous Spirit Press
Author: Jewel Kats
Illustrator: Murray Stenton
ISBN-13: PB 978-1-61599-236-2 / HC 978-1-61599-477-9 / eBook 978-1-61599-237-9
List Price: PB \$ 14.95 / HC \$ 26.95 / eBook \$ 4.95
Audiobook: iTunes, Audible.com, Amazon
Trim: 5 x 8 (52 pp)
Audience: 6-8 years
Lexile Score: 530L - Grade(s) 1, 2, 3
Pub Date: 09/01/2019
BISAC: JUVENILE FICTION/Social Issues/Special Needs
JUVENILE FICTION/Social Issues/Friendship

Synopsis: How far will Bix go to be popular?

A delightful and humorous diary account from "Bix," a plain Jane from a struggling family trying to outdo and steal the third-grade classroom stage from Valerie, whose mother is a famous author. Miss Popular may be a wheelchair-user, but she knows how to charm the classroom, and her pink bejeweled wheelchair rules. In a pique of frustration, Bix resorts to lies to steal the limelight from Miss Popular. She also announces that she will be having a puppy shower, and everyone except Miss Popular is invited. Can Bix pull it off?



Readers will:

- Learn the importance of honesty
- Discover that being loved and being popular are not the same thing
- Find out how even a small act of kindness pays big dividends
- Learn how to rise above circumstances to be a better person

"Jewel Kats does it again! She has the ability to shine a light on disabilities with characters that empower and inspire! And she does it in way that entertains thoroughly! Her optimism and sense of fun explode on every page!"

--Dan Parent, *Archie Comics*

"*Miss Popular* is a testament to young girls everywhere: guiding them through the issues of popularity, honesty and the fun of life! Jewel Kats has created a character that I would have loved to be my friend when I was a third-grader! Spectacular in every way!"

--Robin Marvel, author of *Awakening Consciousness: A Girl's Guide!*

Learn more at **www.JewelKats.com**

from Marvelous Spirit Press www.MarvelousSpirit.com

Juvenile Fiction : Social Issues - Special Needs

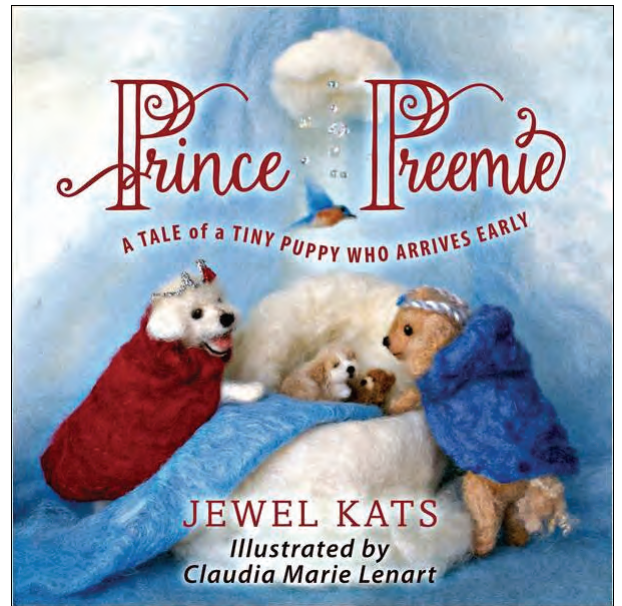
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Elsewhere: (734)417-4266
Fax: +1 734 663 6861

Prince Premie: A Tale of a Tiny Puppy who Arrives Early

Publisher: Loving Healing Press
Series: Growing With Love
Author: Jewel Kats
Illustrator: Claudia Marie Lenart
ISBN-13: PB 978-1-61599-306-2 / HC 978-1-61599-307-9 / eBook 978-1-61599-308-6
List Price: PB \$ 15.95 / HC \$ 27.95 / eBook \$ 4.95
Trim: 8.5 x 8.5 (32 pp)
Audience: 4-7 years
Lexile Score: 600L - Grade(s) 2, 3
Pub Date: 12/01/2016
BISAC: JUVENILE FICTION/Social Issues/Special Needs
JUVENILE FICTION/Animals/Dogs
JUVENILE FICTION/Social Issues/Pregnancy



Synopsis: The King and Queen of Puppy Kingdom are joyfully awaiting the arrival of their Prince. But the couple and their kingdom are thrown into upheaval when it is learned that Prince Puppy will arrive early, before his important crown is completed. How can they call him Prince without a crown? Discover how the King solves this problem in *Prince Premie: A Tale of a Tiny Puppy Who Arrives Early*. Children will be swept away into this dreamy, fairy tale land of adorable dogs created from wool.

"As the mother of two children born preterm, I can relate to the sorrow and joy that Prince Premie's parents faced at his early arrival. Through magical writing and illustrations Jewel Kats and Claudia Marie Lenart once again help children of all abilities and their families understand the special gifts that are inside each one of us."

--Kelli Kelley, Founder and Exec. Director, HandtoHold.org -- Fragile Babies, Strong Support

"*Prince Premie* is a sweet book that offers a good way to start conversations with a preemie child about their early birth. The story hints at the stress and fear that comes with having a child prematurely, but leaves the reader feeling hopeful."

--Andrea Mullenmeister, writer at AnEarlyStartBlog.com

"The arrival of a premature baby can be confusing for a young child. In this delightful dog kingdom, Jewel Kats has created a teaching tool that normalizes the situation. Claudia Marie Lenart's illustrations look cuddly, every child will love them and be drawn into the story of Prince Premie even without the words."

--Bob Rich, PhD, psychologist, author of *Anger and Anxiety: Be In Charge of Your Emotions and Control Phobias*

"*Prince Premie* is a feel good book -- the story is one of inspiration, determination and acceptance. It reminds us that there is always hope and that with optimism, dedication and love you can create the good and happiness into every situation you face."

--Robin Marvel, author of *Framing a Family: Building a Foundation to Raise Confident Children*

For more information please visit www.JewelKats.com

From Loving Healing Press www.LHPress.com

Juvenile Fiction : Social Issues - Special Needs Loving Healing Press

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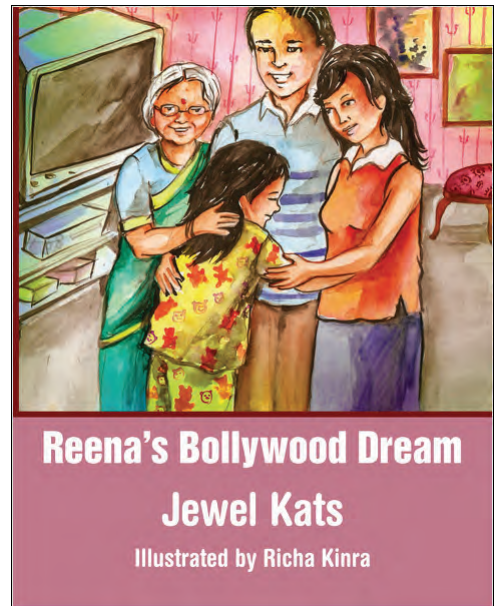
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Elsewhere: (734)417-4266

Fax: +1 734 663 6861

Reena's Bollywood Dream: A Story About Sexual Abuse

Publisher: Loving Healing Press
Series: Growing With Love
Author: Jewel Kats
Illustrator: Richa Kinra
ISBN-13: PB 978-1-61599-014-6 / HC 978-1-61599-059-7 / eBook 978-1-61599-892-0
List Price: PB \$ 15.95 / HC \$ / eBook \$ 4.95
Trim: 8 x 10 (24 pp)
Audience: 7-10 years
Lexile Score: 610L - Grade(s) 2, 3
Pub Date: 09/01/2010
BISAC: FAMILY & RELATIONSHIPS/Abuse/Child Abuse
JUVENILE FICTION/Social Issues/Sexual Abuse
SOCIAL SCIENCE/Ethnic Studies/Asian American Studies



Synopsis: Reena wants to be a star...

...A Bollywood star. Unfortunately, her family won't stand for it. It doesn't help that Reena is only eight-years-old. However, a beacon of hope arrives in the form of Uncle Jessi. He's just emigrated from India to America, and is a welcome addition to her family household. Uncle Jessi and Reena share a special bond. Not only are they old pen pals, but he recognizes her desperation to become a Bollywood actress.

One day, Uncle Jessi plans a secret surprise. He invites her to take part in a pretend acting game. Reena jumps at the chance. At first, she enjoys swinging her hips to Bollywood beats. She smiles brightly at his camera. However, halfway through her performance matters take an unexpected turn. The end results surprise both Reena and Uncle Jessi.

Important lessons come through an action-driven story and beautiful illustrations:

- Children will learn that sexual abuse is NEVER their fault.
- Parents and children will be given a launching pad to discuss the warning signs of "grooming."
- Children will come away knowing they have the power to say: "NO."
- Children will discover that sexual abuse can occur in any cultural group.
- Children can be assured that they will be believed when reporting inappropriate behavior.
- Therapists and parents can exhibit that sexual abuse isn't an off-limits topic.
- Child abuse survivors will come away knowing they are not alone.

Therapists' Acclaim for *Reena's Bollywood Dream*

"*Reena's Bollywood Dream* is exceptionally well-written. It works as an educational piece to foster awareness to children and their families regarding the realities of sexual abuse within the South Asian community. This informative book can help alter a child's life for the better."

--Sadia Khaliq, B.A., B.S.W., M.S.W., Community Treatment Coordinator, Centre for Addiction and Mental Health

"With a captivating story and beautiful illustration, and with a message that is cross-cultural and educational, *Reena's Bollywood Dream* can help children understand the sad reality that there are those who can hurt them but there is also means of staying safe--with others' help. I recommend this book highly to all families; it can be instrumental to starting a conversation about a difficult topic."

--Pamela Pine, PhD, MPH, Founder and CEO, Stop the Silence

For more info see www.JewelKats.com

Juvenile Fiction : Social Issues - Sexual Abuse

Family & Relationships : Abuse - Child Abuse

Social Science : Ethnic Studies - Asian American Studies

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Fax: +1 734 663 6861

Snow White's Seven Patches: A Vitiligo Fairy Tale

Publisher: Loving Healing Press
Series: Fairy Ability Tales
Author: Jewel Kats
Illustrator: Dan Goodfellow
ISBN-13: PB 978-1-61599-206-5 / HC 978-1-61599-207-2 / eBook 978-1-61599-208-9
List Price: PB \$ 14.95 / HC \$ 26.95 / eBook \$ 4.95
Trim: 8.5 x 8.5 (40 pp)
Audience: 6-9 years
Lexile Score: 540L - Grade(s) 2, 3
Pub Date: 11/01/2013
BISAC: JUVENILE FICTION/Fairy Tales & Folklore/Anthologies
JUVENILE FICTION/Social Issues/Special Needs



Synopsis: *Snow White's Seven Patches: A Vitiligo Fairy Tale* is a modern-day story with the classical theme of good conquering evil. You'll find the age-old ingredients of a magic mirror, poisonous apple, dwarfs, and romance here. However, this adaptation includes a vain mother who's so clouded by beauty myths that she keeps her own daughter a secret, while plagiarizing the workings of her mind. Everything falls apart when the good mirror finally speaks the truth.

- Young readers with vitiligo will look at their own skin patches with a unique lens, finding interesting shapes and stories behind each puffy cloud of white.
- Readers will be introduced to the firsthand-hurt that plagiarism can cause through Snow White's experience.
- The loving dwarf family illustrates that helping people in need should be a priority in life.
- Readers learn that not all princesses look alike.
- The concept of "beauty is within the eye of the beholder" is exemplified by the prince and magic mirror.

"Life is not really perfect, even if you are so-called normal. Children must grow and overcome then move on through the many difficulties that arise in their lives, some can be the lack of understanding, sympathy and acceptance. For those who are disabled in one way or another, not perfect, this can be an ongoing reality. Jewel Kats has an insight into the world of children who have life stacked against them. This is just one of her retellings of a timeless tale geared to helping others, and if it can be done, righting a wrong."

--J.D. Holiday, author, illustrator, host of Book Garden Radio

"Jewel Kats entertains and engages, highlighting significant issues that resonate with children and adults alike. In *Snow White's Seven Patches*, Jewel emphasizes how to overcome adversity with creativity. She encourages children to maintain a healthy perspective about their physical appearance. Jewel reminds us that despite wickedness, we can move on and get about the business of life, letting serendipity take us to wonderful places in hope. And just maybe what we think we might have, we will be able to achieve."

--Carole Di Tosti, novelist, reviewer for Blogcritics.com

Learn more at www.JewelKats.com

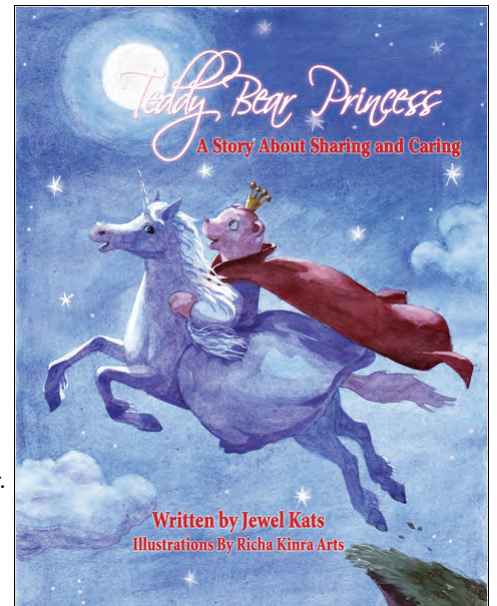
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Teddy Bear Princess: A Story about Sharing and Caring

Imprint: Marvelous Spirit Press
Author: Jewel Kats
Illustrator: Richa Kinra
ISBN-13: PB 978-1-61599-163-1 / eBook 978-1-61599-182-2
List Price: PB \$ 13.95 / eBook \$ 4.95
Trim: 8.5 x 11 (24 pp)
Audience: 3-5 years
Lexile Score: 590L - Grade(s) 2, 3
Pub Date: 11/02/2012
BISAC: JUVENILE FICTION/Visionary & Metaphysical
JUVENILE FICTION/Social Issues/Friendship
JUVENILE FICTION/Fantasy & Magic



Synopsis: Teddy Bear Princess is a magical story for all times!

Unlike other fairy tales, the concepts of sharing and caring are seamlessly woven together. Teddy Bear Princess is a sweet, plush Royalty figure who deeply values her friendship with unicorn, Zumba. Luxury may be at her fingertips, but it's Zumba whom she holds nearest and dearest. Together, this duo flies sky-high in their quests to give. Teddy Bear Princess is sure to delight children and fantasy-enthusiasts time-and-time again.

- Teddy Bear Princess illustrates that material goods can never replace a meaningful friendship.
- Despite being Royalty, Teddy Bear Princess works hard to find berries in castle fields. This instills the value of depending on your sheer efforts to succeed.
- Teddy Bear Princess and Zumba not only receive joy amidst their travels, but partake in pleasure by sharing found goods with unicorns in need.

"Teddy Bear Princess highlights friendship and sharing while taking the reader on a fun, uplifting adventure. Although the story is a quick read, I found it created a sense of peace and enjoyment for me. The perfect bedtime story to relax into dreamland with!"

--Robin Marvel, author of *Awakening Consciousness: A Girl's Guide!*

"The Teddy Bear Princess is a sweet bedtime story for any little girl. This story has everything little girls love from frilly dresses to a best friend who flies. The story leaves the subtle message that the key to a beautiful life is giving of yourself."

--Shellie-Braeuner, author *The Great Dog Wash*

"Another wonderful book by author Jewel Kats. The simple text is perfect for beginning readers. The story itself is simple and a wonderful read when putting your little princess down at nap or bedtime. The illustrations only add to this delightful story book"

--VS Grenier, Award-winning author of *Babysitting SugarPaw*

Learn more at **www.JewelKats.com**

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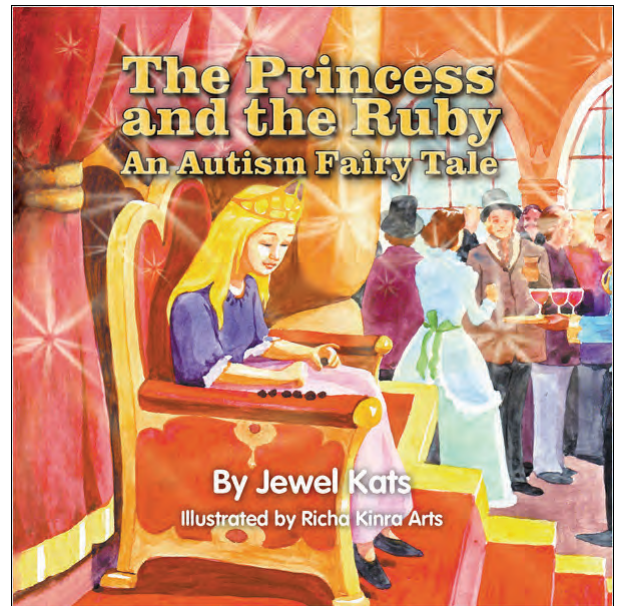
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The Princess and the Ruby: An Autism Fairy Tale

Publisher: Loving Healing Press
Series: Fairy Ability Tales
Author: Jewel Kats
Illustrator: Richa Kinra
ISBN-13: PB 978-1-61599-175-4 / HC 978-1-61599-193-8 / eBook 978-1-61599-176-1
List Price: PB \$ 16.95 / HC \$ 26.95 / eBook \$ 4.95
Trim: 8.5 x 8.5 (42 pp)
Audience: 6-8 years
Lexile Score: 650L - Grade(s) 2, 3
Pub Date: 04/01/2013
BISAC: EDUCATION/Special Education/Social Disabilities
JUVENILE FICTION/Social Issues/Special Needs
EDUCATION/Special Education/Learning Disabilities



Synopsis: A Mysterious Girl Puts the Future of a Kingdom in the Balance!

One icy-cold winter night, everything changes: a young girl shows up at the king and new queen's castle doorstep wearing little more than a purple jacket and carrying a black pouch. The king recognizes the mystery girl's identity as the long-lost princess without her uttering even a single word. However, the new queen refuses to believe the king's claims. In turn, a devious plan is hatched... and, the results are quite fitting!

- This new twist on Hans Christen Andersen's *The Princess and the Pea* is surely to be loved by all fairy tale enthusiasts.
- *The Princess and the Ruby: An Autism Fairy Tale* adds to much-needed age-appropriate literature for girls with Autism Spectrum Disorder.
- Both fun and education are cleverly weaved in this magical tale, teaching children to be comfortable in their own skin and to respect the differences of others.

Acclaim for The Princess and the Ruby

"As someone who has a couple of friends with Autistic kids, I understand the challenges these families have. This modern day twist on *The Princess and the Pea* not only shows how others judge something they do not understand, but how someone with Autism can see, feel and do things one might not expect."

--V.S. Grenier, *Mom's Choice* Silver Honoree and award-winning author

"*The Princess and the Ruby* is a heartwarming narrative; a tale that beautifully depicts several unique characterizations of Autism Spectrum Disorder. Jewel Kats has refreshingly shed light upon a daily struggle to redefine 'normalized behaviors', in an admirable effort to gain societal acceptance and respect."

--Vanessa De Castro, Primary Residential Counselor with Autistic Youth

Learn more at www.JewelKats.com

Book #2 in the Fairy Ability Tales from Loving Healing Press

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Elsewhere: (734)417-4266
Fax: +1 734 663 6861

The Princess Panda Tea Party: A Cerebral Palsy Fairy Tale

Publisher: Loving Healing Press
Series: Fairy Ability Tales
Author: Jewel Kats
Illustrator: Richa Kinra
ISBN-13: PB 978-1-61599-219-5 / HC 978-1-61599-220-1 / eBook 978-1-61599-221-8
List Price: PB \$ 14.95 / HC \$ 26.95 / eBook \$ 4.95
Audiobook: iTunes, Audible.com, Amazon
Trim: 8.5 x 8.5 (52 pp)
Audience: 5-7 years
Lexile Score: 710L - Grade(s) 3
Pub Date: 05/01/2014
BISAC: JUVENILE FICTION/Social Issues/Special Needs
JUVENILE FICTION/Social Issues/Manners & Etiquette



Synopsis: An enchanting story which shows girls that grace and courage come from within

Michelle, age eight, has cerebral palsy and lives at an all-girls orphanage. She is often openly mocked by the other girls because of her need to use a walker for mobility. One day, she spends her hard-earned change for a toy stuffed panda at the local Salvation Army store. When opportunity strikes for the orphanage girls to compete, in manners and deportment, for the privilege of tea with the Queen of England, Michelle's enchanted panda comes to life and her world will never be the same! Readers of this story will

- Gain an appreciation for people with disabilities
- Discover the courage to go after their dreams
- Learn how to treat guests with courtesy and warmth
- See how preparation and practice are the keys to success
- Learn the power of affirmations
- Understand how generosity can change the world.

Praise for *The Princess Panda Tea Party*

"All children deserve a story they can picture themselves in, and the Princess Panda Tea Party is that story. This is not only a fairy tale for those with Cerebral Palsy, but also a reminder that everyone, regardless of ability, can harness their own amazing powers."

--Lindsey Wiltse, Communications and Program Coordinator, Children's Neurobiological Solutions

"In this moving and modern twist on an old fairytale, Jewel Kats takes us on a journey of endurance, acceptance, and strength. Putting her disability aside, Michelle finds a way to shine in an inspiring way."

--Shaila Abdullah, author of *My Friend Suhana: A Story of Friendship and Cerebral Palsy*

"*The Princess Panda Tea Party* weaves together the emotional pain of children faced with being different and the magical hopefulness of finding a way to step outside one's physical limitations and soar as a person. A good read for adults and children regardless of their position in life."

Rick Ritter, MSW, author of *Coping with Physical Loss and Disability*

Learn more at www.JewelKats.com

Book #4 in the Fairy Ability Tales Series at Loving Healing Press

Juvenile Fiction: Social Issues - Special Needs

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What Do You Use To Help Your Body?: Maggie Explores the World of Disabilities

Publisher: Loving Healing Press
Series: Growing With Love
Author: Jewel Kats
Illustrator: Richa Kinra
ISBN-13: PB 978-1-61599-082-5 / HC 978-1-61599-083-2 / eBook 978-1-61599-969-9
List Price: PB \$ 16.95 / HC \$ 29.95 / eBook \$ 4.95
Trim: 8.5 x 8.5 (28 pp)
Audience: General Adult
Pub Date: 07/01/2011
BISAC: EDUCATION/Special Education/Physical Disabilities
SOCIAL SCIENCE/People with Disabilities
MEDICAL/Allied Health Services/Medical Technology

Synopsis: Who are the people with disabilities in your neighborhood?

Maggie and Momma love going for walks. During every outing, Maggie learns about something new. Today's no different! Momma has arranged for Maggie to meet lots of people in her neighborhood. They all have different jobs. They all come from different cultures. They all use different things to help their bodies. Maggie doesn't just stop to chit-chat. Rather, she gets to the bottom of things. By asking the right question, she discovers how many people with disabilities use aids to help them out. Let's find out how they work, too!

- Children will learn that disabilities occur in every culture
- Parents and teachers can accurately explain how various disability aids work
- Children will realize that working with a disability is a possibility for some
- Therapists can use this book as a motivational tool for patients with disabilities
- Kids can satisfy their curiosity about disability aids in an unimposing manner

Therapists' Acclaim:

"This book is just right for a preschooler or young elementary aged child who needs a simple introductory explanation about disabilities and accommodations. It's characters experience varied limitations and are represented by culturally diverse people in the neighborhood. The book is short, matter of fact, colorful and to the point."

--Laurie Zelinger, PhD, author of Please Explain Anxiety to Me

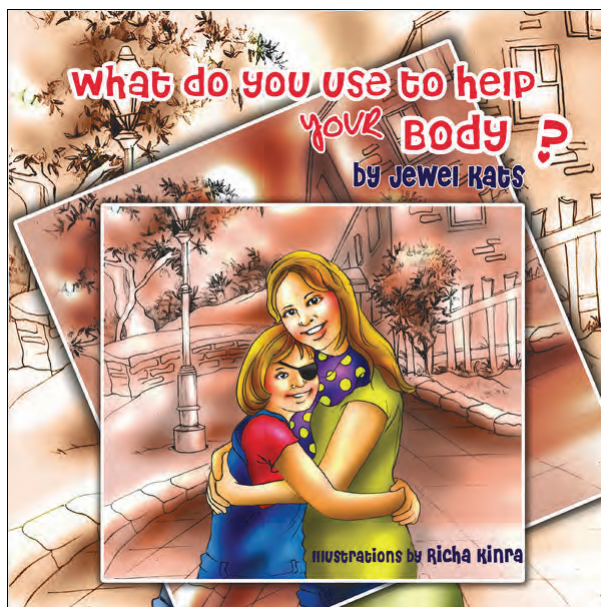
"Perception of a disability is life-shaping for those who are 'differently able'. it is imperative that they have assistive devices to help them lead normal lives and be perceived as 'normal'. i.e. differently able. Your book shows people living their normal lives with assistive devices which is the way it should be Thanks for your great contribution to the positive perception of people who are differently abled."

--N.Siddiq, B.Sc., M.D., CBC freelance broadcast journalist

"This book is a great resource for parents, teachers and other childhood educators to help teach children about living with a disability. It offers important lessons in tolerance, compassion and dignity."

--Mary Lynne Stewart, Director of Fund Development and Communications, March of Dimes Canada

For more info see www.JewelKats.com



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Fax: +1 734 663 6861

Word Search Divas

Imprint: Marvelous Spirit Press
Author: Jewel Kats
ISBN-13: PB 978-161599-132-7
List Price: PB \$ 24.95
Trim: 5.5 x 8.5 (100 pp)
Audience: General Adult
Pub Date: 10/01/2011
BISAC: GAMES/Word & Word Search

Synopsis: White-and-black word searches are SO yesteryear. Where's the jazz in that? Divas don't play that game. We demand more. Finally, finally, finally there's a word search book for us. Think: glamorous. Think: to-die-for fashion shots. Think: unusual shapes. It's time to say tah-tah to oh-so-blah puzzle books. And, say hellooo to: Word Search Divas!

About The Author

Jewel Kats, 32, is a Diva with a closet stuffed with fashion accessories. Despite chaos, Jewel manages to work her chic tail off. She's authored three children's books for Loving Healing Press. For six years, she penned a syndicated advice column for Scripps Howard News Service and TorStar Syndication Service. She's won \$20,000 in scholarships from Global Television and women's publisher, Harlequin Enterprises. Jewel also interned at Entertainment Tonight Canada. So what's got her through all this? Why, red lipstick, of course

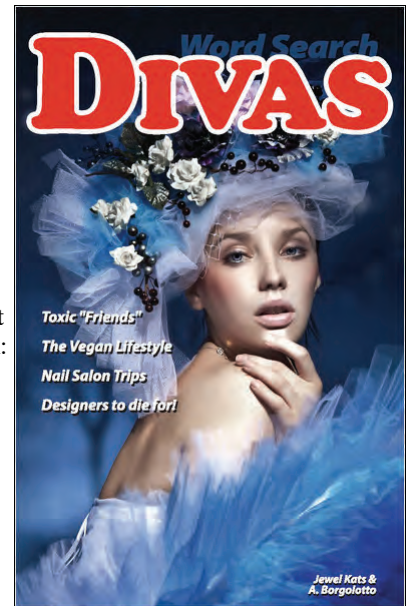
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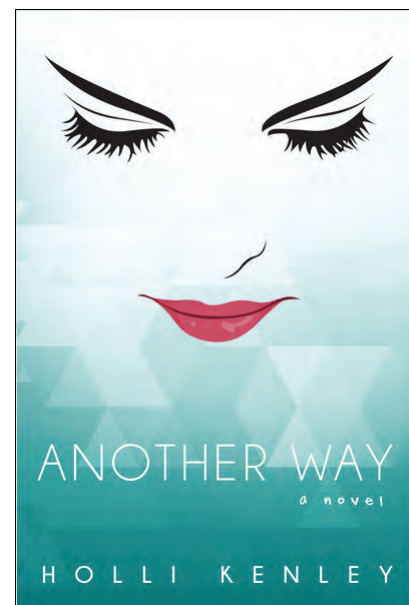
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Another Way: A Novel

Publisher: Loving Healing Press
Author: Holli Kenley
ISBN-13: PB 978-1-61599-259-1 / HC 978-1-61599-260-7 / eBook 978-1-61599-261-4
List Price: PB \$ 17.95 / HC \$ 29.95 / eBook \$ 5.95
Audiobook: iTunes, Audible.com, Amazon
Trim: 6.14 x 9.21 (174 pp)
Audience: 11-15 years
Pub Date: 04/01/2015
BISAC: JUVENILE FICTION/General
JUVENILE FICTION/Social Issues/Dating & Sex
JUVENILE FICTION/Social Issues/Friendship



Synopsis: High school. Dating. Sex. 14 year old Chloe Wheeler wonders - is she ready?

Finding it uncomfortable talking with her parents, Chloe turns to her best friend--Amanda Hill. Searching for guidance, they attend a nondenominational youth group where Pastor Rick Summers is facilitating a series of talks on sex entitled Another Way. At the first group meeting, Chloe meets football star Tyrell Fields. As they begin dating and Chloe's feelings intensify, she grabs hold of the lessons of *Another Way* and discovers...

- Her worth.
- Her voice.
- Her levels of readiness.
- Her power to make healthy decisions.

"Holli Kenley beautifully shares in *Another Way* how young people can embrace confidence and self-empowerment as they find their way through the challenges of the teen years."

Cathy Taughinbaugh--Parent Coach, Helping Parents Find Peace

"*Another Way* is an indispensable book for teens and those who care about them...Holli Kenley has done it again with this practical, entertaining, and bold book."

Jill Osborne, Eds, LPC, RPT - Helping Families Reconnect

"*Another Way* introduces our young readers to a new way of thinking. Through self-discovery and self-empowerment, Chloe learns there truly is Another Way--a way to stand strong with honesty and personal integrity."

Judy Herzanek - Changing Lives Foundation

"*Another Way* is one of those great reads that is sure to find an audience with readers of all ages."

Cyrus Webb - Host of *Conversations LIVE*, Editor-in-Chief *Conversations Magazine*

Learn more at www.HolliKenley.com

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Breaking Through Betrayal: And Recovering the Peace Within

Publisher: Loving Healing Press

Author: Holli Kenley

ISBN-13: PB 978-1-61599-009-2 / eBook 978-1-61599-889-0

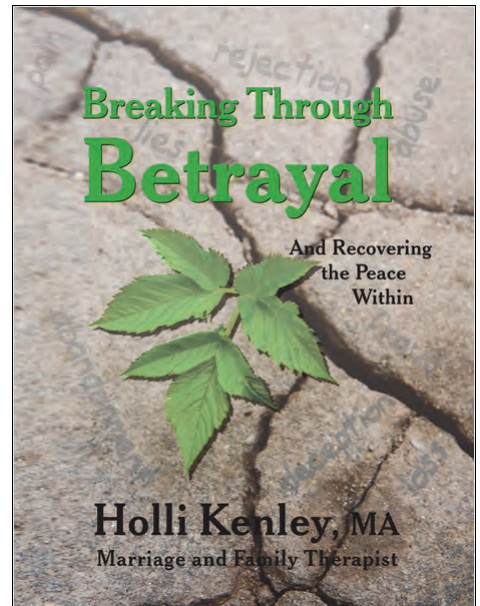
List Price: PB \$ 19.95 / eBook \$ 6.95

Trim: 7.44 x 9.69 (198 pp)

Audience: General Adult

Pub Date: 03/01/2010

BISAC: PSYCHOLOGY/Interpersonal Relations
SELF-HELP/Abuse
FAMILY & RELATIONSHIPS/General



Synopsis: Are you ready to finally recover your peace of mind?

We are living in a time where betrayal abounds. Tragically, most of know or know of someone who has been scarred by the betrayal bandit. In whatever form it takes (financial, political, personal, social, legal, environmental, cultural, etc.), no one is immune from the infectious waves of betrayal moving through our society. *Breaking Through Betrayal: And Recovering the Peace Within* is for any individual who has experienced or is experiencing betrayal, who carries the wounds or scars of betrayal injury, and who is struggling to break through its bonds. Betrayal has known us far longer than we have known it; it is time to change that. Readers of this book will be challenged to:

- Explore the different kinds of betrayal while connecting with the experiences of others.
- Unravel the emotions and behaviors that accompany betrayal injury and explore the factors which contribute to the intensity and duration of symptoms.
- Empower yourself by embracing an interactive healing process tailored specifically for recovery from betrayal injury.
- Revive and restore your mind, body, and spirit through a series of activities, exercises, and self-assessments which provide tools for renewal, as well as working through relapse or re-injury.
- Reclaim your rightful sense of self.

Therapists Praise *Breaking Through Betrayal*

"Useful for anyone caught in self-blame, shame or repeated victimization. Though almost the antithesis of my inner-transformation approach, this empowering 'in-control' approach can help readers take charge, assess injury, gauge healing and find excellent strategies to protect themselves from future trauma when relating to one's betrayer."

--Beth Hedva, Ph.D. author of award-winning *Betrayal, Trust and Forgiveness*

"This volume deals with the subject of betrayal, and is appropriate as a self-help aid for clients. It also contains useful suggestions for therapists dealing with those who have experienced betrayal of trust of several kinds: interpersonal, familial, sexual, and financial. The steps in the healing process are well outlined and make clear that relapse is to be expected. Overlap with loss and the grief process is also well discussed."

--Lucy R. Ferguson, Ph.D., Member, AFTNC
Faculty Member and Dean Emerita, CSPP, Alliant University

About the Author

Holli Kenley is a Licensed Marriage and Family Therapist in the state of California. She holds a Masters Degree in Psychology with an emphasis on Marriage, Family, and Child Counseling. For over a decade (both as an intern and a licensed clinician), Holli has worked in a variety of settings: a women's shelter and transitional housing, a counseling center, and in private practice.

Learn more at www.HolliKenley.com

Self-Help : Abuse - Psychological
Family & Relationships : Dysfunctional Families
Psychology : Cognitive Therapy

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Fax: +1 734 663 6861

Breaking Through Betrayal: And Recovering the Peace Within, 2nd Ed.

Publisher: Loving Healing Press

Series: New Horizons in Therapy

Author: Holli Kenley

ISBN-13: PB 978-1-61599-285-0 / HC 978-1-61599-428-1 / eBook 978-1-61599-284-3

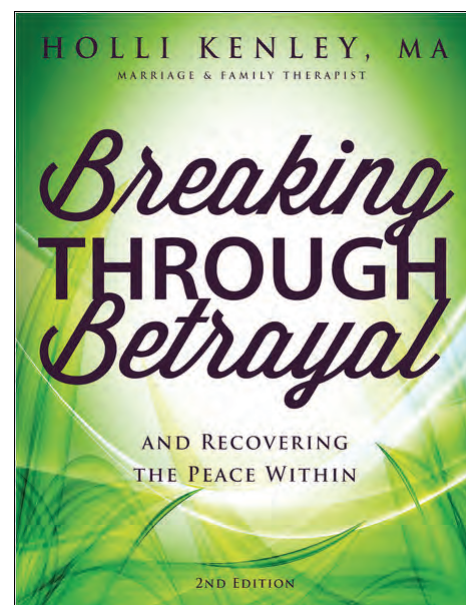
List Price: PB \$ 21.95 / HC \$ 6.95 / eBook \$ 6.95

Trim: 7.44 x 9.69 (240 pp)

Audience: General Adult

Pub Date: 02/01/2016

BISAC: PSYCHOLOGY/Interpersonal Relations
SELF-HELP/Abuse
FAMILY & RELATIONSHIPS/General



Synopsis: Are you ready to heal?

Breaking Through Betrayal: And Recovering the Peace Within is for any individual who has experienced betrayal and is struggling to break through its bonds. Through a proven process tailored for recovery from betrayal injury, readers are invited to:

- Explore and connect with the different kinds of betrayal: rejection or abandonment; a violation of trust; a shattered truth or belief.
- Identify and move through betrayal's three States of Being - confusion, worthlessness, and powerlessness - while uncovering contributors of symptom intensity and duration.
- Revive and restore mind, body, and spirit with a 5-part recovering process for "righting oneself" and attend to re-occurrence or re-injury.

New in this Second Edition of *Breaking Through Betrayal*, readers are offered a unique perspective on a timeless topic -- *relapse*. By reframing relapse as a familiar experience and redefining it as an issue of self-betrayal, readers are:

- Drawn into a safe conversation while breaking through the stigma, secrecy, and shame of returning to any kind of unhealthy pattern of thinking, behaving, or feeling.
- Invited to partake in an empowering 6-part recovering process in moving from self-betrayal to self-discovery.

Therapists Praise Breaking Through Betrayal

"Useful for anyone caught in self-blame, shame or repeated victimization...this empowering 'in-control' approach can help readers take charge, assess injury, gauge healing and find excellent strategies to protect themselves from future trauma when relating to one's betrayer."

--Beth Hedva, Ph.D. author of award-winning *Betrayal, Trust and Forgiveness*

"Holli Kenley shares her comprehensive approach to a situation most of us experience at least once in our lifetimes - betrayal. As a former therapist, I appreciate the author's ability to take a complex topic and turn it into an uncomplicated and well-organized read, including easy-to-follow exercises at the end of each chapter. This book is an important resource for anyone experiencing grief and loss as the result of betrayal. Read it and 'recover the peace within.'"

--Janet A. Hopkins, Editor-in-Chief, *In Recovery Magazine*

About the Author

Holli Kenley, M.A., is a California Licensed Marriage and Family Therapist. Specializing in the areas of sexual trauma, abuse, addiction, codependency, betrayal and cyber bullying, Holli currently works in the field of psychology as an author, speaker, and workshop presenter.

Learn more at www.HolliKenley.com

Self-Help : Abuse - Psychological

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Fax: +1 734 663 6861

Cyber Bullying No More: Parenting a High Tech Generation

Publisher: Loving Healing Press

Author: Holli Kenley

Foreword: Laurie Zelinger

ISBN-13: PB 978-1-61599-135-8 / eBook 978-1-61599-907-1

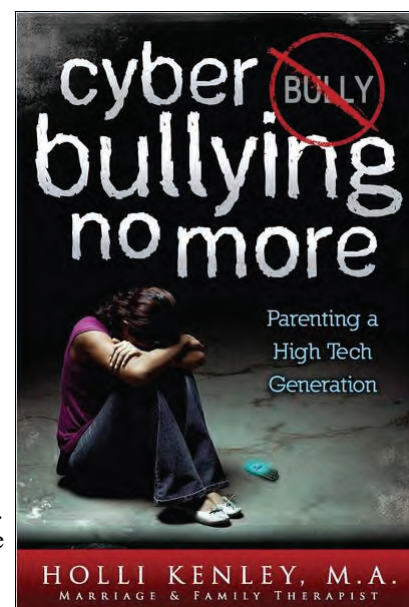
List Price: PB \$ 8.95 / eBook \$ 2.99

Trim: 6.14 x 9.21 (32 pp)

Audience: General Adult

Pub Date: 11/01/2011

BISAC: PSYCHOLOGY/Developmental/Adolescent
FAMILY & RELATIONSHIPS/Parenting/General
COMPUTERS/Internet/General



Synopsis: Electronic Media Can Endanger As Well As Empower Your Kids

Cyber bullying is rampant. Every day children are being humiliated, violated, and degraded through the use of electronic devices. Young people are frightened and don't know where to turn. Parents are frustrated and unsure how to help or how to protect their children. Although there are dozens of excellent books, videos, websites, and resources addressing cyber bullying, this book will give parents/guardians a manageable number of effective parenting strategies to incorporate into their lives and their children's.

- Parents/guardians will learn practical safety measures that can be easily implemented for the protection of their children.
- Parents/guardians will learn a series of intervention strategies to utilize once their child has experienced a cyber bullying attack.
- Parents/guardians will learn how they can play a role in the prevention of cyber bullying by educating themselves on principles of causation.
- Parents/guardians will be given specific tools or exercises to implement within each strategy.
- Parents/guardians will be given recommendations for additional support and education.

Therapists' Acclaim for Cyber Bullying No More

"Rather imply that families can return to some idealistic less complicated time without Facebook, sexting, social networks, and Twitter, and whatever else comes along, Kenley's booklet will help parents mitigate possible harm to their children as they integrate this technology hopefully into healthy lives and relationships."

--Ronald Mah, M.A. LMFT, author of *Difficult Behavior in Early Childhood* and *The One Minute Temper Tantrum Solution*

"Holli addresses children's readiness for technology as well as rules, contracts and education for parents to consider for their children as they introduce or allow entry of new technology into their lives. Cyber bullying and victimization are concerns addressed as well as internet resources for parents, with tools for protection, interventions and prevention--a must for parents in our technological world."

--Lani Stoner, Marriage and Family Therapist

Learn more at www.HolliKenley.com

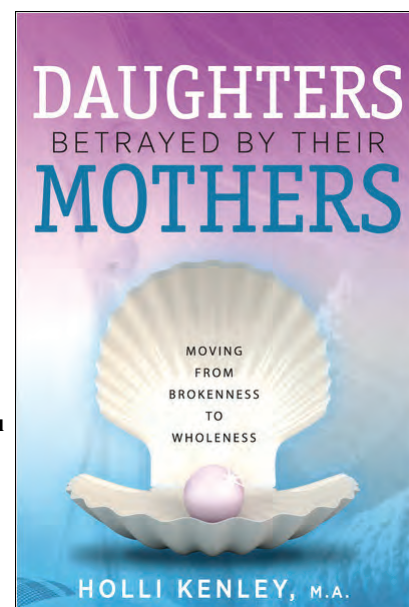
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Daughters Betrayed by their Mothers: Moving from Brokenness to Wholeness

Publisher: Loving Healing Press
Author: Holli Kenley
ISBN-13: PB 978-1-61599-347-5 / HC 978-1-61599-348-2 / eBook 978-1-61599-349-9
List Price: PB \$ 27.95 / HC \$ 32.95 / eBook \$ 6.95
Audiobook: iTunes, Audible.com, Amazon
Trim: 6.14 x 9.21 (282 pp)
Audience: General Adult
Pub Date: 02/01/2018
BISAC: SELF-HELP/Adult Children of Substance Abusers
FAMILY & RELATIONSHIPS/Eldercare
FAMILY & RELATIONSHIPS/Abuse/General



Synopsis: The daughters' stories touch upon the deepest and darkest of pains: knowing you have a mother... but you don't.

Daughters Betrayed By Their Mothers: Moving From Brokenness To Wholeness is an intimate exploration into the lives of daughters who were wounded by their mothers and who chose wellness over victimhood. Each daughter's unique story of recovery is a testament to the power of choice, perseverance and resilience. Readers are invited to journey alongside the daughters, grabbing hold of healing lifelines and moving from broken places to whole spaces within.

- Do you feel your mother did not "show up" for you in the ways you needed?
- Because of your mother's role in your life, do you feel like you were "not enough?"
- Do you wonder if it is possible to heal from the brokenness that comes from being wounded by your mother?

If you answered "yes" to any of these questions, the "Daughters" warmly welcome you.

"There are tears of both sorrow and joy in the beautiful, brave stories of harm and hope. *Daughters Betrayed By Their Mothers* changed my life."

--Charlotte Carson, Editorial Director, ClearLifeMagazine.com

"*Daughters Betrayed By Their Mothers* is heartrending and uplifting; dark and optimistic; painful and inspirational. A profound human document."

--Sam Vaknin, author of *Malignant Self-Love: Narcissism Revisited*

"Powerful, reflective, and reassuring to all who read it, Holli Kenley's *Daughters Betrayed By Their Mothers* reminds us that no matter what hurt we have experienced, the opportunity to heal and be whole is always possible."

--Cyrus Webb, media personality, author, and speaker

Learn more at www.HolliKenley.com

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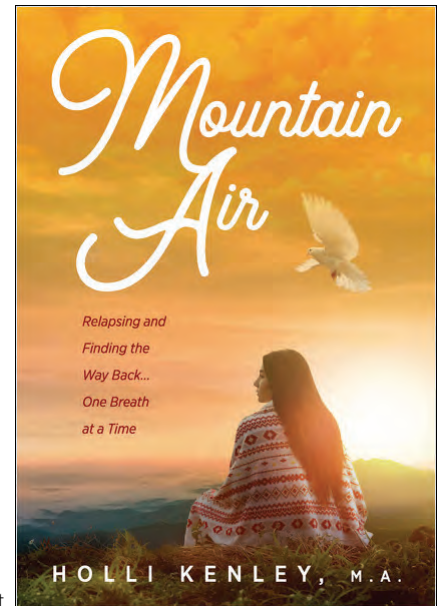
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Mountain Air: Relapsing and Finding The Way Back... One Breath at a Time

Publisher: Loving Healing Press
Series: New Horizons in Therapy
Author: Holli Kenley
Foreword: Jondra Pennington
ISBN-13: PB 978-1-61599-188-4 / HC 978-1-61599-189-1 / eBook 978-1-61599-190-7
List Price: PB \$ 15.95 / HC \$ 28.95 / eBook \$ 5.95
Audiobook: iTunes, Audible.com, Amazon
Trim: 6.69 x 9.61 (98 pp)
Audience: General Adult
Pub Date: 06/01/2020
BISAC: SELF-HELP/Substance Abuse & Addictions/Drug Dependence
SELF-HELP/Adult Children of Substance Abusers
PSYCHOLOGY/Psychopathology/Addiction



Synopsis: Deep down inside, each of us knows what our truths are.

It is forgivable to lose them...

it is unforgivable not to reclaim them...

Mountain Air: Relapsing And Finding The Way Back One Breath At A Time is a brutally honest personal narrative detailing a painful descent into relapse and a powerful journey back to recovering. Without condemnation but with passion and purpose, Mountain Air ...

- Embraces individuals who have abandoned their authentic ways of being for a life of personal neglect, indulgence, or self-destruction.
- Speaks to individuals who have betrayed their healing tenets - the addict who has lost his sobriety, the abused who has returned to her abuser, or the codependent who continues to rescue the uncontrollable.
- Reaches out to individuals who have maintained a life of stability and wellness, but who are eroding over time - and losing their sense of self and of spirit.

Mountain Air is for any individual who has experienced relapse and who is fighting to find his way back...

- By inviting readers to take a journey with the author as she shares time-tested lessons in the recovering process.
- By providing thoughtful and accountable exercises with each chapter that guide the reader in the reclaiming and sustaining of their truths.

Praise for Kenley's *Mountain Air*

"...a personal memoir out of which she extracts principles that can be generalized to all who are in recovery, inspiring them to take courage. This poetic and nature-infused account should become a standard for all therapists and all in the process of recovery."

--David Van Nuys, Ph.D., Emeritus Professor of Psychology, Host of Shrink Rap Radio

"With Holli's inspiring personal journey from relapse to recovery and her challenging questions in each chapter, the reader can examine self-defeating behaviors and beliefs that block the natural ability to walk through change, pain, and difficult times."

--Melissa Yarbray, M.A., Marriage and Family Therapist, Licensed Advanced Alcohol & Drug Counselor

Learn more at www.HolliKenley.com

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Pilates For Parenting: Stretch Yourself and Strengthen Your Family

Publisher: Loving Healing Press

Author: Holli Kenley

ISBN-13: PB 978-1-61599-487-8 / HC 978-1-61599-488-5 / eBook 978-1-61599-489-2

List Price: PB \$ 17.95 / HC \$ 27.95 / eBook \$ 5.95

Trim: 7.44 x 9.69 (86 pp)

Audience: General Adult

Pub Date: 11/01/2019

BISAC: FAMILY & RELATIONSHIPS/Parenting/General
FAMILY & RELATIONSHIPS/Conflict Resolution
PSYCHOLOGY/Developmental/Child

Synopsis: *Pilates For Parenting: Stretch Yourself & Strengthen Your Family* is a personalized workout regime for parents, guardians, those contemplating parenthood and all who are open to assessing their parenting attitudes and adjusting their approaches as they strive to build stronger parent-child relationships. When it comes to implementing healthy roles and tackling heavy responsibilities of being a parent, *Pilates For Parenting* targets five strategic areas. The goals of the Warm Up, 3 Workouts and Cool Down include:

- Increasing awareness regarding the importance of parenting
- Strengthening the skill of being present for your children
- Fortifying the skill of doing what is best for your children
- Honing the skill of meeting your children's needs
- Increasing accountability as you become purposeful in your parenting

"This is not your normal 'how to' parenting book. *Pilates For Parenting* helps us, as caregivers, get to the heart of parenting, take time to evaluate what to do and become more in tune with our children. I will be using the parenting workouts myself and with my clients."

--Jill Osborne, EDS, LPC, CPCS, RTS, Author, *Same Feels Better Now!*

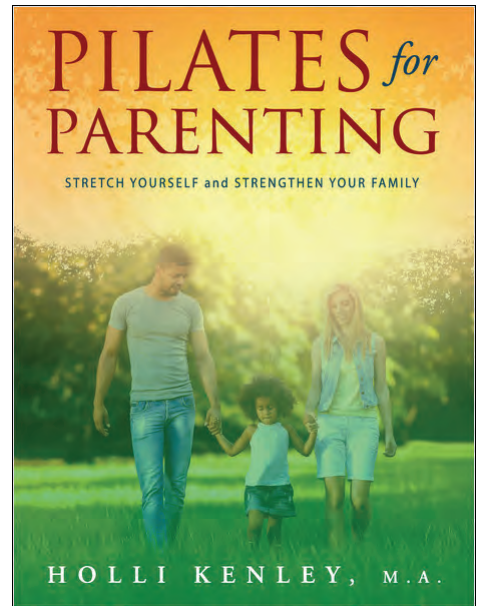
"In the digital age in which we live, we are often too distracted by our smartphones, social media sites and television screens. *Pilates For Parenting* just might be the best method for reconnecting with your children and developing stronger relationships."

--Thomas Kersting, MA, LPC, Author, *Disconnected: How To Reconnect Our Digitally Distracted Kids*

"The text, workouts, activities and guiding exercises in *Pilates For Parenting* will equip readers with their own personalized, practical, effective game-plan as they navigate the ups and downs of becoming nurturing, protective and wise parents."

--Judy Herzanek, Changing Lives Foundation, Co-author, *Why Don't They Just Quit? Hope for families struggling with addiction*

Learn more at www.HolliKenley.com From Loving Healing Press www.LHPress.com



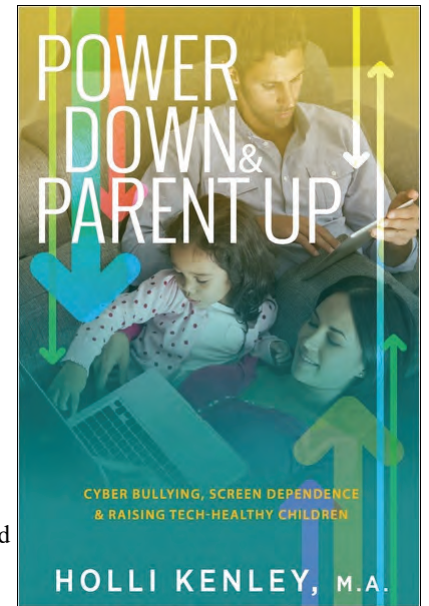
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Power Down & Parent Up!: Cyber Bullying, Screen Dependence & Raising Tech-Healthy Children!

Publisher: Loving Healing Press
Author: Holli Kenley
Foreword: Laurie Zelinger
ISBN-13: PB 978-1-61599-350-5 / HC 978-1-61599-438-0 / eBook 978-1-61599-351-2
List Price: PB \$ 9.95 / HC \$ 21.95 / eBook \$ 2.99
Audiobook: iTunes, Audible.com, Amazon
Trim: 6.14 x 9.21 (46 pp)
Audience: General Adult
Pub Date: 08/01/2017
BISAC: FAMILY & RELATIONSHIPS/Bullying
FAMILY & RELATIONSHIPS/Parenting/General
COMPUTERS/Web/Social Networking



Synopsis: Electronic Media Can Endanger As Well As Empower Your Kids

In this decade, our digital world has grown exponentially as has the degree of time both adults and children are spending on their screens. Not surprisingly, researchers are discovering a myriad of unhealthy behaviors associated with excessive screen time. In "Power Down & Parent Up", Kenley expands on her groundbreaking book *Cyber Bullying No More*, giving parents/guardians effective strategies to integrate into their lives and their children's. How can we navigate a tech-driven world and raise tech-healthy children?

- Tackle cyber bullying head-on by implementing a concise "Parent Up" approach with proven strategies for *Protection, Intervention, and Prevention*.
- "Power Down" on screen dependence and become fully informed about its growing health concerns and consequences.
- Learn *Seven Proactive Practices* such as goal setting and creating a family plan to reduce screen time.
- Discover *Four Healthy Guidelines* to add to our parenting toolbox such as learning how to communicate about the false nature of cyber worth and cultivate our children's real worth.

"Rather imply that families can return to some idealistic less complicated time without Facebook, sexting, social networks, and Twitter, and whatever else comes along, Kenley's booklet will help parents mitigate possible harm to their children as they integrate this technology hopefully into healthy lives and relationships."

--Ronald Mah, M.A. LMFT, author of *Difficult Behavior in Early Childhood* and *The One Minute Temper Tantrum Solution*

"Holli addresses children's readiness for technology as well as rules, contracts and education for parents to consider for their children as they introduce or allow entry of new technology into their lives. Cyber bullying and victimization are concerns addressed as well as internet resources for parents, with tools for protection, interventions and prevention--a must for parents in our technological world."

--Lani Stoner, Marriage and Family Therapist

Learn more at www.HolliKenley.com

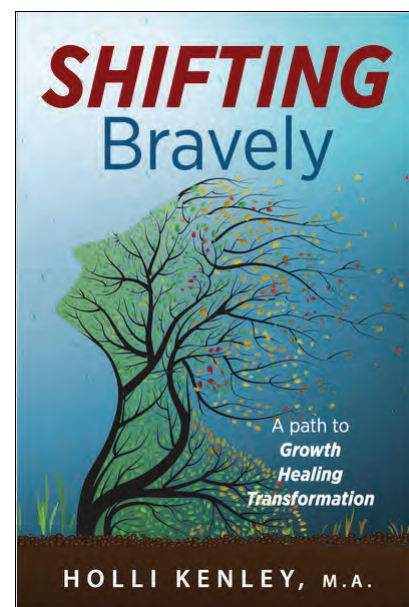
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SHIFTING Bravely: A Path to Growth, Healing, and Transformation

Publisher: Loving Healing Press
Author: Holli Kenley
ISBN-13: PB 978-1-61599-628-5 / HC 978-1-61599-629-2 / eBook 978-1-61599-630-8
List Price: PB \$ 19.95 / HC \$ 33.95 / eBook \$ 5.95
Audiobook: iTunes, Audible.com, Amazon
Trim: 6.14 x 9.21 (184 pp)
Audience: General Adult
Pub Date: 01/01/2022
BISAC: SELF-HELP/Adult Children of Substance Abusers
SELF-HELP/Codependency
SELF-HELP/Abuse



Synopsis: Get Ready to Make Your Own SHIFT!

- Are you feeling stuck, stagnant, or unsettled in your current reality?
- Are discomfort, dissatisfaction, and dis-ease ongoing themes in your life?
- Are you longing for healthy change, first with yourself and then with others?

Seeds of change lie dormant within. Even more than you can imagine will grow there if given a chance.

"*SHIFTING Bravely* is a beautifully written, easy to digest invitation and guide for personal growth, filled with illustrations of how those who gave themselves permission to heal deeply buried wounds were able to step into their real story and create powerfully grounded energy for profound, untethered life-long change."

--Debra Rock, MSW, LCSW, psychotherapist in private practice

"Filled with real-life stories, practical tools and reflections, Kenley's words seemed to sing right off the page and land directly into my heart. Beautifully weaved tapestry of wisdom and inspiration! A must-read for anyone who is desiring personal freedom."

--Shari Alyse 'Joy Magnet', bestselling author and motivational speaker

"*SHIFTING Bravely* brilliantly describes the phases of personal metamorphosis and offers profound insight, concrete information and practical tools and exercises to skillfully and lovingly navigate the journey into oneself."

--Marcie R. Elias, JD, MA, organizational psychologist

"A deep reflection of the unhealed elements in our lives, *SHIFTING Bravely* is a journey of growth that invites the reader to be vulnerable, open, and courageous."

--Allison Sucamele, PsyD, adjunct professor, department of Education and Psychology, course lead positive psychology, Pepperdine University

"*SHIFTING Bravely* is quite literally a life-changing book."

--Kiersten Hathcock, author *Little Voices*, CEO Mod Mom Furniture

Learn more at www.HolliKenley.com

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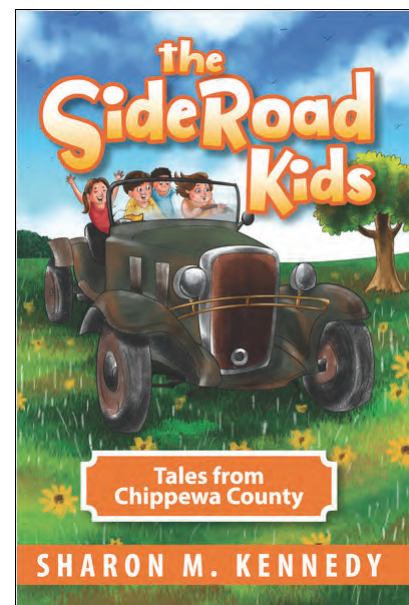
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Fax: +1 734 663 6861

The SideRoad Kids: Tales from Chippewa County

Imprint: Modern History Press
Author: Sharon M. Kennedy
ISBN-13: PB 978-1-61599-603-2 / HC 978-1-61599-604-9 / eBook 978-1-61599-605-6
List Price: PB \$ 18.95 / HC \$ 29.95 / eBook \$ 5.95
Audiobook: iTunes, Audible.com, Amazon
Trim: 6 x 9 (188 pp)
Audience: General Adult
Pub Date: 09/21/2021
BISAC: FICTION/Small Town & Rural
FICTION/Short Stories (single author)
HISTORY/United States/State & Local/Midwest (IA, IL, IN, KS, MI, MN, MO, ND, NE, OH, SD, WI)



Synopsis: *The SideRoad Kids* follows a group of boys and girls as they enter the sixth grade in a small town in Michigan's Upper Peninsula during 1957 - 58. This meandering collection of loosely-connected short stories is often humorous, poignant, and sometimes mysterious. Laugh as the kids argue over Halloween treats handed out in Brimley. Recall Dorothy's Hamburgers in Sault Ste. Marie. Follow a Sugar Island snowshoe trail as the kids look for Christmas trees. Wonder what strange blue smoke at Dollar Settlement signifies. Discover the magic hidden in April snowflakes. Although told by the kids, adults will remember their own childhood as they read about Flint, Candy, Squeaky, Katie, and their friends.

"Katie, Blew, Squeaky, and Daisy grew up on farms instead of high rises and used their imagination instead of fancy gadgets to make their own fun. An entertaining read for youngsters. And parents, you might enjoy a nostalgic flashback as well. I know I did."
--Allia Zobel-Nolan, author of *Cat Confessions*

"The stories in *The SideRoad Kids* are often humorous. However, underlying them is a sensitive awareness that being a kid, rural or urban, then or now, is not easy. This is an enjoyable read that will enlighten today's kids about the past and rekindle memories for older readers."
--Jon Stott, author of *Paul Bunyan in Michigan*

"Sharon's stories capture the essence of childhood and growing up in a small community. The antics of The SideRoad Kids will keep you entertained and take you back to a simpler time."
--Renee Glass, Senior Production Artist, *Mackinac Journal*

"Sharon Kennedy is an amazing writer who draws you into the lives of her characters and keeps everything relatable. She makes you laugh, makes you think, and makes you want to keep reading. The SideRoad Kids is an entertaining book about a group of children growing up in Northern Michigan."
--Kortny Hahn, Senior Staff Writer, *Cheboygan Daily Tribune*

Learn more at www.AuthorSharonKennedy.com
From Modern History Press www.ModernHistoryPress.com

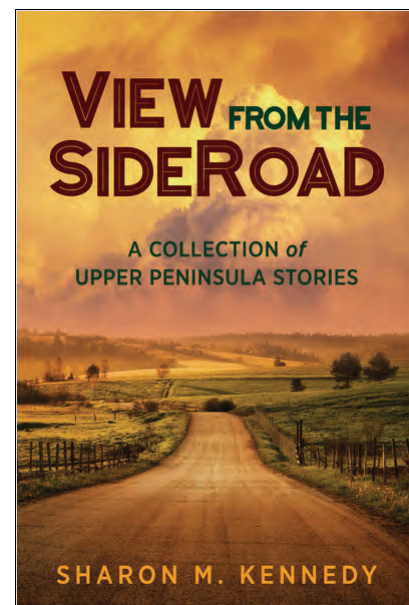
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View from the SideRoad: A Collection of Upper Peninsula Stories

Imprint: Modern History Press
Author: Sharon M. Kennedy
ISBN-13: PB 978-1-61599-692-6 / HC 978-1-61599-693-3 / eBook 978-1-61599-694-0
List Price: PB \$ 16.95 / HC \$ 29.95 / eBook \$ 5.95
Trim: 6.14 x 9.21 (146 pp)
Audience: General Adult
Pub Date: 10/01/2022
BISAC: FICTION/Small Town & Rural
FICTION/Short Stories (single author)
TRAVEL/United States/Midwest/East North Central (IL, IN, MI, OH, WI)



Synopsis: Enjoy U.P. Stories from the View of a Yooper

Join us for a trip through Michigan's rural Upper Peninsula in this collection of fictional short stories. Let the characters of *View from the SideRoad* surprise you with their resilience, humor, and unpredictability. Whether it's a sailor who shuns water, an old maid who wants to shoot her cats, or a man who keeps his lover in the junk drawer, the stories range from witty to wry to weepy. Sharon is a master of the short form. As readers of her newspaper column and previous collections will attest, she never disappoints. Her stories will keep you turning the pages and thirsting for more.

"Penned by Sharon Kennedy, a hidden gem in the wilds of Michigan's Eastern Upper Peninsula, this book is a fine collection of humorous, satirical, and poignant stories."

--Jim Dwyer, Writer, *Mackinac Journal*

"*View from the SideRoad* weaves vivid tales with warmth and humor. The author really knows how to captivate the reader with tantalizing stories."

--Jill Lowe Brumwell, Author of *Drummond Island: History, Folklore, and Early People*

"Sharon Kennedy is one of the Upper Peninsula's premier writers. A well-read columnist in the Eastern U.P., she has turned her attention to writing books and U.P. literature is the better for it. Her stories are reminiscent of Cully Gage's, *Northwoods Readers*, but with her own spin and style."

--Mikel Classen, Author of *True Tales: Forgotten History of Michigan's Upper Peninsula*, recipient of Charles Follo Award / Historical Society of Michigan

"For some sailors, climbing the career ladder on a Great Lakes freighter involves paying a pungent price as illustrated in the story, 'Tank,' a wonderfully funny portrait of what can happen to a lifelong bachelor oblivious to any sense of personal hygiene. This book is an entertaining read."

--Rich Hill, Author of *West of the River, North of the Bridge*

Learn more at www.AuthorSharonKennedy.com

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Gentling: A Practical Guide to Treating PTSD in Abused Children, 2nd Ed.

Publisher: Loving Healing Press

Author: William E. Krill

Foreword: Marian K. Volkman

ISBN-13: PB 978-1-61599-106-8 / HC 978-1-61599-107-5 / eBook 978-1-61599-972-9

List Price: PB \$ 23.95 / HC \$ 22.95 / eBook \$ 6.95

Trim: 7.44 x 9.69 (284 pp)

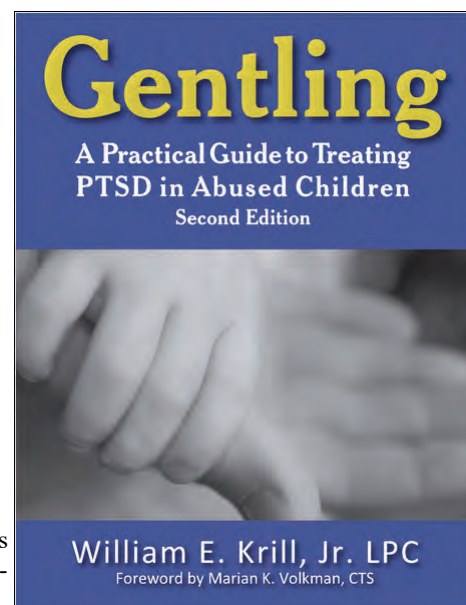
Audience: General Adult

Pub Date: 01/01/2010

BISAC: FAMILY & RELATIONSHIPS/Parenting/Parent & Adult Child

FAMILY & RELATIONSHIPS/Abuse/Child Abuse

PSYCHOLOGY/Psychopathology/Post-Traumatic Stress Disorder (PTSD)



Synopsis: Breakthrough Treatment Offers New Hope for Recovery

Revised and Expanded 2nd Edition with 3 new chapters on adolescents

Gentling represents a new paradigm in the therapeutic approach to children who have experienced physical, emotional, and sexual abuse and have acquired Post Traumatic Stress Disorder as a result. This text redefines PTSD in child abuse survivors by identifying child-specific behavioral signs commonly seen, and offers a means to individualize treatment and measure therapeutic outcomes through understanding each suffering child's unique symptom profile. The practical and easily understood *Gentling* approaches and techniques can be easily learned by clinicians, parents, foster parents, teachers and all other care givers of these children to effect real and lasting healing. With this book, you will:

- Learn child-specific signs of PTSD in abused children
- Learn how to manage the often intense reactivity seen in stress episodes
- Gain the practical, gentle, and effective treatment tools that really help these children
- Use the Child Stress Profile (CSP) to guide treatment and measure outcomes
- Deploy handy 'Quick Teach Sheets' that can be copied and handed to foster parents, teachers, and social workers

Clinicians Acclaim for *Gentling*

"In this world where children are often disenfranchised in trauma care--and all too often treated with the same techniques as adults--Krill makes a compelling case for how to adapt proven post-trauma treatment to the world of a child."

--Michele Rosenthal, HealMyPTSD.com

"Congratulations to Krill when he says that 'being gentle' cannot be over-emphasized in work with the abused."

--Andrew D. Gibson, PhD Author of *Got an Angry Kid? Parenting Spike, A Seriously Difficult Child*

"William Krill's book is greatly needed. PTSD is the most common aftermath of child abuse and often domestic abuse as well. There is a critical scarcity of mental-health professionals who know how to recognize child abuse, let alone treat it."

--Fr. Heyward B. Ewart, III, Ph.D., St. James the Elder Theological Seminary, author of *AM I BAD? Recovering From Abuse*

Cover photo by W.A. Krill/ Fighting Chance Photography

Learn more at www.Gentling.org

Available in hardcover, trade paper, and eBook editions

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Growing Couple Intimacy: Improving Love, Sex, and Relationships

Publisher: Loving Healing Press

Author: William E. Krill

Foreword: Lynda Bevan

ISBN-13: PB 978-1-61599-387-1 / HC 978-1-61599-388-8 / eBook 978-1-61599-389-5

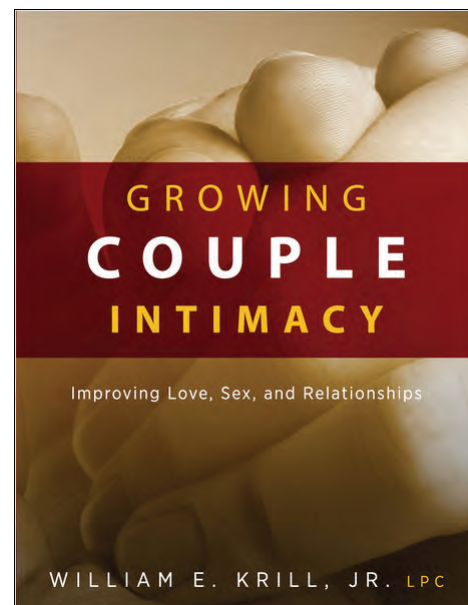
List Price: PB \$ 11.95 / HC \$ 18.95 / eBook \$ 4.95

Trim: 7.44 x 9.69 (74 pp)

Audience: General Adult

Pub Date: 06/01/2018

BISAC: FAMILY & RELATIONSHIPS/Dating
SELF-HELP/Sexual Instruction
FAMILY & RELATIONSHIPS/Marriage



Synopsis: Is the intimacy in your relationship as rich as it could be?

- Expand your understanding of the power of intimacy in couples.
- Learn new and stimulating ways to interact with your partner to enhance bonding.
- Explore the possibilities of pushing the limits of six kinds of intimacy.
- Advance your relationship with exercises you can do together or solo.
- Relate at a deeper level than you may have thought possible.
- Recharge passion for your relationship and partner.

"This workbook encourages us to take a step back and rethink our intentions and help us remember why we love our partners and continue to strengthen our relational bonds." -- Sarah Davinsizer, B.A.

"*Growing Couple Intimacy* is well done, filled with concrete ways for couples to explore and grow individually and in their intimacy with one another." -- Pastor Mary J. Hendricks

"A wonderful, practical guide to further develop intimacy, including helpful activities that are both individual and couple focused." -- Melody Ray

"*Growing Couple Intimacy* sums up many poignant topics most humans could use some help with and presents suggestions in very workable and understandable ways. I will be using this workbook in my own marriage. I also believe this will give me another useful tool in my clinical practice." -- Michael Stubler, MA, CRC, LPC

"Very insightful and engaging! The exercises help to break down walls and explore intimacy in ways you might not have known existed." -- Chris Schneider, Worship Leader, Manchester, CT

"*Growing Couple Intimacy* is a useful tool that I can apply to individuals as well as couples. I found the practical applications outlined a helpful step towards intimacy growth." -- Nicole Behe, wife and mother

Learn more at www.LHPress.com

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The Gentling Workbook for Teen and Adult Survivors of Child Abuse

Publisher: Loving Healing Press

Author: William E. Krill

ISBN-13: PB 978-1-61599-276-8 / eBook 978-1-61599-277-5

List Price: PB \$ 14.95 / eBook \$ 2.99

Trim: 7.44 x 9.69 (120 pp)

Audience: General Adult

Pub Date: 11/01/2015

BISAC: PSYCHOLOGY/Psychopathology/Post-Traumatic Stress Disorder (PTSD)
SELF-HELP/Abuse

Synopsis: *Gentling* is a therapeutic approach to people who have experienced physical, emotional, and sexual abuse as children and have acquired Post Traumatic Stress Disorder (PTSD) as a result. *Gentling* has redefined PTSD in child abuse survivors by identifying child-specific behavioral signs commonly seen, and offers a means to individualize treatment and measure therapeutic outcomes through understanding each suffering individual's unique symptom profile. The practical and easily understood *Gentling* approaches and techniques can be learned by clinicians, spouses, and adolescent and adult survivors of child abuse and all other caregivers in relationship to survivors. The approach can effect real and lasting healing. With the *Gentling Workbook*, you will:

- Learn how to gently explore and process your abuse history, at your own pace and comfort level
- Gain the practical, and effective treatment tools that really help to reduce PTSD discomforts
- Learn how to manage the often intense reactivity seen in stress episodes
- Use the Stress Profile to understand your own unique symptom profile and to guide your healing process

Praise for Krill's Gentling model

"William Krill reminds us that 'gentleness is free', but the methodology and philosophy he puts into designing a protocol for treating stress disordered children is priceless. In this world where children are often disenfranchised in trauma care--and all too often treated with the same techniques as adults--Krill makes a compelling case for how to adapt proven post-trauma treatment to the world of a child."

--Michele Rosenthal, HealMyPTSD.com

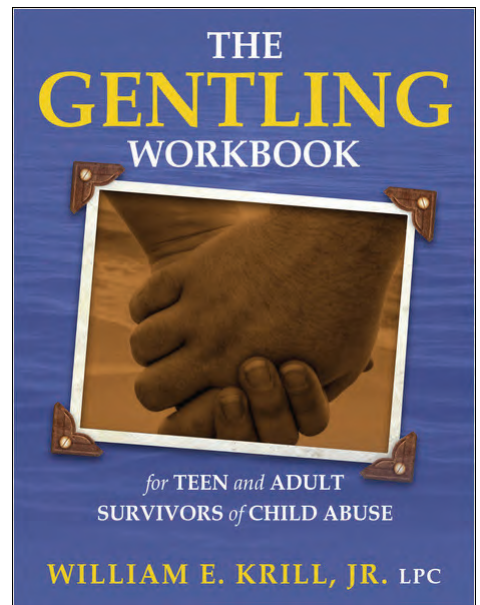
"William Krill's approach to treating PTSD in abused children employs a common sense oriented treatment that will not only help the child but will direct the clinician through the 'where do I go next?' question. This book is so needed in the world of PTSD and provides step-by-step understanding and treatment of the battered child."

--Marjorie McKinnon, Author of *Repair for Kids: A Children's Program for Recovery from Incest & Childhood Sexual Abuse*

Learn more at www.Gentling.org

From the New Horizons in Therapy Series

Loving Healing Press www.LHPress.com



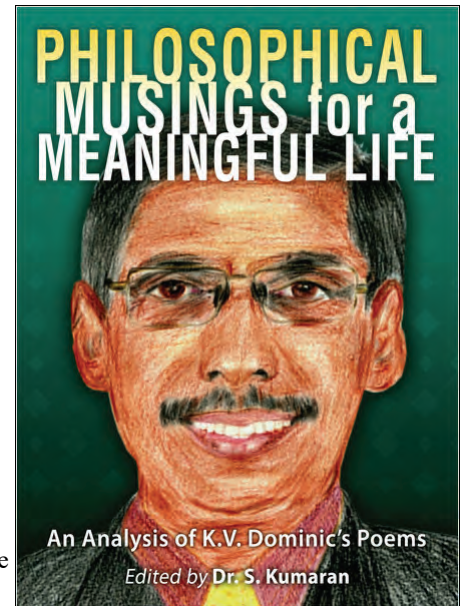
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Philosophical Musings for Meaningful Life: An Analysis of K.V. Dominic's Poems

Imprint: Modern History Press
Editor: S. Kumaran
ISBN-13: PB 978-1-61599-266-9 / HC 978-1-61599-267-6 / eBook 978-1-61599-268-3
List Price: PB \$ 29.95 / HC \$ 32.95 / eBook \$ 9.95
Trim: 8 x 10.88 (242 pp)
Audience: General Adult
Pub Date: 02/01/2016
BISAC: LITERARY CRITICISM/Asian/Indic
PHILOSOPHY/Hindu
SOCIAL SCIENCE/Poverty & Homelessness



Synopsis: Inside one of Contemporary India's most Influential Poets

The twenty-four papers in *Philosophical Musings for a Meaningful Life* study the poetry collections *Winged Reason* (2010), *Write Son, Write* (2011), and *Multicultural Symphony* (2014), of Dr. K.V. Dominic and reveal his humanistic values and concept of universal brotherhood, his social criticism devoid of absurdity and obscurity, his profound concern for the marginalized sections of society, and his reverence for Nature. All the papers focus on the poet's anguish at the evils and the inhuman attitude prevalent in the society and necessitate harmony of existence. In the context of Indian English poetry, the papers find Dominic to be unique in his use of simple and plain language to address the vast canvass of human life and the neglected segment of human society. Further, the papers bring out how the universal appeal of Dominic lies in his ability to view the world as a sanctuary and acknowledge him as the promising voice of the present century for his belief in the interrelatedness of all lives that ascertains positive change in the individuals.

Dr. S. Kumaran, Editor, is working as an Assistant Professor in the Postgraduate & Research Department of English, Thiruvalluvar Government Arts College, Rasipuram. He is Associate Editor of two refereed international biannual journals, *Writers Editors Critics* (WEC) and *International Journal on Multicultural Literature* (IJML); and a Member of the Editorial Boards of various journals from India and abroad.

"This critical study on the poetry of Dr. K.V. Dominic deserves to be read closely for evaluation and to be on the shelf of every notable library. *Philosophical Musings for a Meaningful Life* will inspire scholars from the West to find rubies and diamonds in the Indian poetry of today."

--Dr. Stephen Gill, Poet Laureate of Ansted University

"K.V. Dominic's social consciousness is his chief forte. Not for a moment does he divert attention from the simple and innocent activities of ordinary human beings. From his lyrics originate feelings of eternal sympathy, peace, and fraternal unity."

--P.C.K. Prem, critic from Himachal Pradesh, India

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The Sensory Processing Diet: One Mom's Path of Creating Brain, Body and Nutritional Health for Children with SPD

Publisher: Loving Healing Press

Author: Chynna Laird

ISBN-13: PB 978-1-61599-521-9 / HC 978-1-61599-522-6 / eBook 978-1-61599-523-3

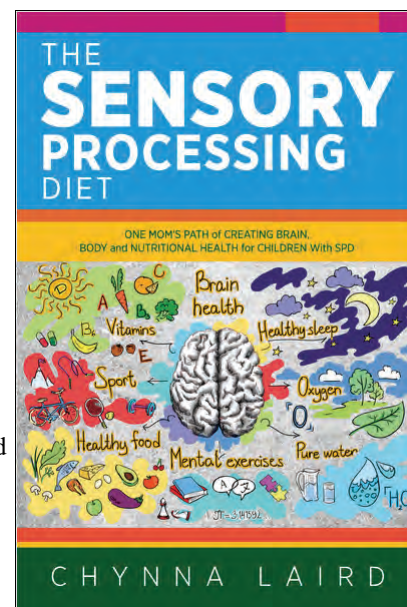
List Price: PB \$ 21.95 / HC \$ 34.95 / eBook \$ 6.95

Trim: 6.14 x 9.21 (224 pp)

Audience: General Adult

Pub Date: 09/01/2020

BISAC: EDUCATION/Special Education/Social Disabilities
FAMILY & RELATIONSHIPS/Children with Special Needs
PSYCHOLOGY/Developmental/Child



Synopsis: As a mom of a newly diagnosed child with Sensory Processing Disorder (SPD), I relentlessly sought experts in SPD, as well as top nutritionists, biopsychologists, and neurologists. I figured that if I understood the major functions of the brain, and how it's supposed to take in, process and respond to stimulation, I could discover how SPD interferes with these functions. Understanding the whole picture - the combination of body, brain and nutritional health - led me to embrace the "Sensory Diet." In this book, I share the keys of a well-balanced nutritional diet and the activities and exercises that truly work. Use the resources in this book to create a whole picture of your own child's conditions and customize a Sensory Diet for him/her.

"If you're the parent, teacher, relative or friend of a sensory kid, *The Sensory Processing Diet* will give you unique insight into his or her world. Reading it was a breath of fresh air, as I could relate to so many of her parenting struggles and found her recommended interventions to be both doable and helpful."

--CAMERON KLEIMO, sensory mom

"Chynna Laird has written a sensational book about a little known disorder, but one that is becoming increasingly more identified in children. As a child psychologist, I found the book to be interesting, informative and complete. I recommend it highly to parents and professionals. I loved it."

--LAURIE ZELINGER, PhD, ABPP, RPT-S, board certified psychologist, author of *Please Explain "Anxiety" to Me*

"I work with many children in play therapy that also experience sensory issues. The Sensory Diet gives an in-depth look at contributors to SPD, what types of treatments are available and adjustments families can make so that a child with SPD can cope in life in a way that he/she hasn't understood before. I wholeheartedly recommend it to therapists and parents."

----JILL OSBORNE, EDS, LPC, CPCS, RPTS, author of *Sam Feels Better Now!*

CHYNNA LAIRD - is a mother of four, a freelance writer, blogger, editor and award-winning author. Her passion is helping children and families living with Sensory Processing Disorder (SPD), mental and/or emotional struggles and other special needs. She's authored two children's books, two memoirs, a parent-to-parent resource book, a Young Adult novella, a Young Adult paranormal/suspense novel series, two New Adult contemporary novels and an adult suspense/thriller. Website: www.chynnalairdauthor.ca

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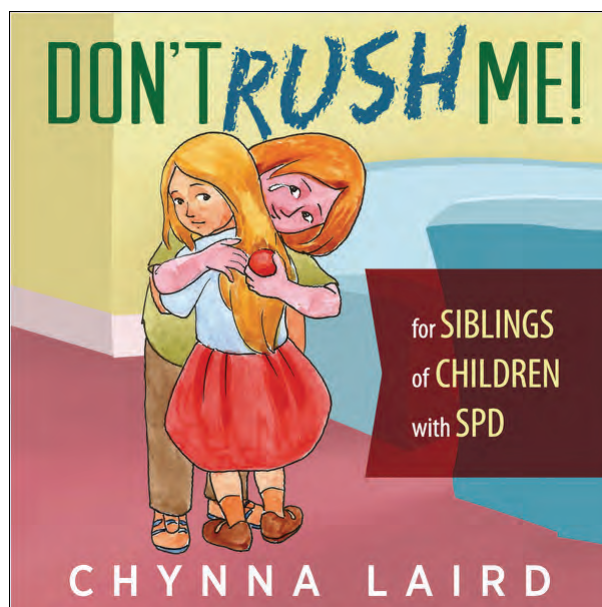
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Don't Rush Me!: For Siblings of Children With Sensory Processing Disorder (SPD)

Publisher: Loving Healing Press
Author: Chynna T. Laird
Illustrator: Richa Kinra
ISBN-13: PB 978-1-61599-264-5 / HC 978-1-61599-378-9 / eBook 978-1-61599-265-2
List Price: PB \$ 15.95 / HC \$ 26.95 / eBook \$ 4.95
Trim: 8.5 x 8.5 (34 pp)
Audience: 4-7 years
Lexile Score: 600L - Grade(s) 2, 3
Pub Date: 01/01/2018
BISAC: JUVENILE FICTION/Social Issues/Special Needs
JUVENILE FICTION/Social Issues/Self-Esteem & Self-Reliance
JUVENILE NONFICTION/Social Issues/Special Needs



Synopsis: A storybook about special needs siblings to engage the whole family!

My daughter, Jordhan, has the unique position of not only being a middle child, but a middle child among siblings with special needs. This story touches on the important contributions Jordhan makes to our family, especially on the days when she doesn't think so. We need more stories for siblings of special needs children. This is my gift to each of them to show how much we appreciate their very important role in the family.

In the book, I have outlined activities that siblings can do on their own, or with parents and/or siblings. To make the most of the message given in the book, as well as from the activities provided, it is my hope that siblings and family members will:

- Have a tool that will help make siblings of special needs children more visible in the family unit;
- Give a voice to siblings that represents how real their feelings and concerns are, even when they aren't always able to verbalize those things;
- Help to provide a greater level of understanding by strengthening communication, patience and respect among family members;
- Show that there is so much more than the labels these families are given and offer some insight into how they can learn to advocate for their children; and
- Remember that each of us brings something beautiful and unique with us into the world that we can learn from, and teach others about. And that's so powerful.

"When you are a sibling of a child with special needs, especially one whose life can be dictated by sensory issues from their environment, you often learn to 'live in the moment.' In this validating family book, Mia's feelings are explored. Often siblings have to sacrifice or alter their day because of the needs of their brother or sister --whether it be leaving a fun activity to go to therapy or dealing with a meltdown that affects the whole family. Don't Rush Me explores these situations in a way that teaches siblings that their way-too-familiar rollercoaster of feelings is normal and that they are not alone in them."

--Diane M. Renna, author of *Meghan's World: The Story of One Girl's Triumph Over SPD*

"Using colorful illustrations to deliver her message and spot-on dialogue, any parent or child can identify with the situations Chynna Laird presents. Written from the perspective of a typical child, one understands the patience and assistance she willingly offers to her siblings with sensory processing difficulties. This is a sweet, lovely book that cheers family relationships and accepts individual differences in others."

--Laurie Zelinger, PhD, ABPP, RPT-S, Board Certified Psychologist, author of *Please Explain "Terrorism" to Me*

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I'm Not Weird, I Have Sensory Processing Disorder (SPD): Alexandra's Journey, 2nd Ed.

Publisher: Loving Healing Press

Series: Growing With Love

Author: Chynna T. Laird

ISBN-13: PB 978-1-61599-158-7 / HC 978-1-61599-159-4 / eBook 978-1-61599-160-0

List Price: PB \$ 15.95 / HC \$ 29.95 / eBook \$ 4.95

Trim: 8.5 x 8.5 (24 pp)

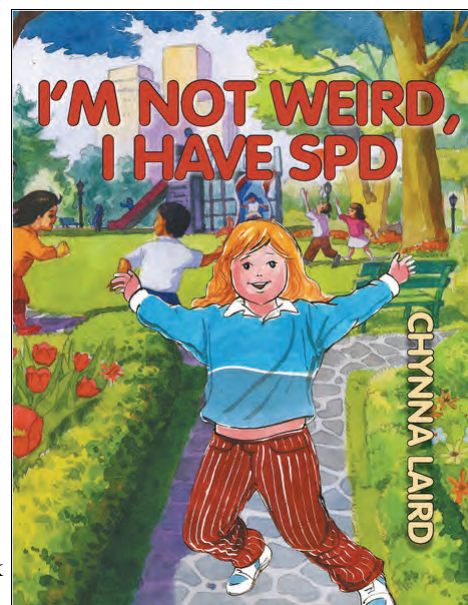
Audience: General Adult

Pub Date: 05/01/2012

BISAC: MEDICAL/Pediatrics

EDUCATION/Special Education/Communicative Disorders

FAMILY & RELATIONSHIPS/Parenting/General



Synopsis: Through Understanding Comes Respect and Love

This book was inspired by the author's daughter, Jaimie, who struggles with Sensory Processing Disorder (SPD) every day. It was written to validate Jaimie's feelings and to show her other children feel things the way she does. This book can help children with SPD learn how to explain their disorder to others; help peers understand what children with SPD go through; and also help therapists, teachers and/or counselors learn how to talk about it. Helping others learn about children with special needs brings understanding to them and help to make them seem less... different.

New 2nd edition includes suggested activities teachers or caregivers can do with children to help develop a deeper understanding of how SPD "feels" plus new pages on vestibular and proprioception systems.

Praise for *I'm Not Weird, I Have SPD*:

"This book is a must-read for any parent who has a child suffering with Sensory Processing Disorder. It also helps your child put words to what they are feeling on a daily basis. Teachers and other professionals working with children who have SPD also come to a better understanding of how to help these children."

--Tanya Wilson

"A heart-touching book, written in a straightforward, kid-friendly manner that provides an excellent insight to the trials, frustrations, and new discoveries children with SPD and their families may encounter. This book has assisted in creating an appreciation and acceptance of the unique qualities within all of us, and that we are not 'weird'--we are 'wonderful!'"

--Lillian Baulkham, Grade 3 teacher, Sweet Grass School, Edmonton, Alberta

"When I read Chynna Laird's *I'm Not Weird, I Have SPD*, I almost cried. Not because the story of a child struggling with severe sensory disorder is so sad, but because the frustration shared by child and family alike before diagnosis is so heart-wrenching. Ms. Laird leaves the reader with a moment of with a moment of joy and a real hope for a brighter tomorrow!"

--C. Hall

Learn more at www.LilyWolfWords.ca

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Not Just Spirited: A Mom's Sensational Journey with Sensory Processing Disorder (SPD)

Publisher: Loving Healing Press

Author: Chynna T. Laird

Foreword: Shane Steadman

ISBN-13: PB 978-1-61599-008-5 / HC 978-1-61599-104-4 / eBook 978-1-61599-884-5

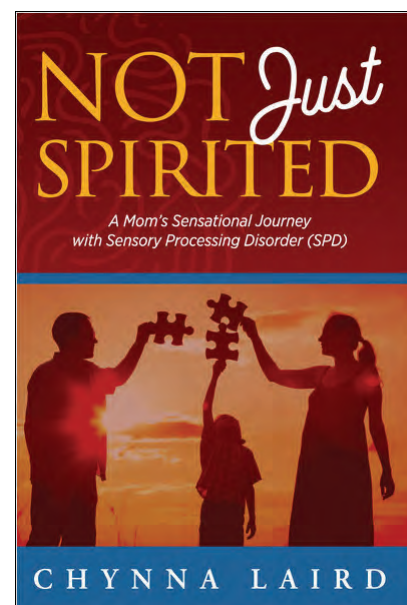
List Price: PB \$ 17.95 / HC \$ 17.95 / eBook \$ 5.95

Trim: 6.14 x 9.21 (174 pp)

Audience: General Adult

Pub Date: 01/01/2010

BISAC: FAMILY & RELATIONSHIPS/Children with Special Needs
PSYCHOLOGY/Developmental/Child
HEALTH & FITNESS/Children's Health



Synopsis: What would you do if your child suffered with something so severe it affected every aspect of her life?

And what if your cries for help fell on deaf ears at every turn? You'd follow your gut and fight until someone listened. And that's what Chynna Laird did. When she was just three months old, Jaimie's reactions to people and situations seemed odd. She refused any form of touch, she gagged at smells, she was clutzy and threw herself around and spent most of her day screaming with her hands over her ears and eyes.

By the time she turned two, Jaimie was so fearful of her world they spent most days inside. What was wrong with Chynna's miracle girl? Why wouldn't anyone help her figure it out? Jaimie wasn't "just spirited" as her physician suggested nor did she lack discipline at home. When Jaimie was diagnosed with Sensory Processing Disorder (SPD) at two-and-a-half, Chynna thought she had "the answer," but that was just the start of a three-year quest for the right treatments to bring the Jaimie she loved so much out for others to see. With the right diagnosis and treatment suited to Jaimie, this family finally felt hope. Not Just Spirited is one mother's journey to finding peace for her daughter, Jaimie. As Chynna says often, "Knowledge breeds understanding. And that's so powerful."

Parents and Therapists Praise *Not Just Spirited*

"Chynna's memoir is sure to encourage other parents to advocate with the same determination for their own sensational children."

--Carol Kranowitz, author *The Out-of-Sync Child*

"I only wish I had this book earlier. Even though my daughter and I live with this every day, I learned a lot from this book, and will return to my family with renewed hope and energy!"

--Nancy Pfortmiller

"Chynna's words touched my heart. Her memoir validated the overwhelming feelings I went through myself with my own daughter's struggles with her SPD. Raising and loving a child with severe SPD is draining for both your mind and your physical body. However, with a strong faith in God and the instincts only a mother can have, there is hope. Not Just Spirited will fill your soul with spirit and give you the strength needed to endure your own child's challenging behaviors, leading you on an enlightening journey of acceptance, strength, hope, and healing."

--Diane M. Renna, author *Meghan's World: The Story of One Girl's Triumph over SPD*

Learn more at www.LilyWolfWords.ca

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Emma Lou the Yorkie Poo: Breathing in the Calm

Publisher: Loving Healing Press
Author: Kim Larkins
ISBN-13: PB 978-1-61599-456-4 / HC 978-1-61599-457-1 / eBook 978-1-61599-458-8
List Price: PB \$ 15.95 / HC \$ 26.95 / eBook \$ 4.95
Audiobook: iTunes, Audible.com, Amazon
Trim: 8.5 x 8.5 (32 pp)
Audience: 4-7 years
Lexile Score: 650L - Grade(s) 2, 3
Pub Date: 07/01/2019
BISAC: JUVENILE NONFICTION/Health & Daily Living/Mindfulness & Meditation
JUVENILE FICTION/Animals/Dogs
JUVENILE FICTION/Bedtime & Dreams

Synopsis:

Meet Emma Lou, the Yorkie Poo - a little dog with big worries. She loves playing with her best friend, Pearl, but Pearl doesn't always pay attention to Emma Lou's worries. With the help of some new friends, Caleb the Calico cat, Patrick the pig and Gigi the ginormous giraffe, Emma Lou and Pearl begin to learn a new technique to calm their minds and bodies. Parents, educators, counselors - and especially children - can benefit from Emma Lou and her friends' curious adventure to a mindful experience.

Readers will:

- Learn how to help a child that worries
- Teach children a simple technique to practice mindfulness
- Support your child's emotional growth through experiencing a delightful adventure

"*Emma Lou the Yorkie Poo: Breathing in the Calm* is a playful approach to real concerns that kids have on a daily basis. Kim uses relatable animal characters to bring to light concerns that impact children everywhere - along with a great strategy to help!"

-- Marie Robinson, M.Ed., principal, pre-K to 12

"For over 20 years, I have noted our children experiencing increasing levels of joy-blocking anxiety. In this whimsical and engaging story, Kim has created a very useful therapeutic tool. She captured the essence of a hopeful way out that children can readily identify with and rapidly incorporate, just like Emma Lou did!"

-- John Pasquarelli, LCSW, LADC

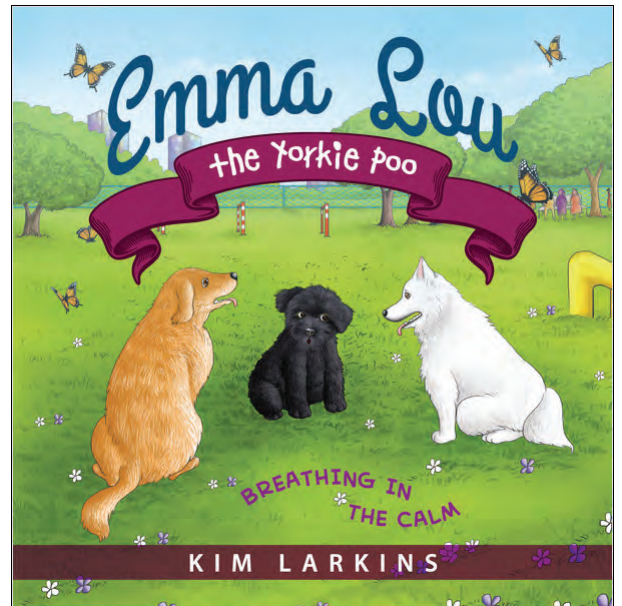
"Kim is a warm, kind and compassionate social worker dedicated to improving the lives of others. Her book is an easy read for children to learn about managing anxiety and contains techniques that can be applied right away."

-- Gwen M. Ackley, LCSW

"With excessive exposure to flashing changing screens, children are having a hard time settling their brains. Their thinking is fragmented and their focus is fractured. In *Emma Lou the Yorkie Poo: Breathing In The Calm*, Kim Larkins cleverly and creatively invites children into an animal-friendly storyline of learning how to calm themselves. Although Larkins addresses worry, *Emma Lou* is a valuable tool for releasing stress throughout the nervous system, induced from screen stimulation."

-- Holli Kenley, author of *Power Down & Parent Up*

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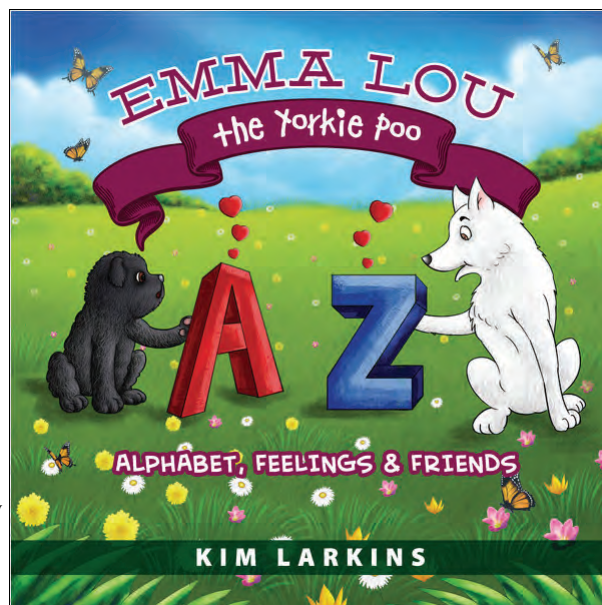
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Emma Lou the Yorkie Poo: Alphabet, Feelings and Friends

Publisher: Loving Healing Press
Author: Kim Larkins
ISBN-13: PB 978-1-61599-550-9 / HC 978-1-61599-551-6 / eBook 978-1-61599-552-3
List Price: PB \$ 19.95 / HC \$ 31.95 / eBook \$ 4.95
Audiobook: iTunes, Audible.com, Amazon
Trim: 8.5 x 8.5 (64 pp)
Audience: 6-8 years
Pub Date: 12/01/2020
BISAC: JUVENILE FICTION/Social Issues/Emotions & Feelings
JUVENILE FICTION/Religious/Christian/Emotions & Feelings
JUVENILE FICTION/Concepts/Alphabet



Synopsis: Emma Lou and Pearl return with some old and new friends in *Emma Lou the Yorkie Poo: Alphabet, Feelings and Friends*. Join them as they experience, through a collection of whimsical rhymes, a wide range of emotions. From A to Z, Emma Lou and Pearl invite children to bring emotions to life and provide reassurance that all feelings are expected and accepted.

To cope with our changing world during this vulnerable time in our history, children now more than ever need to feel free to express their fears, worries and joys. *Alphabet, Feelings and Friends* is a resource for parents, educators and mental health workers to assist children in developing meaningful discussions and insight into their present experiences.

"In a short period of time, readers--and the adults who care for them--can review the brightly colored pages of this alphabet book. This A-Z guide provides rich examples of social and emotional growth experiences for children that can be utilized at home, in the classroom or at therapy spaces."

-- Theresa Fraser, CYC-P, CPT-S, RP, MA, RTC, author of *We're Not All the Same, But We're Family*

"Kim Larkins has written a sweet book that introduces young children to 26 emotions that align with each letter of the alphabet. She uses animal characters, rhymes and fanciful pictures as the vehicle for describing that mindful activities can influence how one feels. "

-- Laurie Zelinger, PhD, ABPP, RPT-S, board certified psychologist and author, former director: New York Association for Play Therapy

"With delightful illustrations and lovely rhymes, this book is a must for any educator, parent or caregiver who wants to help children learn about and manage their emotions. Don't miss this opportunity to journey through the alphabet with delightful pups Emma Lou and Pearl and discover a little mindfulness too! "

-- Kellie Doyle Bailey, MA CCC-SLP, MMT/SEL, author of *Some Days I Flip My Lid, Some Nights I Flip My Lid - Learning to be Calm Cool Kids*.

"This book is an interesting resource to be used with one or more children as part of an educational or therapeutic process. It supports children in start learning how to recognize and manage feelings. I appreciate the background message implying, and somehow inviting to consider, that in difficult times we are not alone and we can rely on others. The use of the rhymes makes the text involving and pleasant to be read (or listened) out loud."

-- Isabella Cassina, MA, TP-S, CAGS, PhD Student, INA International Academy for Play Therapy studies and PsychoSocial Project

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Practicing Mindfulness: Emma Lou the Yorkie Poo's Activity and Coloring Book for Kids

Publisher: Loving Healing Press

Author: Kim Larkins

ISBN-13: PB 978-1-61599-698-8 / HC 978-1-61599-699-5 / eBook 978-1-61599-709-1

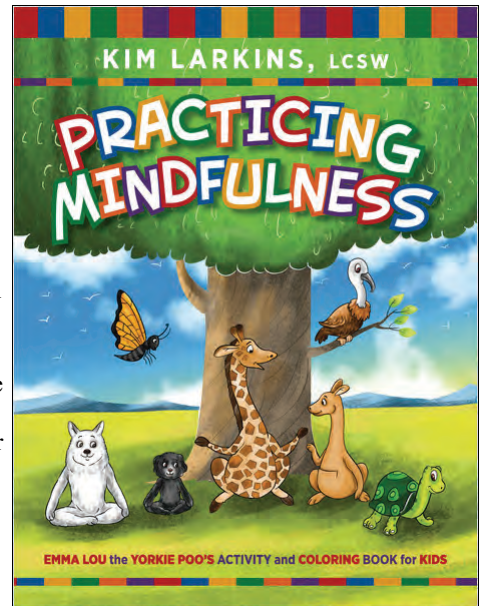
List Price: PB \$ 13.95 / HC \$ 24.95 / eBook \$ 4.95

Trim: 8.5 x 11 (38 pp)

Audience: 8-11 years

Pub Date: 10/01/2022

BISAC: JUVENILE FICTION/Social Issues/Emotions & Feelings
JUVENILE NONFICTION/Health & Daily Living/Mindfulness & Meditation
JUVENILE NONFICTION/Activity Books/Coloring



Synopsis: Let Emma Lou the Yorkie Poo and her friends help your child learn and practice mindfulness skills in this highly interactive activity and coloring book. Emma Lou, with the help of Gigi the Ginormous Giraffe and all her friends, want to help children remember ways to be mindful. A variety of activities will help children sharpen their mindfulness skills. Children will:

- Follow a maze to Gigi's house
- Color in pictures to go with each lesson
- Learn a breathing technique
- Practice being present
- Try a crossword puzzle about feelings and much more!
- Have fun and remember to be mindful from start to finish!

"This book will be a helpful tool for the therapist or school counselor who uses directive approaches. The activities are easy to introduce and scaffold mindfulness opportunities for children and their families. It can be used as a standalone intervention or integrated with other therapeutic approaches."

--Theresa Fraser, CYC-P, CPT-S, MA, RP, RCT, CT, trauma, loss and attachment clinical specialist

"Through a variety of fun and insightful exercises, Kim Larkins' Practicing Mindfulness offers children the gift of cultivating awareness and the beautiful magic that awaits them in the present." --Aimee Ruland, author of *Float: A Guide to Letting Go*

"An important and engaging resource! This book is a must-have for therapists, caregivers, teachers and anyone who hopes to share with children the gift of mindfulness. With playful, succinct dialogue and delightful drawings, this book will be cherished by children and adults alike!"

--Jillian Kelly-Wavering, LCSW, RPT-S, author of *My Grief is Like the Ocean*

"The Practicing Mindfulness activity book follows a progression of knowing how to become present, how our body sensations communicate with us and how to create compassion for ourselves and others. The simplicity of the activity book makes it accessible for different age ranges and is a space for creativity to shine. "

--Lindsey Frank, M.Ed., president of the Coalition of Schools Educating Mindfully (COSEM), author of *The Superpower of Your Heart*

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The Poetry of T.V. Reddy: A Critical Study of Humanistic Concerns

Imprint: Modern History Press

Editor: P.V. Laxmiprasad

ISBN-13: PB 978-1-61599-371-0 / HC 978-1-61599-372-7 / eBook 978-1-61599-373-4

List Price: PB \$ 29.95 / HC \$ 37.95 / eBook \$ 8.95

Trim: 8 x 10.88 (236 pp)

Audience: General Adult

Pub Date: 04/01/2018

BISAC: LITERARY CRITICISM/Asian/Indic
POETRY/Asian
HISTORY/Asia/India & South Asia

Synopsis: Join us on a poetic journey to the soul of India.

The Poetry of T.V. Reddy is grounded in human struggles and unrest, social as well as psychological and depicts the varied shades of restlessness that is the order of modern times. He protests against the social ills and evils in a gripping way in his absorbing poetry. He paints his experiences in a characteristic choice diction and the different images that he has carved out of human life and nature make a deep impression on the minds of the readers and linger there. The poet takes the readers into the soul of India, the villages and rural life which are the backbone of the country--that speaks volumes of his commitment to rural element

and makes people come alive in his poetry. Natural rhyme and rhythm of the poems creates the pleasing melody. Clarity of thought and lucidity of expression, splendid imagery and marvelous melody are the hallmarks of his poetry.

-- Dr. P.V. Laxmiprasad, Editor

T.V. Reddy is not only a poet of highly perceptive temperament but also an accomplished critic and novelist. His awesome ingenious insight into the purpose and meaning of life in a perceptive and intuitive way leads the reader to the invisible force meticulously driving the point that the spiritual region lying within a man offers solace, harmony and consolation par excellence. For Reddy often finds strong affinity in Indian soil and here, rural backdrop inspires him to cultivate niceties of life where rural-oriented background turns out religious for him.

-- P.C.K. Prem, Authoritative critic on Indian English Poetry from Himachal Pradesh, India

T.V. Reddy's poems have the earthly smear of sweat and blood. Images crystallized, come alive in subtle but strong words gaining a permanent place in the hearts of the readers. His pen moves carving lasting images in a simple and straight form without any pompous gimmicks in the name of modern craft. His art of highlighting even tiny specks into gigantic monuments and the quality of lyrical writing gives a sense of exhilaration bringing the varied themes alive before our eyes elevating the soul to a higher consciousness. T.V. Reddy is a poet in the true sense, who gives us the best of the poetry in Indian English.

-- D.H. Kabadi, from his review of *Melting Melodies* in *Poetcrit*

T.V. Reddy is a skilled poet who handles thoughts that compel recognition. He deals with wide ranging themes that are sensitively sketched. While many poems capture common human tendencies and susceptibilities, vanities and vagaries with a sharp realist eye, there are some that move on to the dramatization of a grander perspective of eternity intruding into time to seek to redeem it of its ravages.

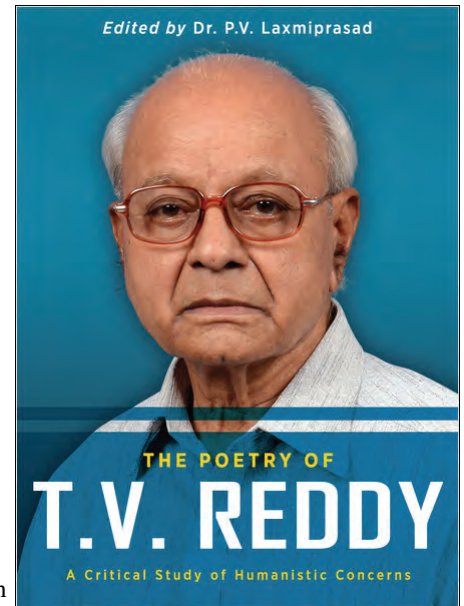
-- Prof. C.R. Visveswar Rao, Former Vice Chancellor, Vikrama Simhapuri University, Nellore, A.P., India; and currently the Chairman, Indian Society for Commonwealth Studies (ISCS), New Delhi

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And You Can Love Me: a story for everyone who loves someone with Autism Spectrum Disorder (ASD)

Publisher: Loving Healing Press
Author: Sherry Quan Lee
Illustrator: Teagan 'Trif' Merrifield
ISBN-13: PB 978-1-61599-424-3 / HC 978-1-61599-425-0 / eBook 978-1-61599-426-7
List Price: PB \$ 15.95 / HC \$ 26.95 / eBook \$ 4.95
Trim: 8.5 x 8.5 (40 pp)
Audience: General Adult
Pub Date: 04/01/2019
BISAC: FAMILY & RELATIONSHIPS/Autism Spectrum Disorders
PSYCHOLOGY/Psychopathology/Autism Spectrum Disorders
EDUCATION/Special Education/Social Disabilities

Synopsis:

And You Can Love Me is a story for everyone who loves someone with ASD (autism spectrum disorder). It is the fictional story of Ethan, a nonverbal autistic child, based on the author's observations and experiences with her grandson. The bounce of a ball is not only a metaphor, but also how the author imagines that the child is releasing his innermost physical and emotional challenges. It is a love story that can be recognized by parents, caregivers and teachers; a story that embraces Ethan, a nonverbal child, who may never/or not yet be able to write his own story, yet he lives it every day and tells it by his actions and by bouncing a ball— any ball, any size, any color.

And You Can Love Me is also a picture book that a child with ASD may, in some way, recognize within himself/herself. It doesn't try to explain, define or even educate; it is merely Ethan's story - the story of one particular nonverbal autistic child; one of the many stories that will add to the diversity of ASD stories.

ACCLAIM FOR AND YOU CAN LOVE ME

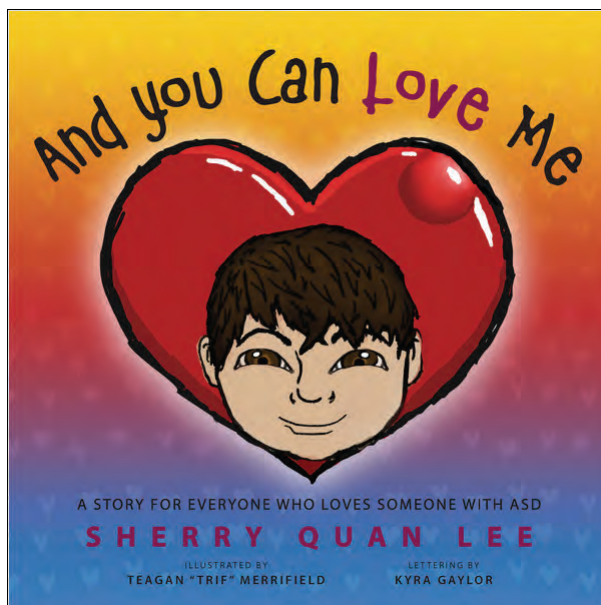
"As a mother and grandmother, this story speaks to me about the power of unconditional love we bring to any situation. This book is an excellent resource for adults who have a child or grandchild with autism. It acknowledges the different ways a loved one with autism may communicate and reminds me that we love completely. As a former special education teacher, I am able to keep sharing with people, through this story, about the wonderful diversity that we see in the world. Everyone has gifts."

--Deb Holtz is a former special education teacher, a current end-of-life doula and a mother and grandmother.

"In *And You Can Love Me*, Sherry Quan Lee gives us the world of Ethan, a little boy with autism. Although Ethan is mute, his daily routine of bouncing a ball and expressing his needs, as well as his interior life, are revealed through simple sketches and lovely lines, like *Today I am another year of being me*. A welcome and wonderful addition to the as-yet-tiny body of work about children with autism, *And You Can Love Me* is a beautiful, profoundly moving book."

--Alison McGhee, New York Times bestselling author of many books for children and adults.

Learn more at www.SherryQuanLee.com
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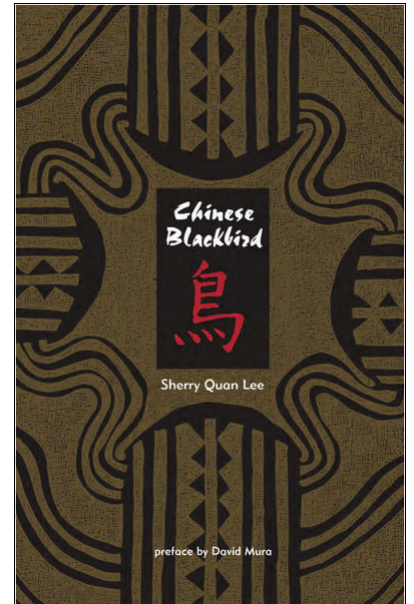
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Chinese Blackbird

Imprint: Modern History Press
Series: Reflections of America
Author: Sherry Quan Lee
Foreword: David Mura
ISBN-13: PB 978-1-932690-68-2 / eBook 978-1-61599-897-5
List Price: PB \$ 16.95 / eBook \$ 5.95
Trim: 5.5 x 8.5 (100 pp)
Audience: General Adult
Pub Date: 02/01/2009
BISAC: POETRY/American/Asian American
BIOGRAPHY & AUTOBIOGRAPHY/Women



Synopsis: Critical Acclaim for Sherry Quan Lee's *Chinese Blackbird*

"Quan Lee eloquently expresses how painful and confusing it can be to embrace the many complex identities that one body can contain. With evocative imagery and words that cut straight to the heart, Quan Lee details her lifelong struggles with both the vagaries and concreteness of race, class, gender and sexual identity. Her guilt and shame are palpable. But so too are her emotional and intellectual triumphs. Like a favorite sad song when we have been dumped by the love of our lives, this volume will be oddly comforting to anyone who has ever been overcome by that sorrow which seems insurmountable."

--Eden Torres, Assistant Professor Women's Studies, Chicano Studies, University of Minnesota

"It's been a long time since I've been treated to a voice so full of honesty about one's struggle to come to terms with her identity. Through elegant poetry, full of exquisite imagery and detail, Quan Lee takes the reader on her personal, transformative journey in which she explores how race, class, gender and sexual identity inform who she is. Along the way, she encounters rocks and boulders that would have stopped many of us. Instead, she turns them over and examines the creatures hiding in the darkness underneath, leaving no stone on her path unturned. Quan Lee is a courageous woman. She is one of my sheroes."

--Carolyn Holbrook, Adjunct Assistant Professor, Dept. of English, Founder and past Artistic/Executive Director of SASE: The Write Place

"In *Chinese Blackbird*, Sherry Quan Lee renders stories of her complex cultural heritage with the lyrical touch of a poet coming into self-possession. Through the generative power of language, Lee creates an inspirational and a multifarious self. This self blows breath unto the page and into the reader, who may have felt quiescent or invisible, often feeling forced to choose among various enriching worlds, until she experiences the truth that only good literature can unveil about the joys and struggles of defining oneself on one's terms."

--Pamela R. Fletcher, Associate Professor of English Co-Director of Critical Studies in Race and Ethnicity, College of St. Catherine

Learn more about the author at www.SherryQuanLee.com

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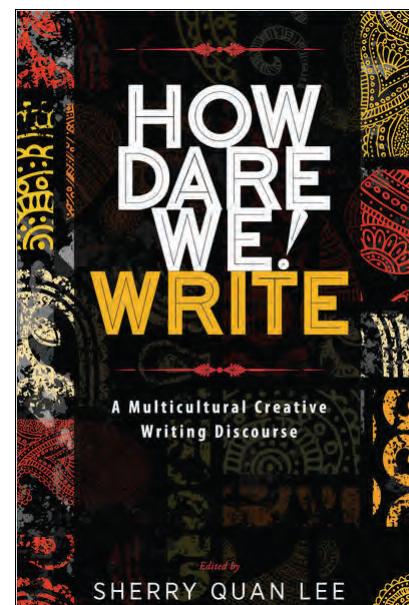
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How Dare We! Write: A Multicultural Creative Writing Discourse

Imprint: Modern History Press
Editor: Sherry Quan Lee
ISBN-13: PB 978-1-61599-330-7 / HC 978-1-61599-331-4 / eBook 978-1-61599-332-1
List Price: PB \$ 21.95 / HC \$ 33.95 / eBook \$ 5.95
Trim: 6.14 x 9.21 (210 pp)
Audience: General Adult
Pub Date: 05/01/2017
BISAC: LANGUAGE ARTS & DISCIPLINES/Composition & Creative Writing
EDUCATION/Multicultural Education
LITERARY COLLECTIONS/Essays



Synopsis: *How Dare We! Write: a multicultural creative writing discourse* offers a much needed corrective to the usual dry and uninspired creative writing pedagogy. The collection asks us to consider questions, such as "What does it mean to work through resistance from supposed mentors, to face rejection from publishers and classmates, and to stand against traditions that silence you?" and "How can writers and teachers even begin to make diversity matter in meaningful ways on the page, in the classroom, and on our bookshelves?"

How Dare We! Write is an inspiring collection of intellectually rigorous lyric essays and innovative writing exercises; it opens up a path for inquiry, reflection, understanding, and creativity that is ultimately healing. The testimonies provide a hard won context for their innovative paired writing experiments that are, by their very nature, generative.

--Cherise A. Pollard, PhD, Professor of English, West Chester University of Pennsylvania

So-called "creative writing" classes are highly politicized spaces, but no one says so; to acknowledge this obvious fact would be to up-end the aesthetics, cultural politics (ideology) and economics on which most educational institutions are founded *How Dare We! Write*, a brilliant interventive anthology of essays, breaks this silence.

--Maria Damon, Pratt Institute of Art; co-editor of *Poetry and Cultural Studies: A Reader*

How Dare We! Write a collection of brave voices calling out to writers of color everywhere: no matter how lonely, you are not alone; you are one in a sea of change, swimming against the currents.

--Kao Kalia Yang, author of *The Latecomer: A Hmong Family Memoir*, and *The Song Poet*, a 2017 Minnesota Book Award winner

How Dare We! Write is a much needed collection of essays from writers of color that reminds us that our stories need to be told, from addressing academic gatekeepers, embracing our identities, the effects of the oppressor's tongue on our psyche and to the personal narratives that help us understand who we are.

--Rodrigo Sanchez-Chavarria, writer, spoken word poet/performer and contributing author to *A Good Time for the Truth: Race in Minnesota*

Learn more at <http://blog.SherryQuanLee.com>

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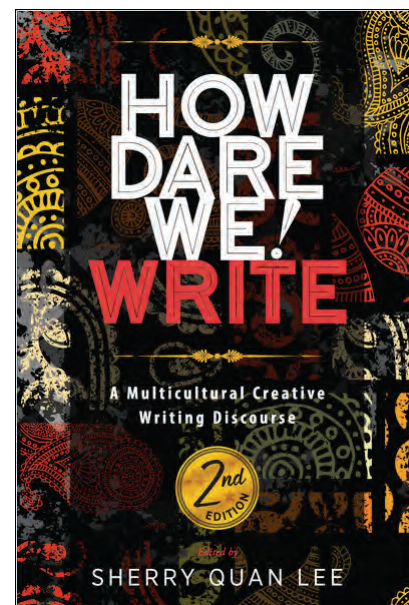
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How Dare We! Write: A Multicultural Creative Writing Discourse, 2nd Ed.

Imprint: Modern History Press
Editor: Sherry Quan Lee
ISBN-13: PB 978-1-61599-683-4 / HC 978-1-61599-684-1 / eBook 978-1-61599-685-8
List Price: PB \$ 24.95 / HC \$ 39.95 / eBook \$ 7.95
Trim: 6.14 x 9.21 (210 pp)
Audience: General Adult
Pub Date: 08/01/2022
BISAC: LANGUAGE ARTS & DISCIPLINES/Composition & Creative Writing
EDUCATION/Multicultural Education
LITERARY COLLECTIONS/Essays



Synopsis: *How Dare We! Write: a multicultural creative writing discourse* offers a much needed corrective to the usual dry and uninspired creative writing pedagogy. The collection asks us to consider questions, such as "What does it mean to work through resistance from supposed mentors, to face rejection from publishers and classmates, and to stand against traditions that silence you?" and "How can writers and teachers even begin to make diversity matter in meaningful ways on the page, in the classroom, and on our bookshelves?" **The expanded 2nd edition includes six new works, Creating Literary Spaces, that reach beyond the personal, beyond the present, into unknown spaces that make a difference.**

How Dare We! Write is an inspiring collection of intellectually rigorous lyric essays and innovative writing exercises; it opens up a path for inquiry, reflection, understanding, and creativity that is ultimately healing. The testimonies provide a hard won context for their innovative paired writing experiments that are, by their very nature, generative.

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--Rodrigo Sanchez-Chavarria, writer, spoken word poet/performer and contributing author to *A Good Time for the Truth: Race in Minnesota*

Learn more at <http://blog.SherryQuanLee.com>

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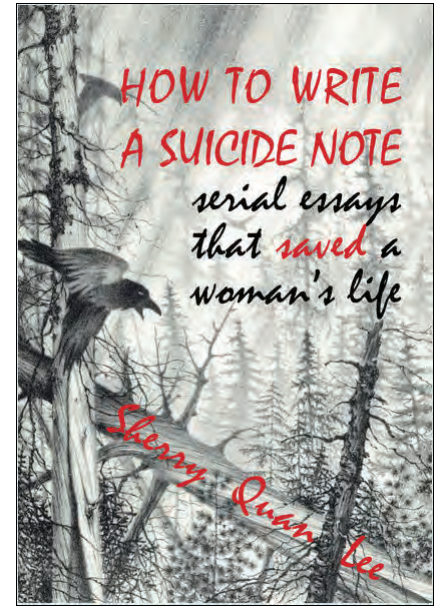
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How to Write a Suicide Note: Serial Essays that Saved a Woman's Life

Imprint: Modern History Press
Series: Reflections of America
Author: Sherry Quan Lee
ISBN-13: PB 978-1-932690-63-7 / eBook 978-1-61599-985-9
List Price: PB \$ 16.95 / eBook \$ 5.95
Trim: 6.69 x 9.61 (120 pp)
Audience: General Adult
Pub Date: 06/01/2008
BISAC: POETRY/American/Asian American



Synopsis: *How to Write a Suicide Note* examines the life of a Chinese/Black woman who grew up passing for white, who grew up poor, who loves women but has always married white men. Writing has saved her life. It has allowed her to name the historical trauma--the racist, sexist, classist experiences that have kept her from being fully alive, that have screamed at her loudly and consistently that she was no good, and would never be any good--and that no one could love her. Writing has given her the creative power to name the experiences that dictated who she was, even before she was born, and write notes to them, suicide notes. Sherry Quan Lee believes writing saves lives; writing has saved her life.

Acclaim for *How to Write a Suicide Note*

"How to Write a Suicide Note is a haunting portrait of the daughter of an African mother and a Chinese father. Sherry dares to be who she isn't supposed to be, feel what she isn't supposed to feel, and destroys racial and gender myths as she integrates her bi-racial identity into all that she is. Through her raw honesty and vulnerability, Sherry captures a range of emotions most people are afraid to confront, or even share. Her work is a gift to the mental health community."

--Beth Kyong Lo, M.A., Clinical Psychologist

"Sherry Quan Lee offers us, in *How to Write a Suicide Note*, a deep breathing meditation on how love is under continuous revision. And like all the best Blues singers, Quan Lee voices the lowdown, dirty paces that living puts us through, but without regret or surrender."

Wesley Brown, author of *Darktown Strutters* and *Tragic Magic*

"I love the female aspects, the sex, and the strong voice Sherry Quan Lee uses to share her private life in *How To Write A Suicide Note*. I love the wit, the tongue-in-cheek, the trippiness of it all. I love the metaphors, especially the lover and suicide ones. I love the free-associations, the 'raving, ravenous, relentless' back and forth. Quan Lee breaks the rules and finds her genius. *How to Write a Suicide Note* is a passionate, risk-taking, outrageous, life-affirming book and love letter."

Sharon Doubiago, author of *Body and Soul*, *Hard Country*; and other works

Learn more about the author at www.SherryQuanLee.com

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Love Imagined: A Mixed Race Memoir

Imprint: Modern History Press

Author: Sherry Quan Lee

Foreword: Lola Osunkoya

ISBN-13: PB 978-1-61599-233-1 / HC 978-1-61599-234-8 / eBook 978-1-61599-235-5

List Price: PB \$ 17.95 / HC \$ 29.95 / eBook \$ 5.95

Trim: 6.69 x 9.61 (158 pp)

Audience: General Adult

Pub Date: 08/01/2014

BISAC: BIOGRAPHY & AUTOBIOGRAPHY/Cultural Heritage
SOCIAL SCIENCE/Women's Studies
SOCIAL SCIENCE/Ethnic Studies/Asian American Studies



Synopsis: *Love Imagined* is an American woman's unique struggle for identity.

"Joining the long history of women of color fighting to claim literary space to tell our stories, Sherry Quan Lee shares her truth with fierce courage and strength in *Love Imagined*. ... Quan Lee crafts a riveting tale of Minnesota life set within the backdrop of racial segregation, the Cold War, the sexual revolution while navigating it all through the lens of her multi-layered identities. A true demonstration of the power of an intersectional perspective."

--Kandace Creel Falcon, Ph.D., Director of Women's and Gender Studies, Minnesota State University, Moorhead

"*Love Imagined*: this fascinating, delightful, important book. This imagining love, this longing for love. This poverty of No Love, this persistent racism, sexism, classism, ageism. The pain these evils cause the soul...This is an important document of a mixed-race contemporary woman, a memoir about her family lineages back to slavery, back to China, back to early Minneapolis, and about the struggle of finding herself in all of these."

--Sharon Doubiago, author of *My Father's Love*

"When I read Sherry's story [*Love Imagined*], I recognized feelings and meanings that mirrored mine. I felt a sense of release, an exhale, and I knew I could be understood by her in a way that some of my family and friends are unable to grasp, through no fault of their own. It's the Mixed experience. Sherry Lee's voice, her story, will no doubt touch and heal many who read it."

--Lola Osunkoya, MA Founder of Neither/Both LLC, Mixed-Race Community Building and Counseling

Learn more at www.SherryQuanLee.com

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Septuagenarian: Love Is What Happens When I Die

Imprint: Modern History Press
Author: Sherry Quan Lee
ISBN-13: PB 978-1-61599-568-4 / HC 978-1-61599-569-1 / eBook 978-1-61599-570-7
List Price: PB \$ 17.95 / HC \$ 25.95 / eBook \$ 4.95
Trim: 6 x 9 (100 pp)
Audience: General Adult
Pub Date: 03/01/2021
BISAC: POETRY/Women Authors
POETRY/American/Asian American
SOCIAL SCIENCE/Ethnic Studies/Asian American Studies

Synopsis: *Septuagenarian: love is what happens when I die* is a memoir in poetic form. It is the author's journey from being a mixed-race girl who passed for white to being a woman in her seventies who understands and accepts her complex intersectional identity; and no longer has to imagine love. It is a follow-up to the author's previous memoir (prose), *Love Imagined: a mixed-race memoir*, A Minnesota Book Award finalist.

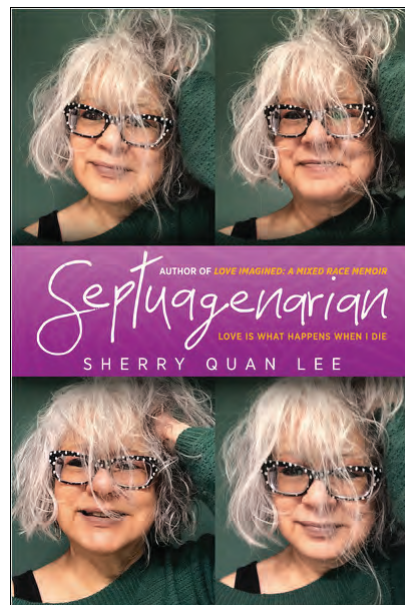
Praise for Sherry Quan Lee's *Septuagenarian*

In *Septuagenarian*, Sherry Quan Lee accepts her own invitation to look at life in retrospect, but with a new lens. Pulling from and expanding upon her previous body of work, she examines the version of herself that was writing at that time. The dignity and fire of her seventy-three-year old gaze taking in snapshots of those selves...straightens my spine and gives me a vision for myself traveling today into my future septuagenarian.
--Lola Osunkoya, MA, LPCC

Sherry Quan Lee writes courageously to understand herself and the world. She uses rich language and her skills as a storyteller to focus her sharp lens on what it means to have a complex, sometimes complicated identity: becoming invisible as she ages, a history of passing unseen, love and sex, grieving and celebration. She ruminates on history, which repeats itself in the current moment and widens her lens to look at the bigger, global picture to tell truths in poems that tenderly hold memory, time, rituals, trauma, mothering, fear of death and love in many forms. Her poems offer deeply personal, intimate and perceptive insights and opportunities to reflect on what it means to truly live. It feels like I've taken the journey with her, and I'm wiser for it.

--Shay Youngblood, author of *Soul Kiss* and *Black Girl in Paris*

Learn more at blog.SherryQuanLee.com
From Modern History Press



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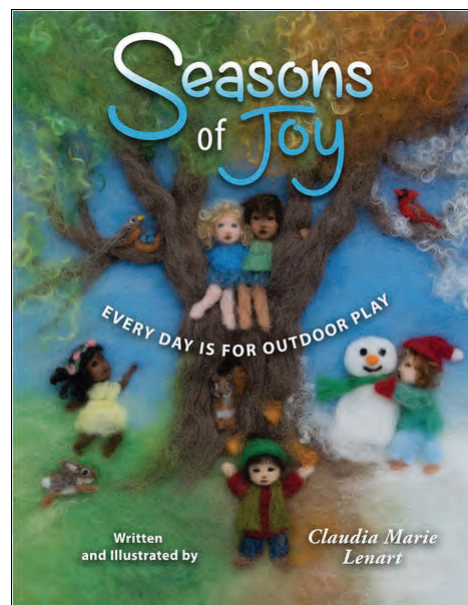
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Seasons of Joy: Every Day is for Outdoor Play

Publisher: Loving Healing Press
Author: Claudia Marie Lenart
Illustrator: Claudia Marie Lenart
ISBN-13: PB 978-1-61599-317-8 / HC 978-1-61599-318-5 / eBook 978-1-61599-319-2
List Price: PB \$ 15.95 / HC \$ 26.95 / eBook \$ 4.95
Trim: 8.5 x 11 (32 pp)
Audience: 3-5 years
Lexile Score: 530L - Grade(s) 1, 2, 3
Pub Date: 04/01/2017
BISAC: JUVENILE FICTION/Concepts/Seasons
JUVENILE FICTION/Imagination & Play

Synopsis: Immerse Your Child in the Wonder of Nature in Every Season

The pure and simple delight of children playing outside is captured in needle-felted wool paintings created by Claudia Marie Lenart in *Seasons of Joy: Everyday is for Outdoor Play*. The picture book pairs dreamy images of multi-cultural children, animals, flowers and trees with verse that expresses the joy young children experience in nature's seasons. Children can see themselves in the diverse characters and can be inspired to spend more time playing outdoors and connecting to nature.



"Young children learn through imitation and movement. If that movement is filled with imaginative pictures, they are able to take it up in their whole being and express it outwardly in their play. Claudia Lenart's book *Seasons of Joy* uses the artistic medium of needle-felted wool to express the joy of children in movement at every season of the year."

--Barbara Patterson, retired Waldorf Extra Lesson teacher in private practice, author of *Beyond the Rainbow Bridge: Nurturing Our Children from Birth to Seven*

"In *Seasons of Joy*, Claudia Lenart uses her beautiful rhyming prose to tell a classic tale of the changing of the seasons and the carefree pleasure of playing outside all year around. The details in every scene are meticulous and refined, down to the distinct wing pattern of a butterfly and the catchlight in a squirrel's eye. This book is exactly what it sets out to be - a joy to read and an inspiration for nature play for children everywhere."

--Linda Akeson McGurk, journalist, blogger at Rain or Shine Mama, author of *There's No Such Thing As Bad Weather*

"What a treat to meander through the seasons with these wonderful words and beautiful wool paintings. Claudia is an extraordinary fiber artist who has the special talent of bringing magical scenes to life. A delight for adults and children alike."

--Donni Webber, www.TheMagicOnions.com, author of *Magical Miniature Gardens and Homes*

Juvenile Fiction: Concepts - Seasons

Learn more at www.ClaudiaMarieFelt.com

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Cross-Cultural Dialogues on Homelessness: From Pretreatment Strategies to Psychologically Informed Environments

Publisher: Loving Healing Press

Editor: Jay S. Levy and Robin Johnson

ISBN-13: PB 978-1-61599-366-6 / HC 978-1-61599-367-3 / eBook 978-1-61599-368-0

List Price: PB \$ 27.95 / HC \$ 34.95 / eBook \$ 8.95

Trim: 6.14 x 9.21 (280 pp)

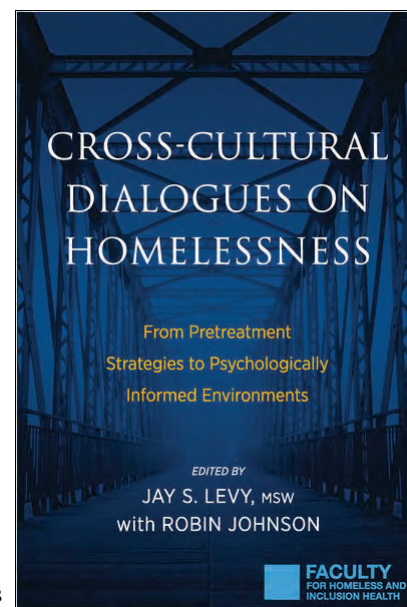
Audience: General Adult

Pub Date: 03/01/2018

BISAC: SOCIAL SCIENCE/Social Work

PSYCHOLOGY/Psychotherapy/Counseling

POLITICAL SCIENCE/Public Policy/City Planning & Urban Development



Synopsis: Cross-Cultural Dialogues on Homelessness Reveal New Insights

This groundbreaking book presents compelling narratives and innovative approaches for addressing the psychological traumas that can underlie homelessness and is the first to explore in-depth what the US and UK can learn from one another.

Authors focus on understanding and applying the precepts of Pretreatment and "Psychologically Informed Environments," as well as effective ways to promote productive dialogue on all levels -- with clients, clinicians, advocates, policymakers, researchers, and others. Detailed case studies review and integrate "hands on" practice with Appreciative Inquiry, Open Dialogue, and Common Language Construction methods.

"In *Cross-Cultural Dialogues on Homelessness*, Jay Levy and co-authors provide the conceptual tools, the hitherto 'missing language', needed by practitioners and policymakers working with excluded individuals. This book has been informed by the authors' practice and should come with a warning: it will revolutionise how you work -- irreversibly and, undoubtedly, for the better"

-- Cliona Ni Cheallaigh, MB, MRCP, PhD, Senior Lecturer in Medical Gerontology, Trinity College (Dublin)

"Jay distills many decades of his own street experience, and by cross comparing his brilliant schema of Pretreatment with the British model of Psychologically Informed Environments (PIE), he reveals the underlying common processes of effective street engagement. As a long-time practitioner of street medicine, I recommend this book to anyone who seeks that sacred place on the streets where healing begins."

-- Jim Withers, MD, Founder and Medical Director and Operation Safety Net and the Street Medicine Institute (Pittsburgh)

"*Cross Cultural Dialogues on Homelessness* is a timely and important collection of the latest thinking on how we should respond to the traumatic life experiences of so many homeless people. Levy and colleagues suggest a commitment to reflective dialogue will improve both the quality of frontline services and the way policy makers, managers and commissioners think about responding to the needs of people pushed to the margins of our societies."

-- Alex Bax, Chief Executive, (London) Pathway - transforming health services for homeless people

"This book is different because it is based on theory and practises, dialogue and the sharing of ideas - from both sides of the Atlantic. The human interest stories add great value to the book, which should be required reading for anyone interested in creating a better world for his/her fellow human beings. It should be read and debated by all with a vision for a better future for those who need services and those attempting to provide them."

-- Alice Leahy, Director of Services Alice Leahy Trust (Dublin, Ireland)

Learn more at www.JaySLevy.com

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Homeless Narratives & Pretreatment Pathways: From Words to Housing

Publisher: Loving Healing Press

Series: New Horizons in Therapy

Author: Jay S. Levy

Foreword: David W. Havens

ISBN-13: PB 978-1-61599-026-9 / HC 978-1-61599-027-6 / eBook 978-1-61599-946-0

List Price: PB \$ 18.95 / HC \$ 29.95 / eBook \$ 6.95

Trim: 6.14 x 9.21 (168 pp)

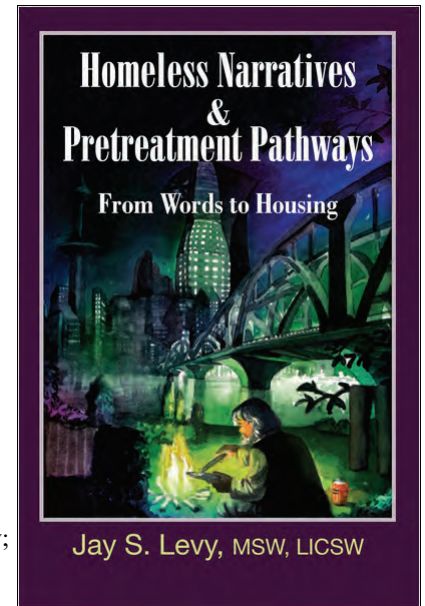
Audience: General Adult

Pub Date: 10/01/2010

BISAC: SOCIAL SCIENCE/Social Work

PSYCHOLOGY/Psychotherapy/Counseling

POLITICAL SCIENCE/Public Policy/City Planning & Urban Development



Synopsis: On any given night, there are over 643,000 homeless people residing in shelters and on the streets across America. What can we do to help?

"Levy crafts stories of characters who sear the memory: Old Man Ray, the World War II veteran who resents the VA system and regards himself as the de facto night watchman at Port Authority; Ben who claims to be a prophet disowned in his own country, crucified by the government and enslaved by poverty finds a bridge to the mainstream services and a path to housing through the common language of religious metaphors, including redemption and forgiveness; and Andrew who has been 'mentally murdered' is helped to understand his own situation and gain disability benefits through the language of trauma; among others.

These stories are deftly interwoven with theory and practice as Levy constructs his developmental model of the engagement and pretreatment process. The outreach worker strives to understand the language and the culture of each homeless individual, builds a bridge to the mainstream services, and helps those providers to understand the special circumstances of these vulnerable people. Levy bears witness to the courage of these pilgrims who wander the streets of our cities, and his poignant book is a testament to the healing power of trusting and enduring relationships."

--Jim O'Connell, MD - President and Street Physician for Boston Health Care for the Homeless Program

The reader will...

- Experience moving real life stories that demystify homeless outreach and its central objectives and challenges.
- Learn about effective strategies of outreach & engagement with under-served populations.
- Understand and be able to utilize the stages of common language construction in your own practice.
- Learn about pretreatment principles and their applications with persons experiencing untreated major mental illness, addiction, and medical issues.
- Discover new interventions via outreach counseling, advocacy and case management with people experiencing long-term or chronic homelessness.
- Understand how to better integrate policy, programs (e.g. Housing First), and supervision with homeless outreach initiatives.

About the Author

Jay S. Levy, LICSW has spent the last 20 years working with individuals who experience homelessness. He has developed new programs and provided clinical staff supervision. Jay is one of the architects to the Regional Engagement and Assessment for Chronically Homeless Housing program (REACH). This was adopted by the Western Massachusetts Regional Network as an innovative approach toward reducing chronic homelessness.

Learn more at www.JaySLevy.com

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Homeless Outreach & Housing First: Lessons Learned

Publisher: Loving Healing Press

Author: Jay S. Levy

ISBN-13: PB 978-1-61599-136-5 / eBook 978-1-61599-137-2

List Price: PB \$ 8.95 / eBook \$ 2.99

Trim: 7.44 x 9.69 (44 pp)

Audience: General Adult

Pub Date: 11/01/2011

BISAC: POLITICAL SCIENCE/Public Policy/City Planning & Urban Development
PSYCHOLOGY/Psychotherapy/Counseling
SOCIAL SCIENCE/Social Work

Synopsis: From the author of *Homeless Narratives & Pretreatment Pathways*

Jay S. Levy brings us a new educational resource entitled *Homeless Outreach & Housing First: Lessons Learned*. This monograph features three written works on homelessness inclusive of an article on moral, fiscal, and quality of life considerations, a new story entitled "Ronald's Narrative: The Original Housing First", and an interview that was originally featured in *Recovering The Self: A Journal of Hope and Healing*. These three documents provide a rich and fertile resource for learning, reflecting, and informing needed action that promotes high quality outreach services and housing stabilization for the most vulnerable among us. The Reader will...

- Learn about the positive measurable impact of a Housing First approach and its moral, fiscal, and quality of life implications.
- Explore the relationship between Homeless Outreach and Housing First, as well as understand the five basic pretreatment principles that can be applied to both.
- Learn how to utilize a Pretreatment Approach with individuals experiencing major mental illness and addiction.
- Understand how to better integrate Housing First and Homeless Outreach initiatives with homelessness policy.

Praise for Jay S. Levy

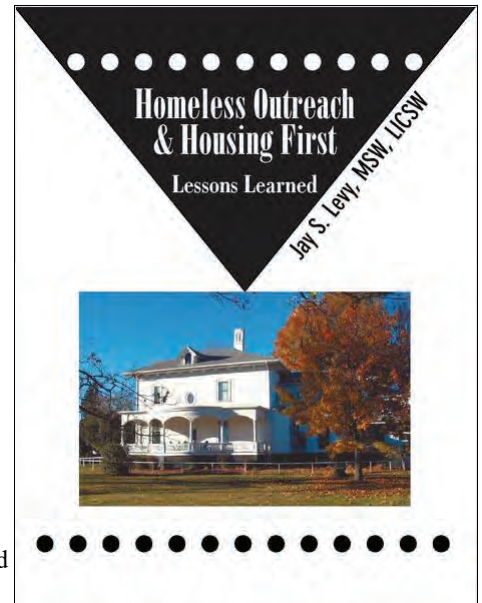
"This is one of the best guides I have read about working with the underserved and homeless. I wonder why all cities don't put it into place? How we approach our homeless can definitely make a difference. Sometimes it's not in the techniques, but in the attitude of the case manager." --Carol S. Hoyer, PhD, for Reader Views

Learn more at www.JaySLevy.com From Loving Healing Press www.LHPress.com

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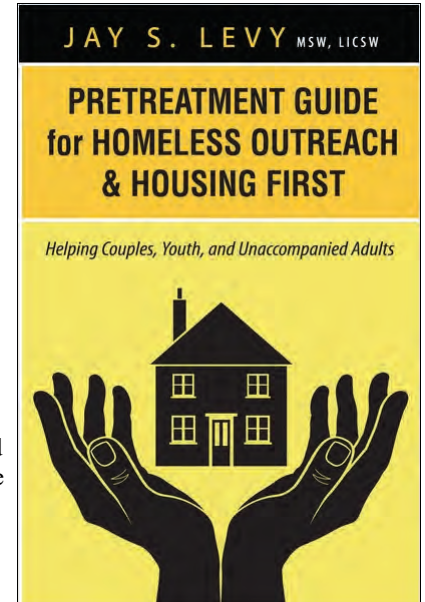
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Pretreatment Guide for Homeless Outreach & Housing First: Helping Couples, Youth, and Unaccompanied Adults

Publisher: Loving Healing Press
Author: Jay S. Levy
Foreword: David W. Havens
ISBN-13: PB 978-1-61599-201-0 / HC 978-1-61599-202-7 / eBook 978-1-61599-203-4
List Price: PB \$ 18.95 / HC \$ 31.95 / eBook \$ 4.95
Audiobook: iTunes, Audible.com, Amazon
Trim: 6.14 x 9.21 (178 pp)
Audience: General Adult
Pub Date: 09/01/2013
BISAC: SOCIAL SCIENCE/Social Work
PSYCHOLOGY/Psychotherapy/Counseling
POLITICAL SCIENCE/Public Policy/City Planning & Urban Development



Synopsis: This book provides social workers, outreach clinicians, case managers, and concerned community members with a pretreatment guide for assisting homeless couples, youth, and single adults. The inter-relationship between Homeless Outreach and Housing First is examined in detail to inform program development and hands on practice. *Pretreatment Guide for Homeless Outreach & Housing First* shares five detailed case studies from the field to elucidate effective ways of helping and to demonstrate how the most vulnerable among us can overcome trauma and homelessness.

Readers will:

- Expand their assessment skills and discover new interventions for helping people who have experienced long-term or chronic homelessness.
- Understand and be able to integrate the stages of common language construction with their own practice.
- Learn about the positive measurable impact of a Housing First approach and its moral, fiscal, and quality of life implications.
- Understand how to better integrate program policy and supervision with Homeless Outreach & Housing First initiatives.
- Learn how to utilize a Pretreatment Approach with couples, youth, and unaccompanied adults experiencing untreated major mental illness and addiction.

"Jay S. Levy's book is essential reading to both people new to the movement to end homelessness and folks who have been in the trenches for many years. Learn how to do effective outreach with the chronic homeless population, and the ins and outs of the Housing First model. The personal stories and the success cases will give inspiration to work even harder to help both individuals and for ending homelessness in your community."

Michael Stoops, Director of Community Organizing
National Coalition for the Homeless, Washington, DC

Learn more at www.JaySLevy.com

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Pretreatment In Action: Interactive Exploration from Homelessness to Housing Stabilization

Publisher: Loving Healing Press

Author: Jay S. Levy

ISBN-13: PB 978-1-61599-594-3 / HC 978-1-61599-595-0 / eBook 978-1-61599-596-7

List Price: PB \$ 27.95 / HC \$ 39.95 / eBook \$ 9.95

Trim: 8.25 x 10.75 (162 pp)

Audience: General Adult

Pub Date: 10/01/2021

BISAC: SOCIAL SCIENCE/Poverty & Homelessness

SOCIAL SCIENCE/Social Work

PSYCHOLOGY/Psychopathology/Post-Traumatic Stress Disorder (PTSD)

Synopsis: Jay Levy's *Pretreatment In Action: Interactive Exploration from Homelessness to Housing Stabilization* provides the reader with a wonderfully crafted, detailed step-by-step manual with real-world scenarios on how Pretreatment and the Stages of Engagement play out in the actual work. The vignettes are rich with descriptions that clearly come from a deep repertoire of experience working in the field that gives the reader confidence they are being guided by someone who has been in their shoes. The thoughtful questions and space to reflect add a helpful workbook touch to the feel of the text, and matches the grittiness of the material being covered.

The reader will...

- Understand the 5 principles of a Pretreatment Model through their application to real-life scenarios that depict the world of homelessness, trauma and loss.
- Learn how to utilize Pretreatment Assessment and interventions to promote the engagement process and safety with highly vulnerable people.
- Effectively integrate the stages of Common Language Development with one's own practice of outreach and engagement with under-served persons.
- Experience through interactive exercises and reflecting on case illustrations the importance of facilitating the meaning-making process with both staff and clients.
- Discover an innovative approach to staff supervision based on the integration of Pretreatment principles with Psychologically Informed Environments (PIE) and Open Dialogue approaches to helping

"*Pretreatment In Action* by Jay S. Levy, MSW is a landmark accomplishment. For those who do street outreach and street medicine, Jay has provided a much-needed framework for navigating the largely undefined terrain of therapeutic relationships with those experiencing unsheltered homelessness."

--Dr. Jim Withers- Medical Director and Founder of the Street Medicine Institute, Assistant Clinical Professor of Medicine, University of Pittsburgh

"By using case studies and reflective exercises, Jay Levy has created a highly readable and accessible guide to working with people who are street homeless. Levy's enthusiasm for the work shines through on each page; he does not shy away from complexity, and the stories and situations he describes are as relevant in the UK as in his native USA."

--Dr. Jenny Drife- START Homeless Outreach Team, South London and Maudsley NHS Foundation Trust, Advisor to the Royal College of Psychiatrists on homelessness and mental health

"Levy draws on respected approaches including Motivational Interviewing, Narrative Therapy and Solution Focused Therapy. He integrates these into a clearly articulated practical approach that will also work with other significantly disadvantaged people living with trauma and marginalization."

--Rohena Duncombe, BA, BSW, MSWAP, Social work academic & researcher, Charles Sturt University, Australia

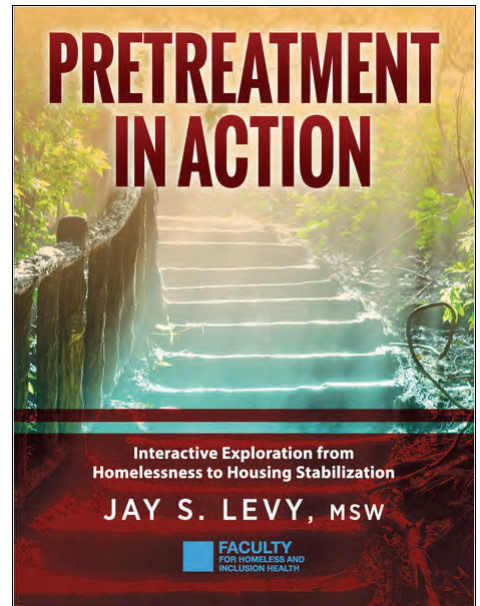
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AIDS Orphans Rising: What You Should Know and What You Can Do to Help Them Succeed

Publisher: Loving Healing Press
Series: World Voices
Author: Sister Mary Elizabeth Lloyd
ISBN-13: PB 978-1-932690-47-7 / HC 978-1-932690-61-3 / eBook 978-1-61599-929-3
List Price: PB \$ 15.95 / HC \$ 27.95 / eBook \$ 5.95
Audiobook: iTunes, Audible.com, Amazon
Trim: 6 x 9 (120 pp)
Audience: General Adult
Pub Date: 06/29/2007
BISAC: MEDICAL/AIDS & HIV
HEALTH & FITNESS/Diseases/AIDS & HIV
MEDICAL/Health Care Delivery



Synopsis: Every 14 seconds a Child Headed Household is formed

The death of parents from AIDS leaves behind little children, often four or five of them, who desperately want to stay together as a family. In the literature, they call them Child Headed Households. Imagine watching your mother and father slowly die before your eyes, leaving you to bury them and then to raise and care for your younger brothers and sisters. AIDS Orphans Rising takes you through the daily lives of these children.

- What do they eat?
- Where do they live?
- How do they survive?
- What can I do to help?

Each chapter provides weblinks to organizations working with these children as well as real solutions, actions that you can take now to help these children not only survive, but succeed.

By 2010, there will be 25,000,000 AIDS orphans! Left alone, they will be uneducated, disenfranchised, and unwanted: ripe candidates for radicalization and exploitation by dictators and terrorists. If good people like yourself do not reach out to these children so they can get love, an education and set up in some profitable enterprise, civilization will deteriorate to a point that you will not even recognize it.

"This book is an inspiring gem of human caring for human. Particularly, the last chapter is beautiful and inspiring. It is very clearly written, and for the ordinary reader, and yet it is a fully documented scholarly work." --Bob Rich, PhD, author *Cancer: A Personal Challenge*

100% of all profits from this book will go to help the Child Headed Households

For more info: www.AIDSOrphansRising.org

Published by Loving Healing Press

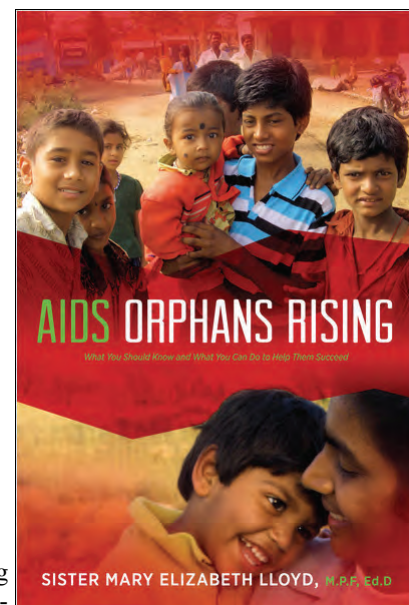
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AIDS Orphans Rising: What You Should Know and What You Can Do to Help Them Succeed, 2nd Ed.

Publisher: Loving Healing Press
Series: World Voices
Author: Sister Mary Elizabeth Lloyd
ISBN-13: PB 978-1-61599-401-4 / HC 978-1-61599-400-7 / eBook 978-1-61599-399-4
List Price: PB \$ 14.95 / HC \$ 24.95 / eBook \$ 2.99
Audiobook: iTunes, Audible.com, Amazon
Trim: 6.14 x 9.21 (106 pp)
Audience: General Adult
Pub Date: 08/01/2018
BISAC: MEDICAL/AIDS & HIV
SOCIAL SCIENCE/Children's Studies
SOCIAL SCIENCE/Poverty & Homelessness



Synopsis: A Child-Headed Household is formed every 15 seconds...

Thousands of children around the world are orphaned daily when their parents die of AIDS. When siblings stay together to form a family, it is called a Child-Headed Household. They desperately want to live together, resisting attempts to separate them amongst relatives or orphanages. The eldest sibling, often only 10 years of age, becomes the parent, raising and caring for their younger siblings. AIDS Orphans Rising takes you through the daily lives of these Child-Headed Households:

- What do they eat?
- Where do they live?
- How do they survive?
- What can you do to help?

Each chapter provides background information, stories and real solutions and actions that you can take to help these children not only survive, but succeed and prosper.

"The first edition of *AIDS Orphans Rising* was concerned with the invisible (and exploding) crisis of child-headed households in Africa. It was originally intended to serve as a resource guidebook for concerned teachers, researchers, nonprofit organizations, and policymakers. A funny thing happened; other people began reading the book, too! Sister Mary Beth has many beautiful stories of generous strangers, young and old, who have approached her to offer help. As a result, the perspective of this second edition has been reframed to inform concerned citizens everywhere."

-- Connie Mariano, MD, FACP, author of *The White House Doctor*

100% of all profits from this book will go to help the Child-Headed Households

For more info: www.AIDSOrphansRising.org

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Chlorophyll: Poems about Michigan's Upper Peninsula

Imprint: Modern History Press
Author: Raymond Luczak
ISBN-13: PB 978-1-61599-642-1 / HC 978-1-61599-643-8 / eBook 978-1-61599-644-5
List Price: PB \$ 15.95 / HC \$ 27.95 / eBook \$ 5.95
Audiobook: iTunes, Audible.com, Amazon
Trim: 6 x 9 (98 pp)
Audience: General Adult
Pub Date: 09/01/2022
BISAC: POETRY/Subjects & Themes/Nature
POETRY/Subjects & Themes/Places
POETRY/American/General

Synopsis:

A long time ago young men wishing to be tall
scaled the mast of my octopus arms
and scanned the horizon of Lake Superior
for a glimmer of Canada. Usually we were cut down ...

For many of those who've lived there, the Upper Peninsula of Michigan can seem like a magical place because nature there feels so potent and, at times, full of mystery. After having grown up there, Raymond Luczak can certainly attest to its mythical powers. In *Chlorophyll*, he reimagines Lake Superior and its environs as well as his houseplants as a variety of imaginary and historical characters.

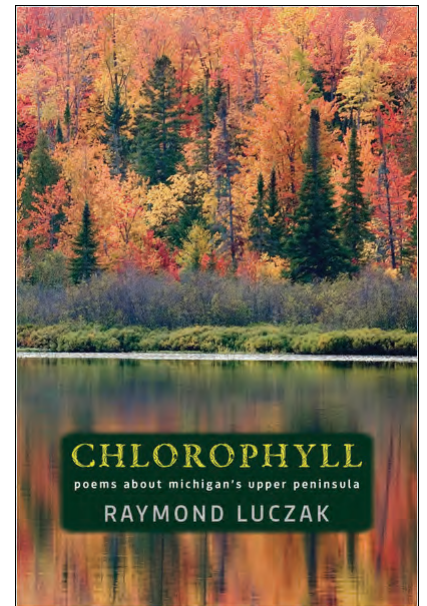
Ghosts dress in only gray and white.
This is how they camouflage their volcanic selves.
Lake Superior is bottled with them.
You can't see them but they move like fish ...

"In Raymond Luczak's *Chlorophyll*, the devastating natural beauty of Michigan's Upper Peninsula is imbued with passions its reticent human inhabitants are loathe to express. Trees, lakes, and stones air their infatuations, their grudges, their mythologies and griefs. Through this forest of the otherwise unsaid, we catch glimpses of a speaker who knows there is no line to blur between 'person' and 'nature.'" --Emily Van Kley, author of *Arrhythmia* and *The Rust and the Cold*

Spring is a girl who's cried all night
only to find that morning easily forgives
the coldness of him having left her
stranded among the thicket of evergreens ...

"Giving voice to the natural world, Raymond Luczak allows the rocks, trees, lakes, insects, and flowers that are part of flora and fauna of the region to speak for themselves, and they remind us that we are human, living in a more than human world." --William Reichard, author of *Our Delicate Barricades Downed* and *The Night Horse: New and Selected Poems*

Raymond Luczak grew up in the Upper Peninsula. He is the author and editor of numerous titles such as *Compassion*, *Michigan: The Ironwood Stories*. His book *once upon a twin: poems* was chosen as a U.P. Notable Book for 2021. He resides in Minneapolis, Minnesota.



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Compassion, Michigan: The Ironwood Stories

Imprint: Modern History Press
Author: Raymond Luczak
ISBN-13: PB 978-1-61599-527-1 / HC 978-1-61599-528-8 / eBook 978-1-61599-529-5
List Price: PB \$ 21.95 / HC \$ 33.95 / eBook \$ 6.95
Trim: 5.5 x 8.5 (198 pp)
Audience: General Adult
Pub Date: 09/01/2020
BISAC: FICTION/Short Stories (single author)
FICTION/LGBT/General
FICTION/Small Town & Rural

Synopsis: Encompassing some 130 years in Ironwood's history, *Compassion, Michigan* illuminates characters struggling to adapt to their circumstances starting in the present day, with its subsequent stories rolling back in time to when Ironwood was first founded. What does it mean to live in a small town--so laden with its glory day reminiscences--against the stark economic realities of today? Doesn't history matter anymore? Could we still have compassion for others who don't share our views?

A Deaf woman, born into a large, hearing family, looks back on her turbulent relationship with her younger, hearing sister. A gas station clerk reflects on Stella Draper, the woman who ran an ice cream parlor only to kill herself on her 33rd birthday. A devout mother has a crisis of faith when her son admits that their priest molested him. A bank teller, married to a soldier convicted of treason during the Korean War, gradually falls for a cafeteria worker. A young transgender man, with a knack for tailoring menswear, escapes his wealthy Detroit background for a chance to live truly as himself in Ironwood. When a handsome single man is attracted to her, a popular schoolteacher enters into a marriage of convenience only to wonder if she's made the right decision.

RAYMOND LUCZAK, a Yooper native, is the author and editor of 24 books, including *Flannelwood*. He lives in Minneapolis, Minnesota.

"These are stories of extremely real women, mostly disappointed by life, living meagerly in a depleted town in the Upper Peninsula of Michigan. Sound depressing? Not at all. Luczak has tracked their hopes, their repressed desires, and their ambitions with the elegance and precision of one of those silhouette artists who used to snip out perfect likenesses in black paper; people 'comforted by the familiarity of loneliness,' as he writes." --EDMUND WHITE, author of *A Saint in Texas*

Learn more at www.raymondluczak.com
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Left / Write // Hook: Survivor Stories from a Creative Arts Boxing and Writing Project

Publisher: Loving Healing Press

Editor: Donna Lyon

ISBN-13: PB 978-1-61599-580-6 / HC 978-1-61599-581-3 / eBook 978-1-61599-582-0

List Price: PB \$ 24.95 / HC \$ 36.95 / eBook \$ 6.95

Trim: 6.14 x 9.21 (296 pp)

Audience: General Adult

Pub Date: 09/01/2021

BISAC: SELF-HELP/Abuse

SELF-HELP/Post-Traumatic Stress Disorder (PTSD)

FAMILY & RELATIONSHIPS/Abuse/General

Synopsis: *LEFT / WRITE // HOOK* shows that sexual abuse survivors are everywhere, that trauma lives in the body, and it needs to be expressed.

"By no choice of their own, survivors of childhood sexual abuse spend the entirety of their lives 'in the ring', fighting. *Left / Write // Hook* offers visceral insight into survivors' fierce, compelling and ultimately triumphant stories."

-- Dr Joy Townsend, Learning Consent

"Donna Lyon has the ability to get women to open up and reveal all, and in the process begin the journey to healing. Boxing is a violent sport, but projects like *Left / Write // Hook* take the violence out of it, so that it becomes therapeutic and gives you power".

-- Tommy Hopkins, Fitlife Boxing Club, Melbourne Australia.

"In 25+ years of working with people who have experienced childhood sexual abuse, I have come to understand the need to assist people to physically move through, as well as speak about, the trauma in order to lessen the hold that the impacts that the abuse can have on one's life - *Left / Write // Hook* does both with powerful effectiveness."

-- Maria Vucko, (BA BSW MSW AMHSW)

Fueled with the voices and lived experiences of adult survivors of childhood sexual abuse, whose lives and work have been positively impacted by the combination of writing and boxing, readers will experience:

- a profound understanding of the complexity and depth of trauma through the lived experiences of survivors
- insights into the tenacious long-term impacts of abuse and trauma on the mind, body, and spirit
- personalised and collective accounts of how trauma manifests in the experiences of survivors and their sense of self
- hope and courage as to the resilience and strength of survivors who live with the daily effects of their trauma
- new insight into how the combination of physical, mental, and creative programs of expression are vital to healing
- dozens of powerful writing prompts that unearth hidden feelings, thoughts, and beliefs to recover your true self.

Learn more at: www.leftwritehook.com

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Demystifying Diversity: Embracing our Shared Humanity

Publisher: Loving Healing Press

Author: Daralyse Lyons

Foreword: Kyle V. Hiller

ISBN-13: PB 978-1-61599-533-2 / HC 978-1-61599-534-9 / eBook 978-1-61599-535-6

List Price: PB \$ 19.95 / HC \$ 32.95 / eBook \$ 5.95

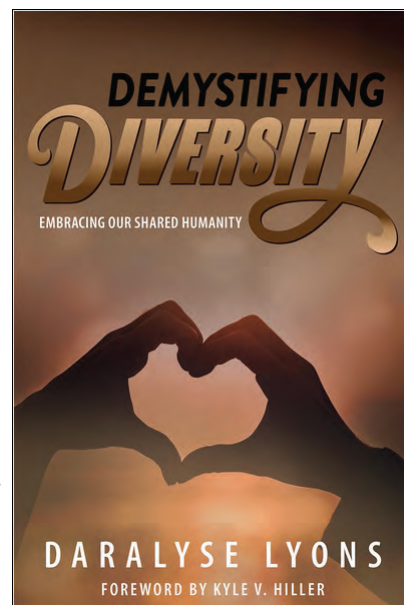
Trim: 6.14 x 9.21 (178 pp)

Audience: General Adult

Pub Date: 10/01/2020

BISAC: SOCIAL SCIENCE/Minority Studies
SOCIAL SCIENCE/Discrimination & Race Relations
FAMILY & RELATIONSHIPS/Prejudice

Synopsis: It can be difficult to find reliable information that amplifies the voices and the viewpoints of those who have direct experience dealing with diversity, equity and inclusion. In *Demystifying Diversity: Embracing our Shared Humanity*, Biracial journalist Daralyse Lyons has interviewed more than 100 individuals--academics, politicians, thought-leaders, advocates, activists and even an incarcerated inmate--and reveals her most important information and insights. By engaging with this text, you will find areas of human intersection and connection that challenge your biases and break down your barriers. Through empathy and understanding, we can create a more inclusive world.



"The work of any reconciliation along the lines of the basis of identity requires vulnerability, a vulnerability that we are told is not of value to the American way of being."

-- Paul Reese, Master of Divinity, Yale Divinity School

"Exposure and practice prepare people for unpredictable racial moments."

-- Dr. Howard Stevenson, director, Racial Empowerment Collaborative

"We are siblings in humanity. No one has superiority over another, except by their character."

-- Nihad Awad, executive director and co-founder of the Council on American-Islamic Relations

"In the present--and correcting the ills of the past--our public policy needs to always move towards equity. If we can do that, I think, as a society, we're going to get better."

-- Senator Sharif Street, third senatorial district of Philadelphia

Learn more about the Demystifying Diversity project and podcast at DemystifyingDiversityPodcast.com and connect with the author at DaralyseLyons.com

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Demystifying Diversity Workbook: Embracing our Shared Humanity

Publisher: Loving Healing Press

Author: Daralyse Lyons

ISBN-13: PB 978-1-61599-536-3 / eBook 978-1-61599-537-0

List Price: PB \$ 12.95 / eBook \$ 3.95

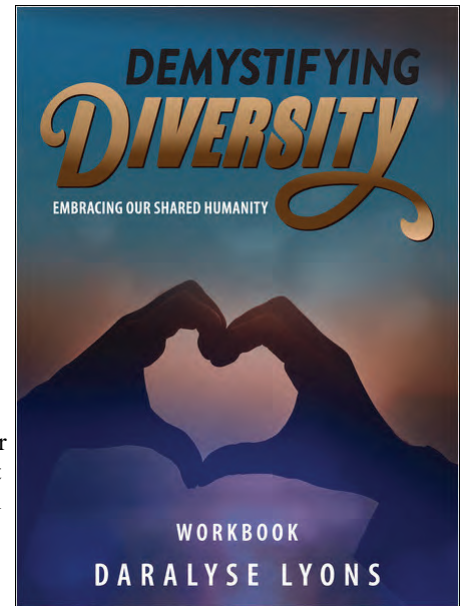
Trim: 8 x 10.88 (76 pp)

Audience: General Adult

Pub Date: 10/01/2020

BISAC: SOCIAL SCIENCE/Minority Studies
SOCIAL SCIENCE/Discrimination & Race Relations
FAMILY & RELATIONSHIPS/Prejudice

Synopsis: Through empathy and understanding, we can create a more inclusive world. But empathy and understanding are not purely intellectual--they require application. In the *Demystifying Diversity Workbook*, Biracial journalist Daralyse Lyons offers tangible tools for moving beyond biases and increasing one's capacity for connection. This workbook is meant to act as a companion to *Demystifying Diversity: Embracing our Shared Humanity*, in which Daralyse Lyons reveals her most important takeaways from her interviews with more than 100 individuals about a variety of topics related to diversity, equity and inclusion. Here, you are invited to go deeper, to move from awareness to action and to develop your capacity for authentic connection. It is in this space that empathy and equity become possible.



"We're Venn diagrams in Venn diagrams. And so, if you can't find those connections, it means you're not looking."
-- Alisa Kraut, assistant curator at the National Museum of American Jewish History

"Every single one of us is personally implicated in this."
-- Cinder Kuss, liberation and social justice activist

"I don't think you can be an honest observer of the human condition without being overwhelmed at times by the cruelty that gets visited on people; this seems to be so counter to who we are. We're beautiful. Every one of us is beautiful. There is nothing like a human being in this world that we experience. We are remarkable."
-- Dennis Moritz, poet and playwright

"*Demystifying Diversity: Embracing Our Humanity* is an important step in our collective, arduous, complex journey towards inclusivity."
-- Kyle V. Hiller, award winning arts & culture journalist, interdisciplinary artist, author of *The Recital*

Learn more about the Demystifying Diversity project and podcast at **DemystifyingDiversityPodcast.com** and connect with the author at **DaralyseLyons.com**

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Yoga Cocaine

Imprint: Modern History Press
Author: Daralyse Lyons
ISBN-13: PB 978-1-61599-484-7 / HC 978-1-61599-485-4 / eBook 978-1-61599-486-1
List Price: PB \$ 19.95 / HC \$ 32.95 / eBook \$ 5.95
Audiobook: iTunes, Audible.com, Amazon
Trim: 6.14 x 9.21 (200 pp)
Audience: General Adult
Pub Date: 01/01/2020
BISAC: FICTION/Contemporary Women
FICTION/Urban Life
FICTION/Psychological



Synopsis: Jessica needs a fix.

Vacillating between a desire to get high and a yearning for a substance-free life, she finds herself alternating between cocaine and yoga, dependence and freedom. Will she be able to let go of her self-abuse and find sobriety one day, and one breath, at a time? An addict who once disappeared into crack dens, she now seeks solace at yoga studios. As Jessica attempts to create a path to recovery "on the mat" and in the rooms of Alcoholics Anonymous, she grapples with one unanswerable question: "Is recovery worth it?" Yoga Cocaine traces one addict's journey from the unknown of addiction to the unknown of recovery.

"A raw, compelling, artfully crafted novel, Yoga Cocaine takes us on a deep dive into the shadowy world of addiction. This novel powerfully illuminates what's available to us when we commit ourselves to the redemptive path of recovery. Even if you've never struggled with addiction, you will be shaken, moved and inspired."

--Kezia Rene'e Lechner, author of *Close to the Bone: An Uncommon Love Story*

"Yoga Cocaine is a heartwrenching story of a woman failing at what seems like an impossible mission: getting sober. Its intense, matter-of-fact voice draws us into Jessica's world, walking us through her journey in a way that helps us to see into the mind of an addict and understand how long and hard a journey it really is."

--Selina J. Eckert, author of *This Cursed Flame*

"Jessica's experiences could put any fraternity guy to shame, yet you feel for her and root for her, despite her nonexistent moral compass. Through yoga, and some serious diversions, she undergoes a powerful, poignant transformation. Yoga Cocaine is an emotional roller coaster ride of despair and recovery. It's a must read for anyone who's ever dealt with addiction or loves yoga."

--Heidi Doheny Jay, author of *Confessions of 400 Men*

"For anyone who has known addiction and sobriety - or wondered about it - Yoga Cocaine is a powerful, painful, hopeful, inspiring and addicting story that you won't be able to put down. Pick it up now and dive in."

--Lisa Kohn, author of *To the Moon And Back: A Childhood Under the Influence*

Learn more at www.DaralyseLyons.com

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A Geometric Analysis of the Platonic Solids and Other Semi-Regular Polyhedra: With an Introduction to the Phi Ratio

Publisher: Loving Healing Press

Author: K.J.M. MacLean

ISBN-13: PB 978-1-932690-99-6 / HC 978-1-61599-275-1

List Price: PB \$ 59.95 / HC \$ 59.95

Trim: 8.5 x 11 (168 pp)

Audience: 06

Pub Date: 10/01/2007

BISAC: MATHEMATICS/Geometry/General

Synopsis: Getting Inside the Mind of Nature: Discover the simple but powerful mathematics of the underlying geometric figures that shape our world

Can geometry be exciting?

It can for those who can appreciate the beauty of numbers and their relationships.

This book contains a meticulous geometric investigation of the 5 Platonic Solids and 5 other important polyhedra, as well as reference charts for each solid.

Poly (many) hedron (face) means "many faces." Polyhedra are 3 dimensional figures with 4 or more faces, or sides. These polyhedra are reflections of Nature herself, and a study of them provides insight into the way the world is structured. Nature is not only beautiful, but highly intelligent. As you explore the polyhedra in this book, this will become apparent over and over again.

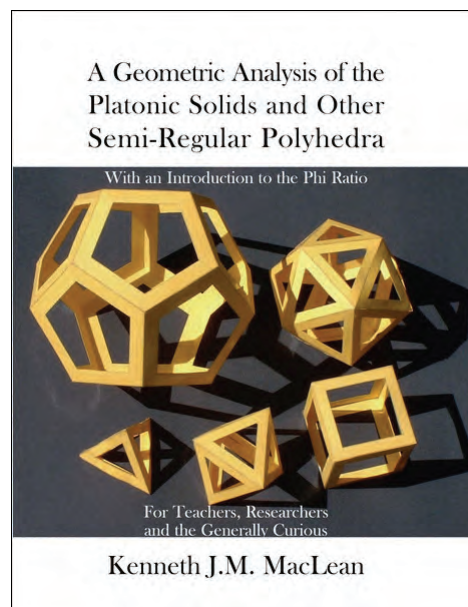
The book contains a geometric explanation of the **Phi Ratio** and **Fibonacci series**, and a detailed analysis of the pentagon, which forms the basis for many of these solids. The pentagon is composed entirely of Phi relationships, and is integral to a proper understanding of sacred geometry.

With **over 140 full-color illustrations**, this book is perfect for teachers and students of geometry alike. It is a must for those who are serious about sacred geometry.

This book is dedicated to those who can appreciate the logic of numbers and the beauty of nature, for they are both aspects of the same unifying principle.

Prerequisites: knowledge of simple algebra and elementary trigonometry. No brainiac math skills required! Only the ability to appreciate nature's own logic.

Book #1 in the Geometric Explorations Series



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A Geometric Analysis of the Platonic Solids and Other Semi-Regular Polyhedra: With an Introduction to the Phi Ratio, 2nd Ed.

Imprint: Marvelous Spirit Press
Author: K.J.M. MacLean
ISBN-13: PB 978-1-61599-429-8 / HC 978-1-61599-430-4
List Price: PB \$ 47.95 / HC \$ 62.95
Trim: 7 x 10 (168 pp)
Audience: General Adult
Pub Date: 03/01/2019
BISAC: MATHEMATICS/Geometry/General
MATHEMATICS/Mensuration
MATHEMATICS/Essays

Synopsis: **Getting Inside the Mind of Nature Discover the simple but powerful mathematics of the underlying geometric figures that shape our world**

Can geometry be exciting? It can for those who can appreciate the beauty of numbers and their relationships.

This book contains a meticulous geometric investigation of the 5 Platonic Solids and 5 other important polyhedra, as well as reference charts for each solid.

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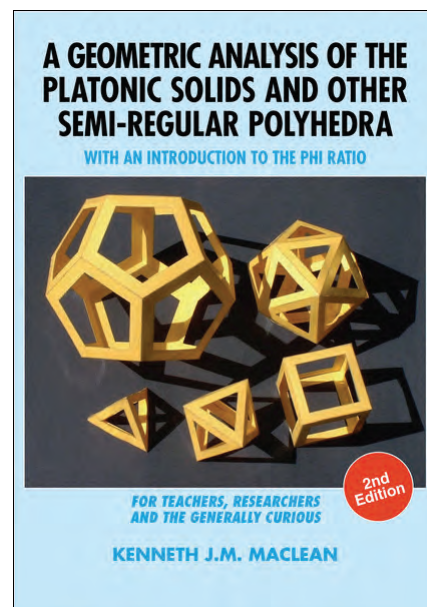
Prerequisites: knowledge of simple algebra and elementary trigonometry. No brainiac math skills required! Only the ability to appreciate nature's own logic.

Book #1 in the Geometric Explorations Series

What's New in the Second Edition:

- An analysis of the Truncated Icosahedron (soccer ball)
- Rewrites of several sections for greater clarity
- Correction of typos from the First Edition.

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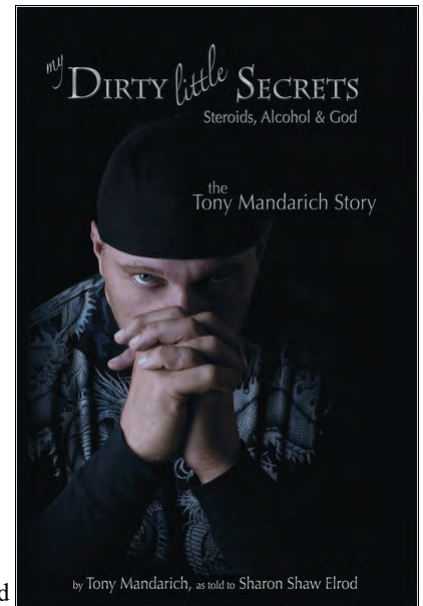
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My Dirty Little Secrets - Steroids, Alcohol & Drugs: The Tony Mandarich Story.

Imprint: Modern History Press
Series: Reflections of America
Author: Tony Mandarich and Sharon Shaw Elrod
ISBN-13: PB 978-1-932690-78-1 / HC 978-1-932690-77-4 / eBook 978-1-61599-987-3
List Price: PB \$ 19.95 / HC \$ 32.95 / eBook \$ 6.95
Trim: 6.14 x 9.21 (204 pp)
Audience: General Adult
Pub Date: 03/01/2009
BISAC: BIOGRAPHY & AUTOBIOGRAPHY/Sports
SELF-HELP/Substance Abuse & Addictions/Drug Dependence
BIOGRAPHY & AUTOBIOGRAPHY/Personal Memoirs



Synopsis: As Tony Mandarich left Green Bay in February, 1993, his football career in shambles, Packer Plus staff writer, Tom Mulhern, wrote the following:

"The overriding sentiment, however, is one of emptiness. Not so much for promises unfulfilled, but for sins not repented. Maybe some day Mandarich will set the record straight and answer all the nagging questions he leaves behind. I hope so."

For all the sports writers, fans, coaches, friends and family, *My Dirty Little Secrets* sets the record straight. On the 20th anniversary of his draft in 1989, Tony reveals the reasons why he never achieved what the nation expected of him, and what he expected of himself. His story is an inspiration for alcoholics and drug abusers, and offers hope for those trying to help themselves out of the nightmare of addiction.

My Dirty Little Secrets promises to help readers

- Learn about the power of addiction
- Discover how co-dependency and enablers affect addicts
- Understand why treatment for addictions is so important in recovery
- Realize the importance of emotional support systems in the lives of alcoholics
- Accept the role of the Higher Power's grace in recovery

"*My Dirty Little Secrets* is a testament that faith in a higher power can bring us to salvation and light. Tony's story is touched by magic and brushes against the tragic. It's a great human journey and a victory for the human spirit."

--Jim Irsay, Owner, Indianapolis Colts, Super Bowl (r) XLI Champions

After a highly successful and nationally publicized college career at Michigan State University, Tony Mandarich was drafted number two in 1989. The hype about his power and standing as a football player along with Tony's addictions, was more than he could live up to, and his life came crashing down around him. After three more years of alcohol and painkillers' abuse, Tony accepted God's hand, went into treatment and now considers it a privilege to be able to help other addicts when called upon.

Learn more at www.TonyMandarich.com

Book #6 in the Reflections of America Series
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Church Lady Chronicles: Devilish Encounters

Imprint: Gnarly Woods Publications
Author: Terri Martin
ISBN-13: PB 978-1-7352043-0-7 / eBook 978-1-61599-716-9
List Price: PB \$ 17.95 / eBook \$ 5.95
Trim: 5.5x8.5 (136 pp)
Audience: General Adult
Pub Date: 12/01/2022
BISAC: HUMOR/Topic/Religion
HUMOR/Form/Puns & Wordplay
FICTION/Small Town & Rural

Synopsis: A Disclaimer by Miss Bea Righteous

Well, my heavens! Where do I begin? First and foremost, while calamity may seem the result of my well-intentioned actions at the Gnarly Woods Senior Complex, I would like to make it clear that it is my mandate from above to protect the vulnerable, young and old, from taking that slippery slope into the devil's lair. Perhaps inadvertent collateral damage has occurred but I must preface the recounting of my struggles with the devil and his minions by declaring that I am held harmless from any and all such incidental damage or harm. Upon your wise purchase of this book (transformative!) and upon reading the chronicles within, I am fully confident that you will fully exonerate me from any wrongdoing and agree that I am on the path of righteousness. Though, of course, I do not expect any fanfare or meritorious recognition for my service.

"Bea Righteous sees Satan just about anywhere and especially on those smartphones. There is no limit to how much damage Bea Righteous can invoke by way of her misguided do-gooder activities... a whirlwind of chaos surrounds our heroine... If this raises a chuckle, you are a definite candidate for the *Church Lady Chronicles*."

--Victor R. Volkman, *U.P. Book Review*

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High on the Vine: Featuring Yooper Entrepreneurs, Tami & Evi Maki (Cousins, Thrice Removed)

Imprint: Gnarly Woods Publications

Author: Terri Martin

ISBN-13: PB 978-1-7352043-2-1 / eBook 978-1-61599-867-8

List Price: PB \$ 17.95 / eBook \$ 5.95

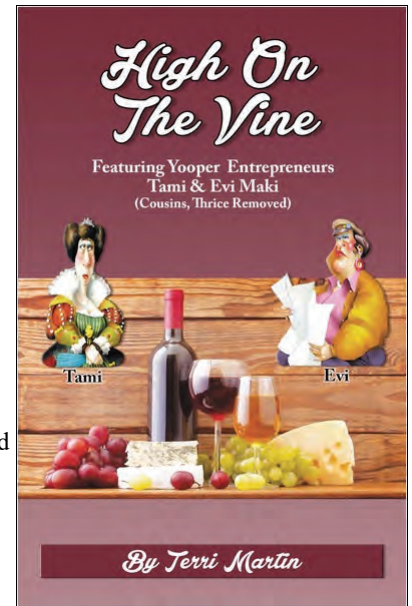
Trim: 5.5x8.5 (160 pp)

Audience: General Adult

Pub Date: 10/02/2022

BISAC: HUMOR/Topic/Cultural, Ethnic & Regional
HUMOR/Topic/Business & Professional
FICTION/Small Town & Rural

Synopsis: *High on the Vine* features cousins Tami & Evi Maki, who often contemplate the shortcomings of their respective spouses, Toivo and Eino. The story is told through a series of short stories set in Upper Michigan. The Maki women contemplate how their lives may have fared (certainly better) had they not married the two louts. After a hideous winter survival weekend sponsored by the Maki men, Tami & Evi take over the boys' hunting camp as punishment. After various less than successful entrepreneurial ventures, the gals finally hit paydirt when they form a business deal with a brotherhood of monks to open a winery, which produces a barely potable wine dubbed "Monk Juice."



"If you like a good chuckle about Yooper foibles and follies, I highly recommend *High on the Vine* by Terri Martin. Be sure to enjoy it with a bottle of your favorite beverage for best effect!" -- Victor R. Volkman, *Marquette Monthly*

From Gnarly Woods Press

Learn more at [/www.terrilynnmartin.com](http://www.terrilynnmartin.com)

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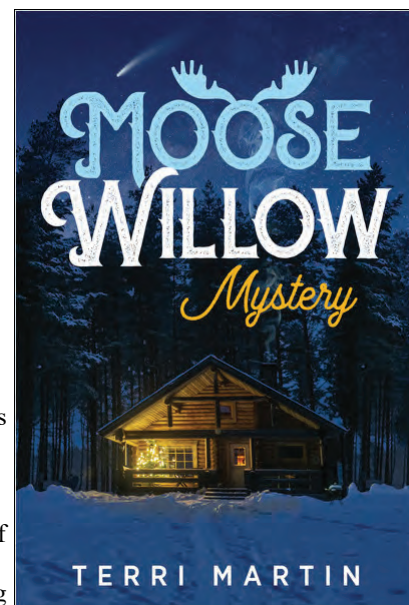
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Moose Willow Mystery: A Yooper Romance

Imprint: Modern History Press
Author: Terri Martin
ISBN-13: PB 978-1-61599-689-6 / HC 978-1-61599-690-2 / eBook 978-1-61599-691-9
List Price: PB \$ 24.95 / HC \$ 37.95 / eBook \$ 7.95
Trim: 6.14 x 9.21 (282 pp)
Audience: General Adult
Pub Date: 09/01/2022
BISAC: FICTION/Mystery & Detective/Cozy/General
FICTION/Small Town & Rural
FICTION/Romance/Clean & Wholesome

Synopsis: A suspicious death in a game processing meat locker is just the beginning of bizarre events happening in the Upper Michigan village of Moose Willow. It all starts when a mysterious woman appears at the Methodist church during choir practice. Janese Trout and her best friend, State Trooper Bertie Vaara, team up to connect the woman to a growing number of disturbing occurrences around town including the disappearance of Janese's eccentric lover, George LeFleur, and an undeniable increase in Bigfoot sightings. Meanwhile, Janese faces a multitude of personal challenges as she grapples with a sagging career at the Copper County Community College, an elusive pregnancy test, and a controlling mother who inserts herself into every hiding place of Janese's life.



"*Moose Willow Mystery*, by Terri Martin, lets cozy mystery fans know they are about to experience something wildly different with edgy characters, a big dose of humor, and an insider's look at America's best-kept secret the mysterious Upper Peninsula of Michigan."

-- Carolyn Howard-Johnson, award-winning writer of fiction, poetry, and the HowToDoltFrugally Series of books for writers

"Terri Martin manages to present the ordinary, the bizarre (of which there is a steady stream), and even the violent in a way that will open a hilarious glimpse into the world of a small town. With brilliant characterization, she takes the reader on a wild ride of murder and mayhem, so let me warn you. Don't start reading until you have the time to keep going."

-- Bob Rich, PhD, author of *Sleeper, Awake!*

"Take a mini-vacation and read this delightful mystery! Laugh away the problems of the world (and cry a few times) along with the remarkable, talented characters in *Moose Willow Mystery*. A refreshing whodunit with plenty of mystery to keep the reader unable to put the book down."

-- Carolyn Wilhelm, M.A., Midwest Book Review

Learn more at www.TerriLynnMartin.com

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The Home Wind: A Novel

Imprint: Gnarly Woods Publications
Author: Terri Martin
ISBN-13: PB 978-1-735-2043-1-4 / eBook 978-1-61599-679-7
List Price: PB \$ 17.95 / eBook \$ 4.95
Trim: 5.5x8.5 (202 pp)
Audience: 9-13 years
Pub Date: 05/01/2022
BISAC: JUVENILE FICTION/Action & Adventure/Survival Stories
JUVENILE FICTION/Historical/United States/19th Century
JUVENILE FICTION/Social Issues/Adolescence and Coming of Age

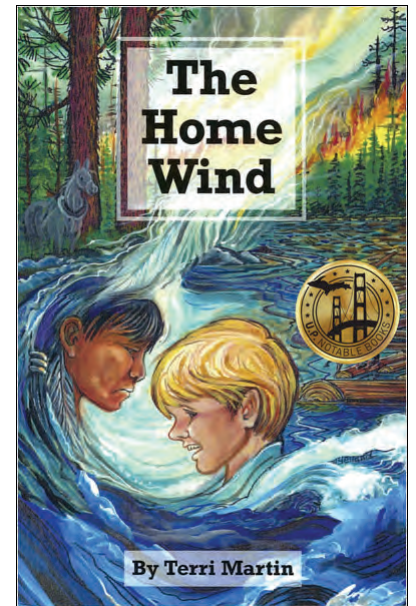
Synopsis: Jamie Kangas struggles with turbulent emotions caused by the death of his father, who perished in a logging accident--an accident for which Jamie blames himself. While his mother works as cook in a logging camp, Jamie is run ragged as chore boy. The grinding dreariness fades when Jamie meets a Native American boy, Gray Feather, who carries a burden of his own. The two boys become close friends as they face the challenges of a harsh environment and prejudiced world. And as trees fall to the lumberjack's blade, Jamie hears the ghostly words of his father, warning of future catastrophe.

The Home Wind is a middle-grade children's novel (ages 9 and up), which takes place during the 1870s in a Michigan logging camp. Quality paperback, 198 pages plus discussion guide.

"*The Home Wind* is an engaging story of two boys who must find their way through the difficulties of life on the road to becoming men. It is set during the 1870s in the Fox River logging camp near Seney in Upper Michigan. Jamie Kangas struggles with the guilt of feeling responsible for his father's death. He discovers a Native American boy, Gray Feather, hiding in the camp stables, nearly frozen and starved, who carries burdens of his own. Soon the two become close friends.

The author weaves the backstory of both boys through action and dialogue, with impeccably researched details. Her descriptions of the scenes and action make a reader feel as if they are right there in the middle of it all. Readers can't miss the symbolism found throughout the book and a wonderful way to learn about the past at the same time. This book should go far, and not just with young audiences. A great discussion guide can be found at the end of the book for classroom, homeschool, or adult book club use." -- Deborah K. Frontiera, *U.P. Book Review*

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Learn more at www.terriynnmartin.com



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Fax: +1 734 663 6861

Awakening Consciousness: A Girl's Guide

Imprint: Marvelous Spirit Press
Author: Robin Marvel
ISBN-13: PB 978-1-932690-80-4 / eBook 978-1-61599-209-6
List Price: PB \$ 16.95 / eBook \$ 5.95
Trim: 7.44 x 9.69 (96 pp)
Audience: General Adult
Pub Date: 03/01/2009
BISAC: BODY, MIND & SPIRIT/Parapsychology/ESP (Clairvoyance, Precognition, Telepathy)
BODY, MIND & SPIRIT/Healing/Energy (Chi Kung, Reiki, Polarity)
FAMILY & RELATIONSHIPS/Life Stages/Teenagers

Synopsis: Awakening Consciousness is a workbook designed to encourage spiritual growth on a path of self awareness. The fun hands-on exercises in this motivating, easy to use workbook are for girls of all ages and will encourage great exploration into universal Awareness. In this book you will:

- Exercise your seven chakras
- Learn about crystals
- Discover how to keep a healthy aura
- Explore your inner self
- Practice learning the pendulum
- Create your own future
- Try aromatherapy with easy to do, fun crafts

Parents and Teachers Acclaim for *Awakening Consciousness*

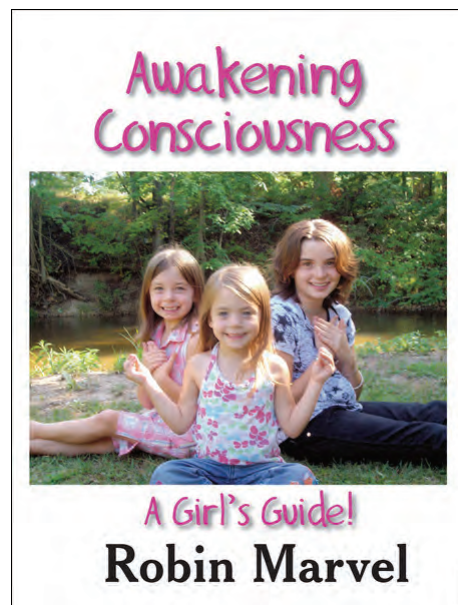
"Packed with valuable information, Awakening Consciousness lives up to the claim of being the only workbook available for young girls on this topic. I recommend it to any teen looking to find the consciousness within and get in touch with their own purpose in life." Irene Watson, author *The Sitting Swing: Finding Wisdom to Know the Difference*

"With Awakening Consciousness: A Girl's Guide workbook, children will have a wonderful time exploring their spiritual side. In fact, I believe adults would enjoy it too!" Kelly Wallace, professional psychic counselor author *10 Minutes a Day to a Powerful New Life!*

"I wish I had been given Awakening Consciousness when I was a kid. These fun exercises and activities teach children the skills for loving themselves wholeheartedly and making healthy choices in their daily lives." Tami Brady, author *The Complete Being: Finding and Loving the Real You*

"Awakening Consciousness encourages and guides the reader through fun exercises designed to get at the heart of spirituality and the practical application of that knowledge in their lives. Change does indeed begin from the bottom up!" Daniel Noyes, author *The Seven Doors*

Learn more at www.AwakeningGirls.com



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Elsewhere: (734)417-4266
Fax: +1 734 663 6861

Awakening Consciousness: A Boy's Guide!

Imprint: Marvelous Spirit Press

Author: Robin Marvel

ISBN-13: PB 978-1-932690-91-0 / eBook 978-1-61599-883-8

List Price: PB \$ 17.95 / eBook \$ 5.95

Trim: 7.44 x 9.69 (114 pp)

Audience: General Adult

Pub Date: 03/01/2010

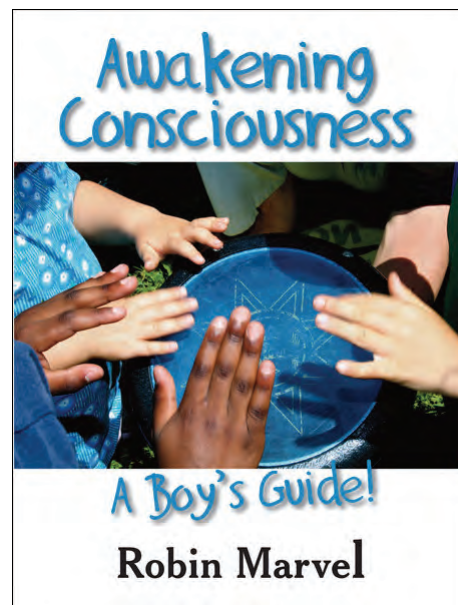
BISAC: BODY, MIND & SPIRIT/Parapsychology/ESP (Clairvoyance, Precognition, Telepathy)

BODY, MIND & SPIRIT/Healing/Energy (Chi Kung, Reiki, Polarity)

FAMILY & RELATIONSHIPS/Life Stages/Teenagers

Synopsis: *Awakening Consciousness: A Boy's Guide!* is a workbook designed to encourage inner-strength and growth that will encourage self-security. This action-packed guide is chock full of fun hands-on activities for all ages that will motivate and enhance a path of self-awareness, including:

- Making your own drum
- ChakraCizing your body and spirit
- Finding your totem
- Practicing the pendulum
- Discovering your spirit guide
- Learning how to keep a strong aura



Parents and Educators Rave About *Awakening Consciousness*

"Robin Marvel has done it again! This time she has created a book specifically for young boys to attain self-esteem and confidence in their lives. The exercises are experiential, taking the young boy to a higher state of consciousness while having fun."

--Irene Watson, author *The Sitting Swing: Finding Wisdom to Know the Difference*

"With *Awakening Consciousness: A Boy's Guide* workbook, boys will have a wonderful time exploring their spiritual side. In fact, I believe adults would enjoy it too!"

--Kelly Wallace, professional psychic counselor, author *10 Minutes a Day to a Powerful New Life!*

"Robin Marvel has turned out a fun book that will increase the self-esteem of boys and remind them of their inherent, spiritual nature."

--Kenneth MacLean, author *The Vibrational Universe*

"*Awakening Consciousness* encourages and guides the reader through fun exercises designed to get at the heart of spirituality and the practical application of that knowledge in their lives. Change does indeed begin from the bottom up!"

--R. Daniel Noyes, author *The Seven Doors*

Learn more at www.RobinMarvel.com

Body, Mind & Spirit : Metaphysical Phenomena - Chakras

Body, Mind & Spirit : Parapsychology - ESP (Clairvoyance, Precognition, Telepathy)

Juvenile Nonfiction : Boys & Men

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Awakening Consciousness: A Woman's Guide!

Imprint: Marvelous Spirit Press
Series: Modern Spirituality
Author: Robin Marvel
ISBN-13: PB 978-1-61599-064-1 / HC 978-1-61599-073-3 / eBook 978-1-61599-941-5
List Price: PB \$ 17.95 / HC \$ 28.95 / eBook \$ 5.95
Trim: 5.25 x 8 (160 pp)
Audience: General Adult
Pub Date: 10/01/2010
BISAC: BODY, MIND & SPIRIT/Occultism
BODY, MIND & SPIRIT/Healing/Energy (Chi Kung, Reiki, Polarity)
SOCIAL SCIENCE/Women's Studies

Synopsis: Are You Ready to Awaken the Power Within?

Be a woman of strength. Know you are an amazing, all creating individual. This guide will strengthen and encourage you to discover your inner core and create an empowered zest for life. The exercises and crafts in this hands-on guide have been designed to Awaken your Consciousness on your path of selfawareness. You are on your way to ultimate love, tranquility and strength for your mind, body and soul.

Grab your power, expand your awareness and never look back. Honor yourself by being true to who you are and sharing all that you are with the world. Readers of this book will learn how to...

- ChakraCize Your Spirit
- Build Your Self Confidence
- Raise Your Vibrational Frequency with Ease
- Do Meditations to Create Your Life
- Discover Your Wisdom Within
- Care for Your Aura
- Unlock Your Dreams

"*Awakening Consciousness* encourages and guides the reader through fun exercises designed to get at the heart of spirituality and the practical application of that knowledge in their lives. Change does indeed begin from the bottom up!"

--Daniel Noyes, author *The Seven Doors*

Learn more at www.RobinMarvel.com

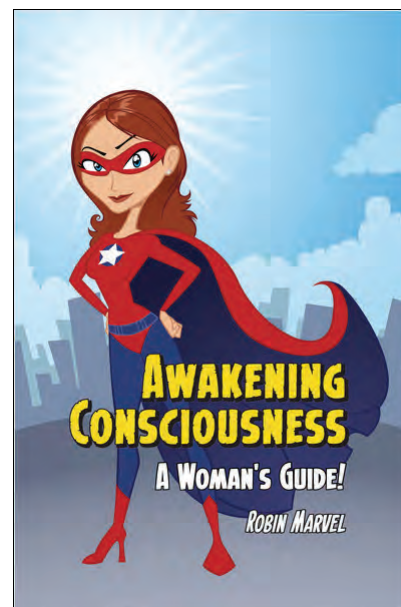
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Body, Mind & Spirit: Metaphysical Phenomena

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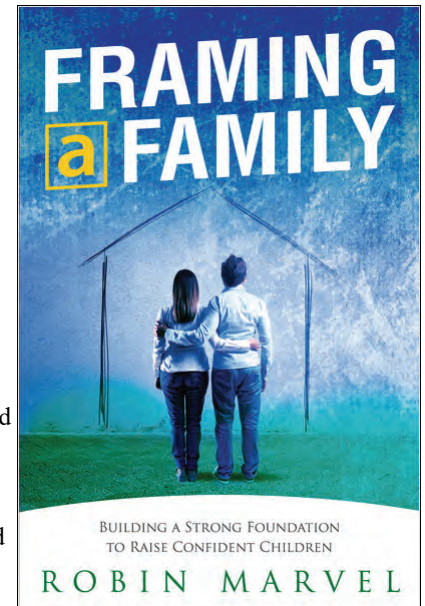
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Framing a Family: Building a Foundation to Raise Confident Children

Publisher: Loving Healing Press
Author: Robin Marvel
ISBN-13: PB 978-1-61599-289-8 / eBook 978-1-61599-290-4
List Price: PB \$ 14.95 / eBook \$ 4.95
Audiobook: iTunes, Audible.com, Amazon
Trim: 6.14 x 9.21 (88 pp)
Audience: General Adult
Pub Date: 03/01/2016
BISAC: FAMILY & RELATIONSHIPS/Parenting/General
PSYCHOLOGY/Developmental/Child
SOCIAL SCIENCE/Sociology/Marriage & Family



Synopsis: *Framing A Family* will guide you to giving your children a childhood they do not need to recover from! This book will strengthen your family, inspiring you to build your home with encouragement, empowerment, forgiveness, and most important love. You will:

- Gain proven tips and tools to empower, encourage, and strengthen your family
- Let go of your expectations and embrace the hard times and the good times with an open mind
- Build your confidence as you raise the self esteem of each family member creating an unshakable unit
- Forgive, heal and move forward in the present moment with action steps that build family
- Learn tried and true methods to build a foundation, raising confident children

"Robin's wonderful stories illustrate her challenges and how she has been able to turn these challenges into personal victories and inspirational nuggets of hope for other people. I am happy to recommend this book to anyone who needs encouragement, hope, and direction to take their lives to the next level, to live life to the fullest with love, empowerment, and integrity."

--Stacey Toupin, Life and Career Coach

"*Framing a Family* teaches parents around the world the value of family, union, and unity. She both guides us and gives us tools and skills. The way she raises her children is a inspiration and we can all learn valuable lessons from her experiences. Robin is a hardworking, fun-loving, wise mother. I have found all of Robin's books and talks to be empowering and uplifting."

--Mia Bredenkamp, Bultfontein, FS, South Africa

Robin Marvel is a multi-published author and speaker in the field of self-development. Despite a childhood filled with abuse, homelessness, and teen pregnancy, Robin has overcome many challenges to make her life one of purpose. Today she has devoted her life to show others how to do the same. Using her story, books, and workshops as tools, she is inspiring others to break cycles and choose to live the life they desire.

Learn more at www.RobinMarvel.com

Another empowering book from Marvelous Spirit Press

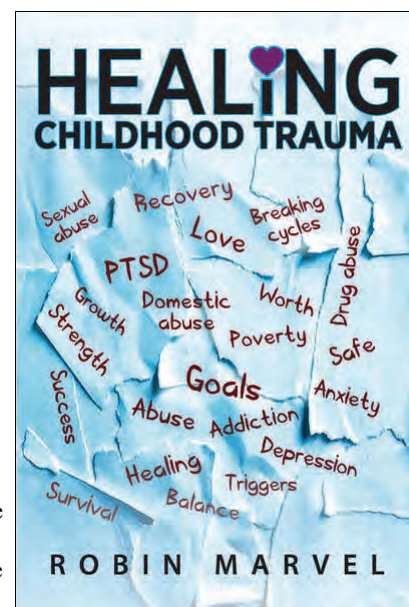
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Healing Childhood Trauma: Transforming Pain into Purpose with Post-Traumatic Growth

Publisher: Loving Healing Press
Author: Robin Marvel
Foreword: Bernie Siegel
ISBN-13: PB 978-1-61599-496-0 / HC 978-1-61599-497-7 / eBook 978-1-61599-498-4
List Price: PB \$ 14.95 / HC \$ 26.95 / eBook \$ 4.95
Audiobook: iTunes, Audible.com, Amazon
Trim: 6.14 x 9.21 (104 pp)
Audience: General Adult
Pub Date: 02/29/2020
BISAC: SELF-HELP/Post-Traumatic Stress Disorder (PTSD)
PSYCHOLOGY/Psychopathology/Post-Traumatic Stress Disorder (PTSD)
SELF-HELP/Adult Children of Substance Abusers



Synopsis:

Post-traumatic stress, anxiety, low self-esteem, substance abuse, depression, a lack of confidence and many other mental and physical ailments may be a result of childhood trauma you have endured. Uncovering, accepting and healing this childhood trauma will allow you to let go of the pain, releasing yourself from the guilt, shame and self-destruction you have been living with. This book will provide you with tools and strategies to heal your childhood trauma allowing you to live fully.

- Pinpoint the areas of struggle in your life now that are a reflection of the childhood trauma you endured
- Tackle limitations by learning how childhood trauma can be healed and forgiven
- Strategize an effective plan that will take you from struggle to success
- Discover hands-on strategies and plans to heal, recover and let go of the limits imposed on your daily living due to childhood trauma

"Robin Marvel's *Healing Childhood Trauma* shares the wisdom of what her experience with the pain and trauma of life taught her. When we ask ourselves what the pain of our experience feels like, the words we use tell us what needs to be eliminated from life that will allow us to heal."

-- **Bernie Siegel, MD**, author of *365 Prescriptions For the Soul* and *The Art of Healing*

"Robin Marvel hits a homerun with *Healing Childhood Trauma*. It's not just a book for reading--it's also a workbook that helps the adult survivor of childhood trauma find a new focus and develop new understanding of themselves while embarking on a healing journey."

-- **John Patrick McCarron**, Louisiana ambassador, National Association of Adult Survivors of Child Abuse

"*Healing Childhood Trauma* provides insights and personal growth tips that will give the reader the permission to approach trauma in a positive way. The hands-on approach with self-reflection exercises throughout this book will help move PTSD victims to champions of life. This is the go-to book on recovering from childhood trauma. Bravo!"

-- **Michael Levitt**, CEO of Breakfast Leadership, author of *369 Days: How To Survive A Year of Worst-Case Scenarios*

"Robin's basic message is that each of us has the power of choice: to change our self-perception, to forgive others, to be grateful, to heal and to take action. More importantly, readers will understand that there is no set timeline for healing. Each of us is unique and responds to trauma and adversity in our own personal way. Robin herself is a pillar of strength, wisdom and guidance that inspires all of us to take control of our lives and make the difference our world needs."

-- **Anita Casalina**, writer and director of *Imaginary Walls: A Film About Healing Racism*

"In a personal yet poignant voice, *Healing Childhood Trauma* by Robin Marvel helps us understand why some people remain defined by their childhood trauma while others define new empowered paths of healing and growth. Marvel weaves together a compassionate blend of trauma exploration and anecdotal evidence supported with self-help exercises, mapping out a process for readers to transform their pain into purpose. This little book is not light. It just may change your perspective on how you live the rest of your life"

-- **Holli Kenley**, MA, MFT, author of *Daughters Betrayed By Their Mothers: Moving From Brokenness To Wholeness*

Learn more at www.robinmarvel.webs.com

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Life Check: 7 Steps to Balance Your Life!

Imprint: Marvelous Spirit Press
Series: Modern Spirituality
Author: Robin Marvel
ISBN-13: PB 978-1-61599-204-1 / HC 978-1-61599-503-5 / eBook 978-1-61599-205-8
List Price: PB \$ 14.95 / HC \$ 26.95 / eBook \$ 4.95
Trim: 5 x 8 (100 pp)
Audience: General Adult
Pub Date: 09/01/2013
BISAC: SELF-HELP/Personal Growth/Success
SELF-HELP/Adult Children of Substance Abusers
PSYCHOLOGY/Movements/Humanism

Synopsis: About your life:

- Do you keep asking yourself, when will I be happy?
- Have you forgot what it feels like to be passionate about your life?
- Do you allow excuses to become the reason you are not going after what you desire in your life?
- Do you feel you are worth an amazing life and deserve to get all the things that you desire?
- Have you been following the crowd so long you have lost sight of the real you?

If you answered yes to any of these questions, Life Check is the book for you!

Life Check provides simple, effective ways to balance your life. Encouraging you to stop asking what if and start living the life you have imagined. Freeing yourself from the mundane routine of life by providing life tools that will get you rocking the boat, diving in and finding your passion for being alive!

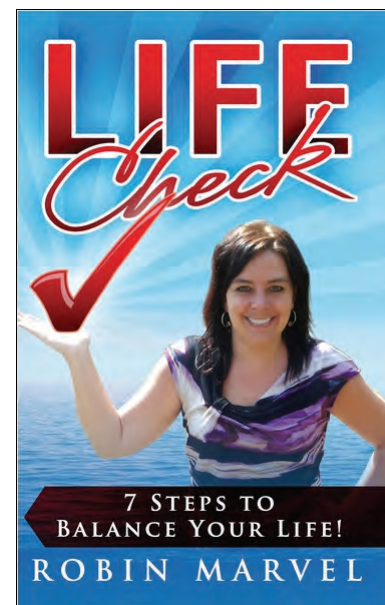
"*Life Check* is the perfect resource for motivation, inspiration, and a reassurance that the life we are looking for is clearly within our reach."

--Victor Schueller, Professor of Positivity and Possibility

"If you are seriously ready to make the changes necessary to create the authentic life you deserve and don't quite know where to begin, I urge you to read and implement the loving guidance contained in this easy to read, straightforward book."

--Rinnell Kelly, Scents of Wellbeing

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Fax: +1 734 663 6861

Reshaping Reality: Creating Your Life

Imprint: Marvelous Spirit Press
Series: Modern Spirituality
Author: Robin Marvel
Foreword: Irene Watson
ISBN-13: PB 978-1-61599-111-2 / HC 978-1-61599-504-2 / eBook 978-1-61599-877-7
List Price: PB \$ 14.95 / HC \$ 14.95 / eBook \$ 4.95
Trim: 6.69 x 9.61 (108 pp)
Audience: General Adult
Pub Date: 02/01/2012
BISAC: SELF-HELP/General
SELF-HELP/Personal Growth/Happiness

Synopsis: We all have a story. Most of our stories have bumps and bruises that leave us at the fork in the road as to where to go next, feeling alone on the journey of life. Reshaping Reality will encourage you to shake your spirit awake from anything that is limiting you from your potential, propelling you into a life of purpose and meaning, giving you the support needed to grow, evolve, and empower your life. Today, you stop existing and start L-I-V-I-N-G. Readers who follow the *Reshaping Reality* exercises will:

- Gain tools to reshape programmed beliefs
- Discover what cycles you are stuck in and ways to break them
- Learn how to break patterns of self destruction
- Explore ways to reshape your inner child
- Empower mind, body and spirit by taking an active approach to your life

"*Reshaping Reality* was very encouraging and spoke directly to me. It has helped me to be aware and let go of my bad habits and programming. I like to keep it's messages in my mind and it helps me to be kind and loving and to send good energy even to those people I don't like. Reshaping Reality is a lifesaver." -- Arnbjorg Finnbogadottir

"Robin comes to life in these pages a loving and gentle soul who gives to you the exact tools to do the same in your life and that is powerful. What I love the most is through the exercises and her inspirational guidance you find your own strength and power once again and that you Love who you are." -- Adele Marie

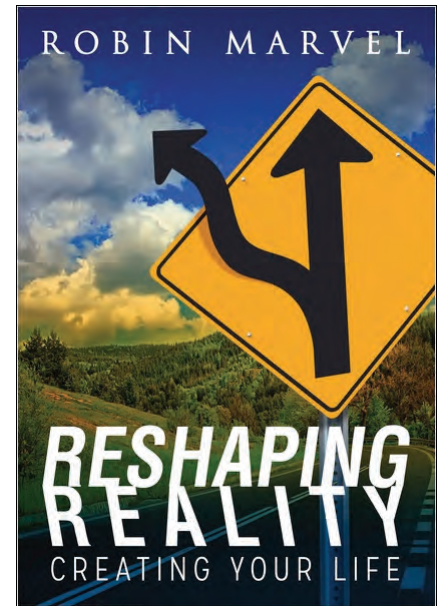
Learn more at www.RobinMarvel.com

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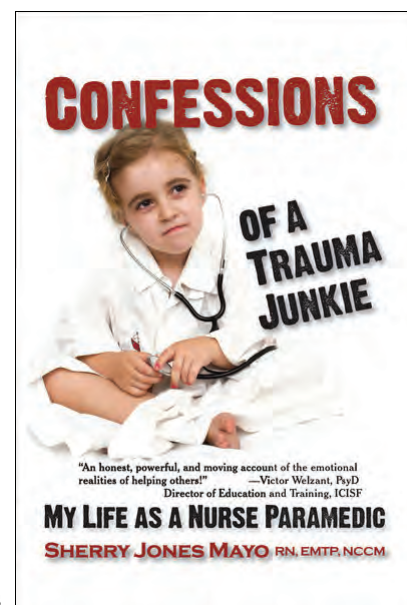
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Confessions of a Trauma Junkie: My Life as a Nurse Paramedic

Imprint: Modern History Press
Series: Reflections of America
Author: Sherry Jones Mayo
ISBN-13: PB 978-1-932690-96-5 / HC 978-1-61599-102-0 / eBook 978-1-61599-989-7
List Price: PB \$ 19.95 / HC \$ 19.95 / eBook \$ 6.95
Trim: 6.14 x 9.21 (218 pp)
Audience: General Adult
Pub Date: 09/01/2009
BISAC: BIOGRAPHY & AUTOBIOGRAPHY/Medical
MEDICAL/Allied Health Services/Emergency Medical Services
PSYCHOLOGY/Psychopathology/Post-Traumatic Stress Disorder (PTSD)



Synopsis: Ride in the back of the ambulance with Sherry Jones Mayo

Share the innermost feelings of emergency services workers as they encounter trauma, tragedy, redemption, and even a little humor. Sherry Jones Mayo has been an Emergency Medical Technician, Emergency Room Nurse, and an on-scene critical incident debriefer for Hurricane Katrina. Most people who have observed or experienced physical, mental or emotional crisis have single perspectives. This book allows readers to stand on both sides of the gurney; it details a progression from innocence to enlightened caregiver to burnout, glimpsing into each stage personally and professionally.

Emergency Service Professionals Praise *Confessions of a Trauma Junkie*

"A must read for those who choose to subject themselves to life at its best and at its worst. Sherry offers insight in the Emergency Response business that most people cannot imagine."

--Maj Gen Richard L. Bowling, former Commanding General, USAF Auxiliary (CAP)

"Sherry Mayo shares experiences and unique personal insights of first responders. Told with poetry, sensitivity and a touch of humor at times, all are real, providing views into realities EMTs, Nurses, and other first responders encounter. Recommended reading for anyone working with trauma, crises, critical incidents in any profession."

-- George W. Doherty, MS, LPC, President Rocky Mountain Region Disaster Mental Health Institute

"Sherry has captured the essence of working with people who have witnessed trauma. It made me cry, it made me laugh, it helped me to understand differently the work of our Emergency Services Personnel. I consider this a 'MUST READ' for all of us who wish to be helpful to those who work in these professions."

--Dennis Potter, LMSW, CAAC, FAAETS, ICISF Instructor

"Confessions of a Trauma Junkie is an honest, powerful, and moving account of the emotional realities of helping others! Sherry Mayo gives us a privileged look into the healing professions she knows firsthand. The importance of peer support is beautifully illustrated. This book will deepen the readers respect for those who serve."

--Victor Welzant, PsyD, Director of Education and Training The International Critical Incident Stress Foundation, Inc

Learn more at www.SherryJonesMayo.com

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Biography & Autobiography : Medical - General
Psychology : Psychopathology - Post Traumatic Stress Disorder

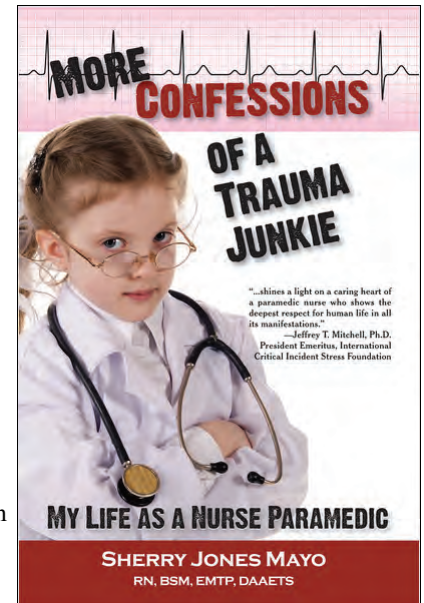
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More Confessions of a Trauma Junkie: My Life as a Nurse Paramedic

Imprint: Modern History Press
Series: Reflections of America
Author: Sherry Jones Mayo
Foreword: Neal E. Braverman
ISBN-13: PB 978-1-61599-141-9 / eBook 978-1-61599-143-3
List Price: PB \$ 14.95 / eBook \$ 4.95
Audiobook: iTunes, Audible.com, Amazon
Trim: 6.14 x 9.21 (150 pp)
Audience: General Adult
Pub Date: 01/01/2012
BISAC: BIOGRAPHY & AUTOBIOGRAPHY/Medical
MEDICAL/Allied Health Services/Emergency Medical Services
PSYCHOLOGY/Psychopathology/Post-Traumatic Stress Disorder (PTSD)



Synopsis: More True Stories from EMS and the ER

More Confessions shares the raw and honest feelings of emergency service professionals through true 'story behind the story' revelations. Disclosing experiences from both sides of the gurney, Sherry and other EMS, ER, paramilitary, and firefighter responders walk you along their fragile line of sanity. Using humor as a life raft during perfect storms, workers reflect upon how they endure and survive personal and professional tragedy while trying not to care too much, and what happens when they fail in that attempt. A graduate student in psychology, Sherry is a paramedic, trauma nurse, and crisis interventionist who led a national paramilitary crisis response team and continues conducting crisis management training throughout the U.S.

Emergency Service Professionals Praise More Confessions

"Once again, Sherry brings to life the overlooked or, too often, over-hyped world of the emergency services for all to experience. She does so with a vitality and spirit that makes her prose almost poetic. If you want to glimpse the amazing world of EMS from 'behind the curtain,' *More Confessions* is for you. Highest recommendations."

--Rev. Don Brown, B.A., M.Div., Flight Paramedic (retired), Chaplain, Lt. Col., CAP (retired); Pastor, First United Methodist Church, Grand Saline, TX

"More Confessions will take you to the edge of first responder insanity with honesty and integrity. Sherry has once again opened our world to the reader by cleverly describing the unbelievable experiences that we have every day. This book is the real deal!"

--Peter Volkmann, MSW, EMT, Chief-Stockport NY Police Department.

"Through the venue of real and personable human experience stories, Sherry's *More Confessions* is a powerfully written sequel that provides key insights into the need for those who work in emergency and disaster response, as well as their families, to actively and purposely recognize and consistently address their physical, mental, and spiritual well-being. All who read this book will be touched deeply in some way."

--Harvey J. Burnett, Jr., PhD, LP,

President, Michigan Crisis Response Association

Sergeant, Buchanan Police Department

Assistant Professor of Psychology, Behavioral Sciences Dept., Andrews University

Learn more at www.SherryJonesMayo.com

From the Reflections of America Series at Modern History Press www.ModernHistoryPress.com

Medical : Allied Health Services - Emergency Medical Services

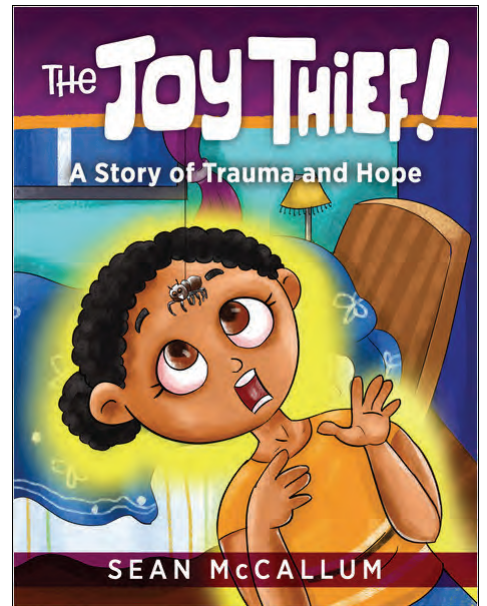
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The Joy Thief: A Story of Trauma and Hope

Publisher: Loving Healing Press
Author: Sean McCallum
ISBN-13: PB 978-1-61599-666-7 / HC 978-1-61599-667-4 / eBook 978-1-61599-668-1
List Price: PB \$ 16.95 / HC \$ 27.95 / eBook \$ 4.95
Trim: 8.5 x 11 (32 pp)
Audience: 5-8 years
Lexile Score: 640L - Grade(s) 2, 3
Pub Date: 04/01/2022
BISAC: JUVENILE FICTION/Health & Daily Living/Mental Health
JUVENILE FICTION/Social Issues/Physical & Emotional Abuse (see also Social Issues/Sexual Abuse)
JUVENILE FICTION/Social Issues/Emotions & Feelings



Synopsis: *The Joy Thief!* is a story that helps children and adults to discover more about a subject that is often difficult to understand. Demonstrating the subjectivity of trauma, *The Joy Thief!* highlights how a seemingly ordinary occurrence can have a significant impact upon the wellbeing of a child, particularly if left unaddressed. Challenging the idea that trauma only occurs during more "serious" incidents, *The Joy Thief!* leads us to conclude that such occurrences, or rather our responses to them, may be more significant for children's mental health than we would perhaps like to admit. The story of *The Joy Thief!* encourages help-seeking, while challenging adults to consider the way they handle such situations. The story is written in a person-centred fashion, seeking to normalize a range of outcomes that children may experience following a traumatic experience--including the little-acknowledged phenomena of imaginary "friends." Whilst highlighting positive themes of intersectional diversity, *The Joy Thief!* also challenges us to consider issues of parental absence, inattention, and invalidation within the context of the needs of children.

Above all, *The Joy Thief!* is a story of hope.

"This book demonstrates beautifully a gentle reminder to parents about the way that children can perceive the world and then models to children how talking about difficult things helps. Supporting better mental health and wellbeing for children is invariably about how the adults around the child respond to what is so often in front of our noses, yet we fail to always see."

-- Lisa Cherry, schools, services & systems consultant, and author on trauma-informed and relationship focused practice (Twitter: @_LisaCherry)

"*The Joy Thief!* is a joy to read and is a beautifully illustrated book with inviting and fun colours. The language is simple, using the idea of rhymes to communicate the powerful and crucial message of children sharing their fears and worries with a trusted grown up, so they can get rid of their Joy Thief and be happy. Learning to share our innermost anxieties and not hold onto trauma is an essential lesson that we need to teach at an increasingly early age."

-- Deborah Somerset, safeguarding trainer and trauma-informed consultant. (Twitter: @DLSSafeguarding)

"Sean McCallum has written a lovely book with vivid colors, rhyming text and a message. He describes how the unexpected appearance of spider frightens a young girl and the subsequent distress that builds up with repeated suppression of the memory. With psychological underpinnings, this book explores the impact of keeping upsetting thoughts pent up as well as the benefit of being able to share them with someone you trust. Highly recommended."

--Laurie Zelinger, PhD, ABPP, RPT-S, Board Certified Psychologist, author of *Please Explain Anxiety to Me* and *Please Explain Alzheimer's to Me*

Learn More at www.TheJoyThief.Net

From Loving Healing Press

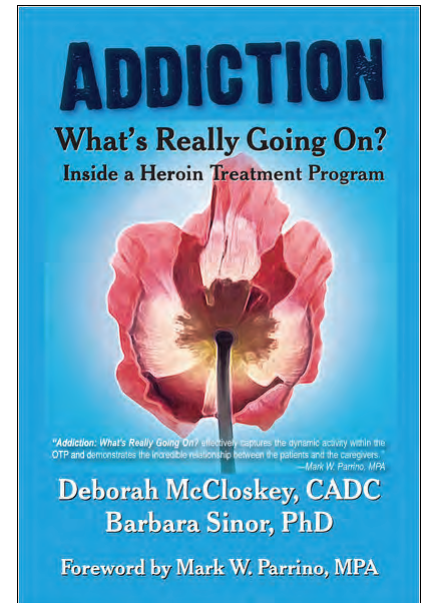
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Addiction--What's Really Going on?: Inside a Heroin Treatment Program

Publisher: Loving Healing Press
Series: Reflections of America
Author: Deborah McCloskey and Barbara Sinor
ISBN-13: PB 978-1-932690-93-4 / eBook 978-1-61599-906-4
List Price: PB \$ 19.95 / eBook \$ 6.95
Trim: 6.14 x 9.21 (224 pp)
Audience: General Adult
Pub Date: 06/01/2009
BISAC: MEDICAL/Neurology
PSYCHOLOGY/Psychopathology/Addiction
SOCIAL SCIENCE/Sociology/Urban



Synopsis: *Addiction: What's Really Going On?* contains powerful true-life stories woven together to form a tapestry filled with pain, joy, defeat, and success. The entire book is molded around Deborah McCloskey's heartfelt desire for her clients to be free of drugs. Her counseling methods both endeared her as "the counselor to get" and locked her into a decade of searching for better ways to help those she felt were stuck on the merry-go-round of a methadone system. This book should be read by teachers, hospitals employees, college students, government officials, and our general adult population whether addicted, sober, or straight.

Experts Acclaim for *Addiction--What's Really Going On?*

"Once I started reading *Addiction--What's Really Going On?* I could not put it down! You can tell the passion the author has as you read it. I can also tell how she learned about methadone and the patients as she progressed in her work."

--Roxanne Baker, CMA, President National Alliance of Methadone Advocates (NAMA)

"*Addiction--What's Really Going On?* is gritty and gripping as you enter the lives of those who are like crabs trying to get out of a barrel. Hope comes when you realize that there are people in this world committed to unselfish service who have unconditional love for others. Thank you Deborah and Barbara for showing us your humanity and for what we can aspire to."

--Anusha Amen-Ra, CNC, CEO, Sacred Space Healing and Retreat Centers International, Inc.

"*Addiction--What's Really Going On?* is a truthful look into the world of Methadone Treatment with a mix of compassion and humor. It is a great read for those in the recovery field and provides insight for those who do not understand the life of addiction and recovery."

--Lori Carter-Runyon, Executive Director Hilltop Recovery Services

"I recommend this book to audiences in any helping profession, people in recovery, the families of drug addicts, and the users themselves."

--Bill Urell, MA, CAAP-II, Addictions Therapist Author, *The Addiction Recovery Help Guide*

About the Author

Barbara Sinor, PhD is a Psychospiritual Therapist working with individuals dealing with addictions, childhood abuse/incest, PTSD, and adult children of alcoholics. Barbara utilizes a holistic methodology in her counseling encompassing forms of hypnotherapy, regression therapy, Gestalt, Jungian dreamwork, and other transpersonal techniques. Dr. Sinor holds a Doctorate in Psychology; an MA from John F. Kennedy University; and a BA from Pitzer College.

For more information, please visit www.DrSinor.com

Psychology : Psychopathology - Addiction

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It's Your Choice!: Decisions That Will Change Your Life

Publisher: Loving Healing Press

Series: The Lamplighters

Author: Marjorie McKinnon

ISBN-13: PB 978-1-61599-044-3 / HC 978-1-61599-045-0 / eBook 978-1-61599-891-3

List Price: PB \$ 19.95 / HC \$ / eBook \$ 6.95

Trim: 6.14 x 9.21 (200 pp)

Audience: General Adult

Pub Date: 06/01/2010

BISAC: SELF-HELP/Personal Growth/Happiness
PSYCHOLOGY/Interpersonal Relations
SELF-HELP/Adult Children of Substance Abusers

Synopsis: Are you ready to have balance and harmony in your life?

It's Your Choice! Decisions That Will Change Your Life is a work of personal discovery. Marjorie McKinnon shows you how to create a perfect world through positive growth in what she calls the six dimensions: mental, emotional, physical, spiritual, social, and financial.

She illustrates how all six-dimensions work together like an orchestra. Told in simple, practical language, McKinnon encourages the readers to have faith in themselves, the kind of faith needed to make healthy changes. In this book, you will:

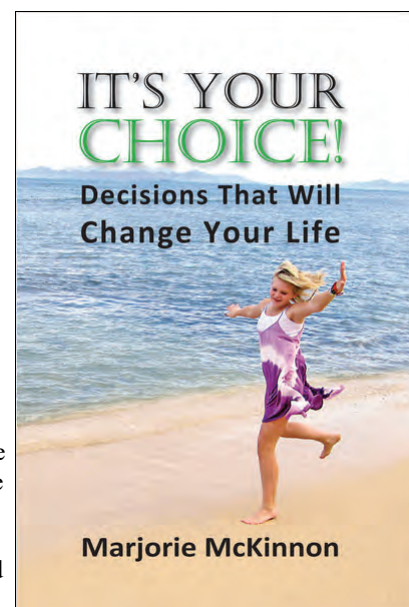
- Discover courage and harness it to your advantage
- Recover the joy present in every moments
- Learn decision-making tools that affirm your values
- Find new outlets for your ambitions and talents
- Rededicate yourself to your true purpose in life
- Explore what success in life really means

Acclaim for *It's Your Choice!*

"*It's Your Choice!* is bursting with the wisdom of the tried and true, akin to a good friend's advice. The author's style is intimate but never imposing. She shares rather than lectures. She asks: how does one find a meaning in one's life and thus enhance it? And she answers with ladles of tips and anecdotes, real life stories and popular philosophy."

--Sam Vaknin, PhD, author of *Malignant Self-love: Narcissism Revisited*.

Learn more at www.TheLampLighters.org



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REPAIR for Kids: A Children's Program for Recovery from Incest & Childhood Sexual Abuse

Publisher: Loving Healing Press
Series: The Lamplighters
Author: Marjorie McKinnon
Illustrator: Tom McKinnon
ISBN-13: PB 978-1-932690-57-6 / eBook 978-1-61599-934-7
List Price: PB \$ 19.95 / eBook \$ 6.95
Trim: 8.5 x 11 (90 pp)
Audience: General Adult
Pub Date: 06/01/2008
BISAC: MEDICAL/Pediatrics
FAMILY & RELATIONSHIPS/Abuse/Child Abuse
SELF-HELP/Abuse

Synopsis: **R.E.P.A.I.R** is Recognition, Entry, Process, Awareness, Insight, and Rhythm

Enter a Six-Stage Program with your 6 to 11-year-old child to cross the "Bridge of Recovery" and make available a whole new world of hope:

- Uncover and acknowledge feelings by discovering emotion
- Build self-esteem and optimism with the "Magic Mirror"
- Discern healthy and unhealthy messages
- Learn special games to rebuild courage and optimism
- Reveal inner states with picture drawing
- Break free from the confines of false shame
- Cultivate self-care skills and practices
- Learn about boundaries and bodies
- Return to the natural rhythm and flow of life

Therapists' Acclaim for the *REPAIR* system

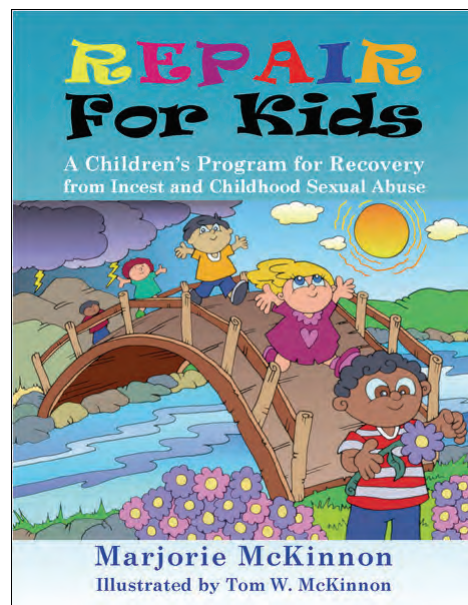
"REPAIR for Kids provides a comprehensive, honest and passionate approach for children recovering from sexual abuse. Children will benefit from this book, and be encouraged to continue on their recovery journey." --Jill Osborne, Ed.S, author of *Sam Feels Better Now*

"I wish I had had something like this a long time ago for my sad and shamed 'little girl' within. I can't think of anything I'd change. You have covered it all and with wonderful sensitivity, perfect timing and terrific repair exercises. I love the cartoons and the colorfulness of your book as well." --Marcelle Taylor, MFT

"I found this book to be well thought out and written, and one that would be helpful for any child who has known the pain of sexual abuse. I wish a caring adult had shared this book with my siblings and myself, it would have helped ease our pain and sorrow." --Michael Skinner, musician and child mental health advocate

Learn more about this revolutionary system at www.TheLamplighters.org

The Growing With Love series from Loving Healing Press www.Lovinghealing.com



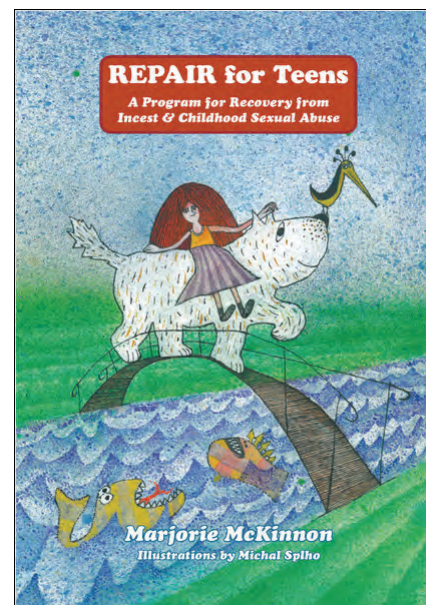
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REPAIR For Teens: A Program for Recovery from Incest & Childhood Sexual Abuse

Publisher: Loving Healing Press
Series: The Lamplighters
Author: Marjorie McKinnon
Illustrator: Michal Splho
ISBN-13: PB 978-1-61599-126-6 / HC 978-1-61599-127-3 / eBook 978-1-61599-871-5
List Price: PB \$ 16.95 / HC \$ 28.95 / eBook \$ 5.95
Trim: 6.69 x 9.61 (138 pp)
Audience: General Adult
Pub Date: 05/01/2012
BISAC: PSYCHOLOGY/Psychopathology/General
PSYCHOLOGY/Developmental/Adolescent
PSYCHOLOGY/Psychopathology/Post-Traumatic Stress Disorder (PTSD)



Synopsis: R.E.P.A.I.R. is a Six-Stage Program for abuse survivors that will transform your life forever!

- Recognize and accept your adult problems stemming from childhood sexual abuse.
- Enter into a commitment to transform your life.
- Process your issues with tools and techniques that will enable you to become healthy.
- Awareness to discover reality as you gather and assemble the pieces of the broken puzzle your life became.
- Insight into the complete picture helps you begin to return to what you were prior to being sexually violated.
- Rhythm recovers the natural rhythm you had before the incest happened, the blueprint that is the essence of your true nature, becoming who you really are.

REPAIR for Teens recognizes the unique issues confronting adolescent abuse survivors including peer pressure, difficulties with school, acting out, the urge to self-soothe with cutting or unhealthy eating behaviors, running away and the possibility of living with an abuser in the family. Remember, 1 in 4 girls and 1 in 6 boys have been sexually assaulted by the age of 18. No teenager should be alone in trying to sort out their life after sexual abuse.

Therapists' Acclaim for REPAIR Your Life

"Thank you Marjorie and God bless you for adapting this program for our survivors to follow. You have given survivors hope to continue on their healing journey."

--Donna Gustafson, Executive Director, Sunrise Center Against Sexual Abuse

"Anyone wanting to recover from the life-long trauma of childhood sexual abuse will benefit from this book."

--Marcelle B. Taylor, MFT

"This program just has to work, because whether intuitively or through research, Marjorie McKinnon has assembled a highly effective program of recovery."

--Bob Rich, PhD, www.anxietyanddepression-help.com

Please visit **www.TheLampLighters.org** for more information or to find a group in your area.

Special editions available for young people: ask your bookseller for "REPAIR for Kids" and "REPAIR for Toddlers".

Another life-changing title from Loving Healing Press www.LHPress.com

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REPAIR for Toddlers: A Children's Program for Recovery from Incest & Childhood Sexual Abuse

Publisher: Loving Healing Press
Author: Marjorie McKinnon
Illustrator: Tom McKinnon
ISBN-13: PB 978-1-61599-089-4
List Price: PB \$ 17.95
Trim: 8.5 x 11 (42 pp)
Audience: 3-5 years
Pub Date: 01/01/2011
BISAC: JUVENILE NONFICTION/Social Issues/Sexual Abuse
FAMILY & RELATIONSHIPS/Abuse/Child Abuse
PSYCHOLOGY/Developmental/Child

Synopsis: **R.E.P.A.I.R** is Recognition, Entry, Process, Awareness, Insight, and Rhythm

Enter a Six-Stage Program with your 2- to 6-year-old child to cross the "Bridge of Recovery" and make available a whole new world of hope:

- Uncover and acknowledge feelings by discovering emotion
- Build self-esteem and optimism with the "Magic Mirror"
- Discern healthy and unhealthy messages
- Learn special games to rebuild courage and optimism
- Reveal inner states with picture drawing
- Break free from the confines of false shame
- Cultivate self-care skills and practices
- Learn about boundaries and bodies
- Return to the natural rhythm and flow of life

Therapists' Acclaim for the *REPAIR* system

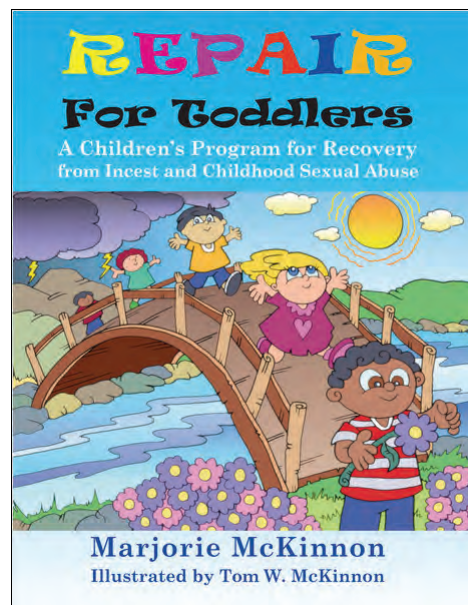
"REPAIR for Kids provides a comprehensive, honest and passionate approach for children recovering from sexual abuse. Children will benefit from this book, and be encouraged to continue on their recovery journey." --Jill Osborne, Ed.S, author of *Sam Feels Better Now*

"I wish I had had something like this a long time ago for my sad and shamed 'little girl' within. I can't think of anything I'd change. You have covered it all and with wonderful sensitivity, perfect timing and terrific repair exercises. I love the cartoons and the colorfulness of your book as well." --Marcelle Taylor, MFT

"I found this book to be well thought out and written, and one that would be helpful for any child who has known the pain of sexual abuse. I wish a caring adult had shared this book with my siblings and myself, it would have helped ease our pain and sorrow." --Michael Skinner, musician and child mental health advocate

Learn more about this revolutionary system at www.TheLamplighters.org

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REPAIR Your Life: A Program for Recovery from Incest & Childhood Sexual Abuse

Publisher: Loving Healing Press
Series: The Lamplighters
Author: Marjorie McKinnon
Illustrator: Marcie Taylor
ISBN-13: PB 978-1-932690-52-1 / HC 978-1-61599-103-7 / eBook 978-1-61599-933-0
List Price: PB \$ 19.95 / HC \$ 32.95 / eBook \$ 6.95
Trim: 6 x 9 (196 pp)
Audience: General Adult
Pub Date: 05/01/2008
BISAC: PSYCHOLOGY/Psychopathology/General
SELF-HELP/Abuse
SELF-HELP/Twelve-Step Programs

Synopsis: R.E.P.A.I.R is Recognition, Entry, Process, Awareness, Insight, and Rhythm

Enter a Six-Stage Program with your 2- to 6-year-old child to cross the "Bridge of Recovery" and make available a whole new world of hope:

- Uncover and acknowledge feelings by discovering emotion
- Build self-esteem and optimism with the "Magic Mirror"
- Discern healthy and unhealthy messages
- Learn special games to rebuild courage and optimism
- Reveal inner states with picture drawing
- Break free from the confines of false shame
- Cultivate self-care skills and practices
- Learn about boundaries and bodies
- Return to the natural rhythm and flow of life

Therapists' Acclaim for the *REPAIR* system

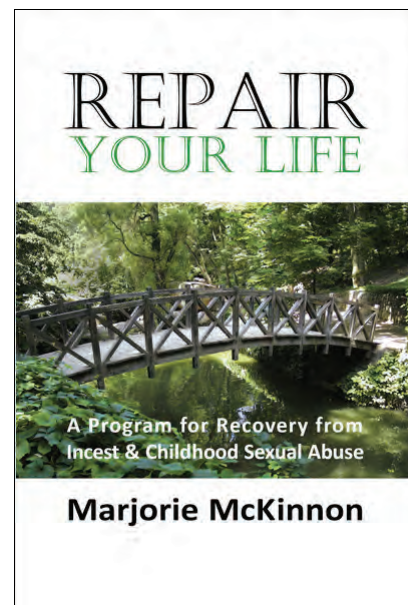
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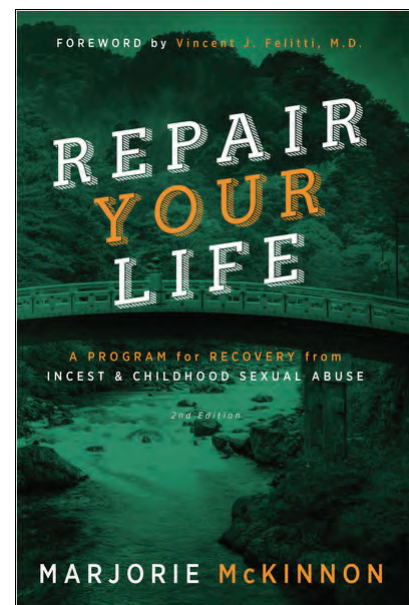
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REPAIR Your Life: A Program for Recovery from Incest & Childhood Sexual Abuse, 2nd Ed.

Publisher: Loving Healing Press
Series: The Lamplighters
Author: Marjorie McKinnon
Foreword: Vincent J. Felitti
ISBN-13: PB 978-1-61599-272-0 / HC 978-1-61599-273-7 / eBook 978-1-61599-274-4
List Price: PB \$ 19.95 / HC \$ 32.95 / eBook \$ 6.95
Audiobook: iTunes, Audible.com, Amazon
Trim: 6 x 9 (196 pp)
Audience: General Adult
Pub Date: 09/01/2015
BISAC: PSYCHOLOGY/Psychopathology/General
SELF-HELP/Abuse
SELF-HELP/Twelve-Step Programs



Synopsis: R.E.P.A.I.R. is a Six-Stage Program for abuse survivors that will transform your life forever!

- Recognize and accept your adult problems stemming from childhood sexual abuse.
- Enter into a commitment to transform your life.
- Process your issues with tools and techniques that will enable you to become healthy.
- Awareness to discover reality as you gather and assemble the pieces of the broken puzzle your life became.
- Insight into the complete picture helps you begin to return to what you were prior to being sexually violated.
- Rhythm recovers the natural rhythm you had before the incest happened, the blueprint that is the essence of your true nature, becoming who you really are.

Therapists' Acclaim for *REPAIR Your Life*

"REPAIR Your Life is one of several significant books by a woman who writes openly and perceptively, using her own experiences to take us down her path to an ultimately fulfilling life. This is an important book."

--Vincent J. Felitti, MD, co-principal investigator of Adverse Childhood Experiences (ACE) Study

"Thank you Marjorie and God bless you for adapting this program for our survivors to follow. You have given survivors hope to continue on their healing journey."

--Donna Gustafson, Executive Director, Sunrise Center Against Sexual Abuse

"This program just has to work, because whether intuitively or through research, Marjorie McKinnon has assembled a highly effective program of recovery."

--Bob Rich, PhD, psychologist

Special editions also available for teenagers, children 6-12, and toddlers.

www.TheLampLighters.org for more information or to find a support group in your area.

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REPAIR Your Life Workbook: Supporting a Program for Recovery from Incest & Childhood Sexual Abuse

Publisher: Loving Healing Press

Series: The Lamplighters

Author: Marjorie McKinnon

ISBN-13: PB 978-1-61599-101-3

List Price: PB \$ 8.95

Trim: 7.44 x 9.69 (46 pp)

Audience: General Adult

Pub Date: 08/01/2011

BISAC: PSYCHOLOGY/Psychopathology/General

SELF-HELP/Abuse

SELF-HELP/Twelve-Step Programs

Synopsis: R.E.P.A.I.R. is a Six-Stage Program for abuse survivors that will transform your life forever!

- [R]ecognize and accept your adult problems stemming from childhood sexual abuse.
- [E]nter into a commitment to transform your life.
- [P]rocess your issues with tools and techniques that will enable you to become healthy.
- [A]wareness to discover reality as you gather and assemble the pieces of the broken puzzle your life became.
- [I]nsight into the complete picture helps you begin to return to what you were prior to being sexually violated.
- [R]hythm recovers the natural rhythm you had before the incest happened, the blueprint that is the essence of your true nature, becoming who you really are.

Use this new *Workbook Edition* in conjunction with a facilitated REPAIR group for best results. There are more than 50 local chapters of The Lamplighters in the USA and more than 75 chapters worldwide. The REPAIR system is used by domestic violence shelters, sexual assault centers, church groups, prison ministries, and local groups of abuse survivors everywhere.

Therapists' Acclaim for *REPAIR Your Life*

"Thank you Marjorie and God bless you for adapting this program for our survivors to follow. You have given survivors hope to continue on their healing journey."

--Donna Gustafson, Executive Director, Sunrise Center Against Sexual Abuse

"Anyone wanting to recover from the life-long trauma of childhood sexual abuse will benefit from this book."

--Marcelle B. Taylor, MFT

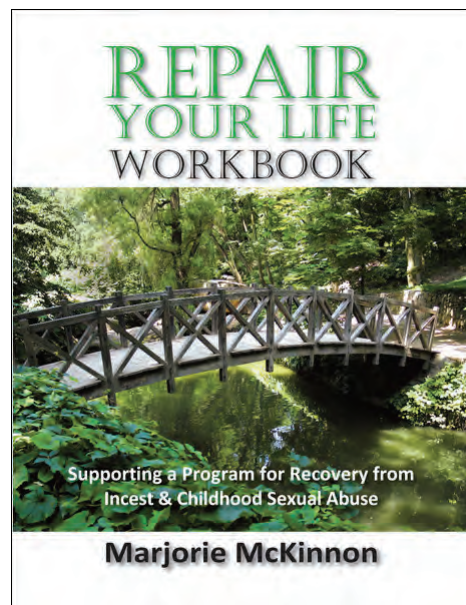
"This program just has to work, because whether intuitively or through research, Marjorie McKinnon has assembled a highly effective program of recovery."

--Bob Rich, PhD

Please visit **www.TheLampLighters.org** for more information or to find a group in your area.

Special editions available for young people: ask your bookseller for "REPAIR for Kids" and "REPAIR for Toddlers".

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A (Somewhat Irreverent) Introduction to Philosophy for Medical Students and Other Busy People

Imprint: Future Psychiatry Press
Author: Niall McLaren
ISBN-13: PB 978-1-61599-156-3 / eBook 978-1-61599-155-6
List Price: PB \$ 14.95 / eBook \$ 4.95
Trim: 6.69 x 9.61 (135 pp)
Audience: General Adult
Pub Date: 03/17/2012
BISAC: PHILOSOPHY/History & Surveys/General
MEDICAL/Psychiatry/General

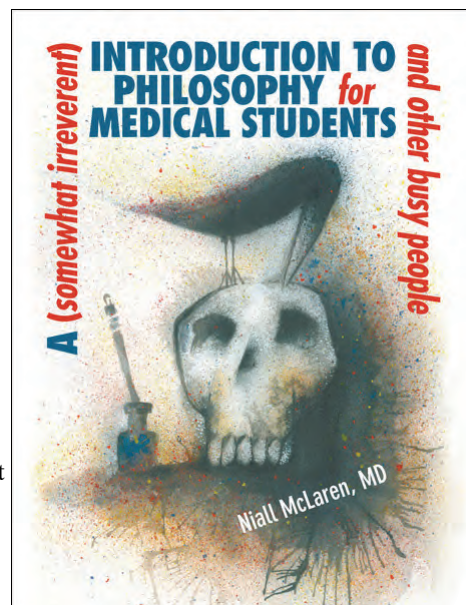
Synopsis: During their careers, many students become aware that, lurking in the background, there are complex and conceptually difficult questions that, all too often, their teachers either can't answer, or can't even understand. These are traditionally the questions addressed by philosophy, and this little primer is the result of another student's journey over many years. Niall McLaren MD has spent over three decades banging his head against the Really Difficult questions behind psychiatry, and offers his a personal view of how these questions should be approached. Very deliberately, he simplifies the convoluted language and reasoning that set philosophers apart, making it accessible to students of scientific fields in particular.

In this book, you will gain a background in the following fields:

- Religion and the origins of philosophy
- Mentalism, antimentalism and behaviorism
- Epistemology, as the study of knowledge itself
- Philosophy and the nature of science
- Philosophy and the nature of ethics

Included is a glossary explaining some of the many *-isms* that can be so daunting to non-philosophers because philosophers too have their jargon but it is not meant to intimidate. True, it can be complex, but the issues involved are complex. The goal of this book is to show that, with clear thinking, the complexities need not be overwhelming.

From Future Psychiatry Press www.FuturePsychiatry.com "This is one of the very few books I have every intention of reading several times in rapid succession. It is such a bounty of iconoclastic observations emanating from an in-depth acquaintance with psychiatry and a love of philosophy that no single reading can do it justice: it just keeps giving." ---Sam Vaknin, PhD, author of "Malignant Self-love: Narcissism Revisited" From Future Psychiatry Press www.FuturePsychiatry.com



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Anxiety - The Inside Story: How Biological Psychiatry Got it Wrong

Imprint: Future Psychiatry Press

Author: Niall McLaren

ISBN-13: PB 978-1-61599-410-6 / HC 978-1-61599-411-3 / eBook 978-1-61599-412-0

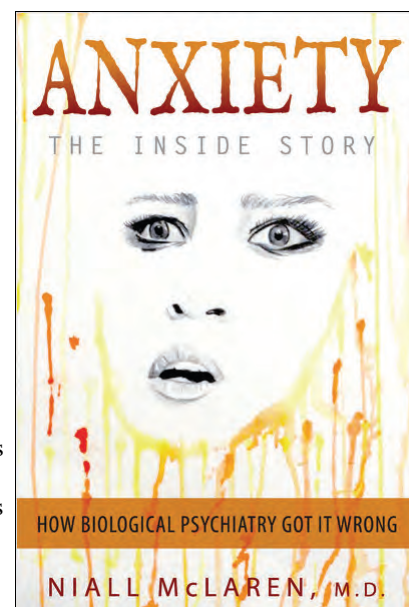
List Price: PB \$ 25.95 / HC \$ 39.95 / eBook \$ 8.95

Trim: 6.14 x 9.21 (338 pp)

Audience: General Adult

Pub Date: 11/01/2018

BISAC: MEDICAL/Psychiatry/Psychopharmacology
PSYCHOLOGY/Psychopathology/Schizophrenia
SELF-HELP/Anxieties & Phobias



Synopsis: In *Anxiety--The Inside Story*, the author takes a critical look at modern psychiatry's twin notions that all mental disorders are biological in nature, but anxiety is hardly worth worrying about. By the simple process of taking a careful, detailed history, Niall McLaren shows that anxiety is far more common and far more destructive than mainstream psychiatry realizes. Detailed case histories chart how anxiety arises as a psychological disorder and how it reinforces itself to the point where it destroys lives. McLaren concludes that anxiety is a major factor in most mental disorders, especially depression and bipolar disorder. This book will change your understanding of mental disorders.

Niall (Jock) McLaren writes as he speaks and he pulls no punches. I love this. People should listen to what he has to say about the academic corruption of his specialty, psychiatry. Read this book. The man is unique. And funny, as well.
-- Prof. Peter Gotzsche, Director, Nordic Cochrane Centre, Copenhagen

Debilitating anxieties are frequently misdiagnosed as "depression" by GPs and specialists alike. In this wonderfully accessible account of anxiety, Dr. McLaren demonstrates with great clarity--and very movingly--how a case history approach can help patients confront and overcome their psychological demons. He provides compelling evidence that instead of drugging people, listening to them attentively and analytically has to be the beginning of the healing process.
-- Dr. Allan Patience, University of Melbourne

Anxiety--The Inside Story offers readers a devastating, blistering critique of psychiatry, together with a provocative exploration of how anxiety, so often dismissed as a "minor" difficulty, should be understood as the root cause of so much suffering--which manifests in a diverse range of behaviors that get wrongly categorized as distinct psychiatric "illnesses." Niall McLaren presents a compelling case that psychiatric care in Australia and beyond needs to be completely rethought. -- Robert Whitaker, author of *Mad in America* and *Psychiatry Under the Influence*

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Humanizing Madness: Psychiatry and the Cognitive Neurosciences

Imprint: Future Psychiatry Press

Author: Niall McLaren

ISBN-13: PB 978-1-932690-39-2 / HC 978-1-932690-40-8 / eBook 978-1-61599-912-5

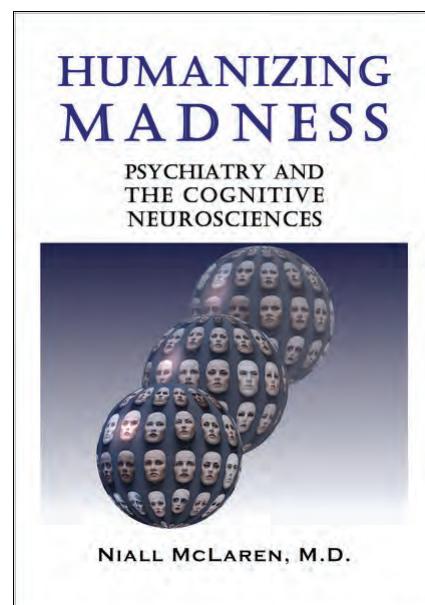
List Price: PB \$ 29.95 / HC \$ 44.95 / eBook \$ 9.95

Trim: 7 x 10 (268 pp)

Audience: 06

Pub Date: 10/01/2007

BISAC: PSYCHOLOGY/Psychopathology/General
MEDICAL/Psychiatry/General
PHILOSOPHY/Mind & Body



Synopsis: An application of the philosophy of science to psychiatry

Although it's been 140 years since Maudsley's groundbreaking treatise, modern psychiatry is in a state of intellectual collapse. No psychiatrist practicing today can point to a universally agreed model of mental disorder which explains the common observations of mental disorder, dictates a research program and ordains a form of management.

This book, the result of thirty years research in the philosophy of science, takes each of the major theories in psychiatry and demonstrates conclusively that it is so flawed as to be beyond salvation. It goes further, in that the author outlines a model of mental function which both satisfies the essential requirements of any scientific model, and shows how the phenomena of mental disorder can be described in a parsimonious dualist model which leads directly to a humanist form of management of the most widespread form of disability in the world today.

"This book is a tour de force. It demonstrates a tremendous amount of erudition, intelligence and application in the writer. It advances an interesting and plausible mechanism for many forms of human distress. It is an important work that deserves to take its place among the classics in books about psychiatry." --Robert Rich, PhD, AnxietyAndDepression-Help.com

About the Author

Niall McLaren has been an M.D. and practicing psychiatrist since 1977. Since then, he has undertaken a far-reaching research program, some of which has previously been published. For six years, while working in the Kimberley Region of Western Australia, he was the world's most isolated psychiatrist. He is married with two children and lives in a tropical house hidden in the bush near Darwin, Australia.

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Humanizing Psychiatrists: Toward A Humane Psychiatry

Imprint: Future Psychiatry Press

Author: Niall McLaren

ISBN-13: PB 978-1-61599-060-3 / HC 978-1-61599-061-0 / eBook 978-1-61599-955-2

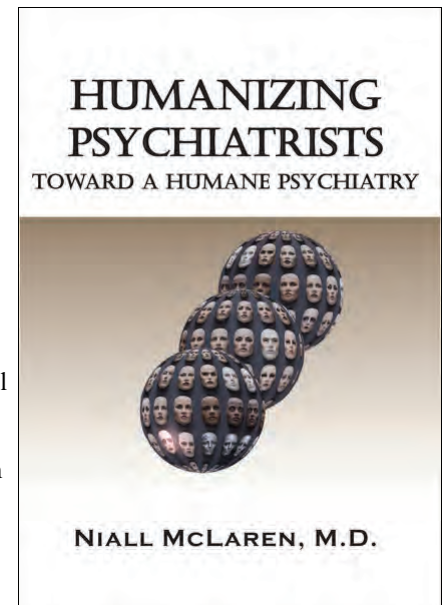
List Price: PB \$ 29.95 / HC \$ / eBook \$ 9.95

Trim: 7 x 10 (290 pp)

Audience: 06

Pub Date: 10/01/2010

BISAC: PSYCHOLOGY/Psychopathology/General
MEDICAL/Psychiatry/General



Synopsis: The long-awaited final installment of the Biocognitive Model Series

Humanizing Psychiatrists is the third of a series directed at developing the Biocognitive Model of Psychiatry as the replacement for the three nineteenth century models of mental disorder, psychoanalysis, behaviorism and biological psychiatry. In this volume, the author continues to explore the logical status of theories used in psychiatry. He shows that Dennett's functionalism and Searle's biological naturalism cannot be used as the basis for a theory for biological psychiatry. He argues that phenomenology is a valuable technique but can never form a genuine theory. In addition, he shows how orthodox psychiatry uses its publishing industry to suppress criticism of itself, which is a gross breach of scientific ethics. He then shows how his Biocognitive Model of Mind can be applied to clinical practice with dramatic results.

Praise for Niall McLaren's Biocognitive Model of Mind

"This book is a tour de force. It demonstrates a tremendous amount of erudition, intelligence and application in the writer. It advances an interesting and plausible mechanism for many forms of human distress. It is an important work that deserves to take its place among the classics in books about psychiatry."

--Robert Rich, PhD, AnxietyAndDepression-Help.com

"Dr. McLaren brilliantly wields the sword of philosophy to refute the modern theories of psychiatry with an analysis that is sharp and deadly. His own proposed novel theory could be the dawn of a new revolution in the medicine of mental illness."

--Andrew R. Kaufman, MD Chief Resident of Emergency Psychiatry Duke University Medical Center

About the Author

Niall McLaren, M.D. is a psychiatrist practicing in Darwin, in the far north of Australia. He has long had an interest in the philosophical and logical status of theories used in psychiatry. His work is radical in the extreme but he sees no option if psychiatry is to move beyond its present status as an ideology and finally into the realm of the sciences.

For more information please visit www.NiallMcLaren.com

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Humanizing Psychiatry: The Biocognitive Model

Imprint: Future Psychiatry Press

Author: Niall McLaren

ISBN-13: PB 978-1-61599-011-5 / HC 978-1-61599-012-2 / eBook 978-1-61599-880-7

List Price: PB \$ 24.95 / HC \$ 39.95 / eBook \$ 9.95

Trim: 7 x 10 (240 pp)

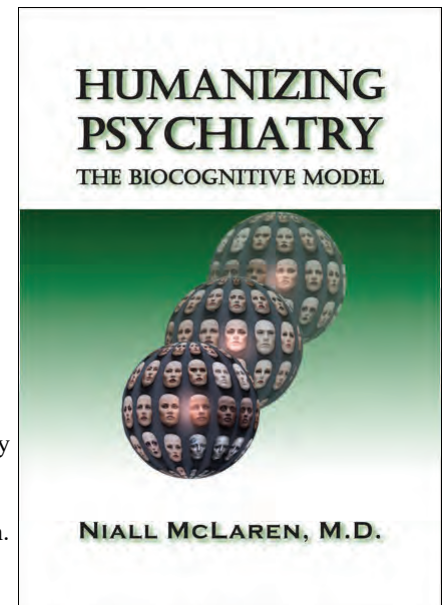
Audience: 06

Pub Date: 09/01/2010

BISAC: MEDICAL/Psychiatry/General

PSYCHOLOGY/Psychopathology/General

PHILOSOPHY/Mind & Body



Synopsis: Does psychiatry have a future?

Assailed from many directions, under constant attack for its reliance on "a drug for all problems" and increasingly unable to attract bright new trainees, the specialty is showing every sign of terminal decline. The reason is simple: modern psychiatry has no formal model of mental disorder to guide its daily practice, teaching and research. Unfortunately, the orthodox psychiatrists who control this most conservative profession are utterly antagonistic to criticism. Despite the evidence, they maintain a blind faith that "science will deliver the goods" by a biological examination of the brain. This book argues that their faith is entirely misplaced and is contributing to the destruction of an essential part of civilized life, the fair and equitable treatment of people with mental disorders. The author offers a rational model of mental disorder within the framework of a molecular resolution of the mind-body problem. Fully developed, this model will have revolutionary consequences for psychiatry--and the mentally-afflicted.

Acclaim for the writing of Niall McLaren, M.D.

"This book is a tour de force. It demonstrates a tremendous amount of erudition, intelligence and application in the writer. It advances an interesting and plausible mechanism for many forms of human distress. It is an important work that deserves to take its place among the classics in books about psychiatry."

--Robert Rich, PhD, AnxietyAndDepression-Help.com

"Dr. McLaren brilliantly wields the sword of philosophy to refute the modern theories of psychiatry with an analysis that is sharp and deadly. His own proposed novel theory could be the dawn of a new revolution in the medicine of mental illness."

--Andrew R. Kaufman, MD, Chief Resident of Emergency Psychiatry, Duke University Medical Center

"I found Niall McLaren's book to be an incredibly well-written and thoughtprovoking. It is not, by any means, easy reading. It is also not for someone who doesn't have some form of background in understanding the various psychological theories and mental health conditions. I think that this would make an excellent textbook for a graduate class that allows students to question the theories that we already have."

--Paige Lovitt for *Reader Views*

About the Author

The author is a psychiatrist of some 35 years standing. He writes philosophy in the bush outside Darwin, northern Australia, with his family as critics. For six years, while working in Western Australia, he was the world's most isolated psychiatrist.

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The Mind-Body Problem Explained: The Biocognitive Model For Psychiatry

Imprint: Future Psychiatry Press

Author: Niall McLaren

ISBN-13: PB 978-1-61599-170-9 / HC 978-1-61599-171-6 / eBook 978-1-61599-172-3

List Price: PB \$ 34.95 / HC \$ 48.95 / eBook \$ 9.95

Trim: 7 x 10 (330 pp)

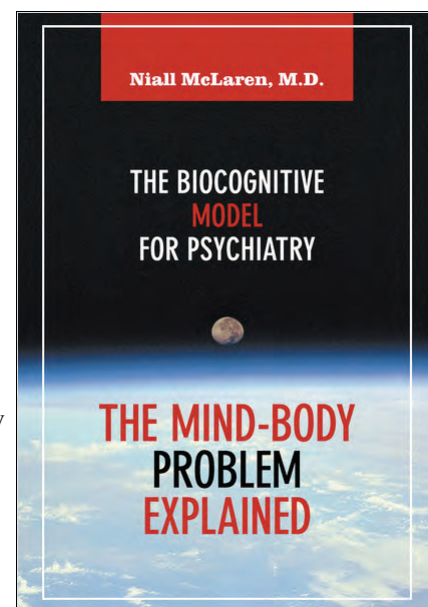
Audience: 06

Pub Date: 11/01/2012

BISAC: MEDICAL/Psychiatry/General

PHILOSOPHY/Criticism

PSYCHOLOGY/Psychopathology/General



Synopsis: Cracking the Mind-Body Cipher

Dr. Niall (Jock) McLaren is an Australian psychiatrist who uses philosophical analysis to show that modern psychiatry has no scientific basis. This startling conclusion dovetails neatly with the growing evidence that psychiatric drug treatment is crude and damaging. Needless to say, this message is not popular with mainstream psychiatrists. However, in this book, he shows how the principles of information processing give a formal theory of mind that generates a model of mental disorder as a psychological phenomenon.

This book shows...

- How, for ideological reasons, modern philosophy misses the point of the duality of mind and body;
- How to resolve the mind-body problem using well-defined principles;
- Why the entire DSM project is doomed to fail;
- Why the ideas of Thomas Szasz have failed to influence psychiatry;
- Where we go from here.

"*The Mind Body Problem Explained* is a thoughtful, insightful and provocative exploration of the nature of the human mind, and sets forth a powerful argument for rethinking the medical model of mental disorders. The current paradigm of psychiatric care has failed us, and Niall McLaren's book will stir readers to think of new possibilities."

--Robert B. Whitaker, author *Mad in America: Bad Science, Bad Medicine, and the Enduring Mistreatment of the Mentally Ill*

"It is impossible to do justice to this ambitious, erudite, and intrepid attempt to dictate to psychiatry a new, 'scientifically-correct' model theory. The author offers a devastating critique of the shortcomings and pretensions of psychiatry, not least its all-pervasive, jargon-camouflaged nescience."

--Sam Vaknin, PhD, author *Malignant Self Love: Narcissism Revisited*

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The Windsor Beauties: Ladies of the Court of Charles II

Imprint: Victorian Heritage Press
Author: Lewis Melville
ISBN-13: PB 978-1-932690-14-9 / HC 978-1-932690-13-2 / eBook 978-1-61599-909-5
List Price: PB \$ 20.95 / HC \$ 27.95 / eBook \$ 6.95
Trim: 6.14 x 9.21 (244 pp)
Audience: General Adult
Pub Date: 12/01/2005
BISAC: BIOGRAPHY & AUTOBIOGRAPHY/Royalty
HISTORY/Modern/17th Century
BIOGRAPHY & AUTOBIOGRAPHY/Royalty

Synopsis: "The Duchess of York wished to have the portraits of the most beautiful women at Court," Anthony Hamilton wrote in the Memoirs of Count Grammont. "Lely painted them, and employed all his art in the execution. He could not have had more alluring sitters. Every portrait is a masterpiece."

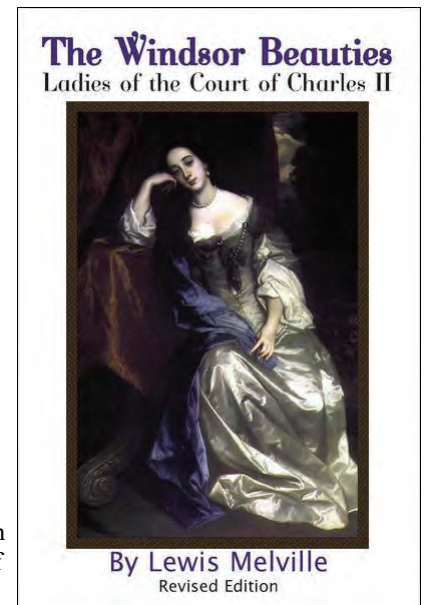
The original set of "Beauties" painted by Lely were, as we find from James II's catalogue, eleven in number, their names being Barbara, Duchess of Cleveland (ne'e Villiers); Frances, Duchess of Richmond and Lennox (ne'e Stuart); Mrs. Jane Myddleton (ne'e Needham); Elizabeth, Countess of Northumberland (ne'e Wriothsley); Elizabeth, Countess of Falmouth (ne'e Bagot); Elizabeth, Lady Denham (ne'e Brooke); Frances, Lady Whitmore (ne'e Brooke); Henrietta, Countess of Rochester (ne'e Boyle); Elizabeth, Countess de Grammont (ne'e Hamilton); and Madame d'Orleans.

It will be seen that in this list of "Beauties" Anne Hyde, Duchess of York, does not figure; but since she was responsible for the collection, it would be peculiarly ungracious to omit her from a volume that treats of it. Also, she deserves inclusion for her supreme courage in selecting the sitters--for what must the ladies who were not chosen have said and thought of her?

Nor in the series are Nell Gwyn, Louise de Ke'roualle, and the Duchess Mazarin; but no account of the social life of the Court of Charles II can possibly omit mention of them, and therefore something has been said about each of these ladies.

The new Revised Edition restores Melville's masterpiece of the intricate relationships and day-by-day account of court life in the reign of Charles II of England. This edition also adds a new glossary, bibliography, and extended footnotes for the lay history reader. Also included are first-ever translations of French language poems, letters, and epitaphs completed by Coby Fletcher.

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Beyond the Clouds: An Autoethnographic Research Exploring Good Practice in Crisis Settings

Publisher: Loving Healing Press

Author: Claudio Mochi

Illustrator: Isabella Cassina

ISBN-13: PB 978-1-61599-672-8 / HC 978-1-61599-673-5 / eBook 978-1-61599-674-2

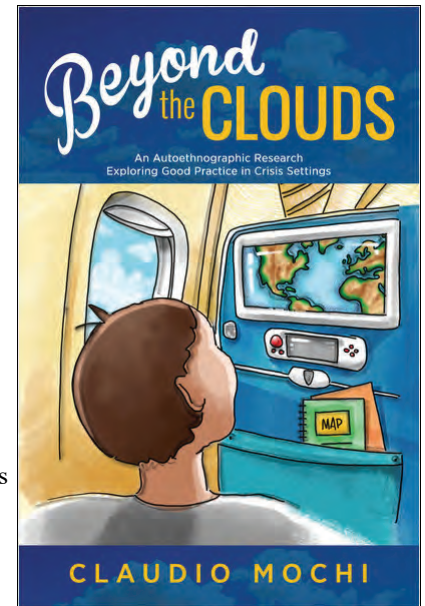
List Price: PB \$ 24.95 / HC \$ 35.95 / eBook \$ 7.95

Trim: 6.14 x 9.21 (132 pp)

Audience: General Adult

Pub Date: 07/01/2022

BISAC: PSYCHOLOGY/Psychotherapy/Child & Adolescent
PSYCHOLOGY/Developmental/Child
SOCIAL SCIENCE/Children's Studies



Synopsis: *Beyond the Clouds* explores the constituent elements of good practice in crisis work, providing theoretical foundations and practical tools in the context of a metaphorical journey through the clouds. By investigating and sharing his own worldwide experience in crisis contexts developed over more than 20 years, the author stimulates-through metaphors, anecdotes, and personal reflections-the reader's internal exploration.

Beyond the Clouds focuses on the conceptualization of crisis intervention as a co-constructed process, presents the innovative concept of MAP (My Awareness Process), contextualizes the role of the therapeutic power of play and play therapy in crisis settings, and underlines the

relevance of symbols, writing, and metaphors in processing experiences and expanding self-knowledge and awareness. Readers will:

- Explore the dimensions of good practice in crisis work, providing theoretical foundations and practical resources.
- Appreciate the expressive power of symbols, writing, and metaphors in processing experiences and expanding self-knowledge and awareness.
- Engage in conceptualizing crisis intervention as a process of co-construction specifying the role of professionals in the field.
- Start developing the reader's own MAP as a personal guide in crisis work by undertaking a path of introspection.
- Recognize and uphold the use of the therapeutic power of play and play therapy in crisis settings.

Beyond the Clouds is key reading for students and experienced professionals in the field of humanitarian work and international cooperation who wish to grasp the potential of play and play therapy in crisis contexts, as well as students and professionals from the world of play therapy and creative therapies who are interested in crisis work. Learn more at www.crisisplaytherapy.com (English) or www.play-therapy.ch (Italian)

"Beautifully blending science and theory, Mochi is a master storyteller who, with his vast experience, takes us on his personal journey working in crises intervention. In this highly accessible volume, enhanced by his use of metaphor and stories, Mochi outlines core dimensions of best practices in crisis intervention. A must read-I could not put it down!"

-- Sue C. Bratton, PhD, LPC-S, RPT-S, Professor Emerita and Director Emerita, Center for Play Therapy, University of North Texas

"*Beyond the Clouds* is a beautiful gift, an inspiration, and a call to action. The premise of pausing long enough to process the reciprocity between those of us who want to be of service and those who are recipients is profound. Claudio is purposeful in his work, and he shares what he has learned with great generosity and humility. It transported me; I highly recommend it!"

-- Eliana Gil, Ph.D., Gil Institute for Trauma Recovery & Education, Fairfax, Virginia

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North of Nelson: Stories of Michigan's Upper Peninsula - Volume 1

Imprint: Silver Mountain Press
Author: Hilton Everett Moore
ISBN-13: PB 978-1-7367449-0-1 / HC 978-1-7367449-2-5 / eBook 978-1-61599-723-7
List Price: PB \$ 14.95 / HC \$ 27.95 / eBook \$ 5.95
Trim: 5 x 8 (144 pp)
Audience: General Adult
Pub Date: 10/01/2022
BISAC: FICTION/Small Town & Rural
FICTION/Short Stories (single author)
HISTORY/United States/State & Local/Midwest (IA, IL, IN, KS, MI, MN, MO, ND, NE, OH, SD, WI)

Synopsis: ...six gripping short stories set in the wilderness of the Upper Peninsula of Michigan will hold the reader spellbound as the various protagonists live, and sometimes perish, in this often harsh and rugged land. The mythical village of Nelson frames the life and plights of the various actors as they plunge headlong physically, psychologically, and metaphorically, into the treacherous waters of the Sturgeon River Country, where humans live precariously on the edge of a knife, and every mistake could be fatal.

While this work is entirely fiction--it easily spans over a century-- the tales dig at, and lay bare, a slice of Americana, a neglected culture, which is rapidly atrophying in rural areas--not only across the Upper Peninsula, but in much of the rural north.

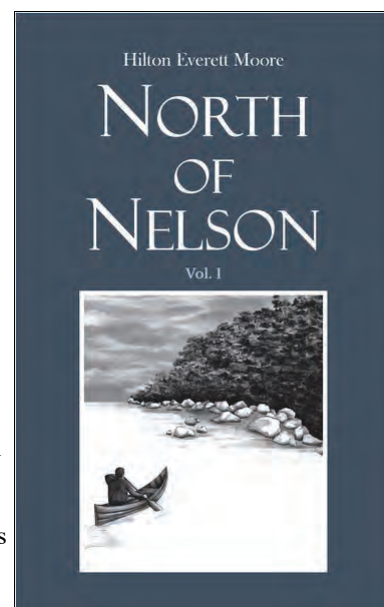
In the opening story, "The Irascible Pedagogue," set in the later part of the nineteenth century, the lonely and maddened heart of the village pedagogue, Horace Nelson, ends regrettably as jealousy invades his troubled mind causing unpredictable mayhem and murder. In the second and award-winning short story, The Silent Mistress, Lizzie must endure, not only the poverty and destitution of the Great Depression, but also the inexorable decline of her husband's life as he wastes away from the ravages of alcoholism. Other memorable stories in North of Nelson, Volume 1, will not only entertain, but challenge the reader to examine the guts and sinew of a rare and vanishing culture--the great Upper Peninsula. *North of Nelson: Volume 2* is scheduled to be published in late 2022.

Hilton Everett Moore lives in a remote cabin in the Upper Peninsula of Michigan.

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K.V. Dominic Criticism and Commentary: Essential Readings Companion

Imprint: Modern History Press
Author: Ramesh Chandra Mukhopadhyaya
ISBN-13: PB 978-1-61599-357-4 / eBook 978-1-61599-356-7
List Price: PB \$ 19.95 / eBook \$ 4.95
Trim: 8 x 10.88 (100 pp)
Audience: General Adult
Pub Date: 10/01/2017
BISAC: POETRY/General
LITERARY CRITICISM/Poetry
POLITICAL SCIENCE/Political Freedom & Security/Human Rights

Synopsis: Peek inside the mind one of Contemporary India's most influential poets

Inside this book you'll find Dr. Ramesh Chandra Mukhopadhyaya, one of the most erudite philosopher-critics of India, brilliantly evaluating his compatriot English poet K.V. Dominic. Among the contemporary English poets of India, Dr. K.V. Dominic has established an unchallengeable position of his own. Through his poetry collections *Winged Reason*, *Write Son*, *Write*, *Multicultural Symphony*, *Contemporary Concerns and Beyond*, and *K.V. Dominic: Essential Readings and Study Guide*, Dominic has beautifully portrayed themes of environmental, social, political, and humanitarian concerns.

Mukhopadhyaya, with his unique style, critically and philosophically studies not only Dominic's poetry, but also the poet himself as a person with his background of family, town, state, and country. Being a master of Indian as well as western philosophy, Mukhopadhyaya digs out the philosophic thoughts lying hidden in many of the poems. In addition, his depth in English and Sanskrit literature has enabled him to make comparisons of Dominic's poems to those of the legends.

"Dominic's poetry reflects India. This is the base of the study by Mukhopadhyaya who has taught literature and authored books. He finds Dominic's poetry irresistible. I add that Mukhopadhyaya's book is enlightening and also irresistible. His study is a compassionate painting of Dominic's poetry with the shades that are eternal."

--Dr. Stephen Gill, Canadian poet and novelist

"Dr. Mukhopadhyaya's critique is a remarkable contribution to Dominic's poetry, as it is systematically written with philosophical explications and comparisons to great legends as well as classical poets of the East and the West. Indeed an important addition to the existing works on this major literary figure."

--Dr. Rob Harle, Australian poet, author and artist

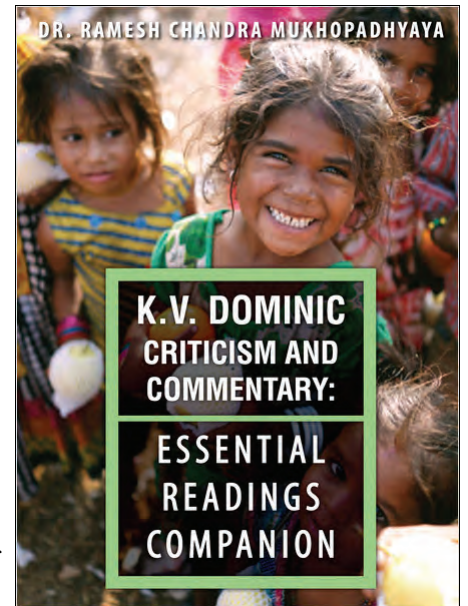
"More than merely an analysis of Dominic's poems, this book is an insight into the vibrant philosophy experienced by the Indian mind that has amalgamated both the perennial bliss and the painful vicissitudes of life to foster sublime and universal notions of life. As the volume reveals the personality of the poet, it invites attention to the authenticity of the impersonal theory of poetry."

--Dr. S. Kumaran, Indian critic, scholar and academician, author of *Philosophical Musings for a Meaningful Life: An Analysis of K.V. Dominic's Poems*

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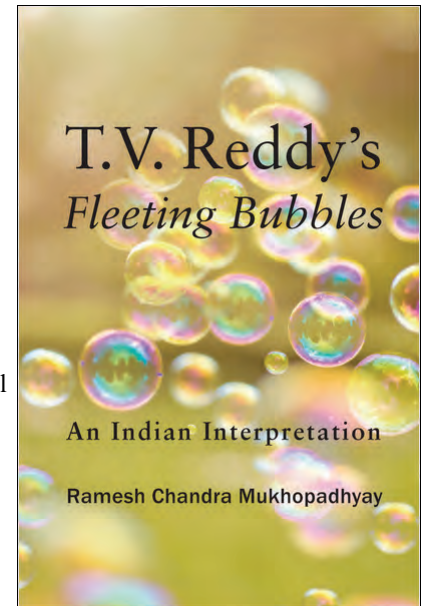
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T.V. Reddy's *Fleeting Bubbles*: An Indian Interpretation

Imprint: Modern History Press
Author: Ramesh Chandra Mukhopadhyaya
ISBN-13: PB 978-1-61599-413-7 / eBook 978-1-61599-414-4
List Price: PB \$ 23.95 / eBook \$ 6.95
Trim: 6.14 x 9.21 (180 pp)
Audience: General Adult
Pub Date: 11/01/2018
BISAC: LITERARY CRITICISM/Asian/Indic
POETRY/Asian
SOCIAL SCIENCE/Poverty & Homelessness



Synopsis: Prof. Ramesh, with his thorough knowledge of the Western and Indian poetics, as well as the culture of the land is the right person to explain and interpret the poems of T. Vasudeva Reddy's *Fleeting Bubbles*. This collection of poems holds a mirror as it were to the existing social situations in India. Following an introduction, this book explores *Fleeting Bubbles* in six phases: Rural, Urban, Political and Social, Subjective, General, and Spiritual phases. Each chapter focuses on the aspects of a particular thematic pattern as it is analyzed and explained.

Prof. Ramesh occupies a special place, an unenviable position with his total reliance on Indian poetics, while analyzing and interpreting a poem by an Indian poet. As such with his toolkit of integrated critical background and approach, he can easily open the chambers of the concealed beauties of the poems of Dr. T.V. Reddy and make it accessible to the average reader.

The poetry of Dr. Reddy is loaded with the rich ore of ambiguity and Prof. Ramesh has successfully unearthed the hidden layers and beauties of the poems of *Fleeting Bubbles* and decoded the lines for reader's understanding. As one goes through this book, the reader can understand better the critical concepts of Dr. Ramesh and the nature of his critical approach in understanding and interpreting a poem.

Dr. Ramesh Chandra Mukhopadhyaya, (1947 -) is a distinguished scholar, researcher, a bilingual writer in English and Bengali and editor from Kolkata. He did M. A. in three subjects, M.Phil. and Ph.D. in English and Sutrapitaka Tirtha and has retired as a college lecturer and professor. He has written more than forty books in English and Bengali and has published hundreds of critical articles and poems. He lives near Sri Ramakrishna Mission at Belur in Kolkata.

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Alphabet Meditations for Teachers: Everyday Wisdom for Educators

Publisher: Loving Healing Press

Author: Nancy Oelklaus

ISBN-13: PB 978-1-932690-88-0 / eBook 978-1-61599-887-6

List Price: PB \$ 19.95 / eBook \$ 4.95

Trim: 5.5 x 8.5 (52 pp)

Audience: General Adult

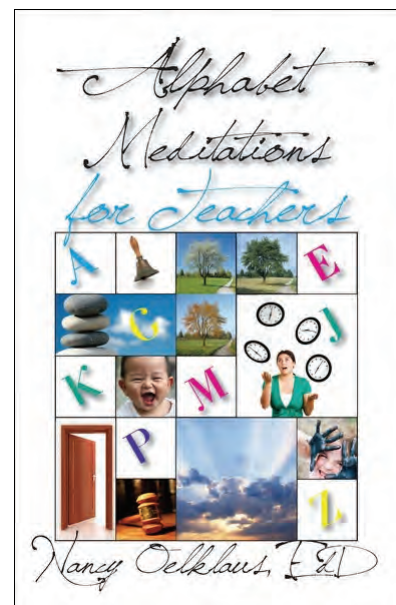
Pub Date: 03/01/2009

BISAC: EDUCATION/Teaching Methods & Materials/General
EDUCATION/Professional Development
EDUCATION/Philosophy & Social Aspects

Synopsis: Alphabet Meditations: Everyday Wisdom for Educators

Readers of these meditations will get back in touch with why they wanted to teach in the first place--because they care about kids and want to make a meaningful contribution to their lives. By using these meditations with the guide at the end of the book, teachers will:

- Sharpen intuitive abilities.
- Through letting go, watch issues be resolved easily.
- Simply enjoy relationships with students, parents, and colleagues.
- Enjoy teaching more by focusing on what's really important.
- Be peaceful, regardless of what is going on.



Educators and Administrators Praise *Alphabet Meditations for Teachers*

"Alphabet Meditations for Teachers is a most needed antidote to the toxic side effects of our accumulated reactions to institutional rigidity and regimentation; to models of efficiency that privilege technocratic instruction over meaningful and organic teaching and learning."

--Caroline Eick, Ph.D., Assistant Professor, Education Department, Mount St. Mary's University, Emmitsburg, MD

"Alphabet Meditations for Teachers tugs at the heart strings of all teachers who yearn for wisdom in seeking the answers to those struggles and frustrations faced by our profession. Nestled in the honest questioning and prayers are answers for teachers regarding the spiritual power of teaching and the magnificent ignition of discovery, laughter, and true community in our classrooms."

--Sherry Henderson, Principal, Trinity Episcopal School, Marshall, TX

About the Author

A native of southwest Oklahoma, Nancy Oelklaus began her career as a high school English teacher in Marshall, Texas. She earned the B.A. in Communications, cum laude, from Oklahoma Baptist University, the M.A. in English from the University of North Texas and the doctorate in Educational Administration from Texas A&M University, Commerce, where she was named an outstanding graduate. For nine years she served as assistant superintendent for instructional services in Marshall, TX, followed by nine years as executive director for the Texas Association for Supervision and Curriculum Development.

For more information please visit www.HeadToHeart.com

Another book in the Growing With Love series from

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Journey from Head to Heart: Living and Working Authentically

Publisher: Loving Healing Press

Author: Nancy Oelklaus

ISBN-13: PB 978-1-932690-43-9 / eBook 978-1-61599-928-6

List Price: PB \$ 20.95 / eBook \$ 6.95

Trim: 7.44 x 9.69 (240 pp)

Audience: General Adult

Pub Date: 03/01/2008

BISAC: SELF-HELP/Personal Growth/Success
PSYCHOLOGY/Interpersonal Relations
RELIGION/Christian Life/Personal Growth

Synopsis: Journey From Head to Heart is...

- A Toolkit for those who are exhausted from solving neverending problems, working harder and harder and not arriving at the destination where they truly want to be.
- A Map for how to make the journey from head to heart and then integrate the two so that the power of ego is diminished and the Authentic Self can emerge to live and work from the power of the human spirit.
- A Reference book you can use for many years to come as the reader meets life's challenges with success that satisfies both the head and the heart.

Journey from Head to Heart is exactly that, integrating logic, reason, emotion, spirituality, recovery, science, and ancient wisdom from a variety of sources to create a recipe for wholeness. The tools and processes are designed for people who are a little wary of "touchy-feely" or "New Age" approaches.

Praise for Journey From Head to Heart

"For beginners on a spiritual voyage, as well as for experienced travelers, Journey From Head To Heart is very powerful. I couldn't put it down. Its stories, told with clarity and simplicity, make it a treasure."

--Dr. Linda O'Neal, Executive Director, Southwest Education Alliance

"This book is for people struggling with work/life balance, for entrepreneurs, for those seeking their authentic purpose in life and work. It lays out a plan to get ego out of the way, lead with humility, and communicate so that others are attracted to your cause."

--Dick Moeller, President St. David's Community Health Foundation

"What separates this book from the majority of self-help manuals is the author's awareness that many people in today's world neglect to acknowledge the importance of personal faith and spirituality in the growth process, and in turn, are unable to integrate their actions with their beliefs."

--Lisa Heidle, Rebecca's Reads

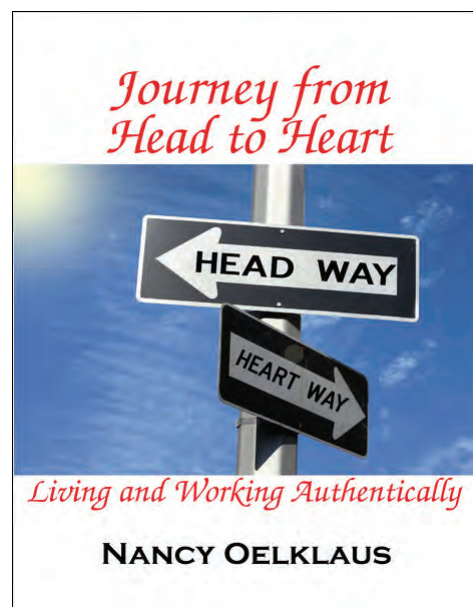
For more information, visit **www.HeadtoHeart.info**

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Simple Serenity: Finding Joy in Your Life

Publisher: Loving Healing Press

Author: Nancy Oelklaus

ISBN-13: PB 978-1-61599-663-6 / HC 978-1-61599-664-3 / eBook 978-1-61599-665-0

List Price: PB \$ 16.95 / HC \$ 28.95 / eBook \$ 4.95

Trim: 5.5 x 8.5 (168 pp)

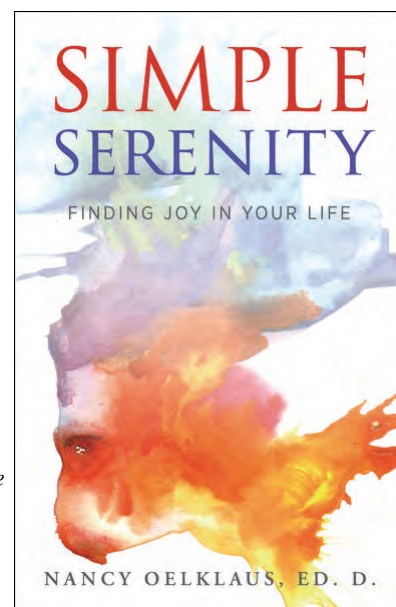
Audience: General Adult

Pub Date: 03/01/2022

BISAC: SELF-HELP/Adult Children of Substance Abusers
SELF-HELP/Twelve-Step Programs
SELF-HELP/Abuse

Synopsis: Teilhard de Chardin wrote: "Someday, after mastering the winds, the waves, the tides and gravity, we shall harness for God the energies of love, and then, for a second time in the history of the world, man will have discovered fire." I believe we are there, and I want to be part of spreading the energy of love, which is a daily decision. Let the parables and exercises in *Simple Serenity* guide you to embrace love and joy. Readers will learn to:

- Focus on what's really important, with the ability to "tune out" the noise.
- Commit to the patience, kindness, and forgiveness that love requires.
- Embrace peace in all things as a way of life.
- Allow joy to come into your heart.



"Everything within it is the wisdom of the ages, and everything within it has been demonstrated as effective through research on positive psychology. I don't know if a stronger endorsement is possible."

--Bob Rich, author of *From Depression to Contentment*

"Sometimes it takes a sage guide to lead us through the distracting cacophony of our daily lives: Nancy's book of meditative insights takes us where we need to go to stay the course of life on life's terms."

--William Moyers, author of *A New Day, A New Life*

"I believe that Nancy is calling us to live our life for the HIGHEST GOOD. Sit in the stillness and consider *Simple Serenity* for your life every single day."

--Sarah Payne Naylor, author of *Crossing Rough Waters*

"*Simple Serenity*, a soft light of hope and inspiration, is to be read and re-read. Oelklaus is more than a teacher. She is a wise friend and a comfort. A treasure."

--Helen Delaney, author of *The Messenger*

Learn more at www.NancyOelklaus.com

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Sam Feels Better Now!: An Interactive Story For Children

Publisher: Loving Healing Press

Series: Growing With Love

Author: Jill Osborne

ISBN-13: PB 978-1-932690-60-6 / eBook 978-1-61599-984-2

List Price: PB \$ 24.95 / eBook \$ 4.95

Trim: 8 x 10 (44 pp)

Audience: General Adult

Pub Date: 07/08/2008

BISAC: MEDICAL/Pediatrics

PSYCHOLOGY/Psychotherapy/Child & Adolescent

FAMILY & RELATIONSHIPS/Abuse/Child Abuse

Synopsis: Sam saw something awful and scary! Ms. Carol, a special therapist, will show Sam how to feel better. Children can help Sam feel better too by using drawings, play, and storytelling activities. They will be able to identify and manage their own feelings and difficulties in their lives following a traumatic event.

Therapists' Acclaim for *Sam Feels Better Now*

"This beautiful little picture book is the ideal guide for a series of therapy sessions that will focus the child's attention on positives and help to deal with the traumatic memories"

-- Bob Rich, PhD., AnxietyAndDepression-help.com

"*Sam Feels Better Now*" provides the child and therapist a safe metaphor for exploring trauma issues. The story teaches children that coming to therapy can be a good thing."

--JoAnna White, Ed.D., Professor and Chair Department of Counseling and Psychological Services, Georgia State Univ.

Visit the author online: www.JillOsborne.com

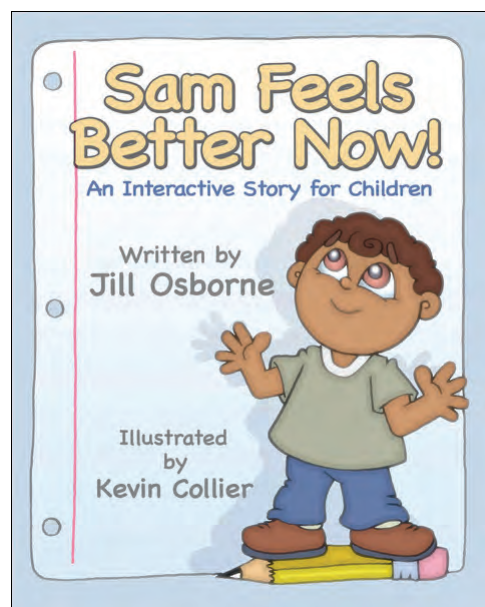
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"Redefining what's possible for healing mind and spirit since 2003."

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Becoming Dead Right: A Hospice Volunteer in Urban Nursing Homes

Publisher: Loving Healing Press

Author: Frances Shani Parker

Foreword: Peter A. Lichtenberg

ISBN-13: PB 978-1-932690-35-4 / eBook 978-1-61599-924-8

List Price: PB \$ 19.95 / eBook \$ 6.95

Trim: 6.14 x 9.21 (216 pp)

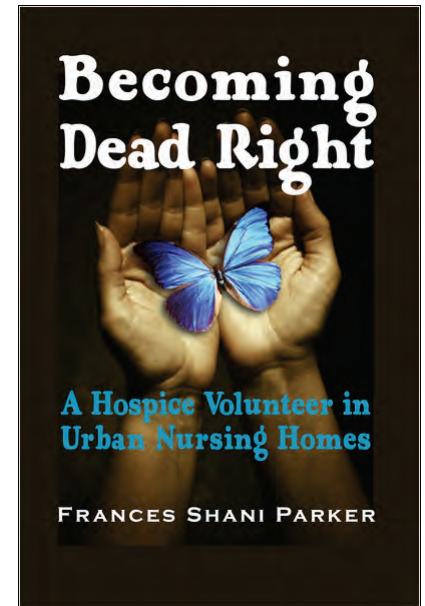
Audience: General Adult

Pub Date: 09/01/2007

BISAC: MEDICAL/Terminal Care

FAMILY & RELATIONSHIPS/Eldercare

SOCIAL SCIENCE/Death & Dying



Synopsis:

All of us are entitled to the rewards of a peaceful, pain-free death. This book honors that with true stories about hospice patients and inspiring insights from the author. *Becoming Dead Right* guides us through the general and "how to" information maze that prepares us for dealing with death.

Improving and expanding hospice services will require systemic changes in healthcare institutions outreach to diverse populations, and funding. With the inclusion of hospice programs in nursing homes, dying with dignity becomes even more important. Millions of aging baby boomers heighten the urgency for better hospice care and conditions in nursing homes.

Praise for *Becoming Dead Right* "A school principal and hospice volunteer, Frances Shani Parker relates her experiences with dying people in nursing homes. The second part of her book is about what we as individuals and as a society must do to improve things for those who are dying. I particularly enjoyed the guided tour, conducted from a wheelchair, of Baby Boomer Haven." -- Dr. Roger Woodruff, Director of Palliative Care, International Association for Hospice and Palliative Care, Austin Health, Melbourne, Australia

"The writing is eloquent and powerful, and the stories are instructive and lasting. After finishing this book, I wanted to do more for other individuals who are dying, for as Ms. Parker so clearly imparts, the dying teach us so much about living well." -- Dr. Peter A. Lichtenberg, Director, Institute of Gerontology, Wayne State University, Detroit, Michigan

"This book is filled with poetry, stories, wisdom and common sense that can help boomers, students, caregivers and policy makers understand their own aging and realize that our society can - and should - make important changes that can ensure safe, dignified, individualized care at the end of our lives." --Alice Hedt, Executive Director, National Citizens Coalition for Nursing Home Reform

Learn more at www.BecomingDeadRight.com

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Art Therapy and the Creative Process: A Practical Approach

Publisher: Loving Healing Press

Author: Cynthia Pearson and Alfredo Zotti

ISBN-13: PB 978-1-61599-296-6 / HC 978-1-61599-297-3 / eBook 978-1-61599-298-0

List Price: PB \$ 34.95 / HC \$ 47.95 / eBook \$ 9.95

Trim: 8.5 x 11 (152 pp)

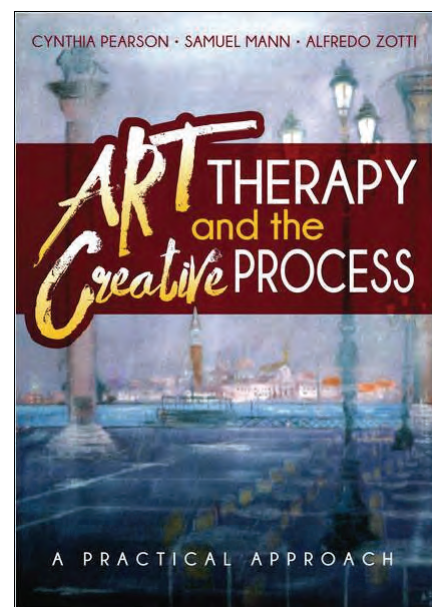
Audience: General Adult

Pub Date: 10/01/2016

BISAC: ART/Individual Artists/Essays

PSYCHOLOGY/Psychotherapy/General

EDUCATION/Arts in Education



Synopsis: International voices from across the globe come together in *Art Therapy and the Creative Process* to share their perspectives on art, the artist's process, and how art has been therapeutic for them.

In the first section, the three primary contributors--Alfredo Zotti, Samuel Mann, and Cynthia Pearson--create a triple commentary on a piece of art. Zotti paints a picture, Mann analyzes it, and Pearson writes a poem to complement it. In later sections, various artists share why they write, paint, play music, or take photographs, including what their individual mediums mean to them, what they may mean to others, why they have chosen various art forms, how art allows them an opportunity to escape from the world, and how it can also help them heal.

Artists will find kindred spirits in these pages. Lovers of literature, music, and art in all its forms will gain insight into artists' souls, how they view the world a little differently, and why. *Art Therapy and the Creative Process* gives art a purpose beyond what most of us usually think of it having--that art is a way to keep us all sane in a maddening world and it gives us the opportunity to create something to heal that same world that wounds us.

"*Art Therapy and the Creative Process* is a fascinating, multi-perspective look at art. I found myself resonating with many of the pieces here. Art allows us to take control of the uncontrollable and make meaning out of chaos. Viewing art as therapy opens the door to a new understanding between art, science, and psychology."

--Tyler R. Tichelaar, Ph.D. and award-winning author of *The Best Place* and *Narrow Lives*

"Creative activities heal. They lift us out of suffering for awhile. They validate us when we feel damaged and worthless. And, over time, they can transform our perception of our world, so that we change from sufferers to survivors, and even joyful surmounters. *Art Therapy and the Creative Process* can be a shining example for those who want a way out of a personal hell."

--Bob Rich, PhD, psychologist and author

"The book is a beautiful piece of work and all concerned should be very proud. The human dimension is enhanced through art and expressive approaches should be a much stronger part of mental health care."

--Professor Patrick McGorry, AO MD PhD, Executive Director, OYH Research Centre, University of Melbourne

Learn more at www.AlfredoZotti.com

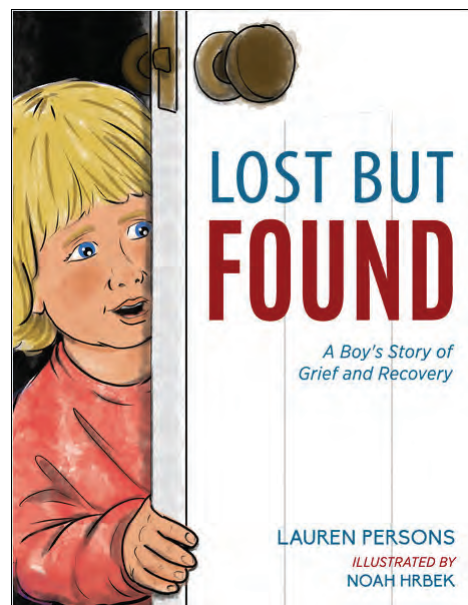
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Lost But Found: A Boy's Story of Grief and Recovery

Publisher: Loving Healing Press
Author: Lauren Persons
Illustrator: Noah Hrbek
ISBN-13: PB 978-1-61599-547-9 / HC 978-1-61599-548-6 / eBook 978-1-61599-549-3
List Price: PB \$ 14.95 / HC \$ 26.95 / eBook \$ 3.95
Trim: 8.5 x 11 (26 pp)
Audience: 4-6 years
Lexile Score: 540L - Grade(s) 2, 3
Pub Date: 12/01/2020
BISAC: JUVENILE FICTION/Social Issues/Death & Dying
JUVENILE FICTION/Concepts/Body*
JUVENILE FICTION/Family/Parents



Synopsis: *Lost But Found: A Boy's Story of Grief and Recovery* deals with one of the toughest issues a parent may ever have to face--explaining to a child that a loved one has died. Often, to protect them, children are left out of the grieving process. This book allows adults to travel with a young boy as he works to make sense of his loss--and, in turn, their own.

I wrote this book to allow children to ask questions, and talk about their fears and feelings. What I have found is that often children have better insights on these hard life questions than the adults in the room!

"The endearing simplicity and musicality of Lauren's words burst with unspoken emotion, leaving room for every child's experience. Noah's illustrations portray tender human contact, comforting young readers and the families who love them."

-- Pegi Deitz Shea, award-winning children's book author

"*Lost But Found* is a sweet book with beautiful pictures that tackles grief at a developmental level for a very young child. The ambiguous term "to lose" somebody is demystified, as a young boy comes to understand what happened to his father, and how their connection lives on."

-- Laurie Zelinger, PhD, ABPP, RPT-S, Board Certified Psychologist and author, former Director of New York Association for Play Therapy

"*Lost But Found* is a brief story that faces a difficult and important topic--the loss of a parent. The story provides a two-pronged approach a caregiver can use as a starting point to approach this delicate topic with a child: a sense of perspective and hope for the future, and the idea that we, as children, can find "pieces" of our parents around us and inside us. I appreciate the incentive to reflect on and remember who the lost parent was and how he lives on through his child."

-- Isabella Cassina, MA, TP-S, CAGS, PhD Student, Project Manager, Trainer and Continuing Education Program Administrator (CEPA), INA International Academy for Play Therapy studies and PsychoSocial Projects

"The story of *Lost But Found* is written to help children understand the loss of a loved one. It is never easy to talk with a child about this subject, and the author provides a tender, truthful and believable story. It is written from the heart and will serve as a conversation starter in assisting a child's understanding of the grieving process. In addition, the beautiful illustrations provide the reader a sense that they are embraced and one with the story. I highly recommend this book for children and adults."

-- Linda Cohen, Elementary School Principal

"At any age, understanding death is confusing and complex. It is especially so for children. In *Lost But Found*, author Lauren Persons gently removes some of the mystery around loss and invites children into a comforting conversation around lasting belonging and hope. Illustrations by Noah Hrbek enrich this tender and much-needed children's book."

-- Holli Kenley, author of *Power Down & Parent Up* and *Pilates For Parenting*

"Knowing Lauren Persons for over 20 years (and happily counting) this children's book reflects a genuine heart full of emotion and love. If all people faced with difficulties had the courage and the dignity and the grace that Lauren Persons has, our world would be a better place for our children to live."

--John Mascia, elementary school teacher

"With simple, accessible words and drawings, *Lost But Found* perfectly captures the experience of loss, and the power of memory and love."

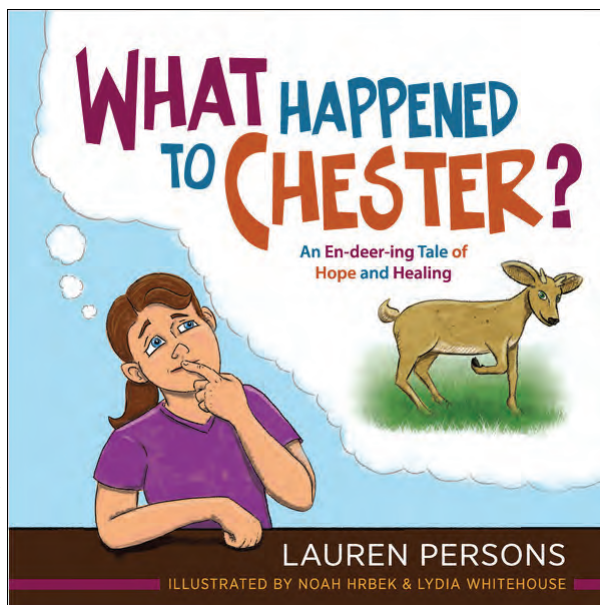
-- Amy N. Ship

From Loving Healing Press www.LHPress.com

What Happened to Chester?: An En-deer-ing Tale of Hope and Healing

Publisher: Loving Healing Press
Author: Lauren Persons
Illustrator: Noah Hrbek
ISBN-13: PB 978-1-61599-700-8 / HC 978-1-61599-701-5 / eBook 978-1-61599-702-2
List Price: PB \$ 15.95 / HC \$ 27.95 / eBook \$ 4.95
Trim: 8.5 x 8.5 (22 pp)
Audience: 8-11 years
Pub Date: 10/01/2022
BISAC: JUVENILE FICTION/Animals/Mammals
JUVENILE FICTION/Social Issues/Special Needs
JUVENILE FICTION/Social Issues/Self-Esteem & Self-Reliance

Synopsis: Rory, an adventurous, take-charge young girl, meets her match in Hobbly Wobbly Chester McDeer. She soon learns that her friend can jump over any obstacle, despite his disability, and make a big difference to family and friends. Colorful, fun illustrations make the journey delightful for kids young and old.



"What Happened to Chester? is a heartwarming story. This book is compelling to young eyes while teaching a very important message of overcoming obstacles. The book guides the reader to understand being different. My favorite aspect of the book is the bond created by Chester and Rory, because it provides a positive example of how it's okay to be friends with people who are different than you. I also think this story's softly underlying message may help prevent bullying. This is a great book for young children."

--Lauren Nicole Pace, community research coordinator, Medicare Transport & Achievement Centers

"What Happened to Chester? is an uplifting book for those who have experienced the excitement of adventure that abruptly results in a different life pathway. Chester's accident doesn't keep him from living life to the fullest. A child's takeaway from this tale is to be true to oneself and keep focused on dreams and goals - no matter what obstacles they may have to overcome. This beautifully illustrated book is an endearing tale of resilience."

--Linda Cohen, elementary school principal

"This was not only a sweet story, but also an educational one, filled with empathy and love for animals; in this case, an injured deer. The wonderful and poetic storytelling of Lauren Persons guides you through events with Rory and how empathetic she is toward Chester. As an elementary school teacher, teaching empathy towards animals is a difficult task, but Lauren Persons has accomplished this task with great storytelling and love."

--John Mascia, elementary school teacher

"This warm, wonderful and inspiring book shows kids that it's ok to be different and not to let anything or anyone scare you away from your purpose."

--Chanene Hawkins, TESOL teacher

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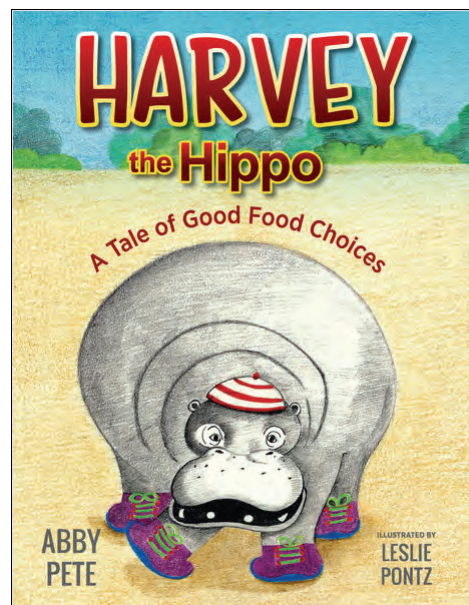
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Harvey the Hippo: A Tale of Good Food Choices

Publisher: Loving Healing Press
Author: Abby Pete
Illustrator: Leslie Pontz
ISBN-13: PB 978-1-61599-565-3 / HC 978-1-61599-566-0 / eBook 978-1-61599-567-7
List Price: PB \$ 19.95 / HC \$ 32.95 / eBook \$ 4.95
Audiobook: iTunes, Audible.com, Amazon
Trim: 8.5 x 11 (40 pp)
Audience: 4-7 years
Lexile Score: 570L - Grade(s) 2, 3
Pub Date: 05/01/2021
BISAC: JUVENILE FICTION/Animals/Hippos & Rhinos
JUVENILE FICTION/Cooking & Food
JUVENILE FICTION/Health & Daily Living/Daily Activities



Synopsis: Up in the sky... Is it a bird? A plane? No, it's Harvey the hippo floating by!

As all hippos do, Harvey liked to eat a lot of food. But, unlike other hippos, Harvey liked to eat all kinds of food, especially treats and he liked to eat a lot of them. He ate so many treats that he floated up to the sky and around the world. He got to see many interesting sights but after a week of fun travel and not eating a thing, he got so thin he floated right back into his zoo where his family and friends, and a mound of lettuce, were waiting for him.

"*Harvey the Hippo* brings new delight to the body of read-aloud literature for young children. The rhythm of the poem is sure to engage the ear of many a three to six-year-old, and the vibrantly tinted illustrations are pure confection to the eye. Thank you, Harvey, for nourishing the inner life of the young child!"

--Toni Seidl, child psychotherapist

"As a pediatrician, I see the effects of unhealthy food choices on children every day. *Harvey the Hippo* is a fun, beautifully illustrated story that opens the door for families to discuss with young children how food choices affect their bodies".

--Jamie Pinto, pediatrician

"Our daughters loved the rhyming words, illustrations, and lessons learned about eating well in *Harvey the Hippo*. It was fun to join Harvey on his trip around the world. We were able to discuss geography, different cultures, and foods. This book will serve as a touchstone for our family to remind all of us to eat well and only enjoy treats in moderation."

--Martha and Paul Sharkey, Founders, *Today Is A Good Day*

Learn more at www.HarveyTheHippo.com

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Breaking the Gas Ceiling: Women in the Offshore Oil and Gas Industry

Imprint: Modern History Press

Author: Rebecca Ponton

Foreword: Marie-Jose Nadeau

ISBN-13: PB 978-1-61599-443-4 / HC 978-1-61599-444-1 / eBook 978-1-61599-445-8

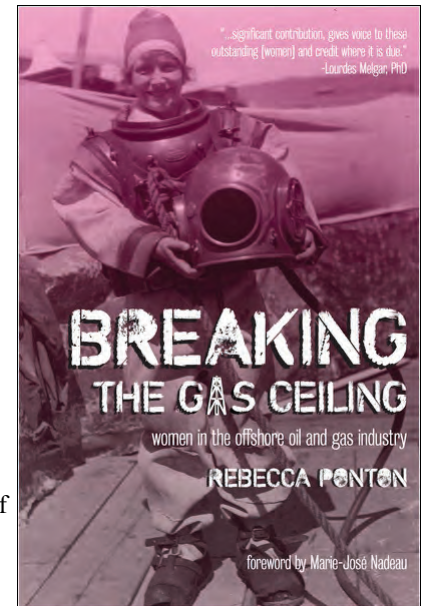
List Price: PB \$ 25.95 / HC \$ 37.95 / eBook \$ 6.95

Trim: 6.14 x 9.21 (292 pp)

Audience: General Adult

Pub Date: 05/01/2019

BISAC: BIOGRAPHY & AUTOBIOGRAPHY/Women
TECHNOLOGY & ENGINEERING/Petroleum
SOCIAL SCIENCE/Gender Studies



Synopsis: The international petroleum industry has long been known the world over as a "good old boys' club" and nowhere is the oil and gas industry's gender imbalance more apparent than offshore. The untold story, shared in these pages, is about the women who have been among the first to inhabit this world, and whose stories previously have been a missing part of the history of the industry.

"As a CEO, I believe it is imperative for today's generation of young women to realize there is a seat for them in the boards of oil & gas companies as the "gas ceiling" can be broken quicker and easier than before. Reading this book, they will think about these women who have gone before them and broken down those barriers in order to give them new opportunities."

-- **Maria Moraes Hanssen, CEO, DEA Deutsche Erdoel AG**

"My belief is that diversity is key to both creativity and solid long-term business results. Even in a country like Norway, where professional gender diversity is greater than in any other country I have had interactions with, we have an underrepresentation of women in top management positions. I would therefore like to express my appreciation to Rebecca Ponton for keeping this important subject on the agenda by presenting to us positive, impressive and, at the same time, obtainable role models."

-- **Grethe K. Moen, CEO and President, Petoro AS**

"As the industry now is more complex and faces more uncertainty, women will be more important contributors, especially in management and communication. Women could be just what is needed!"

-- **Karen Sund, Founder Sund Energy AS**

"Everyone needs role models - and role models that look like you are even better. For women, the oil and gas industry has historically been pretty thin on role models for young women to look up to. Rebecca Ponton has provided an outstanding compilation of role models for all women who aspire to success in one of the most important industries of modern times."

-- **Dave Payne, Chevron VP Drilling & Completions**

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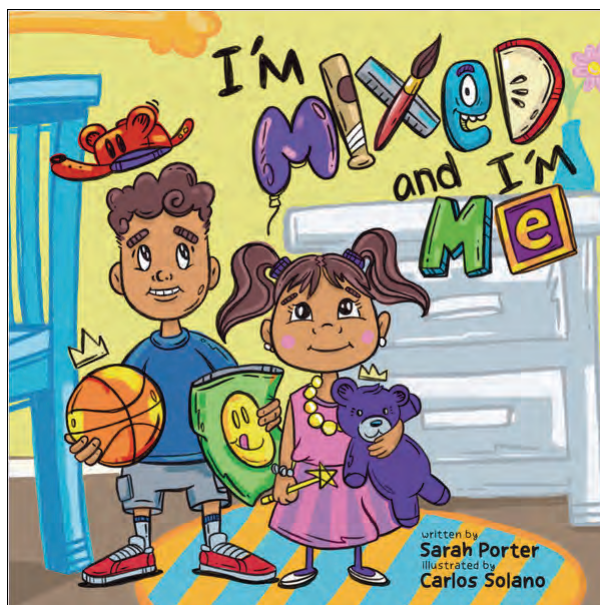
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I'm Mixed and I'm Me: A Celebration of Multiracial and Multicultural Identity

Publisher: Loving Healing Press
Author: Sarah Porter
Illustrator: Carlos Solano
ISBN-13: PB 978-1-61599-713-8 / HC 978-1-61599-714-5 / eBook 978-1-61599-715-2
List Price: PB \$ 14.95 / HC \$ 24.95 / eBook \$ 4.95
Trim: 8.5 x 8.5 (24 pp)
Audience: 5-8 years
Pub Date: 01/01/2023
BISAC: JUVENILE FICTION/Social Issues/Prejudice & Racism
JUVENILE FICTION/Diversity & Multicultural
JUVENILE FICTION/Social Issues/Self-Esteem & Self-Reliance

Synopsis: In *I'm Mixed and I'm Me*, Snacks and Wiggles are on a journey, snacking and dancing through their day to understand where they came from and why they are different from some of their friends. From Mommy's northern Maine woods to Daddy's Jamaican beaches, they will explore what it means to be from two different cultures. They will learn what sets them apart but also how their differences are exactly what make them special.



Key learning points include:

- Many feelings are associated with figuring out your identity
- There are many ways to be a family
- It's important to understand differences
- The color of your skin does not define you
- Kindness is what unites us all
- We are all the same on the inside
- Each parent brings something unique to your identity and culture
- No matter what you look like, you are loved for who you are

"As part of a mixed couple, we often receive stares, and my children get questions. It is so important to teach children to focus on the similarities rather than the differences and to understand that love breaks all barriers. Love the book!"

--Dr. Deborah Gracia, D.O. and mom

"Sarah Porter has written a delightful, rhyming book with colorful illustrations that will help children of all cultures and races be proud of their identity and give them a sense of belonging. Children will understand the importance of embracing diversity and accepting others--regardless of the color of their skin or their diverse heritages. This book will delight all children who, at some point, will struggle with their identity."

--Kim Larkins, Licensed Clinical Social Worker, author of *Emma Lou the Yorkie Poo: Breathing in the Calm*

"*I'm Mixed and I'm Me* is a must-read for any family, especially those with multicultural children. Beautifully written and colorfully illustrated, it's an excellent book to read with your kids. It teaches children the simple yet all-important lessons of self-love and empowerment."

--Dr. Sonali Ruder, ER physician and founder of TheFoodiePhysician.com

From Loving Healing Press

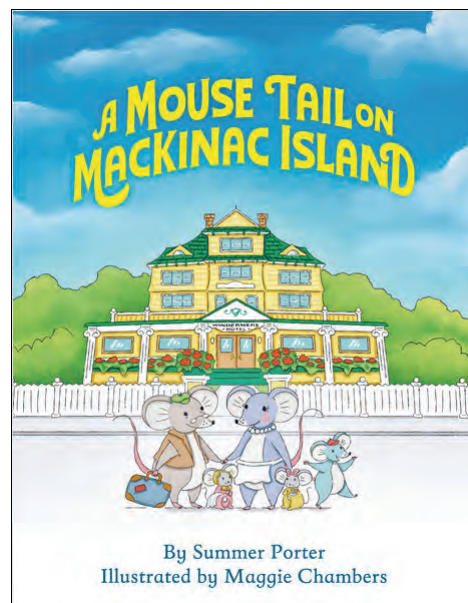
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A Mouse Tail On Mackinac Island: A Mouse Family's Island Adventure in Northern Michigan

Imprint: Modern History Press
Author: Summer Porter
Illustrator: Maggie Chambers
ISBN-13: PB 978-1-61599-654-4 / HC 978-1-61599-655-1 / eBook 978-1-61599-656-8
List Price: PB \$ 18.95 / HC \$ 29.95 / eBook \$ 4.95
Trim: 8.5 x 11 (38 pp)
Audience: 5-8 years
Lexile Score: 810L - Grade(s) 3, 4
Pub Date: 05/01/2022
BISAC: JUVENILE FICTION/Animals/Mice, Hamsters, Guinea Pigs, etc.
JUVENILE FICTION/Travel
JUVENILE FICTION/Transportation/Boats, Ships & Underwater Craft



Synopsis: On a warm summer day in northern Michigan, a family of mice finds their way to Mackinac Island, the "jewel of the Great Lakes," to start a new life. Tag along and enter a world of whimsy in *A Mouse Tail on Mackinac Island*.

Join the family--Father Mouse, a lover of cheese; Mother Mouse, a singer of lullabies; Max Mouse, a collector of stamps and Millie and Maizy Mouse, sweet little babies--as they search for the perfect home. What adventures will they have? Where will they live? What dangers will they encounter? With vibrant illustrations and a charming story, *A Mouse Tail on Mackinac Island* will capture both your heart and imagination.

~ ~ ~

"Soon to become a Mackinac favorite--make way for this amusing and entertaining story. Whimsical illustrations, filled with recognizable details, engage the reader throughout this thoughtful book. Who wouldn't want to join the little Mouse family on an island adventure?"

--Jennifer Powell, author and illustrator, *What I Saw on Mackinac*

"Maggie Chambers and Summer Porter have created a fun and colorful adventure of a family of mice all readers will enjoy--and, like a bite of island fudge, *A Mouse Tail on Mackinac Island* will prove very satisfying!"

--Jim Bolone, co-author, *The Dockporter*

"Magnifying the little things in life, *A Mouse Tail on Mackinac Island* is a charming story told with an educational twist. Heartwarming characters, a unique setting and glorious imagery will make this book a family favorite and Mackinac Island staple."

--Kate Dupre, local artist and proprietor, Watercolor Cafe

"This charming children's book captures the essence of Mackinac Island. A classic 'tail' for people of all ages that will spark a sense of wonder for years to come." --Mayor Margaret Doud, city of Mackinac Island

Learn more at www.MouseTailOnMackinac.com

From Modern History Press www.ModernHistoryPress.com

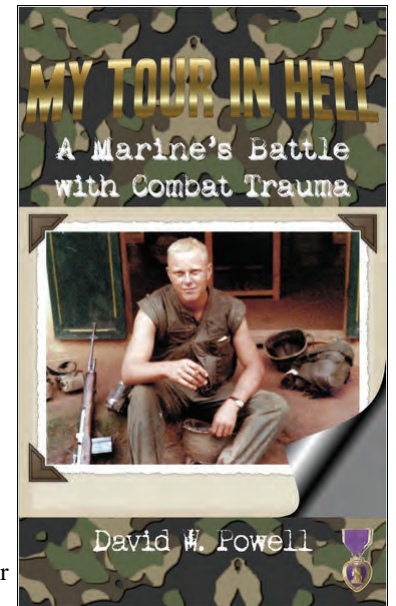
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My Tour in Hell: A Marine's Battle with Combat Trauma

Imprint: Modern History Press
Series: Reflections of History
Author: David W. Powell
Foreword: Tom Joyce
ISBN-13: PB 978-1-932690-23-1 / HC 978-1-932690-22-4 / eBook 978-1-61599-917-0
List Price: PB \$ 19.95 / HC \$ 26.95 / eBook \$ 9.95
Audiobook: iTunes, Audible.com, Amazon
Trim: 6.14 x 9.21 (208 pp)
Audience: General Adult
Pub Date: 12/01/2006
BISAC: HISTORY/Military/Vietnam War
BIOGRAPHY & AUTOBIOGRAPHY/Military
PSYCHOLOGY/Psychopathology/Post-Traumatic Stress Disorder (PTSD)



Synopsis: David W. Powell enlisted for a tour of duty in April 1966 with the US Marines after receiving an imminent draft notice. Believing he would be able to leverage his existing skills as a computer programmer, he never thought all they would see on his resume was his Karate expertise. Even less that he would wind up serving as a Rocket man in the jungles of Da Nang and Chu Lai for a 13 month tour in hell.

David's journey from naive civilian to battle-hardened combat veteran shows us all how fragile our humanity really is. In addition to killing the enemy on the field of battle, he was witness to countless cruelties including murder both cold-blooded and casual, cowardice under fire, and a callous disregard for life beyond most people's imagination. With each new insult, he lost a little bit of his soul, clinging to his Bible as his only solace while equally certain of his own imminent demise.

Upon returning to civilian life after a two year enlistment, he found himself with nightmares during sleep, intrusive thoughts while awake, a hypervigilant stance combined with an exaggerated startle reaction, and a seeming inability to control basic emotions like anger and sadness.

The price he paid for what would only be diagnosed decades later as Post-Traumatic Stress Disorder was broken marriages and relationships, inability to hold down jobs leading to bankruptcy, alcohol abuse, and having to hide the service he willingly gave to his own country.

In 1989, David eventually recovered through a simple but powerful technique known as **Traumatic Incident Reduction (TIR)** and is now symptom-free. Not just for veterans, TIR has since been successfully applied to crime and motor vehicle accident victims, domestic violence survivors, and even children. His story shows what is possible for anyone who has suffered traumatic stress and that hope, healing, and recovery can be theirs too.

What People Are Saying About *My Tour In Hell*

"His autobiographical work is a must read for veterans who remain stuck between two worlds. Healing is not forgetting; healing is making sense of the past in order to live life in the present with a restored hope for the future. Powell articulates this process very well and has given a tremendous gift to the combat veteran community of any generation."

- Father Philip G. Salois, M.S., National Chaplain, Vietnam Veterans of America

"The connection of David's problems in his current life and his Viet Nam experiences is one of the clearest descriptions of how trauma affects our lives I have ever read. *My Tour in Hell* is a tribute to David's unwillingness to give up on himself in the face of great unhappiness."

-Laura W. Groshong, LICSW (Seattle, WA)

"Years in combat zones, group psychotherapy with combat vets diagnosed with PTSD and TIR training qualifies me to recommend this book. *My Tour in Hell* attests to David's journey from the boundary of a Marine grunt's PTSD despair to the horizon of integration, risk, and new meaning. Those in the helping professions will learn how the negative emotional 'charge' of trauma can be partially or totally eliminated through the adept facilitation of Traumatic Incident Reduction."

-Sister Kateri Koverman, LISW, ICDC

More Than A Memoir, *My Tour In Hell* includes

- Photos taken by David's own camera during his Vietnam tour
- Study guide for clinical students
- FAQ from the National Center for PTSD
- Suggested Reading list

REBOOT!: Confronting PTSD on Your Terms

Publisher: Loving Healing Press

Author: David W. Powell

Foreword: John Durkin

ISBN-13: PB 978-1-61599-084-9 / eBook 978-1-61599-965-1

List Price: PB \$ 8.95 / eBook \$ 3.95

Trim: 7.44 x 9.69 (46 pp)

Audience: General Adult

Pub Date: 08/01/2011

BISAC: PSYCHOLOGY/Psychopathology/Post-Traumatic Stress Disorder (PTSD)
PSYCHOLOGY/Psychotherapy/Counseling
SELF-HELP/Abuse

Synopsis: Are You Ready to Reboot Your PTSD?

Reboot! Confronting PTSD on Your Terms offers a well-structured method for getting a grip on Post-Traumatic Stress Disorder (PTSD) and starting to turn it around. Detailed inventories provide the opportunity to explore needs, both physical and emotional, both needs that are met and those that are unmet.

Powell recommends doing one's own work with these inventories to maximize the effectiveness of therapy. He covers a brief overview of many trauma treatments, including the one he chose.



If you're a trauma survivor, Reboot! will help you:

- Build self-reliance
- Take inventory of your condition
- Learn about rebuilding mental health from the foundation up
- Examine a range of treatment options
- See PTSD as a manageable condition
- Chart your progress

David Powell says:

"Don't be fooled by what you hear. PTSD is not a medical condition. And... with the right therapeutic approach, it is completely reversible!"

Acclaim for REBOOT!

"David Powell offers a simple but effective workbook for traumatized veterans and others suffering the effects of traumatic events to take stock of their situation. He sees this, as well as working to address unmet needs, as key steps in addressing and resolving trauma. His aim is to assist the user of this workbook to regain a sense of progress and achievement. A job well done."

--Marian Volkman, author *Life Skills: Improve the Quality of Your Life with Metapsychology* Learn more at www.RebootPTSD.com

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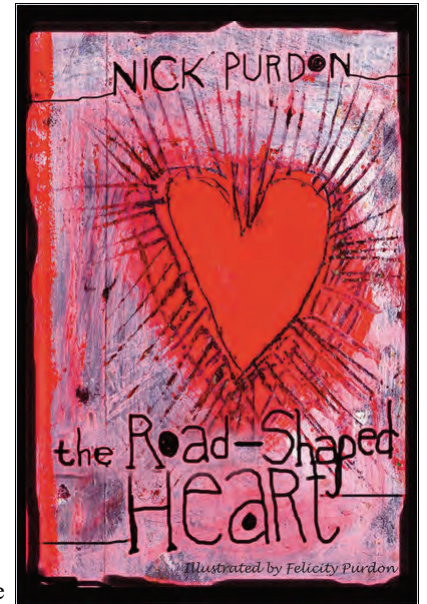
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The Road-Shaped Heart

Imprint: Modern History Press
Series: World Voices
Author: Nick Purdon
ISBN-13: PB 978-1-61599-057-3 / HC 978-1-61599-056-6 / eBook 978-1-61599-957-6
List Price: PB \$ 8.95 / HC \$ 22.95 / eBook \$ 2.99
Trim: 6.14 x 9.21 (46 pp)
Audience: General Adult
Pub Date: 06/01/2011
BISAC: POETRY/English, Irish, Scottish, Welsh
SELF-HELP/Substance Abuse & Addictions/Drug Dependence
PSYCHOLOGY/Psychopathology/Addiction



Synopsis: "an intimate journey of self-reflection...sensitive, sincere, and skillful"

--Sherry Quan Lee, author of *Chinese Blackbird*

About the Author

Nick Purdon was born in 1976 in East London in the Eastern Cape province of South Africa. After a few moves around the country, his family settled in the Western Cape city of Cape Town in 1981 where he has lived since. Nick began writing poetry seriously at the age of 27, though he had been writing on-and-off since his teenage years.

About the Chapbook

The Road-Shaped Heart is the poetic journey of a man winding his way through a landscape of darkness, anguish, addiction, loss and grief; carrying with him a lantern of hope, courage, idealism and love to illuminate a pathway to self-forgiveness, acceptance and spiritual growth. While often haunting and melancholy, the poems are also rich in vivid colour and imagery, with an ever-present sense of fire lilies relentlessly springing forth from a razed and scorched soul.

Acclaim for The Road-Shaped Heart

"The *Road-Shaped Heart* by Nick Purdon will squeeze the heart of each reader to elicit emotions held tight. Each reader will find his or her own life pain and loss within the words spread before them like a feast to be swallowed until the soul has been touched."

Barbara Sinor, PhD, author *Tales of Addiction and Inspiration for Recovery*

Learn more at www.NickPurdon.com

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Healing With Words: A Writer's Cancer Journey

Publisher: Loving Healing Press

Author: Diana Raab

Foreword: Melvin J. Silverstein

ISBN-13: PB 978-1-61599-010-8 / HC 978-1-61599-110-5 / eBook 978-1-61599-995-8

List Price: PB \$ 17.95 / HC \$ 17.95 / eBook \$ 5.95

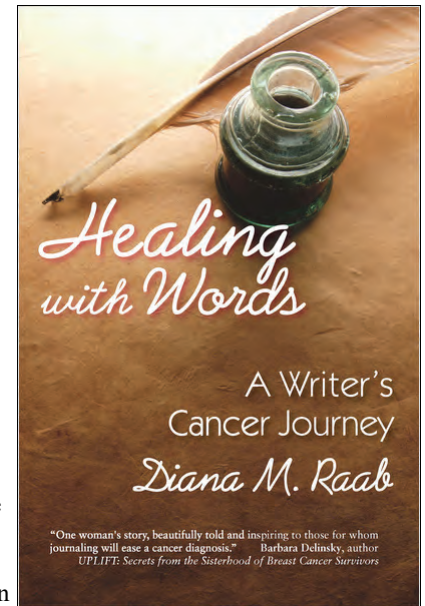
Trim: 6.14 x 9.21 (204 pp)

Audience: General Adult

Pub Date: 03/01/2010

BISAC: HEALTH & FITNESS/Diseases/Cancer
BIOGRAPHY & AUTOBIOGRAPHY/General
SELF-HELP/General

Synopsis: *Healing With Words: A Writer's Cancer Journey* is a compassionate and wry self-help memoir written by an award-winning prolific author, nurse and poet, who at the age of forty-seven found her life shattered first by a DCIS (early breast cancer) diagnosis and five years later by another, seemingly unrelated and incurable cancer--multiple myeloma. The book includes the author's experiences, reflections, poetry and journal entries, in addition to writing prompts for readers to express their own personal story. Raab's journals have provided a safe haven and platform to validate and express her feelings. Raab views journaling to be like a daily vitamin--in that it heals, detoxifies and is essential for optimal health.



Readers will learn to:

- Understand the importance of early cancer detection and how to take control of their own health
- Discover the power of writing to release bottled-up emotions
- Learn how the process of journaling can facilitate healing
- See how a cancer diagnosis can be a riveting event which can renew and change a person in a unique way

Praise for Raab's *Healing With Words*:

"One woman's story, beautifully told and inspiring to those for whom journaling will ease a cancer diagnosis."

--Barbara Delinsky, author UPLIFT: Secrets from the Sisterhood of Breast Cancer Survivors

"Time after time, Diana articulates incisively the thoughts and feelings that convey hoped-for meaning and encouragement. She is a woman who knows what it is to live fully in the face of mortality. She will add value to the life of every person who reads this book. *Healing With Words* resonates at a spiritual level for me."

--Sena Jeter Naslund, author of *Ahab's Wife* and *Abundance: A Novel of Marie Antoinette*

Author's proceeds from the sale of this book donated to benefit the Mayo Clinic Foundation

Learn more at www.DianaRaab.com

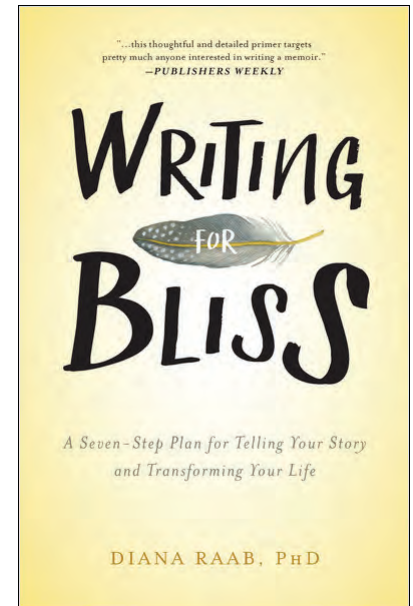
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Writing for Bliss: A Seven-Step Plan for Telling Your Story and Transforming Your Life

Publisher: Loving Healing Press
Author: Diana Raab
Foreword: Mark Freeman
ISBN-13: PB 978-1-61599-323-9 / HC 978-1-61599-324-6 / eBook 978-1-61599-325-3
List Price: PB \$ 21.95 / HC \$ 34.95 / eBook \$ 6.95
Audiobook: iTunes, Audible.com, Amazon
Trim: 5.5 x 8.5 (240 pp)
Audience: General Adult
Pub Date: 09/01/2017
BISAC: SELF-HELP/Journaling
LANGUAGE ARTS & DISCIPLINES/Composition & Creative Writing



Synopsis: *Writing for Bliss* is most fundamentally about reflection, truth, and freedom. With techniques and prompts for both the seasoned and novice writer, it will lead you to

- tap into your creativity through storytelling and poetry,
- examine how life-changing experiences can inspire writing,
- pursue self-examination and self-discovery through the written word, and,
- understand how published writers have been transformed by writing.

"Part writing guide, part memoir, and part love letter to the craft of writing, Diana Raab's *Writing for Bliss* is a caring and motivational guide. Raab's love of words and her belief in the power of story shine through. With its hypnotic and personal stories, interviews with other authors, and many useful writing prompts, *Writing for Bliss* will find a valued spot on the bookshelves of those seeking greater understanding."

--ANGELA WOLTMAN, *FOREWORD REVIEWS*

Poet and memoirist Raab (*Lust*) credits her lifelong love of writing and its therapeutic effects with inspiring her to write this thoughtful and detailed primer that targets pretty much anyone interested in writing a memoir. Most compelling here is Raab's willingness to share her intimate stories (e.g., the loss of a relative, ongoing struggles with cancer, a difficult relationship with her mother). Her revelations are encouraging to writers who feel they need "permission to take... a voyage of self-discovery." The book's seven-step plan includes plenty of guidance, including on learning to "read like a writer," and on addressing readers as if "seated across the table." Raab covers big topics such as the "art and power of storytelling" and small details such as choosing pens and notebooks that you enjoy using.

--PUBLISHER'S WEEKLY

"*Writing for Bliss* is about the profound ways in which we may be transformed in and through the act of writing. I am grateful to Diana Raab for sharing it, and I trust that you will feel the same as you read on. May you savor the journey."

--from the foreword by MARK FREEMAN, PhD

"By listening to ourselves and being aware of what we are saying and feeling, the true story of our life's past experience is revealed. Diana Raab's book gives us the insights by which we can achieve this through her life-coaching wisdom and our writing."

--BERNIE SIEGEL, MD, author of *The Art of Healing*

"Only a talented writer who has fought hard to overcome life's many obstacles could take her readers by the hand and lead them through the writing process with such enormous compassion, amazing insight, and kindness. Diana Raab is a powerful, wise, intelligent guide well worth our following."

--JAMES BROWN, author of *The Los Angeles Diaries* and *The River*

"*Writing for Bliss* is far more than a 'how-to manual'; it enlightens the creative process with wisdom and a delightful sense of adventure. Bravo to Bliss!"

--LINDA GRAY SEXTON, author of *Searching for Mercy Street: My Journey Back to My Mother*, Anne Sexton

"Uniquely blending inspiring insights with practical advice, Diana guides you on a path to discover the story that is truly inside you?and yearning to be told."

--PATRICK SWEENEY, coauthor of the New York Times bestseller *Succeed on Your Own Terms*

DIANA RAAB, PhD, is an award-winning memoirist, poet, blogger, workshop facilitator, thought provoker, and survivor. She's the author of eight books and over one thousand articles and poems. She lives in Southern California. Learn more at www.DianaRaab.com

Writing for Bliss: A Companion Journal

Publisher: Loving Healing Press

Author: Diana Raab

ISBN-13: PB 978-1-61599-427-4

List Price: PB \$ 19.95

Trim: 5.5 x 8.5 (184 pp)

Audience: General Adult

Pub Date: 01/01/2019

BISAC: SELF-HELP/Journaling
NON-CLASSIFIABLE (Journal/Workbook)

Synopsis: *Writing for Bliss: A Companion Journal* is the creative guidebook companion to the award-winning book *Writing for Bliss: A Seven-Step Plan for Telling Your Story and Transforming Your Life*.

Developed for the seasoned storyteller as well as the emerging author, this interactive journal is designed to be used in conjunction with *Writing for Bliss: A Seven-Step Plan for Telling Your Story and Transforming Your Life*--or as a stand-alone workbook for self-discovery.

Award-winning memoirist, poet, and teacher Diana Raab incorporates writing prompts, exploratory exercises, and inspirational quotes to lead you through the healing and transformational process of telling the story only you can tell--a story that is yours alone.

In *Writing for Bliss: A Companion Journal*, you will:

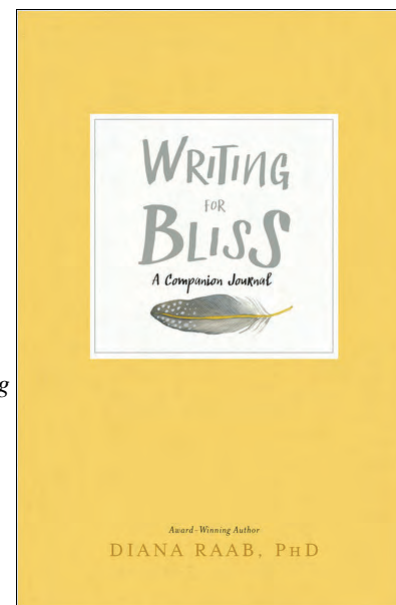
- Find more than 184 pages of unique, actionable writing prompts and exercises
- Move at your own pace--navigating the landscape of your life authentically, guided by Diana's gentle approach
- Identify and explore pivotal life-changing scenes that have led you to this very moment
- Heal your wounded self and transform your life through the writing process

Praise for the work of Diana Raab:

"By listening to ourselves and being aware of what we are saying and feeling, the true story of our life's past experience is revealed. Diana Raab's book gives us the insights by which we can achieve this through her life-coaching wisdom and our writing."
--BERNIE SIEGEL, MD, author of *The Art of Healing*

"Only a talented writer who has fought hard to overcome life's many obstacles could take her readers by the hand and lead them through the writing process with such enormous compassion, amazing insight, and kindness. Diana Raab is a powerful, wise, intelligent guide well worth our following."
--JAMES BROWN, author of *The Los Angeles Diaries* and *The River*

DIANA RAAB, PhD, is an award-winning memoirist, poet, blogger, workshop facilitator, thought provoker, and survivor. She is the author of eight books, including *Writing for Bliss: A Seven-Step Plan for Telling Your Story and Transforming Your Life*, and over one thousand articles and poems. Raab is a regular contributor to *Psychology Today*, *Thrive Global*, and others. She leads monthly in-person workshops throughout the country and offers a memoir writing course through DailyOM. She lives in Southern California. Learn more at www.DianaRaab.com



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Writers On The Edge: 22 Writers Speak About Addiction and Dependency

Imprint: Modern History Press
Series: Reflections of America
Editor: Diana M. Raab and James Brown
ISBN-13: PB 978-1-61599-108-2 / HC 978-1-61599-109-9 / eBook 978-1-61599-129-7
List Price: PB \$ 19.95 / HC \$ 32.95 / eBook \$ 6.95
Trim: 6.14 x 9.21 (206 pp)
Audience: General Adult
Pub Date: 02/01/2012
BISAC: SELF-HELP/Adult Children of Substance Abusers
SELF-HELP/Substance Abuse & Addictions/Alcoholism
LITERARY CRITICISM/American/General

Synopsis: *Writers On The Edge* offers a range of essays, memoirs and poetry written by major contemporary authors who bring fresh insight into the dark world of addiction, from drugs and alcohol, to sex, gambling and food. Editors Diana Raab and James Brown have assembled an array of talented and courageous writers who share their stories with heartbreaking honesty as they share their obsessions as well as the awe-inspiring power of hope and redemption.

"Open to any piece in this collection, and the scalding, unflinching, overwhelming truths within will shine light on places most people never look. Anyone who reads this book, be they users or used, will put it down changed. And when they raise their eyes from the very last page, the world they see may be redeemed, as well."
--Jerry Stahl, author of *Permanent Midnight*

"*Writers On The Edge* is a thoughtful compendium of first-person narratives by writers who have managed to use their despair to create beauty. A must-read for anyone in the recovery field." -- Leonard Buschel Founder, Writers in Treatment

CONTRIBUTORS: John Amen, Frederick & Steven Barthelme, Kera Bolonik, Margaret Bullitt-Jonas, Maud Casey, Anna David, Denise Duhamel, B.H. Fairchild, Ruth Fowler, David Huddle Perie Longo, Gregory Orr, Victoria Patterson, Molly Peacock, Scott Russell Sanders, Stephen Jay Schwartz, Linda Gray Sexton, Sue William Silverman, Chase Twichell, Rachel Yoder

About the Editors

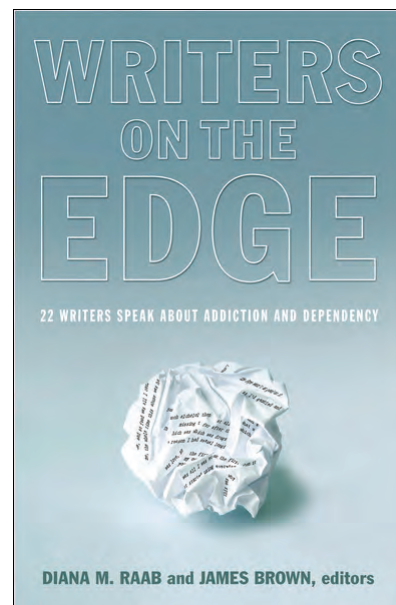
Diana M. Raab, an award-winning memoirist and poet, is author of six books including *Healing With Words* and *Regina's Closet*. She's an advocate of the healing power of writing and teaches nation-wide workshops and in the UCLA Extension Writers' Program.

James Brown, a recovering alcoholic and addict, is the author of the memoirs, *The Los Angeles Diaries* and *This River*. He is Professor of English in the M.F.A. Program in Creative Writing at California State University, San Bernardino.

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Self-Help: Substance Abuse and Addictions--General



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T.V. Reddy's Poetry - The Pulse of Life: Essential Readings

Imprint: Modern History Press

Author: T. Vasudeva Reddy

Foreword: K.V. Dominic

ISBN-13: PB 978-1-61599-344-4 / HC 978-1-61599-370-3 / eBook 978-1-61599-346-8

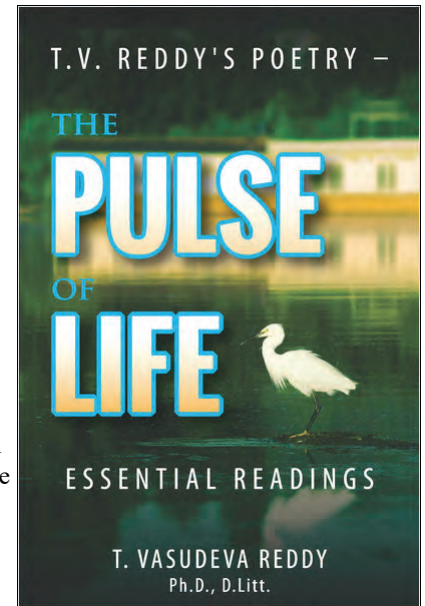
List Price: PB \$ 29.95 / HC \$ 39.95 / eBook \$ 6.95

Trim: 6.14 x 9.21 (256 pp)

Audience: General Adult

Pub Date: 10/01/2017

BISAC: LITERARY COLLECTIONS/Asian/Indic
POETRY/Asian
LITERARY CRITICISM/Poetry



Synopsis: *The Pulse of Life: Essential Readings* is a representative collection of the poetry of T. Vasudeva Reddy, a luminous star shining in Indian English poetry. His poetry is a pleasant blend of the traditional and the modern, the realistic and the romantic, the symbolic and the imagist, the urban and the rural, satirical and lyrical streams of poetry. His poems cover a wide thematic pattern ranging from the remote village to the global level, a bewildering blend of rural and global life. Whoever wishes to have a glimpse of the reality of the Indian rural scenario and see the struggles and sufferings of poor farmers can go through the poems of T.V. Reddy. Poems, spread over eleven volumes till now, and spanning 35 years, are now collected for the first time ever in this Essential Readings edition.

"In the vast desert of Indo-Anglian poetry, it is quite refreshing to see the life-giving oasis of Reddi's poetry which at once resuscitates and invigorates even a slumbering mind. His poems are as immortal as the frescoes of the famous Ajantha caves in India."
--Dr. Edith Rusconi Kaltovich, N.J.

"My attention is sometimes arrested by the striking imagery and phrasing. The poet has a keen eye to mark the exceptional whether in life or nature."
--Dr. K.R. Srinivas Iyengar, Madras

"In his poetry we find concrete examples of poetic excellences that distinguish him from other Indian poets and reserve for him a permanent place on the Indian Parnassus. Every poem is a nugget of thoughtful fancy studded in the fabric of the poet's pageant of poetic filigree."
--Dr. D.C. Chambial, Editor, *Poetcrit*, H.P.

"Like a gifted sculptor he chisels his poems with the deftness of a master craftsman."
--Prof. Nissim Ezekiel, Mumbai

Learn more at www.ModernHistoryPress.com

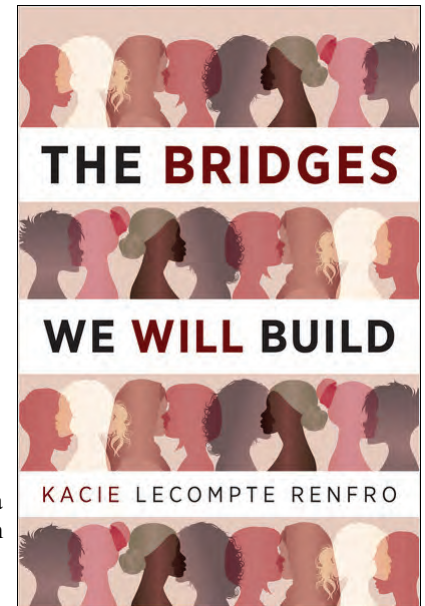
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The Bridges We Will Build: A Novel

Imprint: Modern History Press
Author: Kacie LeCompte Renfro
ISBN-13: PB 978-1-61599-657-5 / HC 978-1-61599-658-2 / eBook 978-1-61599-659-9
List Price: PB \$ 21.95 / HC \$ 34.95 / eBook \$ 6.95
Trim: 6.14 x 9.21 (202 pp)
Audience: General Adult
Pub Date: 04/01/2022
BISAC: FICTION/Literary
FICTION/Romance/Contemporary
FICTION/Romance/Multicultural & Interracial



Synopsis: We hear a lot about refugees in the news, but how many of us really know their stories?

The Bridges We Will Build, follows four women of various countries of origin and drastically different life experiences, refugees and Americans, as they come together at The Unity School, a charter school for refugee and American children. Here, they rediscover the hope and inspiration that seemed lost to them before. But when one of them is killed in a violent hate crime, their new-found hope for the future is tested. *The Bridges We Will Build* provides a vision of the possibility of true solidarity. It compels us to believe that communities can transcend socially constructed barriers towards a recognition of our common humanity.

"*The Bridges We Will Build* reminds us of the ways women negotiate the inter-sections of their lives. It is accessible even as it crosses into important complications in the lives of its main characters. Enjoy!"

--Dr. amina wadud, American Muslim theologian, Professor Emeritus of Islamic Studies at Virginia Commonwealth University

"Renfro creates characters that bring the reader closer to becoming compassionate and understanding of refugees struggling to assimilate into a new culture. This story is a reminder that we have the power to end this hatred and that power resides in our actions to confront racism and injustice themselves."

--Matilde Simas, Founder of Capture Humanity, Visual Journalist

"*The Bridges We Will Build* is an insightful, well-written book about finding friendship in a world of conflict, misunderstanding, displacement and intolerance. This book renewed my faith that love and human connection can overcome even the most destructive forms of trauma and prejudice."

--Christopher White, Professor of Religion, Vassar

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The Secrets of Medical Decision Making: How to Avoid Becoming a Victim of the Health Care Machine

Publisher: Loving Healing Press

Author: Oleg I. Reznik

Foreword: Colin P. Popes-Kerr

ISBN-13: PB 978-1-932690-17-0 / eBook 978-1-61599-919-4

List Price: PB \$ 18.95 / eBook \$ 6.95

Trim: 6.14 x 9.21 (196 pp)

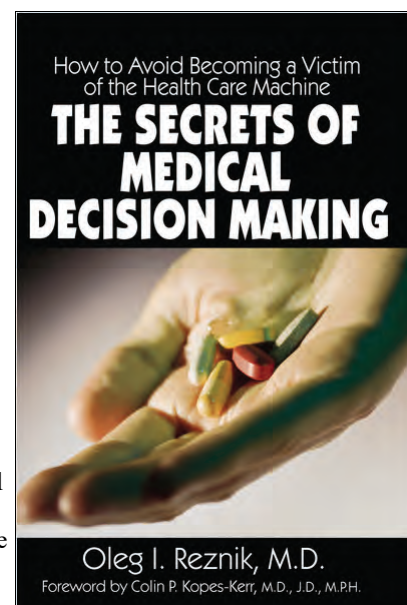
Audience: General Adult

Pub Date: 12/01/2006

BISAC: MEDICAL/Physician & Patient

HEALTH & FITNESS/Health Care Issues

MEDICAL/Health Risk Assessment



Synopsis: We are all patients at some time. Is the medical industry giving us the best treatment possible, at the best price? We all know that it isn't. This new book shows what goes on behind the scenes of the current medical care and how it impacts the patient. Dr. Reznik describes actual cases from his clinical practice showing the most common paths that lead to increased patient suffering. This book offers possible solutions for outpatient, inpatient, preventive, and end-of-life care settings. Learn about:

- The Medical Box and how it affects the care you receive
- When to avoid risky and uncomfortable tests
- Hazards of under-treatment, over-treatment, and mistreatment
- How to make an informed medical decision in your best interests
- Cancer and how to approach your treatment
- Planning for quality of life during end-of-life issues

Foreword by Colin P. Kopes-Kerr, MD, JD, MPH, Vice-Chairman of the Department of Family Medicine, and Program Director of the Family Medicine Residency Program, at University Hospital and SUNY Stony Brook School of Medicine, Stony Brook, NY.

"The Secrets of Medical Decision Making should be read by everyone, because all of us are sometimes in need of medical care. It is an eye-opener, a call to arms and a guide." -Robert Rich, Ph.D., author of *Cancer: A Personal Challenge*

"Dr. Reznik candidly exposes the conflicting interests inherent in contemporary medical practice. This empowering and insightful book is a must read for healthcare professionals and the patients they treat."

-Beth Maureen Gray, R.N., B.S.

"*The Secrets of Medical Decision Making* awakens the reader rather quickly with startling revelations about the lack of seriousness the health care industry has towards a society of wellness. If this book at least motivates its readers to become more involved in medical decision making when seeking treatment, it will have succeeded as a critically needed public service."

- James W. Clifton, Ph.D., LCSW

"As a Canadian and a health care provider this book frightens me. This book lays out what our country is headed for if we privatize health care in Canada. A must read for everyone working, or accessing, health care in North America and for anyone who has any doubts that we must take drastic action to preserve Universal Health Care in Canada."

- Ian Landry, MA, MSW, RSW

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Ascending Spiral: Humanity's Last Chance

Imprint: Marvelous Spirit Press

Author: Bob Rich

ISBN-13: PB 978-1-61599-186-0 / HC 978-1-61599-194-5 / eBook 978-1-61599-187-7

List Price: PB \$ 19.95 / HC \$ 32.95 / eBook \$ 6.95

Trim: 6.14 x 9.21 (248 pp)

Audience: General Adult

Pub Date: 04/01/2013

BISAC: FICTION/Visionary & Metaphysical
BODY, MIND & SPIRIT/Reincarnation

Synopsis: Join us on an epic journey older than civilization itself

Dr. Pip Lipkin has lived for 12,000 years, incarnated many times as man, woman, and even as species beyond our world and senses. But he's here for a reason: to pay restitution for an ancient crime by working to save humanity from certain destruction. *Ascending Spiral* is a book that will take the reader to many different places and times, showing, ultimately, that our differences and divisions, even at their most devastating, are less important than our similarities.

Reviewers' Acclaim:

"Bob Rich powerfully evokes the wounded healer archetype in *Ascending Spiral*, taking readers on Pip's painful and insightful journey through lifetimes that serve as a shining example of how to turn misery into virtue."

--Diane Wing, author, *Coven: Scrolls of the Four Winds*

"Dr. Bob Rich's *Ascending Spiral* is a true genre-buster, incorporating elements of historical fiction, literary fiction, science fiction, and even a hint of nonfiction to create an entertaining novel with an important message."

--Magdalena Ball, *CompulsiveReader.com*

"The way of karma rings true for many people, and this book is a very well written and thoughtful explanation of its message. It is also an exciting, historically accurate series of linked stories that will hold the reader in his chair for a single sitting. Highly recommended."

--Frances Burke, author of *Endless Time*

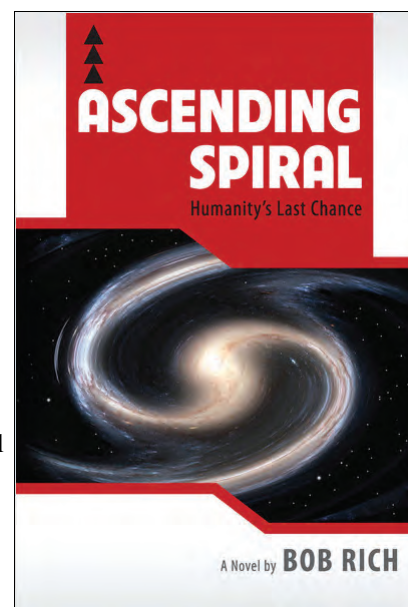
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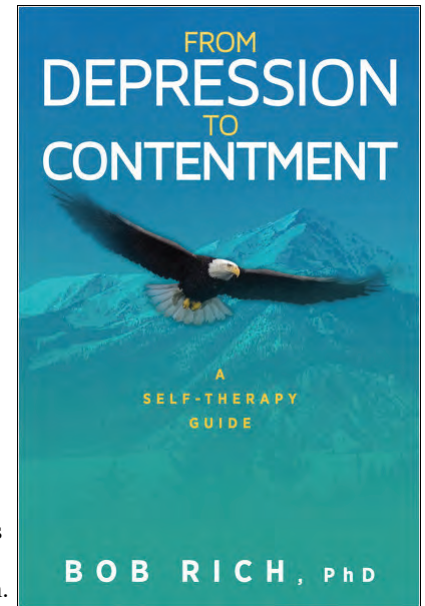
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From Depression to Contentment: A Self-Therapy Guide

Publisher: Loving Healing Press
Author: Bob Rich
ISBN-13: PB 978-1-61599-435-9 / HC 978-1-61599-436-6 / eBook 978-1-61599-437-3
List Price: PB \$ 16.95 / HC \$ 27.95 / eBook \$ 5.95
Audiobook: iTunes, Audible.com, Amazon
Trim: 6.14 x 9.21 (156 pp)
Audience: General Adult
Pub Date: 02/01/2019
BISAC: SELF-HELP/Depression
PSYCHOLOGY/Psychopathology/Depression
PSYCHOLOGY/Movements/Humanism



Synopsis:

From Depression to Contentment: A Self-Therapy Guide is a course of therapy in your pocket. You can be your own therapist, changing the way you see yourself and your world. Not only does this save lots of money, it also is 100% confidential. The book starts with first aid, provides an understanding of the nature and causes of suffering, instructs you in research-based techniques for dealing with your problems and, finally, teaches you an actual cure for depression.

- Every tool in this book is based on research, but presented in an easy to understand, easy to apply manner.
- With homework assignments, you will find your inner strengths, uncover the true source of happiness and develop great resilience.
- Learn how to put the philosophies of all great religions to practical use, even if you are an atheist.
- This program can help you start a new life - one of meaning, positivity and purpose.
- Unlike instructional books, this book is not only useful but also enjoyable.

"If you're depressed and need someone who 'gets' you, who has been there and who can walk you through the journey toward a life worth living, then *From Depression to Contentment* will be your new best friend. Bob meets you where you are and can lead you home to yourself."

-- Petrea King, CEO and founder of Quest for Life Foundation

"Combining his personal and professional experience, Dr. Rich offers a valuable self-help tool for those seeking additional insight for coping with depression. The suggested exercises are easy to follow with an explanation of what they are helping with. And he does it all with a great sense of humor woven in."

-- Chynna T. Laird, author of *Not Just Spirited: A Mom's Sensational Journey with Sensory Processing Disorder (SPD)*

"Dr. Bob Rich has created a simple and direct guide to beat back depression for good. Put forth in easy to digest bits, the approach uses small, effective steps to move past the overwhelm of depression."

-- Diane Wing, M.A., author of *The Happiness Perspective: Seeing Your Life Differently*

"The essential message of the book is that you can beat depression by improving the quality of your thinking, your behavior and your life. Overall, a wonderfully refreshing and practical self-help guide to healing from depression and living a fulfilling life."

-- Beth Burgess, psychotherapist, author of *Instant Wisdom*, *The Happy Addict*, and *The Recovery Formula*

"Depression can be turned into a positive and can actually enrich our lives if we just try. It is not easy to acquire the skills and the knowledge necessary to learn to cope well and to recover, but this book will make the effort easier. Specific interventions - like guided imagery and mindfulness meditation - are suggested and explained. All-in-all, this is a valuable manual on how to live well with depression and acquire the right skills and knowledge that will tame the depression to a point where the person will live well without being affected by symptoms."

-- Alfredo Zotti, author of *Alfredo's Journey: An Artist's Creative Life with Bipolar Disorder*

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Sleeper, Awake

Imprint: Modern History Press

Author: Bob Rich

ISBN-13: PB 978-1-61599-556-1 / HC 978-1-61599-557-8 / eBook 978-1-61599-558-5

List Price: PB \$ 21.95 / HC \$ 34.95 / eBook \$ 6.95

Trim: 6.14 x 9.21 (252 pp)

Audience: General Adult

Pub Date: 02/01/2021

BISAC: FICTION/Science Fiction/Apocalyptic & Post-Apocalyptic

FICTION/Romance/Science Fiction

FICTION/Contemporary Women



Synopsis: Retired film star Flora Fielding was diagnosed with cancer. Her solution: she had herself put into suspended animation, and invested her fortune in cancer research. She expected to return to life in five to ten years -- but is awakened into an utterly different world, 1433 years later. Population is strictly limited to one million, but there is plenty of wealth for everyone. This new world is controlled by an AI called "Artif," whose power derives from implants in the brains of the all the planet's inhabitants. Why has Flora has been awakened now and who has designs for her new existence? Her very life and the control of planet Earth may rest in the answer to that question.

"Vividly written, *Sleeper, Awake* transports you into a world beyond comprehension, yet he presents it so well, it becomes plausible. Wonderful landscapes, incredible gadgets, love and a touch of poignancy, this book has it all. Like me, if you weren't a Sci-fi fan before, you will be converted after reading this book."

--Barbara Tanner, author of *Hannah's Choice*

"As a dedicated environmentalist as far back as the 1970s, I found this book refreshing... Rich's portrayal of a new society, its inventions and innovations-all of them designed in harmony with the laws of nature-is nothing short of brilliant. This reader was captivated by the spiritual growth of the protagonists and by the wonderful devices they use in everyday living."

--Florence Byham Weingberg, author of *Unrest in Eden*

"*Sleeper, Awake* is an unusual novel, full of clever inventions and the echoes of myths and older customs. The Norse Tree is there in spirit, so are Greek Icarus and the philosophy of the Frontiersman. Rites of passage are alive and well, and teenaged girls are still-well-teenaged girls. The ending is thoroughly satisfying, with the final scene putting the whole novel into a new and amusing perspective."

--Sally Odgers, author of *Elysian Dawn*

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Coping with Physical Loss and Disability: A Manual

Publisher: Loving Healing Press

Series: New Horizons in Therapy

Author: Rick Ritter

ISBN-13: PB 978-1-932690-18-7 / eBook 978-1-61599-914-9

List Price: PB \$ 17.95 / eBook \$ 5.95

Trim: 8.5 x 11 (104 pp)

Audience: General Adult

Pub Date: 12/01/2006

BISAC: HEALTH & FITNESS/Physical Impairments
EDUCATION/Special Education/Physical Disabilities
SOCIAL SCIENCE/People with Disabilities

Synopsis: This workbook provides more than 50 questions and exercises designed to empower those with physical loss and disability to better understand and accept their ongoing processes of loss and recovery. The exercises in *Coping with Physical Loss and Disability* were distilled from twenty-five years of clinical social work experience with clients suffering from quadriplegia, paraplegia, amputation, cancer, severe burns, HIV/AIDs, and neuromuscular disorders arising from accidents, injury, and disease.

"Rick Ritter captures the depth of the emotional pain in the aftermath of physical loss and disability."

-- Rev. James W. Clifton, Ph.D., LCSW

"The examples given by the author are very relevant and will help the sufferer relate to similar situations."

-- S.V. Swamy, Holistic Healer and editor of Homeopathy For Everyone

It helped me identify feelings I was unaware of, like anger, and I put on paper how lonely I am.

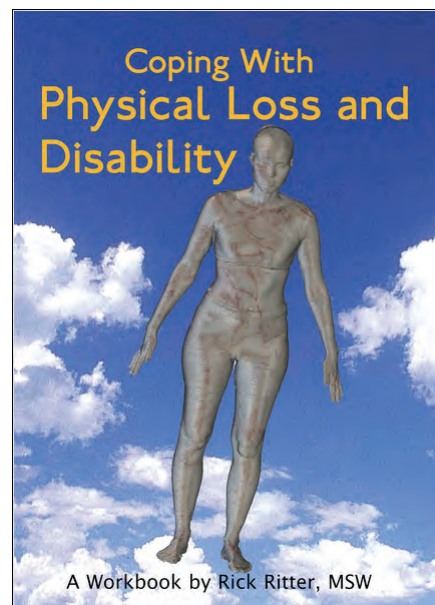
-- J.B., a reader who has used this book to change her life.

This workbook is a very good stimulus for focusing on issues crucial for better coping with loss and disability.

-- Beni R. Jakob, Ph.D, Israeli Arthritis Foundation (INBAR)

About the Author

Rick Ritter, MSW, a disabled veteran and social worker, has worked with hundreds of clients who have experienced physical loss and disability. This workbook is a distillation of the very best questions and exercises to draw the client towards re-taking control of their life. He has competed in international events for disabled athletes. Ritter was also a major contributor to *got parts? An Insider's Guide to Managing Life Successfully with Dissociative Identity Disorder*. He currently resides in Ft. Wayne, Indiana.



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Enfrentando la Discapacidad y el Deterioro Físico: Un Manual

Publisher: Loving Healing Press

Series: New Horizons in Therapy

Author: Rick Ritter

ISBN-13: PB 978-1-932690-19-4

List Price: PB \$ 17.95

Trim: 8.5 x 11 (104 pp)

Audience: General Adult

Pub Date: 12/01/2006

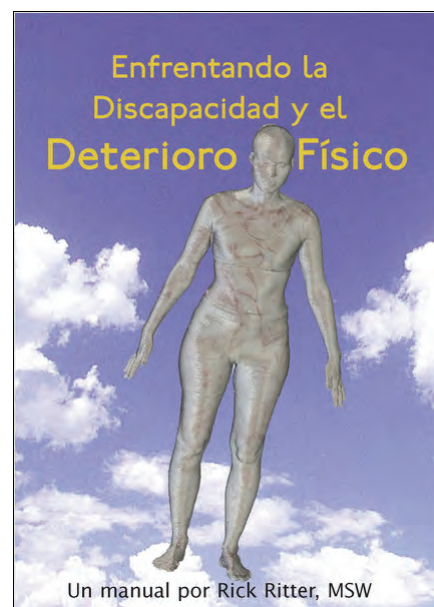
BISAC: HEALTH & FITNESS/Physical Impairments
EDUCATION/Special Education/Physical Disabilities
SOCIAL SCIENCE/People with Disabilities

Synopsis:

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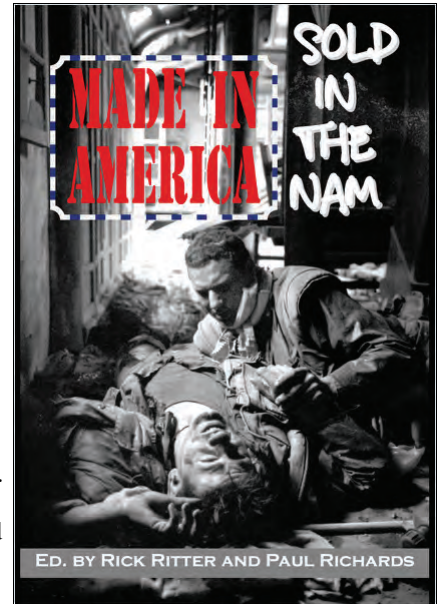
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Made in America, Sold in the Nam: A Continuing Legacy of Pain, 2nd Ed.

Imprint: Modern History Press
Series: Reflections of History
Editor: Rick Ritter and Paul Richards
ISBN-13: PB 978-1-61599-049-8 / HC 978-1-932690-24-8 / eBook 978-1-61599-916-3
List Price: PB \$ 27.95 / HC \$ 27.95 / eBook \$ 9.95
Trim: 8 x 10 (288 pp)
Audience: General Adult
Pub Date: 12/01/2006
BISAC: HISTORY/Military/Vietnam War
BIOGRAPHY & AUTOBIOGRAPHY/Military
HISTORY/Military/Vietnam War



Synopsis: Hope and Healing For All Who Have Been Touched by War

For Viet Nam Vets: an opportunity to verify their experiences against experiences of others leading to validation and perhaps even an airing of their suspicions and fears about themselves. No matter how long it has been, healing is possible.

For Families of the KIA: peace and understanding about the experiences of their loved one and if they have letters from their loved ones, perhaps a way to fill in what could never be spoken.

For Adult Children and Spouses of Vets: empathy for their war experience, in spite of whether or not there has been communication about how it really went down.

For Vets of Recent Conflicts: a shortcut to understanding the overall experience of war and how one copes with its indelible marks.

Discover the commonality of those who have endured their time as warriors.

For Society and Generations to come:

- Learn what really happens during a modern military conflict.
- A plea for wisdom in how we deal with other peoples on Earth.
- A chance to break the cycle of doing the same things and hoping for magically different outcomes.

"That there is conflict and confusion over how we are to view the Viet Nam War and how we are to feel about those who sacrificed for this effort, makes this book all the more important. These pieces give the average person insight into what really happened to those that served and what they thought that they were trying to accomplish. There is some personal truth, buried emotion, and a few heroes in their own right."

--Tami Brady, TCM Reviews

Book #2 in the Reflections of History series from Modern History Press www.ModernHistoryPress.com

Author page www.RickRitter.com

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Taming Marital Arguments: Breaking Out of the T.R.A.P.

Publisher: Loving Healing Press

Author: Robert Rugel

ISBN-13: PB 978-1-61599-019-1 / HC 978-1-61599-020-7 / eBook 978-1-61599-890-6

List Price: PB \$ 18.95 / HC \$ / eBook \$ 6.95

Trim: 6.14 x 9.21 (176 pp)

Audience: General Adult

Pub Date: 09/01/2010

BISAC: FAMILY & RELATIONSHIPS/Marriage

PSYCHOLOGY/Psychotherapy/Couples & Family

PSYCHOLOGY/Psychotherapy/Counseling

Synopsis: What happened since the honeymoon?

- Are you mad at your partner all the time?
- Do you feel like your partner is selfish?
- Do innocent conversations suddenly escalate into arguments?
- Does your partner misinterpret what you say?
- Do you feel emotionally distant from your partner?

If you answered YES to any of the above questions, this book was written for you!



For more than 40 years, Dr. Rugel has observed how quickly spouses feel disregarded in marriage and respond in a manner that upsets the partner. Their tranquil interactions then spiral into an unpleasant argument or into emotional distancing. Based on concepts from family systems theory, Dr. Rugel guides the reader through the process of recognizing and avoiding these destructive patterns, thus helping to bring the relationship back to harmony. In this book you will:

- Learn why spouses get stuck in repetitive, useless arguments.
- Explore why your partner might perceive you as the enemy.
- Discover the behaviors that commonly threaten our partners.
- Determine what you need to work on to improve your marriage.
- Conquer your own defensive/self-protective tendencies.
- Recover the friend and lover your partner used to be.

Therapists' Praise for Taming Marital Arguments

"Dr. Rugel offers a thoughtful and practical approach to acknowledging, assessing, interrupting, and redirecting destructive patterns of marital communication while honoring the dignity of the individual by respecting past life experiences which influence each partner's underlying beliefs, assumptions, and thought processes."

--Holli Kenley M.A. MFT, author, *Breaking Through Betrayal: And Recovering The Peace Within*

Get Your Ticket Back To Marital Bliss! Learn more at www.BobRugel.com

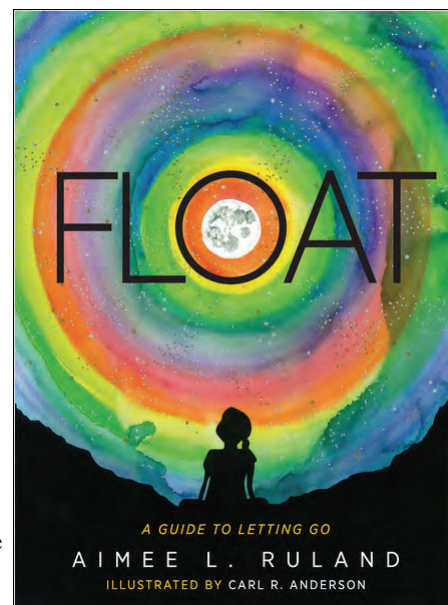
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Float: A Guide to Letting Go

Publisher: Loving Healing Press
Author: Aimee L. Ruland
Illustrator: Carl R. Anderson
ISBN-13: PB 978-1-61599-459-5 / HC 978-1-61599-460-1 / eBook 978-1-61599-461-8
List Price: PB \$ 15.95 / HC \$ 26.95 / eBook \$ 4.95
Audiobook: iTunes, Audible.com, Amazon
Trim: 8 x 10.88 (38 pp)
Audience: 4-7 years
Pub Date: 07/01/2019
BISAC: JUVENILE NONFICTION/Health & Daily Living/Mindfulness & Meditation
JUVENILE NONFICTION/Bedtime & Dreams
JUVENILE NONFICTION/Social Issues/Emotions & Feelings



Synopsis: *Float: A Guide to Letting Go* seeks to encourage children to process their emotions gently and in a way that allows them purposeful ownership of what they think and how they feel. It will aid them in identifying the root of their feelings, help them to examine their reactions to emotions and decide for themselves what they may be ready to release. The thoughtful use of color and symbols, and the guided practice of breathwork, encourages readers to maintain a broad focus as they become more grounded and aware. The playful rhyme dances with readers as they grow on their journey to the present, where they are beautifully set free.

Readers will enjoy:

- Learning how to identify and examine emotions
- Understanding how to release unwanted thoughts and feelings
- Permission to acknowledge, accept, feel and heal in a unique way

“Aimee Ruland’s book, *Float*, is a masterpiece of creativity where the intangible becomes relatable, fun and beautifully depicted. Teaching children mindfulness, kindness and intention regarding their feelings might just be the most important lesson we can teach them. This book belongs on the shelf of every child—or anyone who has ever been a child.”

--Stephanie Wharton, M.Ed., INHC

“What a beautiful message for children of all ages! A brilliant example of emotions and feelings that may be difficult for children to define with words. *Float* is the perfect story to help a child’s mind and body unwind at the end of the day. I found myself thinking about the message long after reading the story.”

--Tanya Swanson, kindergarten teacher

“Beautiful, soothing words to comfort children and guide them in using imagery to help deal with the weight of daily emotions.”

--Susan E. Slater, children’s librarian

“*Float* does a great job blending imagery to relate to feelings of young children. The colors of the balloons are neatly tied into each feeling discussed in the book. The strategies are appropriate, simple and thought provoking. A great read!”

--Matthew Menard, M.S., M.Ed., LPC

“Aimee Ruland is the Dr. Seuss of children’s therapy books. My seven-year-old loves the book, and so do I.

--Jeffrey Barkstrom, LAC

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Up Bow, Down Bow: A Child with Down Syndrome and His Journey to Master the Cello

Imprint: Modern History Press

Author: Nancy M. Schwartz and April E. Beard

ISBN-13: PB 978-1-61599-703-9 / HC 978-1-61599-704-6 / eBook 978-1-61599-705-3

List Price: PB \$ 23.95 / HC \$ 34.95 / eBook \$ 6.95

Trim: 6.14 x 9.21 (132 pp)

Audience: General Adult

Pub Date: 12/01/2022

BISAC: EDUCATION/Special Education/Mental Disabilities
MUSIC/Instruction & Study/Techniques
MEDICAL/Genetics

Synopsis: When 4th grader Alex Schwartz first met his cello, his eyes lit up with wonder and a smile appeared on his face as bright as the potential his new cello teacher saw within him. The cello positively impacted all aspects of his development including focus, fine motor and gross motor skills.

Through the transformative power of music, Alex's voice sings through his cello in songs of joy, determination and strength. *Up Bow, Down Bow* shares the beauty of his ongoing musical journey and tells of the vital teamwork between a young music teacher with an endless belief in the abilities of her students, and a mother with ceaseless love, support and hope for her son who has Down syndrome, epilepsy and hypotonia.



"Children with varying abilities have much to offer us all. This book speaks to how parents, families and communities can support children with diverse capabilities and the joy we can receive in return" --Barbara Bowman, Irving B. Harris Professor, Erikson Institute

"This is a tale of the triumph of the human spirit: the triumph managed through a parent's love and persistence, a teacher's dedication, a young boy's desire to learn and music's power to transform." --Russ Walsh, Rider University, author of *A Parent's Guide to Public Education in the 21st Century*

"This collaboration offers a promising and powerful blueprint for educators, parents and caregivers everywhere to collaborate, teach and love all children within the space of strength-based perspectives." -Kass Minor, Co-Founding Educator and Executive Director, The Minor Collective

"This beautiful book shows the inner beauty of a whole community, focused on the inner beauty of Alex, a little boy with Down syndrome. It is the joint account of a loving mother and a talented, loving music teacher in helping Alex to grow through learning to play the cello. At twelve years of age, Alex is unable to do many of the things we take for granted, including speech, and yet... Read, and be inspired." --Bob Rich, PhD, professional grandfather and author of *From Depression to Contentment*

"This book, co-authored by the kind of teacher or parent that every child deserves, captures the magical powers of music to meet learners where they are. It is a loving thank you note to every teacher whose lessons have built our competence and confidence. While it is the continuing and triumphant story of one child's journey towards independence, *Up Bow, Down Bow* is also a universal guide to how to live a good life-working together as a team and looking beyond obstacles to embrace new challenges." -- Betty Litsinger, Director of Multilingual Writing, Bryn Mawr College

"*Up Bow, Down Bow: A Child with Down Syndrome and His Journey to Master the Cello* by Nancy M. Schwartz and April E. Beard is a multivocal learning narrative that weaves the rhythms of a mother's vision and persistence, a teacher's skill and dedication, a young boy's vitality and commitment to learning with the power of relational music instruction. In this book, the cello is a portal--to an illuminating vision of how families, educators, and communities can optimally support children with diverse capabilities in ways that generate reciprocal learning and transformation." --Sharon M. Ravitch, Ph.D., University of Pennsylvania Graduate School of Education

Learn more at www.UpNotDownBook.com

From Modern History Press

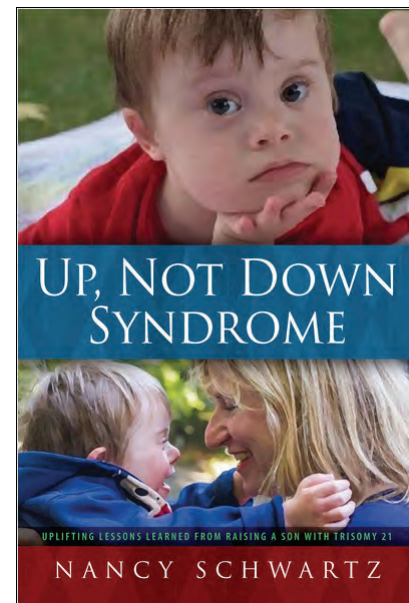
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Up, Not Down Syndrome: Uplifting Lessons Learned From Raising a Son With Trisomy 21

Imprint: Modern History Press
Author: Nancy M. Schwartz
ISBN-13: PB 978-1-61599-462-5 / HC 978-1-61599-463-2 / eBook 978-1-61599-464-9
List Price: PB \$ 21.95 / HC \$ 32.95 / eBook \$ 6.95
Audiobook: iTunes, Audible.com, Amazon
Trim: 6.14 x 9.21 (122 pp)
Audience: General Adult
Pub Date: 04/01/2019
BISAC: FAMILY & RELATIONSHIPS/Children with Special Needs
EDUCATION/Special Education/Mental Disabilities
BIOGRAPHY & AUTOBIOGRAPHY/Personal Memoirs



Synopsis: *Up, Not Down Syndrome* is a love letter and a map. Experience how it feels to think your life is over after having an unlovable baby. At first the loss seems impossible to overcome. Alex becomes the author's greatest teacher. Love is stronger than fear. Everyone has gifts. The book consists of three parts: the story, the lessons Alex taught the writer and Alex's perspective. *Up, Not Down Syndrome* is a promise to stay positive, no matter what: up, not down. Nancy's journey gets to the core of what it is to be human:

- Explore what it feels like to think life, as you know it, is over.
- Discover the fierce love, joy and peace a baby diagnosed with Trisomy 21 (Down syndrome) brings.
- Learn the lessons this child taught his mom.
- Understand the gift this baby brings to our world.
- Realize the depth of the love this family has for the child.

"A beautiful, honest account of not just accepting--but embracing--the unknown. Nancy shows us the blessing of an unexpected gift and the enormity of love." --Sara Byala, Ph.D. "This is a wonderful book to remind you that the joy of love is possible in unexpected places when you open your heart to it." --Barbara Taylor Bowman, Irving B. Harris Professor of Child Development "A moving and wise story of how a family navigates through hope, loss, learning and, most of all, love." --Rabbi David Wolpe, author of *David: The Divided Heart* "The truth and beauty of Nancy Schwartz's words tell an ongoing story of love, learning and the power of acceptance. All can learn from this family's boundless hope and from their source of joy and strength: Alex." --April Beard, Music Educator and Cellist

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Swati's Marriage and Other Tales of India

Imprint: Modern History Press
Author: Ankita Sharma
ISBN-13: PB 978-1-61599-287-4 / eBook 978-1-61599-288-1
List Price: PB \$ 8.95 / eBook \$ 2.99
Trim: 6.14 x 9.21 (46 pp)
Audience: General Adult
Pub Date: 02/01/2016
BISAC: FICTION/Short Stories (single author)
FICTION/Contemporary Women

Synopsis: In India, the life of women has never been easy by any stretch of the imagination. *Swati's Marriage and Other Tales of India* brings their eternal struggles to a new audience by engaging the subject head-on through the eyes of young women in the 21st century. Western audiences may have assumed that such considerations as dowries, arranged marriage, and abuse of spouses, servants, and the elderly would be tempered in the age of social media.

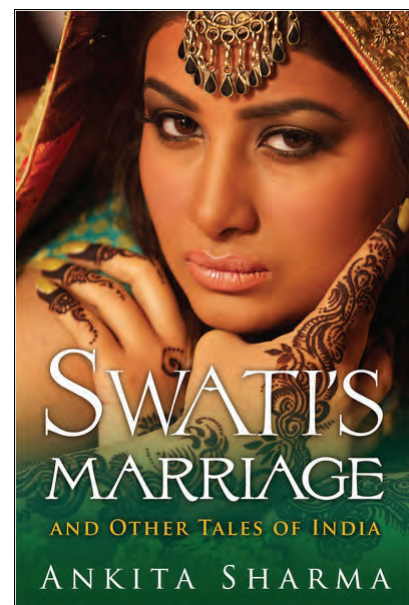
Instead, Ankita Sharma's characters confront these issues as they persevere in their quest for love, independence, and fulfillment in the face of centuries of social mores, traditions, and institutionalized repression. Sometimes, all they can do is put on a smile for their armor and retreat to fight another day, their only comfort being hope that their children will have it better than they did.

Here is the human condition expressed on every page--the desperate longing for meaning, for acceptance, for love and understanding that we all seek, that we all despair we may not find, that brings us together into a shared experience at the very same moment that it separates us.

"Fans of Masterpiece's *Indian Summer* and the stories of Ruskin Bond will welcome this female perspective on modern-day Indian life. These short stories are full of epiphanies and restrictions that remind one of James Joyce and Katherine Mansfield's work and show how little the human experience changes, despite cultural differences." -- Tyler R. Tichelaar, Ph.D. and award-winning author of *Narrow Lives* and *The Best Place*

From the World Voices Series

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Mindfulness and The Art of Choice: Transform Your Life, 2nd Ed.

Publisher: Loving Healing Press
Author: Karen H. Sherman
ISBN-13: PB 978-1-61599-032-0 / eBook 978-1-61599-945-3
List Price: PB \$ 16.95 / eBook \$ 5.95
Audiobook: iTunes, Audible.com, Amazon
Trim: 6 x 9 (140 pp)
Audience: General Adult
Pub Date: 03/01/2010
BISAC: SELF-HELP/Personal Growth/Happiness
PSYCHOLOGY/Interpersonal Relations
SELF-HELP/Emotions

Synopsis: Do You Have the Life You Want?

Each person is entitled to have "the good life." Most don't experience this because of getting caught up in reacting, continually recycling old patterns that keep you stuck and emotionally frozen. By practicing the simple tools in *Mindfulness and the Art of Choice*, you'll learn how to live mindfully and create the great life you want.

The Art of Choice Will Make a Difference

- Understand why you have not been able to achieve the life you desire
- Become aware of the signals that indicate you are responding in an old "knee-jerk" reactive patterns
- Notice and turn off old negative thought patterns
- Learn ways to heal old leftover emotional wounds
- Deal with specific everyday issues that get in the way of a satisfying, joyous life

What the Experts Say About Dr. Sherman's book:

"If you're carrying any hurt from your past, Dr. Sherman's book will give you the power you need to banish that hurt forever."

--Robert Epstein, Ph.D., Host of "Psyched!" on Sirius Radio; former Editor-in-Chief, Psychology Today

"Karen Sherman presents to the reader simple, yet profound ways to help people get unstuck from many of life's daily issues."

--Stephan Rechtschaffen, M.D., cofounder of OMEGA. Author of *Timeshifting: Creating More Time to Enjoy Your Life* and coauthor of *Vitality and Wellness*

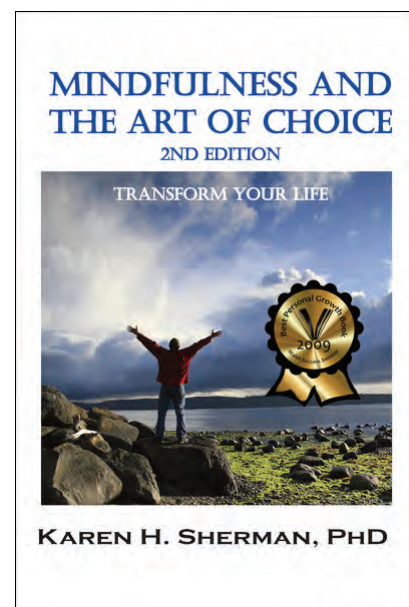
"This is a most important book that goes beyond self-help and good advice. It brings an awakening to the heart--a true connection to, and trust, in self."

--Dr. Annette Colby, author of *Your Highest Potential*

Learn more at www.ChoiceRelationships.com

Foreword by Scott Haltzman, M.D.

From the *New Horizons in Therapy* Series Series Editor, Robert Rich, PhD



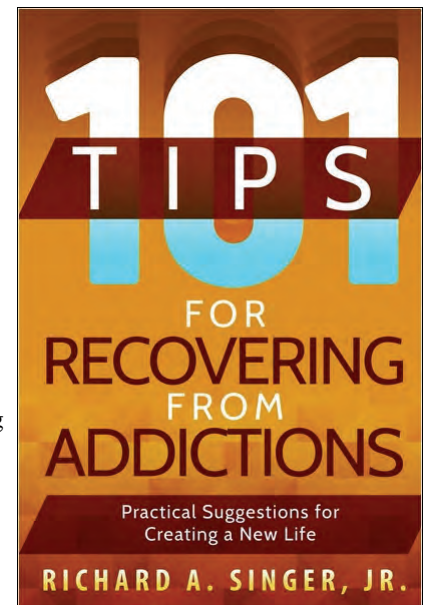
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101 Tips for Recovering from Addictions: Practical Suggestions for Creating a New Life

Publisher: Loving Healing Press
Author: Richard A. Singer, Jr.
ISBN-13: PB 978-1-61599-328-4 / HC 978-1-61599-431-1 / eBook 978-1-61599-329-1
List Price: PB \$ 9.95 / HC \$ 21.95 / eBook \$ 2.99
Audiobook: iTunes, Audible.com, Amazon
Trim: 6.14 x 9.21 (46 pp)
Audience: General Adult
Pub Date: 09/01/2017
BISAC: SELF-HELP/Substance Abuse & Addictions/General
PSYCHOLOGY/Psychopathology/Addiction
SELF-HELP/Adult Children of Substance Abusers



Synopsis: *101 Tips for Recovering from Addictions* can help transform the life of any recovering addict from bleak to bright. These practical suggestions give hope, from seeing the light at the end of the tunnel, to realizing this light holds a promising future to reclaim. Readers will learn:

- How to keep hope and seek help, even in the darkest of days
- How to deal with the major monster of denial
- How to plan to become consistently productive
- How to take care of your brain and body so that you're happier and healthier
- How to routinely remember to never give up
- How to push through and know that recovery can be realized
- And much, much more

"*101 Tips for Recovering from Addictions* is a great resource, giving a simple, fun and easily digestible format to a treasure trove of accumulated wisdom from the Winners who have overcome addictions to have a happy and healthy life."

--Sarah Graham, addiction expert and member of UK Advisory Council on the Misuse of Drugs (ACMD)

"*101 Tips For Recovering from Addiction* is a must read and a wonderful tool for anyone dealing with addictive behaviors and life's many waves. Rick Singer is writing from the heart and provides us with so many helpful strategies and coping skills! This book is a fantastic one to have in your hands!"

--Erica Spiegelman, Addiction Specialist, speaker and author of *Rewired: A Bold New Approach to Addiction and Recovery*

"Having worked with people struggling with addictions for many years, I recognized many of the tools I regularly use among Rick Singer's *101 Tips for Recovering from Addictions* -- I know they work. Therefore, I can confidently recommend this little book as inspiration, and as a guide."

--Bob Rich, Ph.D. author of several self-help and inspirational books

"*101 Tips for Recovering from Addictions* is a thoughtful, inspirational, must have for anyone in the addiction field or going through addiction themselves. Singer's own story is passionate, loving and realistic."

--Mari Sweeting, Recovery Coach, Substance Abuse Counselor and DUI Instructor, Sonoma County, California

"*101 Tips for Recovering from Addictions* provides a safe space, a space to learn tools that will encourage personal strength as you explore within and work to overcome your addiction. With this book and personal dedication you can move towards freedom."

--Robin Marvel, author of *Framing a Family: Building a Foundation to Raise Confident Children*

Learn more at www.RickSingerBooks.com

Self-Help: Substance Abuse & Addictions - General

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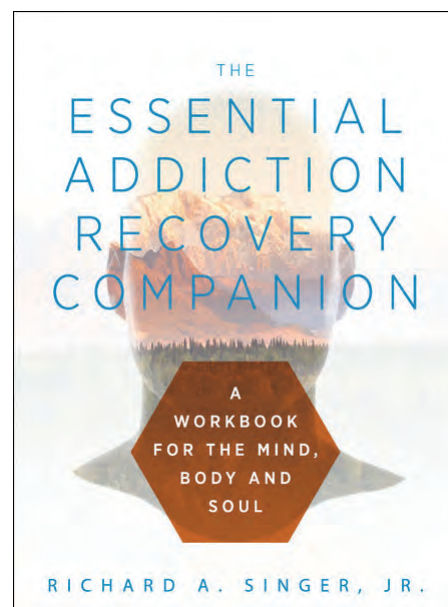
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The Essential Addiction Recovery Companion: A Guidebook for the Mind, Body, and Soul

Publisher: Loving Healing Press
Author: Richard A. Singer, Jr.
ISBN-13: PB 978-1-61599-402-1 / HC 978-1-61599-432-8 / eBook 978-1-61599-403-8
List Price: PB \$ 18.95 / HC \$ 18.95 / eBook \$ 4.95
Audiobook: iTunes, Audible.com, Amazon
Trim: 8 x 10.88 (124 pp)
Audience: General Adult
Pub Date: 11/01/2018
BISAC: SELF-HELP/Substance Abuse & Addictions/Drug Dependence
PSYCHOLOGY/Psychopathology/Addiction
SELF-HELP/Compulsive Behavior/Sex & Pornography Addiction

Synopsis: *The Essential Addiction Recovery Companion* builds on Richard Singer's most recently acclaimed book, *101 Tips for Recovery from Addictions*. The companion is a thorough and innovative guide that offers practical applications paired with in depth questions to help the reader discover a new life away from the hell of addiction. The book is holistic in its approach, covering the psychological, physical and spiritual aspects of recovery. The writing is simple and empathic, which makes it feel as if readers have a therapist right by their side as they dive into the depths of their being and prepare to transform their lives.



The Essential Addiction Recovery Companion will help the reader:

- Discover the hidden potential that has been clouded by addiction
- Create an unimaginable life filled with infinite possibilities
- Build stronger intimate relationships with family and friends
- Learn to live a life filled with mindfulness and get the most out of each unique moment
- Learn how to conquer the devious denial system that keeps addiction alive
- Access the genuine peace and joy that exists within one's being

The Essential Addiction Recovery Companion is perfect for addiction professionals, recovering individuals, family members and anyone interested in truly living life free from any addiction.

Richard Singer's insightful book will help those learning how to proceed through addiction recovery. If you enjoy processing your thoughts as you tackle areas such as: "How to ask for help," "When to join a group," "Checking cravings" and "Relapsing," then this workbook is for you!

-- Barbara Sinor, Ph.D., author, *Tales of Addiction and Inspirational Musings*

Richard Singer is writing from the heart and provides us with so many helpful strategies and coping skills. This book is a fantastic one to have in your hands.

-- Erica Spiegelman, best selling author of *Rewired: A Bold New Approach to Addiction and Recovery*

... A thoughtful, inspirational, must have for anyone in the addiction field or going through addiction themselves.

-- Mari Sweeting, Recovery Coach and DUI Instructor, Sonoma County, California

This book is full of great ideas for recovery! But, most of all, the book offers comfort.

-- AddictionBlog.org

About the Author

Richard Singer personally and professionally knows the destruction that addiction can cause in a human being's life. Mr. Singer has treated thousands of patients suffering from all forms of addiction and has been involved in recovery for over 20 years. He has written several books focused on helping people escape suffering in life, and embrace the peace and joy that is available within all of us. Richard's books have been featured and reviewed by many major publications and review outlets, including *Library Journal* and *Publishers Weekly*.

Learn more at www.RickSinger.org

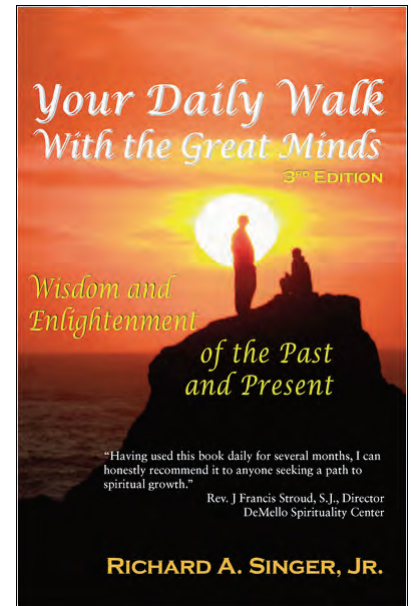
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Your Daily Walk with The Great Minds: Wisdom and Enlightenment of the Past and Present, 3rd Ed.

Publisher: Loving Healing Press
Series: Spiritual Dimensions
Author: Richard A. Singer, Jr.
Foreword: David J. Powell
ISBN-13: PB 978-1-61599-114-3 / HC 978-1-61599-077-1 / eBook 978-1-615999-73-6
List Price: PB \$ 19.95 / HC \$ 32.95 / eBook \$ 6.95
Trim: 5.5 x 8.5 (252 pp)
Audience: General Adult
Pub Date: 12/01/2011
BISAC: SELF-HELP/Meditations
BODY, MIND & SPIRIT/Meditation
BODY, MIND & SPIRIT/Inspiration & Personal Growth



Synopsis: Do you desire to change the world? It all starts with you so let's begin your transformation today!

Your Daily Walk with the Great Minds is a daily journey based on psychological and spiritual principles that have been scientifically confirmed and shown to help create lasting change and personal growth. When each human being changes and grows it directly affects humanity. If each individual being is committed to change and self actualization the Universe will directly feel this peace and universal transformation will occur. There is no better time than Now to take part in Universal peace and enlightenment. Have you ever wondered?

- What your purpose and meaning in life is?
- How to combat anxiety and depression in your daily life?
- How to begin pursuing your dreams and taking action to achieve them?
- How to maintain peace of mind in a world of conflict and strife?
- How to transcend the monotony of daily life and truly embrace what life has to offer you?

I invite you to find the answers to these and other questions through meditations and journaling exercises on *Your Daily Walk with the Great Minds: Wisdom and Enlightenment of the Past and Present, 3rd Edition*

About the Author

Richard Singer is first of all a real human being who is quite faulty and still struggles with life on a daily basis, however on a worldly basis he is an award winning author, trained psychotherapist, Asst. Professor of Human and Social Science, and most importantly a seeker of truth. He continuously searches for wisdom to use in his life, as well as helping other human beings in their precious journey. He has studied Eastern Psychology, Buddhist Healing, and Non-Violence at the Doctoral Level; in addition, he has spent years devoted to the study of wisdom recorded throughout history. He seeks to impart this knowledge to the world through his writing. For more information please visit www.EmbracingthePresent.com

"Having used this book daily for several months, I can honestly recommend it to anyone seeking a path to spiritual growth."
--Rev. J Francis Stroud, S.J., Director DeMello Spirituality Center

"I have spent my life studying lots and lots of self-development books and I can say emphatically that *Your Daily Walk with the Great Minds* ranks in the top ten. I whole heartedly recommend this book to any seeker of self-development." --C. Kumarbabu, MD, former chair of Psychiatry, Govt. Stanley Hospital, India

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Finding Destiny

Imprint: Marvelous Spirit Press

Author: Barbara Sinor

ISBN-13: PB 978-1-61599-299-7 / HC 978-1-61599-300-0 / eBook 978-1-61599-301-7

List Price: PB \$ 21.95 / HC \$ 33.95 / eBook \$ 6.95

Trim: 5.5 x 8.5 (250 pp)

Audience: General Adult

Pub Date: 09/01/2016

BISAC: FICTION/Visionary & Metaphysical
FICTION/Contemporary Women

Synopsis: Luana, a retired psychotherapist in southern California, discovers a novel about a girl living in England in the 1970s who has been raped. As Luana devours the book, she and the young woman each share their search for the innermost harbor of women's life choices. Even though they live in separate countries and bridge many decades in time, their individual exploration of metaphysics, spirituality, and women's rights culminates in a mysterious friendship.

"*Finding Destiny* invites us to find inspiration and to remember the interconnectedness of all things. One question asks the reader, 'When we fall in love, where does the love come from?' This in itself is a great starting point for a reading group; I would love to discuss this question with the author straight away. *Finding Destiny* addresses the reader's self-awareness, and Sinor nudges us gently to continue our journey of finding our own personal destiny. Reading the book felt like watching a movie; nail-biting moments, tears, and goosebumps--all the ingredients a good Hollywood movie needs!"
--Barbara Patterson, Soul Matters Radio, Germany

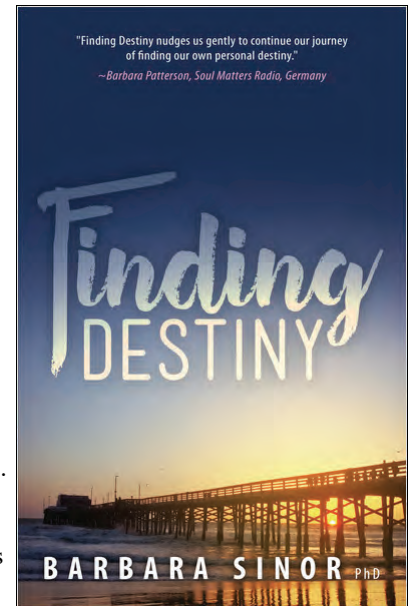
"*Finding Destiny* is an engaging book, exploring connections of people separated by time and space. As a woman who has experienced unplanned pregnancy, I was especially appreciative of the exploration of this theme."
--Juanita Emery, M.A., Health Practitioner

"*Finding Destiny* is the story of two women whose challenges and triumphs mirror each other in many ways. It is also about transformation and how to achieve it. Through this fictional story, Sinor offers an introduction to metaphysical principles that become the foundation for both women's strength and power."
--Reverend Margaret Flick, Unity Minister

"*Finding Destiny* goes beneath the skin, down to the internal turmoil and sacrifices of two women a half century and oceans apart as they, with their best conscience, make life-changing decisions."
--Mary Catherine O'Heart, RN

Learn more at www.DrSinor.com

Visionary Fiction from Marvelous Spirit Press www.MarvelousSpirit.com



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Gifts From The Child Within: A Recovery Workbook, 2nd Ed.

Publisher: Loving Healing Press

Author: Barbara Sinor

Foreword: Lavona Stillman

ISBN-13: PB 978-1-932690-46-0 / eBook 978-1-61599-980-4

List Price: PB \$ 20.95 / eBook \$ 6.95

Trim: 6.14 x 9.21 (252 pp)

Audience: General Adult

Pub Date: 01/01/2008

BISAC: PSYCHOLOGY/Psychotherapy/Counseling

SELF-HELP/Self-Hypnosis

BODY, MIND & SPIRIT/Healing/General

Synopsis: *Gifts From the Child Within* brings a refreshing approach to guiding its reader to understanding the initial or underlying basis to their emotional suffering due to past childhood trauma. This recovery book is geared toward both professional and layperson. Its pages are filled with offerings from psychological, physiological, and spiritual perspectives which takes the reader on a journey into the soul. It is written with sensitivity and clarity inviting the reader to search within for healing.

As the author shares her own journey of childhood abuse, the reader is asked to address issues surrounding physical, mental, spiritual, and sexual abuse. Instructions are captured to guide one toward reaching for their own child within; releasing negative emotions; re-creating outdated childhood beliefs; and, to recognize the gifts the inner child has for us.

The process of **Re-Creation Therapy(tm)** is introduced by the author allowing the reader who follows its guidance to reap the effects of gradual changes in self-awareness which lead to a greater understanding of the psychodynamics the child within plays in the adult life. Included are a series of healing visualizations and autohypnosis suggestions; blank journal pages; and sample affirmations following each chapter.

What Experts Say About *Gifts From The Child Within*

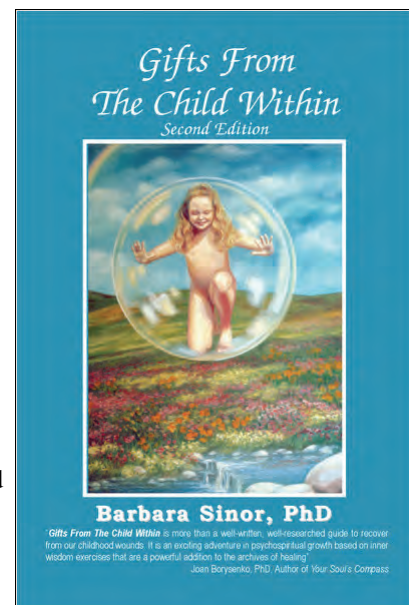
"This is indeed a valuable self-help book and a tool for the Counselor, Hypnotherapist, Minister, Psychotherapist, or Clinician. I assure you, the world will look much brighter after you read this book." --Lavona Stillman, PhD, CC, HT

"Barbara Sinor has written a book that will help the violated and traumatized child within to heal. *Gifts From The Child Within* helps guide survivors with repressed memories of trauma, as well as those with current memories of incest, through the healing process." Marilyn Van Derbur, Miss America 1958, Founder: Survivor's United Network

"Barbara Sinor has bridged the gap for clients and therapists alike between the mere discovery of the inner child and the building of a true relationship with this most important being within. *Gifts From The Child Within* is an important and highly readable work." Rick Boyes, M. Coun, CHT, Author *A Body To Die For*

"*Gifts From The Child Within* is a wonderful book that takes the reader on a journey into the soul. Flowing and readable, this book is filled with stories, myths, information, and revelation." Marilyn Gordon, CHT, Author, *Healing is Remembering Who You Are*

For more information: see www.DrSinor.com



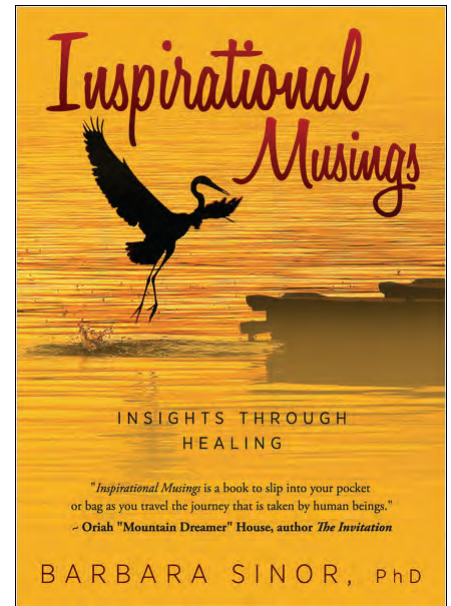
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Fax: +1 734 663 6861

Inspirational Musings: Insights through Healing

Publisher: Loving Healing Press
Author: Barbara Sinor
ISBN-13: PB 978-1-61599-405-2 / HC 978-1-61599-406-9 / eBook 978-1-61599-407-6
List Price: PB \$ 13.95 / HC \$ 24.95 / eBook \$ 3.99
Audiobook: iTunes, Audible.com, Amazon
Trim: 5 x 7 (102 pp)
Audience: General Adult
Pub Date: 09/01/2018
BISAC: BODY, MIND & SPIRIT/Healing/General
SELF-HELP/Spiritual
LITERARY COLLECTIONS/Diaries & Journals



Synopsis: "...a profound, deep awakening and inspiration..."

On our life's journey there are major turning points. Falling, fracturing her hip, and then having surgery were experiences that forced Barbara Sinor to travel an unknown path. These experiences took her beyond her normal life to exploring emotions and thoughts in foreign regions. While Barbara was confined to a rehabilitation facility to recover, her inner journey took her through territories of fear, doubt, pain, guilt, and down other emotional paths. Regardless of your personal struggle, the lessons in *Inspirational Musings* offer courage and insights to awaken and transform.

"Drawing on words from many teachers and adding her own honest stories and reflection during a time of convalescence, Barbara offers us a small book to dip into when we want to go deeper, when we need to find healing for this moment. *Inspirational Musings* is a book to slip into your pocket or bag as you travel the journey that is taken by human beings."

--Oriah "Mountain Dreamer" House, author, *The Invitation*

"Sinor's poetic musings around topics such as Compassion, Suffering, Beauty, Joy, Awakening, and Faith not only inspire us, but awaken our souls to discover meaning and purpose both during and after our pain."

--Holli Kenley, M.A., MFT, author, *Daughters Betrayed By Their Mothers*

"Reading this booklet of insights reached up and grabbed me within the first few pages. I experienced a profound, deep awakening and inspiration of some buried feelings I didn't know existed within my being."

--Reverend Peggy Tennent, Astara

Learn more at www.DrSinor.com

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Tales of Addiction and Inspiration for Recovery: Twenty True Stories from the Soul

Imprint: Modern History Press

Author: Barbara Sinor

Foreword: Cardwell C. Nuckols

ISBN-13: PB 978-1-61599-037-5 / HC 978-1-61599-038-2 / eBook 978-1-61599-899-9

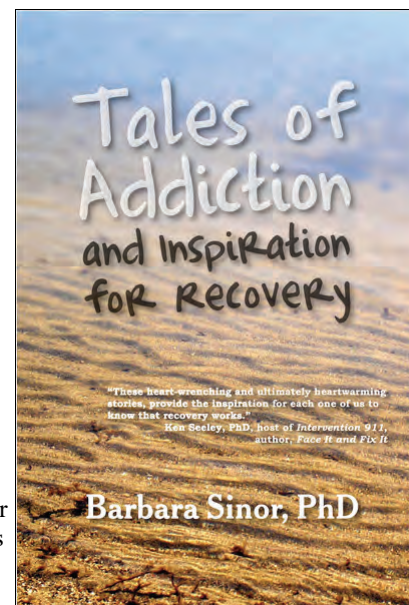
List Price: PB \$ 19.95 / HC \$ 32.95 / eBook \$ 6.95

Trim: 6.14 x 9.21 (214 pp)

Audience: General Adult

Pub Date: 07/01/2010

BISAC: PSYCHOLOGY/Psychopathology/Addiction
SELF-HELP/Substance Abuse & Addictions/Drug Dependence
SELF-HELP/Adult Children of Substance Abusers



Synopsis: Whether addicted or not, we all have stories to tell

The stories of tragedy and redemption found within *Tales of Addiction* are not about the well known celebrities you find in the usual tabloids. Rather, these stories are true-grit tales told by people you will never meet but whose words will haunt you for months, years maybe. The author collected the stories for over two years through a "call for stories" she put in journals, workshops and lectures. Interwoven throughout, Barbara and her son share their own story of pain and struggle. In this book, you'll learn:

- How an addict's life begins
- Understand the difficulties in taking initial steps to uncover denial
- Intimate details of how many stay straight and sober
- Gain a new perspective about our national addiction population
- Learn why that Something More means so much to so many
- What happens when the addict or alcoholic loses their battle
- How you can help

Praise for *Tales of Addiction*

"This inspiring and penetrating new book by Dr. Barbara Sinor shows us how we gather the courage and the force of will to make a transformational change."

--Mark Thurston, PhD, author *Willing to Change: The Journey of Personal Transformation*

"Like a tapestry, this book works by holding the reader's interest with unique tales smoothly interwoven with both a spiritual and intellectual thought process."

--Bill Ford, *Addiction Recovery Blog*

"Filled with stories of heroic struggle, victory and defeat, it is both illuminating and inspiring. The book is intensely personal yet sadly universal, the stories recounted are for anyone touched by the trials of addiction."

--Rev. Steve Doolittle, Astara, author *From the Heart: Five Minute Inspirations*

"These heart-wrenching and ultimately heartwarming stories, provide the inspiration for each one of us to know that recovery works."

--Ken Seeley, PhD, host of *Intervention 911*, author, *Face It and Fix It*

About the Author

Barbara Sinor, Ph.D. is a Psychospiritual Therapist dealing with childhood abuse/incest, PTSD, addiction recovery, and adult children of alcoholics. Dr. Sinor uses integral holistic methods encompassing forms of hypnotherapy, regression therapy, Jungian dreamwork, and other transpersonal techniques. Dr. Sinor holds a Doctorate in Psychology, a Master of Arts from John F. Kennedy University, and her Bachelor of Arts degree is from Pitzer College of the Claremont Colleges.

Learn more at www.DrSinor.com

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The Pact: Messages From the Other Side

Imprint: Marvelous Spirit Press
Author: Barbara Sinor
ISBN-13: PB 978-1-61599-214-0 / HC 978-1-61599-215-7 / eBook 978-1-61599-213-3
List Price: PB \$ 19.95 / HC \$ 32.95 / eBook \$ 6.95
Trim: 6.14 x 9.21 (200 pp)
Audience: General Adult
Pub Date: 04/01/2014
BISAC: BODY, MIND & SPIRIT/Reincarnation
BIOGRAPHY & AUTOBIOGRAPHY/Personal Memoirs
SELF-HELP/Adult Children of Substance Abusers

Synopsis: *The Pact: Messages from the Other Side* takes the reader on an adventure through time while weaving tales of love and determination. A vow between the author and her husband finds us tracing the steps of present and past lifetimes devoted to uncovering the mysterious cycles of life, birth, death, and rebirth.

The author shares the stories of some of her past lives and the insight she gained by channeling her departed husband's words. She shares lifetimes spent in Atlantis and Egypt, as well as, many other time periods. Barbara's stories resonate with readers because of their integrity, detail, documentation, and the sincerity with which they are expressed. Join the author as she searches with her departed husband to reveal their souls' explorations through time and space. *The Pact* is a fascinating mixture of contemporary memoir and past lifetime narratives reconstructed to allow the reader a glimpse into the metaphysics of life.

"Every once in awhile you read a book that takes you beyond the edge of the known and into the timeless realm of the soul. *The Pact: Messages from the Other Side* is one of those special books. It takes the reader on a spiritual journey through life after life. Dr. Sinor and her departed husband's personal life pact unfolds as a spiritual memoir that uplifts and inspires, uniting past, present, and future."

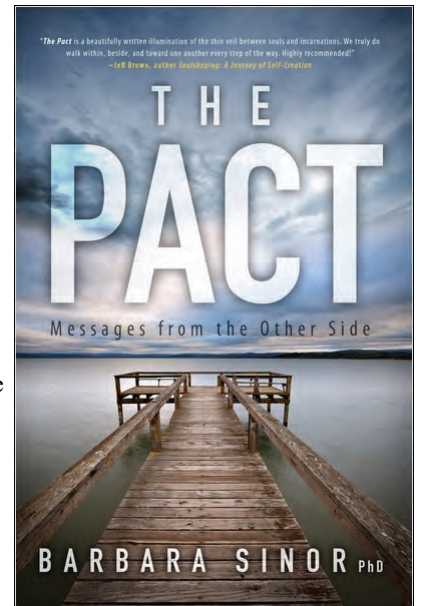
--Joan Borysenko, Ph.D., New York Times best-selling author

About the Author

Dr. Sinor is a retired psychotherapist living in northern California. As a child, Barbara experienced paranormal phenomena which lead her on a spiritual journey to explore metaphysics and other spiritual practices.

Learn more at www.DrSinor.com

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101 Tips for Better And More Healthy Sleep: Practical Advice for More Restful Nights

Publisher: Loving Healing Press

Author: Alan E. Smith

ISBN-13: PB 978-1-61599-717-6 / HC 978-1-61599-718-3 / eBook 978-1-61599-719-0

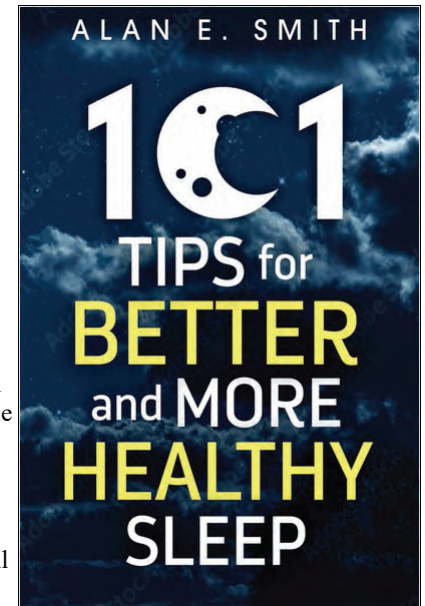
List Price: PB \$ 11.95 / HC \$ 24.95 / eBook \$ 3.95

Trim: 6.14 x 9.21 (56 pp)

Audience: General Adult

Pub Date: 01/01/2023

BISAC: HEALTH & FITNESS/Sleep & Sleep Disorders
MEDICAL/Sleep Medicine
SELF-HELP/Stress Management



Synopsis: All of your physical and mental health depends on getting a good night's sleep. We all love waking up without an alarm, feeling rested and refreshed, right? Unfortunately, many people don't sleep enough or sleep well, or both. It may feel like your sleep is a combination lock and you can't figure out all the right numbers in the right sequence. These tips are designed to help you put it all together.

These 101 Tips are designed to help you find the rest you deserve in the best way possible. You'll walk through all of the various factors in getting a good night's sleep, from your bed and bedroom to relaxing before bed to solving several sleep problems. While some of these tips have been around for hundreds or thousands of years, some are as new as they can be. We even talk about the progress that's been made in the medical field regarding sleep in past few decades.

Whatever your sleep situation, you will probably find something here that can help you sleep even better and longer. You just have to have the patience and dedication to solve your own sleep problems.

- Discover your best sleep possible
- See new ways to sleep better, longer
- Realize all of the ways to improve your sleep
- Explore techniques from ancient to modern
- Understand the real importance of sleep

Learn more at www.UnbreakYourHealth.com

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101 Ways to Improve Your Health with Body Work: Your Complete Guide to Complementary & Alternative Therapies

Publisher: Loving Healing Press

Author: Alan E. Smith

ISBN-13: PB 978-1-61599-333-8 / eBook 978-1-61599-334-5

List Price: PB \$ 17.95 / eBook \$ 5.95

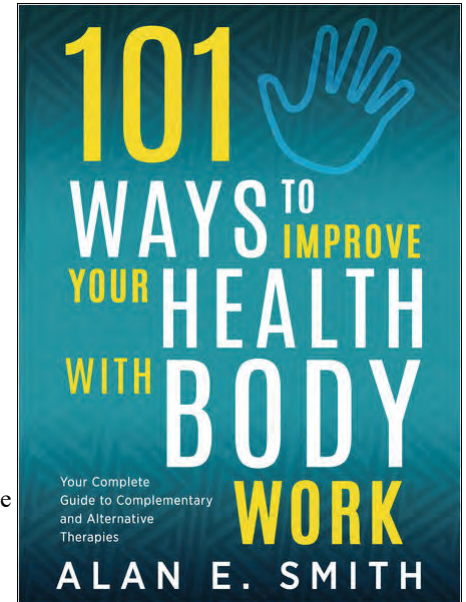
Trim: 8 x 10.88 (106 pp)

Audience: General Adult

Pub Date: 05/01/2017

BISAC: HEALTH & FITNESS/Alternative Therapies
MEDICAL/Alternative Medicine
BODY, MIND & SPIRIT/Healing/General

Synopsis: Your health is your greatest possession in this life so it's smart to look for the best ways to maintain and restore it as you age. In this guide you'll find treatments and therapies designed for your body and proven effective over decades, hundreds, even thousands of years. While not every therapy will work for every person, you can find the one that you need now or in the future in these pages. Take responsibility for your health right now, it's the only body you have, and read this book!



- Most comprehensive collection of body therapies available.
- Quick, easy-to-read descriptions of each treatment.
- Websites to learn more about each listing.
- Many subjects offer podcast listings featuring leading authorities.
- Find the most ancient to the most modern therapies.
- Rediscover the joy and beauty of living.

"Alan Smith's *Unbreak Your Health series* provides a terrific resource for those interested in real health!"

--C. Norman Shealy, M.D., Ph.D.

"Knowledge is power. And this book is a way to provide you with a one stop source for discovering complementary and alternative therapies."

--HealthStatus.com

"Five Stars --- Impressively organized and presented."

--Midwest Book Review

Learn more at www.UnBreakYourHealth.com

Health & Fitness: Alternative Therapies

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How to Unbreak Your Health: Your Map to the World of Complementary and Alternative Therapies, 2nd Ed.

Publisher: Loving Healing Press

Author: Alan E. Smith

ISBN-13: PB 978-1-61599-042-9 / HC 978-1-61599-043-6 / eBook 978-1-61599-944-6

List Price: PB \$ 21.95 / HC \$ 39.95 / eBook \$ 6.95

Trim: 7.44 x 9.69 (268 pp)

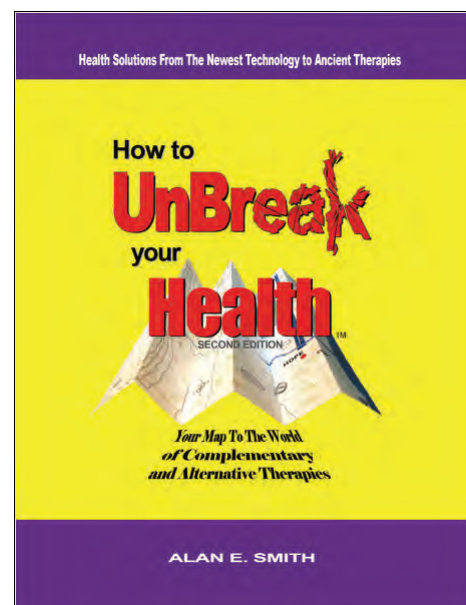
Audience: General Adult

Pub Date: 07/02/2010

BISAC: BODY, MIND & SPIRIT/Healing/General
MEDICAL/Alternative Medicine
HEALTH & FITNESS/Alternative Therapies

Synopsis: Find better health with your map to the world of complementary and alternative therapies in this comprehensive health and wellness guide for mind, body, and spirit.

Are you sinking into the Quicksand of Pain? Are you stranded in the Mountains of Misery or simply lost in a Forest of Symptoms? Find your way to Hope with the second edition of the award-winning book *How To UnBreak Your Health: Your Map to the World of Complementary and Alternative Therapies*. Discover how your body, mind and energy/spirit can work together to produce better health. Learn how to take charge of your health and find your path to the best health possible.



Trying to figure out where you are with your health problems, where you need to go and the best way to get there? You need a map to find your way around the amazing world of complementary or alternative therapies! Which therapies are right for you and your health problems? Find out in this easy-to-read guide to all of the therapies available outside the drugs-and-surgery world of mainstream medicine. Uncover the latest scientific research that's opening the door to therapies both ancient and modern that are available to help you improve your health.

- Discover health opportunities from Acupuncture to Zen Bodytherapy.
- Find out about the health benefits of Pilates, Yoga, and Massage.
- Learn about devices from Edgar Cayce's Radiac to the newest cold lasers.
- Hear from real people who've experienced these therapies and products.
- Locate free podcasts on the therapies you want to learn more about.

UnBreak Your Health(TM) offers proven healing techniques from the most modern innovations to ancient healing therapies. With 339 new and updated listings in 150 different categories this is the most complete book ever published on complementary and alternative therapies (no diets or supplements). This updated edition again focuses on therapies, systems and devices in the field of complementary, alternative and integrative medicine. Many topics also have accompanying podcast interviews with leaders and innovators in the field.

What People Are Saying About *How To UnBreak Your Health*

"At least 85% of the time Complementary and Alternative approaches are far safer and more effective than drugs or surgery. *How to UnBreak Your Health* provides a terrific source for those interested in real health!"

--C. Norman Shealy, M.D., Ph.D.

"*How to UnBreak Your Health* is the most comprehensive and reader-friendly guide for alternative health solutions that I have ever read... I applaud the author for creating such a comprehensive guide."

--Cherie Fisher, Reader Views

"*How to Unbreak Your Health* is a good overview of a number of different types of holistic mind/body/spirit healing practices."

--Eric B. Robins, MD, co-author *Your Hands Can Heal You*

"Alan Smith's book is a welcome and needed addition for those who truly desire access to health and wellness information in easily digestible language and backed up by diverse experiences."

--Imara, MBA, MHpm, URM

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Carnival Lights: A Novel

Imprint: Modern History Press

Author: Chris Stark

ISBN-13: PB 978-1-61599-577-6 / HC 978-1-61599-578-3 / eBook 978-1-61599-579-0

List Price: PB \$ 24.95 / HC \$ 37.95 / eBook \$ 6.95

Trim: 6.14 x 9.21 (268 pp)

Audience: General Adult

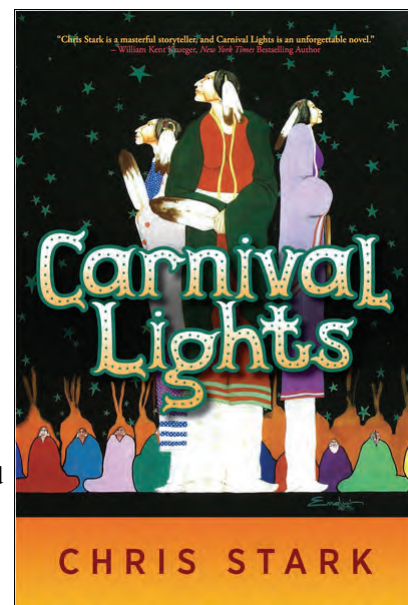
Pub Date: 07/01/2021

BISAC: FICTION/Own Voices

FICTION/Literary

FICTION/Cultural Heritage

Synopsis: In August 1969, two teenage Ojibwe cousins, Sher and Kris, leave their northern Minnesota reservation for the lights of Minneapolis. The girls arrive in the city with only \$12, their grandfather's WWII pack, two stainless steel cups, some face makeup, gum, and a lighter. But it's the ancestral connections they are also carrying - to the land and trees, to their family and culture, to love and loss - that shapes their journey most. As they search for work, they cross paths with a gay Jewish boy, homeless white and Indian women, and men on the prowl for runaways. Making their way to the Minnesota State Fair, the Indian girls try to escape a fate set in motion centuries earlier.



Set in a summer of hippie Vietnam War protests and the moon landing, *Carnival Lights* also spans settler arrival in the 1800s, the creation of the reservation system, and decades of cultural suppression, connecting everything from lumber barons' mansions to Nazi V-2 rockets to smuggler's tunnels in creating a narrative history of Minnesota.

"Fluid in time and place, *Carnival Lights* flows between one past and another, offering a heartbreaking portrait of multigenerational trauma in the lives of one Ojibwe family, this tapestry of stories is beautifully woven and gut-wrenching in its effect. Read it, and it may change you forever."

-- William Kent Krueger, *New York Times* Bestselling Author

"Chris Stark's newest novel explores the evolution of violence experienced by Native women. Simultaneously graphic and gentle, *Carnival Lights* takes the reader on a daunting journey through generations of trauma, crafting characters that are both vulnerable and resilient."

-- Sarah Deer, (Mvskoke), Distinguished Professor, University of Kansas, MacArthur Genius Award Recipient

"*Carnival Lights* is a heartbreaking wonder of gorgeous prose and urgent story. It propels the reader at a breathless pace as history crashes down on the readers as much as it does on the book's vivid characters. The author's brilliant heart restores their dignity and via the realm of imagination, brings them home."

-- Mona Susan Power, author of *The Grass Dancer*, a PEN/Hemingway Winner

Learn more at www.ChristineStark.com

From the Reflections of America Series at Modern History Press

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Nickels: A tale of dissociation

Imprint: Modern History Press
Series: Reflections of America
Author: Christine Stark
Foreword: Anya Achtenberg
ISBN-13: PB 978-1-61599-050-4 / HC 978-1-61599-085-6 / eBook 978-1-61599-977-4
List Price: PB \$ 19.95 / HC \$ 32.95 / eBook \$ 6.95
Trim: 6.14 x 9.21 (238 pp)
Audience: General Adult
Pub Date: 08/15/2011
BISAC: FICTION/Contemporary Women
FICTION/Lesbian
SOCIAL SCIENCE/Feminism & Feminist Theory

Synopsis: "...a perfect genius that makes the impossible in expression, possible; the unknowable in experience, knowable"

--Anya Achtenberg, author of *The Stories of Devil-Girl*

Nickels follows a biracial girl named "Little Miss So and So", from age 4-1/2 into adulthood. Told in a series of prose poems, *Nickels'* lyrical and inventive language conveys the dissociative states born of a world formed by persistent and brutal incest and homophobia. The dissociative states enable the child's survival and, ultimately, the adult's healing. The story is both heartbreaking and triumphant. *Nickels* is the groundbreaking debut of Minneapolis-area author and artist Christine Stark.

"Christine Stark has crafted a language and a diction commensurate with the shredding of consciousness that is a consequence of childhood sexual abuse. She brings us a wholly original voice in a riveting novel of desperation and love. Every sentence vibrates with a terrible beauty. Every sentence brings the news."

--Patricia Weaver Francisco, author of *Telling: A Memoir of Rape and Recovery*

"To be taken into the mind of a child can be an enchanting adventure, but to be taken into the mind of a child who is abused, confused, and taken for granted is a lingering, vivid journey. I applaud her fortitude to bring an olden--too long ignored-- truth out of the darkness with blazing, innovative light."

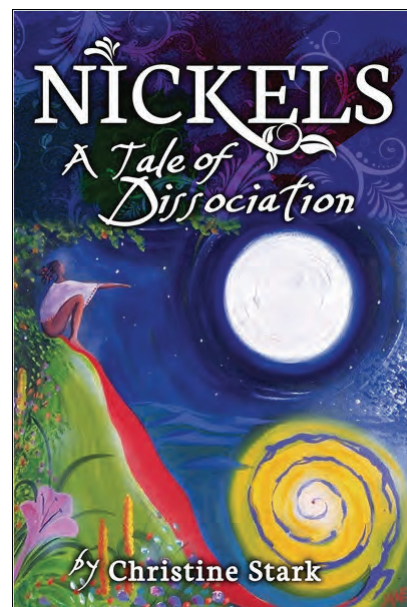
--MariJo Moore, author of *The Diamond Doorknob*

"In *Nickels*, Christine Stark, powerfully portrays the story of abuse and its impact on our lives. When this beautifully written and compelling story leaves, you are left wanting more. It's riveting; a book that will capture you from the beginning and carry you through the end. Everyone should read this book."

--Olga Trujillo, author of *The Sum of My Parts*

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Learn more at www.ChristineStark.com



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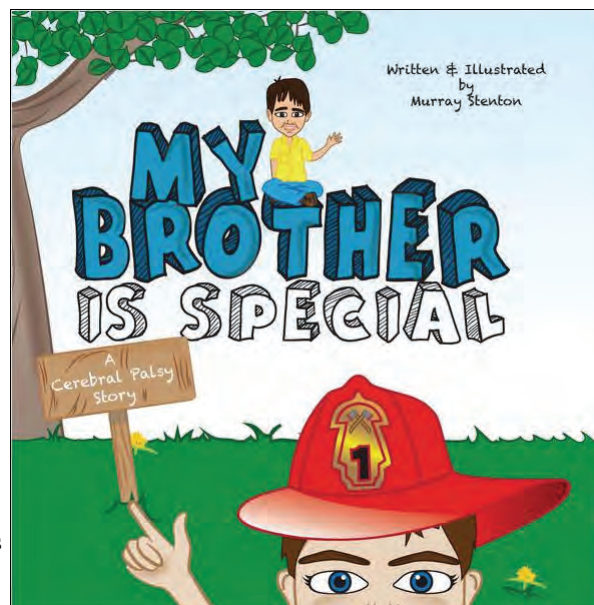
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My Brother is Special: A Cerebral Palsy Story

Publisher: Loving Healing Press
Series: Growing With Love
Author: Murray Stenton
Illustrator: Murray Stenton
ISBN-13: PB 978-1-61599-309-3 / HC 978-1-61599-326-0 / eBook 978-1-61599-310-9
List Price: PB \$ 15.95 / HC \$ 27.95 / eBook \$ 4.95
Trim: 8.5 x 8.5 (40 pp)
Audience: 5-8 years
Lexile Score: 540L - Grade(s) 2, 3
Pub Date: 12/01/2016
BISAC: JUVENILE FICTION/Social Issues/Special Needs
JUVENILE FICTION/Family/Siblings

Synopsis: Ethan is a big brother like no other!

Life with a special need child has its fair share of challenges. These challenges are not only for the parents, but extend to those other wonderful little children, the siblings. This book helps shine some light on the difficulties and the job siblings special needs children experience every day. It is a light-hearted take of one little boy's thoughts of his big brother Ethan, who was born with Cerebral Palsy.



"As a mother of, and advocate for, special needs children, I highly recommend this book as a learning tool for others. I gave my child a voice, as this author is doing for his, and I applaud him for it." -- Chynna Laird, author of *I'm Not Weird, I Have Sensory Processing Disorder* and *Not Just Spirited*

"Engaging and lighthearted, *My Brother is Special* captures what children with cerebral palsy and their families may experience. The characters are loveable and entertaining. Children will enjoy this book and relate to their experiences."

-- Jill Osborne, EDS, LPC, CPC, RPTS, author of *Sam Feels Better Now*

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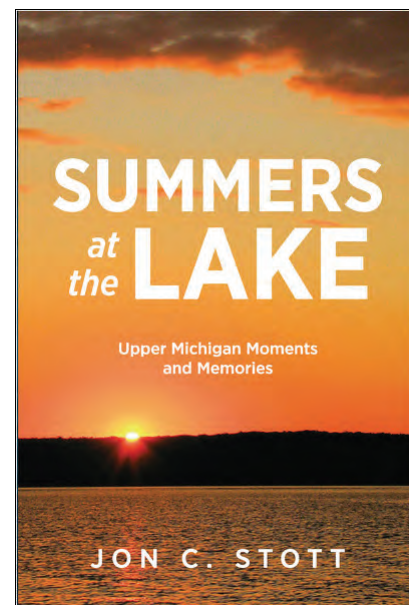
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Summers at the Lake: Upper Michigan Moments and Memories

Imprint: Modern History Press
Author: Jon C. Stott
Illustrator: Deb Le Blanc
ISBN-13: PB 978-1-61599-669-8 / HC 978-1-61599-670-4 / eBook 978-1-61599-671-1
List Price: PB \$ 19.95 / HC \$ 34.95 / eBook \$ 5.95
Trim: 5.5 x 8.5 (142 pp)
Audience: General Adult
Pub Date: 05/01/2022
BISAC: TRAVEL/United States/Midwest/East North Central (IL, IN, MI, OH, WI)
NATURE/Ecosystems & Habitats/Lakes, Ponds & Swamps
BIOGRAPHY & AUTOBIOGRAPHY/Personal Memoirs



Synopsis: Paddling a canoe into sunrise on the longest day of the year... watching a child take her first kayak ride with her father... gazing at a bald eagle, riding air currents high above the lake... chuckling as a hummingbird defends his feeder against intruders... dodging campfire smoke while burning marshmallows and telling scary stories to wide-eyed kids. These are some of the moments and memories depicted in *Summers at the Lake*. The essays--often humorous; sometimes tinged with a sweet melancholy--celebrate the people and events marking the progress of the seasons--from the budding of the first green leaves of May to their falling, gold and scarlet, in September. These prose poems capture the joy of simple, lake-side living and quiet reflection.

"Jon Stott is a masterful storyteller. In *Summers at the Lake*, he shares memories that read like prose poetry. Each story takes us to a place of solitude and beauty and will stir pleasant memories of our own."

--Sharon Kennedy, author of *The Sideroad Kids: Tales from Chippewa County*

"This gentle book by a gentle man is the kind that grows on you. Reading it will give you the same benefits as meditating in lovely surroundings in peace and calmness."

--Bob Rich, author of *From Depression to Contentment*

"In *Summers at the Lake*, much can be learned about life in the U.P. and its enjoyable places. You can explore the wonders of the U.P. while dipping your toes into the everyday experiences of life near Crooked Lake."

--Sharon Brunner, *U.P. Book Review*

"Jon C. Stott delightfully describes the many joys of lakeside living with the unchanging activities of summer. Deb Le Blanc's photos will make readers feel as if they are right there at the cabin, next to the author."

--Carolyn Wilhelm, MA, *Midwest Book Review*

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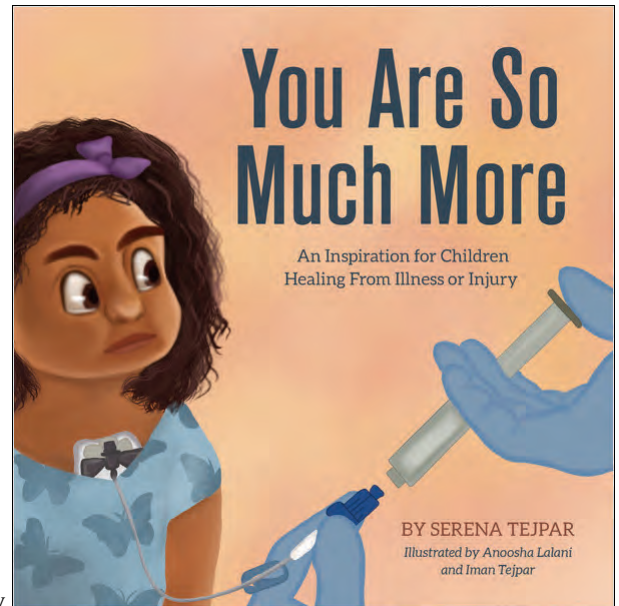
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You Are So Much More: An Inspiration for Children Healing from Illness or Injury

Publisher: Loving Healing Press
Author: Serena Tejpar
Illustrator: Anoosha Lalani
ISBN-13: PB 978-1-61599-632-2 / HC 978-1-61599-633-9 / eBook 978-1-61599-634-6
List Price: PB \$ 16.95 / HC \$ 28.95 / eBook \$ 4.95
Audiobook: iTunes, Audible.com, Amazon
Trim: 8.5 x 8.5 (44 pp)
Audience: 5-7 years
Lexile Score: 520L - Grade(s) 1, 2, 3
Pub Date: 06/01/2022
BISAC: JUVENILE FICTION/Health & Daily Living/Diseases, Illnesses & Injuries
JUVENILE FICTION/Social Issues/Self-Esteem & Self-Reliance
JUVENILE FICTION/Social Issues/Emotions & Feelings



Synopsis: Research has shown that building resilience in the face of adversity or challenges helps children and young people develop effective coping strategies and improve long term outcomes across a spectrum of illnesses. *You Are So Much More* reminds children who have gone through or are going through an illness or injury, that they are indeed so much more. Trauma survivor and medical student Serena Tejpar shares a story of inspiration, reflection, and encouragement that can be read over and over again.

"This book is so much more than a story, it is a message of strength and courage for children experiencing illness and hospitalization, for their parents and caregivers. The author refers to the reader in the first person and the narrative stimulates the internal resources of the child. Under the guidance of a caring adult, the book becomes a useful addition to children's recovery process."

Isabella Cassina, MA, PhD Candidate, registered Therapeutic Play Specialist and international speaker, author of *The Magic Home: A Displaced Boy Finds a Way to Feel Better*

"I am thoroughly impressed with the children's book, *You Are So Much More*. It is geared toward children experiencing long term hospital stays and reminds them that their illness or injury does not define them. While many outsiders often try to distract a compromised child with upbeat messages and avoid talking about the elephant in the room, Serena Tejpar acknowledges the child's situation, even all of the bad parts, and then puts into perspective that there is more to the child than their medical condition. She is both realistic and supportive. Tejpar creates a self dialogue with positive messages the child can use, reminding them of their strength, resilience, and bravery. I am pleased to read a book written by such a medical student. Her empathy will carry her far as she exercises her skills in the life work of healing others."

Laurie Zelinger, PhD, ABPP, RPT-S, Board Certified Psychologist and author of *Please Explain Vaccines to Me*

"As a Play Therapist I am constantly working with children with chronic issues. I loved how *You are So Much More* focuses on the child and not the illness. I found it to be sweet, encouraging, uplifting and compassionate way of encouraging children with chronic illnesses to cherish themselves and cope with their emotions as they heal. At a time where many families are facing illness and hospitalizations it is a timely message that I am excited to share with the families I work with."

--Jill Osborne, EDS, LPC, CPCS, RPT-S

"This book is an amazing resource for children and families who are struggling with medical trauma. Within the pages, the reader will find messages of healing and hope which is truly important when we sometimes forget that sun can follow dark days."

--Theresa Fraser, CYC-P, CPT-S, RP, MA, RCT, Trauma, Loss and Attachment Clinical Specialist, author of *We're not all the same, But We're Family*

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Sacred Grief: Exploring A New Dimension to Grief, 2nd Ed.

Publisher: Loving Healing Press

Author: Leslee Tessman

ISBN-13: PB 978-1-61599-086-3 / HC 978-1-61599-055-9 / eBook 978-1-61599-956-9

List Price: PB \$ 18.95 / HC \$ 29.95 / eBook \$ 6.95

Trim: 5.5 x 8.5 (174 pp)

Audience: General Adult

Pub Date: 12/01/2010

BISAC: SELF-HELP/Death, Grief, Bereavement

FAMILY & RELATIONSHIPS/Death, Grief, Bereavement

SOCIAL SCIENCE/Death & Dying

Synopsis: Are you ready to discover what lies beyond the ordinary experience of grief?

Sacred Grief offers an intriguing exploration of the far-reaching ripple effect of our present-day opinions about surviving grief's emotional roller-coaster and the unnecessary suffering our judgments unconsciously promote. You'll find comfort in discovering that there's another dimension to this universal experience--a dimension that fosters trust, kindness and compassion, peacefully heals, and steadfastly moves you towards your soul's deepest desires and dreams.

Praise for Sacred Grief

"Because we will all have the experience, Sacred Grief is a compelling guide for everyone searching for the sweetness in life's great passages."

--Gregg Braden, author, *The Divine Matrix* and *The God Code*

"Sacred Grief is a holy handbook for gleaning the gifts of the journey called grief."

--Mary Manin Morrissey, Co-founder, Association for Global New Thought

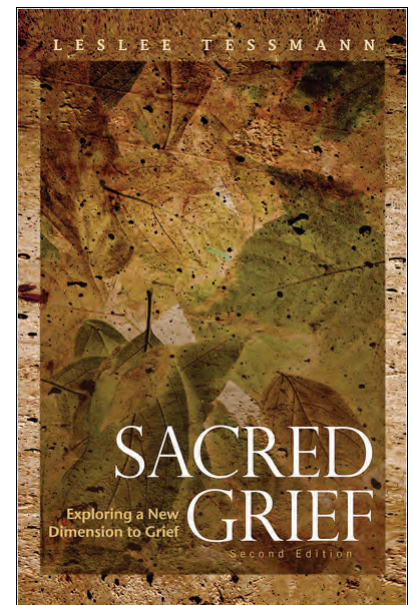
"Sacred Grief is a welcome departure from the conventional advice about 'surviving' grief."

--Jill Carroll, Ph.D., Executive Director, Boniuk Center for the Study and Advancement of Religious Tolerance, Rice University

"I highly recommend this book to anyone that has experienced any type of loss in their lives and is willing to look at the loss through a different set of eyes. Tessman, in Sacred Grief, will lead the reader to a place of compassion for oneself, create a relationship with his/her own grief, and ultimately create a place of understanding and a healed soul."

--Irene Watson, Managing Editor, Reader Views

Learn more about this book at www.SacredGrief.com



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Spirit of the North: A Paranormal Romance

Imprint: Marquette Fiction
Author: Tyler Tichelaar
ISBN-13: PB 978-0-9791790-6-8
List Price: PB \$ 24.95
Trim: 6 x 9 (312 pp)
Audience: General Adult
Pub Date: 04/05/2012
BISAC: FICTION/Fantasy/Historical
FICTION/Romance/Paranormal
FICTION/Visionary & Metaphysical

Synopsis: Tyler R. Tichelaar, Ph.D. and seventh generation Marquette resident, was raised on tales of his hometown's past. His books celebrating Upper Michigan history include *The Marquette Trilogy*, *Narrow Lives*, and *My Marquette*.

"I went upstairs, too tired to fear leaving my sister alone with a strange man. He could not possibly hurt her in his condition, and he was so handsome I felt almost certain he was kind. Perhaps when he became well, he could teach us how to live here--at least show me how to chop down a tree or shoot Uncle's rifle. I told myself his presence was a good thing. Little could I foresee how much he would hurt us both."

In 1873, orphaned sisters Barbara and Adele Traugott travel to Upper Michigan to live with their uncle, only to find he is deceased. Penniless, they are forced to spend the long, fierce winter alone in their uncle's remote wilderness cabin. Frightened yet determined, the sisters face blizzards and near starvation to survive. Amid their difficulties, they find love and heartache--and then, a ghostly encounter and the coming of spring lead them to discovering the true miracle of their being.

PRAISE FOR TYLER R. TICHELAAR'S BOOKS

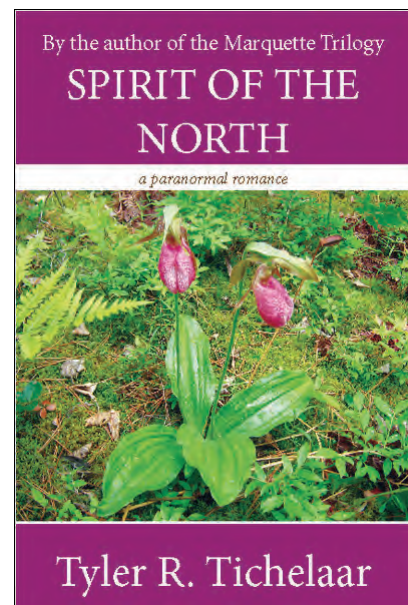
"I am now and forever a huge Tyler Tichelaar fan. He's a man with a wonderful gift for storytelling, and a knack for presenting historical facts in a way that can rival any great historical fiction author."

-- Bethany Andrews, *Book.of.the.Moment*

"Never predictable, sometimes heartbreaking, always hopeful, this author's work is a pleasure to read."

-- Laura Fabiani, author of *Daughter of Mine*

From Marquette Fiction - Learn more at www.MarquetteFiction.com



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Creating a Local Historical Book: Fiction and Non-Fiction Genres

Imprint: Modern History Press

Author: Tyler R. Tichelaar

ISBN-13: PB 978-1-61599-178-5 / eBook 978-1-61599-179-2

List Price: PB \$ 7.95 / eBook \$ 2.99

Trim: 6.14 x 9.21 (42 pp)

Audience: General Adult

Pub Date: 10/01/2012

BISAC: LANGUAGE ARTS & DISCIPLINES/Composition & Creative Writing
HISTORY/Historiography
HISTORY/United States/State & Local/General

Synopsis: Does Your City or Region Have a Fascinating Story that needs to be told before it's forgotten?

Yes, it does, and you can be the person to write it!

In this short text, Tyler Tichelaar, author of *My Marquette* and *The Marquette Trilogy*, talks in a conversational format about how he became interested in writing both local history and regional and historical fiction and his research and writing process to bring his books to fruition.

Readers of "Creating a Local Historical Book" will learn:

- What kind of research is required
- What counts as research
- Where to do research
- How to organize that research into a book
- How not to go overboard with details
- Finding images and gaining usage permission
- How to make your book stand out from others
- Tips on marketing your history book

Tyler R. Tichelaar, Ph.D. and seventh generation Marquette resident, was raised on tales of his hometown's past. His other interests include literary studies ranging from King Arthur to Gothic texts. He is also a professional editor and writing coach who has guided dozens of authors through the treacherous seas of composition.

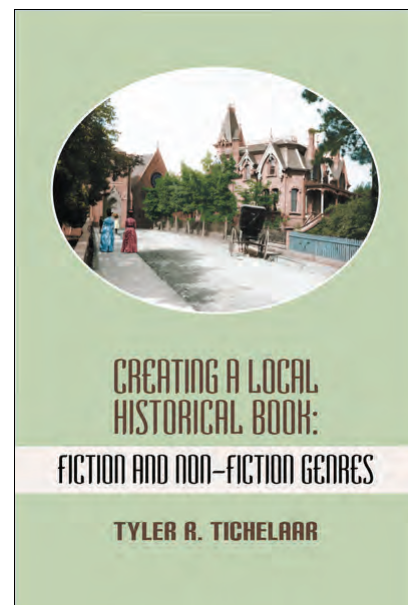
"Our committee would like to honor Tyler with this award in honor of his meticulous research, his enlightened and personal testimony about Marquette and his educational contributions to the preservation of Marquette's history."

--The Marquette Beautification & Restoration Committee, presenting Tyler with the Barbara H. Kelly Historic Preservation Award

"Tyler Tichelaar speaks from the heart about his love affair with the town of his birth. Join him on a nostalgic tour of one of the great small cities of America."

--Karl Bohnak, author of *So Cold a Sky: Upper Michigan Weather Stories* Learn more at www.MarquetteFiction.com

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King Arthur's Children: A Study In Fiction And Tradition

Imprint: Modern History Press
Series: Reflections of Camelot
Author: Tyler R. Tichelaar
ISBN-13: PB 978-1-61599-066-5 / HC 978-1-61599-067-2 / eBook 978-1-61599-951-4
List Price: PB \$ 19.95 / HC \$ 32.95 / eBook \$ 6.95
Trim: 6.14 x 9.21 (208 pp)
Audience: General Adult
Pub Date: 01/01/2011
BISAC: LITERARY CRITICISM/European/English, Irish, Scottish, Welsh

Synopsis: Did you know King Arthur had many other children besides Mordred?

Depending on which version of the legend you read, he had both sons and daughters, some of whom even survived him. From the ancient tale of Gwydre, the son who was gored to death by a boar, to Scottish traditions of Mordred as a beloved king, Tyler R. Tichelaar has studied all the references to King Arthur's children to show how they shed light upon a legend that has intrigued us for fifteen centuries.

King Arthur's Children: A Study in Fiction and Tradition is the first full-length analysis of every known treatment of King Arthur's children, from Welsh legends and French romances, to Scottish genealogies and modern novels by such authors as Parke Godwin, Stephen Lawhead, Debra Kemp, and Elizabeth Wein. *King Arthur's Children* explores an often overlooked theme in Arthurian literature and reveals King Arthur's bloodline may still exist today.

Arthurian Authors Praise "King Arthur's Children"

"Author Tyler R. Tichelaar has performed impeccable research into the Arthurian legend, finding neglected details in early sources and reigniting their significance. Great brainstorming fun! I am proud to add this to my personal collection of Arthurian non-fiction."

--Debra Kemp, author of The House of Pendragon series

"Tyler R. Tichelaar's in-depth analysis of the plausibility of King Arthur's children reaffirms the importance the King Arthur legacy continues to have for society and the need of people all over the world to be able to connect to and believe in King Arthur and Camelot."

--Cheryl Carpinello, author of Guinevere: On the Eve of Legend

About the Author

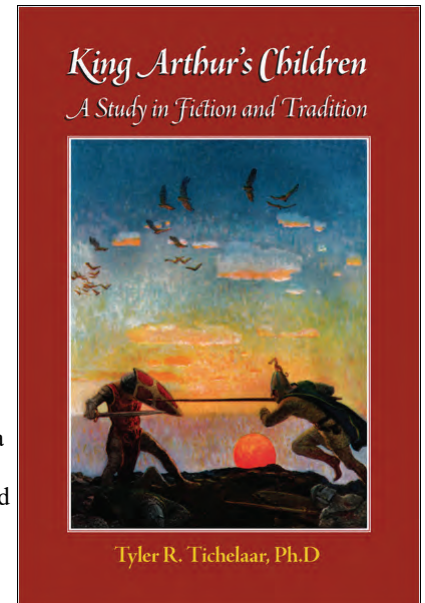
Tyler R. Tichelaar, Ph.D., is the author of several historical novels, most notably *The Marquette Trilogy* and the award-winning *Narrow Lives*. *King Arthur's Children* reveals his findings into the Arthurian legend as a precursor to his upcoming novel *King Arthur's Legacy*. Learn more at www.ChildrenOfArthur.com

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The Gothic Wanderer: From Transgression to Redemption; Gothic Literature from 1794 - present

Imprint: Modern History Press

Author: Tyler R. Tichelaar

Foreword: Marie Mulvey-Roberts

ISBN-13: PB 978-1-61599-138-9 / HC 978-1-61599-139-6 / eBook 978-1-61599-140-2

List Price: PB \$ 27.95 / HC \$ 44.95 / eBook \$ 9.95

Trim: 6.14 x 9.21 (318 pp)

Audience: General Adult

Pub Date: 09/01/2012

BISAC: LITERARY CRITICISM/European/General
LITERARY CRITICISM/Gothic & Romance

Synopsis: The Gothic Wanderer Rises Eternal in Popular Literature

From the horrors of sixteenth century Italian castles to twenty-first century plagues, from the French Revolution to the liberation of Libya, Tyler R. Tichelaar takes readers on far more than a journey through literary history. The Gothic Wanderer is an exploration of man's deepest fears, his efforts to rise above them for the last two centuries, and how he may be on the brink finally of succeeding.

Tichelaar examines the figure of the Gothic wanderer in such well-known Gothic novels as *The Mysteries of Udolpho*, *Frankenstein*, and *Dracula*, as well as lesser known works like Fanny Burney's *The Wanderer*, Mary Shelley's *The Last Man*, and Edward Bulwer-Lytton's *Zanoni*. He also finds surprising Gothic elements in classics like Dickens' *A Tale of Two Cities* and Edgar Rice Burroughs' *Tarzan of the Apes*. From Matthew Lewis' *The Monk* to Stephenie Meyer's *Twilight*, Tichelaar explores a literary tradition whose characters reflect our greatest fears and deepest hopes. Readers will find here the revelation that not only are we all Gothic wanderers--but we are so only by our own choosing.

Acclaim for *The Gothic Wanderer*

"*The Gothic Wanderer* shows us the importance of its title figure in helping us to see our own imperfections and our own sometimes contradictory yearnings to be both unique and yet a part of a society. The reader is in for an insightful treat."

--Diana DeLuca, Ph.D. and author of *Extraordinary Things*

"Make no mistake about it, *The Gothic Wanderer* is an important, well researched and comprehensive treatise on some of the world's finest literature."

--Michael Willey, author of *Ojisan Zanoni*

About the Author

Tyler R. Tichelaar holds a Ph.D. in Literature from Western Michigan University. He has lectured on writing and literature at Clemson University, the University of Wisconsin, and the University of London. Tichelaar is the author of numerous historical novels, including *The Marquette Trilogy* (composed of *Iron Pioneers*, *The Queen City*, and *Superior Heritage*) the award-winning *Narrow Lives*, and *Spirit of the North*: a paranormal romance. His other scholarly works include *King Arthur's Children: a Study in Fiction and Tradition*

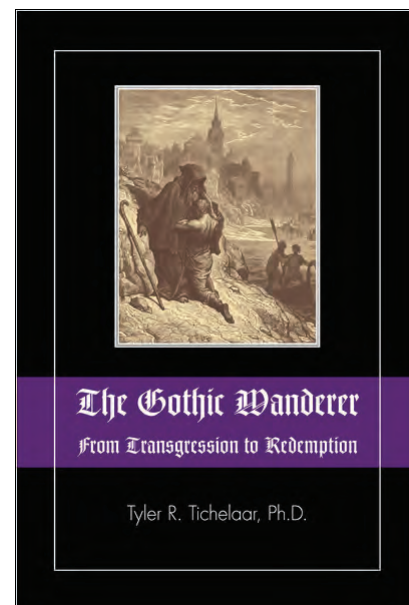
Foreword by Marie Mulvey-Roberts, Ph.D.

Learn more at www.GothicWanderer.com

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Literary Criticism : Gothling & Romance

Literary Criticism : European - General



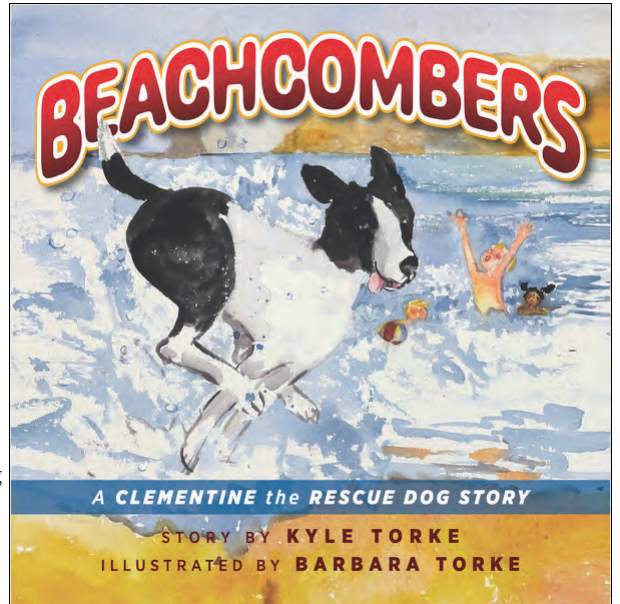
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Beachcombers: A Clementine the Rescue Dog Story

Publisher: Loving Healing Press
Author: Kyle Torke
Illustrator: Barbara Torke
ISBN-13: PB 978-1-61599-706-0 / HC 978-1-61599-707-7 / eBook 978-1-61599-708-4
List Price: PB \$ 17.95 / HC \$ 29.95 / eBook \$ 4.95
Trim: 8.5 x 8.5 (44 pp)
Audience: 4-7 years
Pub Date: 04/01/2020
BISAC: JUVENILE FICTION/Animals/Dogs
JUVENILE FICTION/Action & Adventure/General
JUVENILE FICTION/Nature & the Natural World/Environment



Synopsis: Join Clementine and all her friends for a rollicking adventure along the coastline! Help build sandcastles and play in the surf, or admire starfish and seagulls while also learning about how to care for the oceans and the environment. After a wonderful day spent in the sand and waves, enjoy a picnic under the stars and fall asleep dreaming about all the fun you had. Let Clementine be your guide on her greatest adventure so far--to the beach!

What a beautiful, diverse world we inherited, a planet simply bursting with innumerable wonders to enchant and delight us. At the core, *Beachcombers* is a children's book about gratitude and the need to both contribute in practical ways to an environment we should protect and to imagine the fullness of our origins, so we can shape an equally bountiful future. The story names birds, fish, fauna and other animals as a way to weave a tapestry of specific creatures whose ecosystems need care, and the sounds and rhythms of their pronunciations when spoken aloud will entertain and mesmerize young readers. The children, and their dog, lead us and teach us: we should enjoy the mysterious and fanciful world all around us, but we should also act as caretakers for our environment. After we work and play, we are inspired to indulge our imaginations and learn to dream. After a full day, we rest in our dreams of the future.

"As seen through the eyes of adolescent children, *Beachcombers* is an enchanting story of responsibility and captures the impact humans have on our environment. Clementine and the young people teach us that we have the ability to change the world for the better--one piece of plastic, and one friendship, at a time."

--Javier Rivera, GearUp advisor and educator

"Come along with Taliss, her friends and super dog Clementine as they spend a day at the beach and an evening on the farm! The vibrant illustrations and rich vocabulary provide young readers many learning opportunities. Readers young and old will enjoy following Clementine on her thrilling adventures while learning about the many ways they can be involved with keeping our earth clean and bountiful."

--Kelsey Wilson, education specialist, Eastern New Mexico University

Book #3 of the Clementine the Rescue Dog Series. Be sure to read *Ice Breaking* (book #1) and *Hiking the Grand Mesa* (book #2)

Audiobooks available at iTunes and Audible.com

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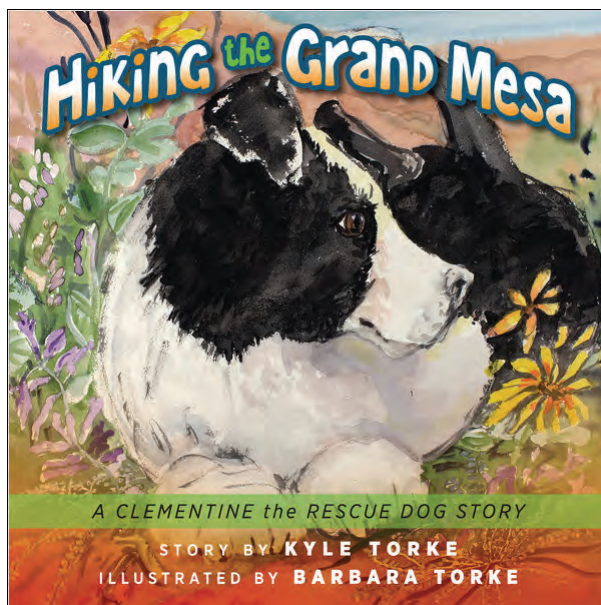
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Hiking the Grand Mesa: A Clementine the Rescue Dog Story

Publisher: Loving Healing Press
Author: Kyle Torke
Illustrator: Barbara Torke
ISBN-13: PB 978-1-61599-505-9 / HC 978-1-61599-506-6 / eBook 978-1-61599-507-3
List Price: PB \$ 15.95 / HC \$ 26.95 / eBook \$ 4.95
Trim: 8.5 x 8.5 (44 pp)
Audience: 4-7 years
Lexile Score: 950L - Grade(s) 5, 6
Pub Date: 04/01/2020
BISAC: JUVENILE FICTION/Animals/Dogs
JUVENILE FICTION/Action & Adventure/General
JUVENILE FICTION/Nature & the Natural World/Environment



Synopsis: Join Clementine on a Desert Adventure in the Colorado Dobies!

Join Coover, Conrad and their mighty dog, Clementine, as they explore one of the most unique landscapes in southern Colorado--the Grand Mesa! Their grandma takes them to the Dobies, a series of steep hills made from adobe clay that formed as the nearby volcanoes, now extinct, eroded. At first, Coover feels a little sad and lonely, but as he is introduced to the rich wildlife--from woodpeckers to toads, cattails and sunflowers--he feels stronger and more confident. As both boys tramp through their imaginative journey, the vivid history and beautiful scenery awaken them to a new world full of possibility and friendship. By the end of the day, everyone is happily exhausted and ready for the next adventure!

"Barbara Torke's ebullient paintings set a joyful mood as two adventurous boys and their valiant dog explore the ecology of the Colorado Dobies, an emotional landscape that at first seems barren and solitary, but, as the boys learn, is full of life. The story is about how imagination and companionship defeat loneliness, and the beautiful illustrations provide the rich texture of a vibrant journey of friends learning how to thrive."

--Sarah Treschl, Kurt Johnson award winning writer

"A fun and insightful adventure with vivid visual descriptions and language that engages and challenges readers--both young and old. The paintings leap off the pages and into your imagination. A poetic and visual treat!"

--Marisa Donnelly, author of *Somewhere On A Highway*

"Hiking the Grand Mesa comes to life in every sentence--brilliant images, constant movement and supportive interactions as the characters explore nature, enjoy each other's friendship and build upon shared imaginations. What a wonderful reading experience! You can share the adventure with everyone in your family, young and old!"

--Steve Staley, professor, author and grandfather

Be sure to check out the first in the series -- *Ice Breaking: The Adventures of Clementine the Rescue Dog*

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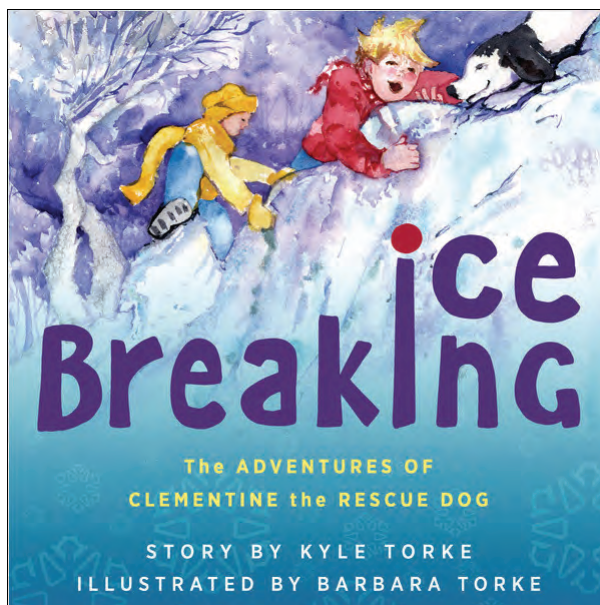
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Ice Breaking: The Adventures of Clementine the Rescue Dog

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Illustrator: Barbara Torke
ISBN-13: PB 978-1-61599-379-6 / HC 978-1-61599-380-2 / eBook 978-1-61599-381-9
List Price: PB \$ 15.95 / HC \$ 26.95 / eBook \$ 4.95
Trim: 8.5 x 8.5 (44 pp)
Audience: 4-7 years
Lexile Score: 590L - Grade(s) 2, 3
Pub Date: 04/01/2018
BISAC: JUVENILE FICTION/Animals/Dogs
JUVENILE FICTION/Action & Adventure/General



Synopsis: Join Clementine on a Winter Adventure in the Great Outdoors!

Clementine and her two boys set out for adventure on a snowy morning, mittens and imaginations in tow, and discover, among the many wonders revealed during a day outside, the miracles of cascading ice falls, a warren of rabbits, and golden fish in a frozen pond. When they return home, their imaginations are warm as a fireside!

"Ice Breaking brims with lively, engaging illustrations. I love a children's book with real art. Many modern children's books take shortcuts, but Icebreaking is a book to keep on the coffee table to enjoy again and again."
-- Markee Travis, Delta County librarian and artist

"Clementine the Rescue Dog steals the show from the humans during their fun romp, and she shows them how to climb the snowy banks of their imaginations. They delight, and you will enjoy their marvelous adventure!"
-- Steve Rabey, author of *Star Struck* and other books

"I love the softness portrayed in the illustrations. Clementine is incredibly expressive. The simple escapades of the children are enchanting and full of joy. What a pleasure to immerse ourselves in their play!"
-- Carol McDermott, poet, teacher and school board member

"I am delighted to see Barbara Torke's humorous and expressive illustrations enhance the story of Clementine and her boys. The furry friends come alive in Barbara's creative hands: winter becomes welcoming and bright!"
-- Maryellen Miller, artist, gallery owner and writer

Learn more at www.LHPress.com

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Ferdinand Finds Christmas

Publisher: Loving Healing Press
Series: Greendeer Pond
Author: Jay Tucker
Illustrator: D.E. West
ISBN-13: PB 978-1-61599-253-9 / HC 978-1-61599-254-6 / eBook 978-1-61599-255-3
List Price: PB \$ 14.95 / HC \$ 25.95 / eBook \$ 4.95
Trim: 8.5 x 8.5 (32 pp)
Audience: 4-6 years
Lexile Score: 850L - Grade(s) 4, 5
Pub Date: 11/01/2014
BISAC: JUVENILE FICTION/Holidays & Celebrations/Christmas & Advent
RELIGION/Holidays/Christmas & Advent
JUVENILE FICTION/Animals/Frogs & Toads

Synopsis: "Dear Santa, I think I finally know what you meant during our visit.

Christmas is truly about something more, it's not about toys, now is it?"

Ferdinand Finds Christmas, the true meaning of Christmas is told in this story that will delight and touch children and their families. Our yellow frog friend, Ferdinand, learns that the true meaning of Christmas isn't all the toys and tinsel, it's about the birth of Jesus Christ.

Ferdinand Finds Christmas is written by veteran youth minister Jay Tucker, and is illustrated by award winning artist D.E. West.

Raves for *Ferdinand Finds Christmas*

"This Christmas story will quickly become your child's favorite! Such a beautiful book to share with your children and spread The Christmas spirit! It is so nice to have a story to share the true meaning of Christmas with my boys!"

--Jenny Mallios, mother of 2, business owner, and Mrs. New Hampshire International, 2010

"While this touching little story teaches children the true meaning of Christmas, it's sure to remind us all. Ferdinand the frog will enlighten and engage a child's heart and mind. This rhythmic tale is sure to become a family tradition."

--Jennifer Lambein, Owner, artist, and designer at Studio Petite and the Opulent Nest

"Keeping our hearts focused on Jesus during the season of presents, parties, programs, and gatherings can be more than a colossal challenge. Add this book to your "tool box" of treasures, that help to focus us all on the birth of our Savior."

--Angie Roland, Children's Ministry Director, CLUMC, Master of Arts in Education

"This tale, with its darling illustrations and sweet little details, will keep your child coming back for more. Not only does this book have a wonderful core story relating to friendship, it also relays the true meaning of Christmas. Ferdinand Finds Christmas teaches that it is not about the presents, but about giving and time spent together."

--Brandi MacQuarrie, Owner of So Big, So Bright Preschool

Learn more at www.JayTucker.net



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The Whole Youth Worker: Advice on Professional, Personal, and Physical Wellness from the Trenches, 2nd Ed.

Publisher: Loving Healing Press

Author: Jay Tucker

Foreword: Jeanne Mayo

ISBN-13: PB 978-1-61599-078-8 / HC 978-1-61599-041-2 / eBook 978-1-61599-962-0

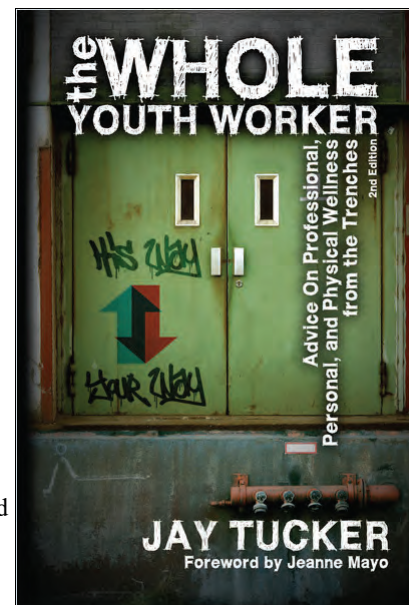
List Price: PB \$ 18.95 / HC \$ 29.95 / eBook \$ 6.95

Trim: 6.14 x 9.21 (174 pp)

Audience: General Adult

Pub Date: 03/01/2011

BISAC: RELIGION/Counseling
FAMILY & RELATIONSHIPS/Life Stages/Teenagers
RELIGION/Christian Ministry/Youth



Synopsis: Being a youth minister is not for the meek!

Youth ministry is difficult and you need every useful resource you can get your hands on. *The Whole Youth Worker, 2nd Edition* is advice straight from the heart of a guy who has been in the youth ministry trenches for over a decade. Whether you are a youth minister rookie or a seasoned pro, *The Whole Youth Worker, 2nd Edition* should be on your resource shelf. Inside the new 2nd Edition, you will find advice on:

- Being a professional inside the office
- Dealing with criticism
- Balancing family and ministry
- Challenging your congregation's definition of success
- Creating a more parent-friendly ministry
- Creating a clear vision for ministry
- Ministering to others when your spirit is struggling
- Staying health as a form of worship

And new insights available only in this edition include:

- Advice on interviewing well
- How not to let an event become bigger than God
- Celebrating successes
- When good kids make bad choices

Youth Ministers and Pastors Acclaim for *The Whole Youth Worker*

"Here is a brass-tacks companion for those who would aspire to being not a master but a servant, one who is willing to put forth great effort on the young, even though not all the recipients will be appreciative. Jay Tucker is the opposite of preachy, he is practical and instructional with down-to-earth language that brings a smile." --Most Rev. Heyward B. Ewart, PhD, DD, Metropolitan Archbishop, Holy Catholic Church International

"If you want to hear from the heart of a youth worker who struggles to enjoy the Monday-to-Friday part of youth ministry and wants to help you get through it too, then you need to read *The Whole Youth Worker*." --Mike Kupferer, Youth Ministry Exchange

"In *The Whole Youth Worker*, Jay gives us a glimpse at what it's like to be in the trenches--both good and bad. You will read this book and say, 'Been there--it's good to know I'm not alone!'" --Rev. Bill Fisackerly, IV, Gulf Cove United Methodist Church

Learn more at www.JayTucker.net

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Justin Fights Sleep

Publisher: Loving Healing Press
Author: Ashley Vien
Illustrator: Murray Stenton
ISBN-13: PB 978-1-61599-376-5 / HC 978-1-61599-383-3 / eBook 978-1-61599-377-2
List Price: PB \$ 15.95 / HC \$ 26.95 / eBook \$ 4.95
Trim: 8.5 x 8.5 (32 pp)
Audience: 3-5 years
Lexile Score: 490L - Grade(s) 1, 2
Pub Date: 04/01/2018
BISAC: JUVENILE FICTION/Bedtime & Dreams
JUVENILE FICTION/Health & Daily Living/Daily Activities

Synopsis:

Justin Fights Sleep is a funny and fantastical story about a boy who has decided that sleep is not for him and how he learns from the consequences of his decision. According to *Parents Magazine*, sleep fulfills several biological and mental imperatives including promoting growth, protecting the heart, controlling the appetite, boosting the immune system, reducing the chance for accidents, increasing attention span, and improving learning at school. Let Justin's story be a fun and gentle introduction into the importance of sleep hygiene for your family!

"This very short book is an opportunity for parents to help children begin to learn that sleep is necessary. It provides us with the energy to enjoy our awake time activities. Every child, teen and adult remembers the excitement experienced the night before a special event. It is truly a skill to be able to self-soothe and relax. Justin's story will be a wonderful addition to your bedtime story time routine."

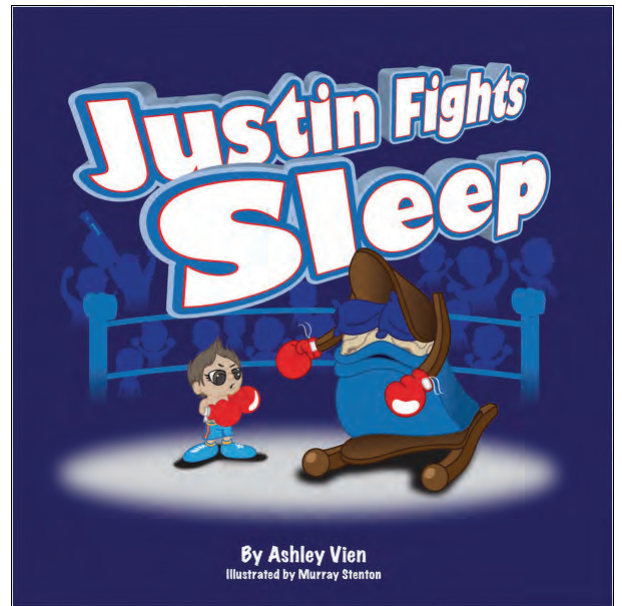
-- Theresa Fraser CCW, CYC-P, M.A., CPT-S Trauma and Loss Clinical Specialist, Registered Psychotherapist, author of *Billy Had to Move: A Foster Care Story*.

For more info see <http://vienabooks.com>
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A Piece of Peace: Everyday Mindfulness You Can Use

Publisher: Loving Healing Press

Author: Sweta Srivastava Vikram

ISBN-13: PB 978-1-61599-597-4 / HC 978-1-61599-598-1 / eBook 978-1-61599-599-8

List Price: PB \$ 17.95 / HC \$ 29.95 / eBook \$ 5.95

Trim: 6.14 x 9.21 (170 pp)

Audience: General Adult

Pub Date: 09/21/2021

BISAC: BODY, MIND & SPIRIT/Meditation

SELF-HELP/Creativity

LANGUAGE ARTS & DISCIPLINES/Writing/Composition

Synopsis: *A Piece of Peace* is an autobiographical account of one woman's unique struggle with a near-fatal disease. In 2018, Sweta had already earned acclaim from having written a dozen successful books and for her work toward amplifying women's voices.

Suddenly overtaken with a massive health crisis, she entered a fight for her life that lasted more than six months. Her journey back to wellness through mindfulness and Ayurvedic healing show us both the true resilience of the human spirit as well as laying out a practical day-by-day plan that anyone can build on to restore health and recover from chronic health losses. Sweta shares her vulnerabilities, makes recommendations, interviews experts, and reminds us all that how we respond to a situation determines our path in life. Additionally, you'll learn about:

- The power of mindful living.
- The impact of finding and owning your voice on your well-being.
- A reminder about the role of wellness in the lives of writers & creative professionals.
- Essays and stories on coping with the pandemic, mindfulness, Ayurveda, meditation, resilience, productivity, and more.
- Tips, tricks, wisdom all packed neatly with compassion to help you navigate life no matter what's thrown at you.

"*A Piece of Peace* is a great combination of personal experience and street-smart advice including some very potent lifestyle changes. It then segues into very practical tips to stay healthy, physically and mentally, during the pandemic and culminates in sage advice to authors."

Nitin P, Ron, MD, Speaker, Expedition Leader, and Assistant Professor of Clinical Pediatrics

"*A Piece of Peace* is a wonderful collection of Sweta's reflections on her journey to healing from chronic illness. Sweta's bravery and determination to heal is reflected in her words of wisdom, which I am sure many will find empowering. I loved reading this easy-to-follow guide, it is beautifully honest and packed with tips for every day.

--- Mita Mistry Columnist, mindfulness-based cognitive therapist and acupuncturist

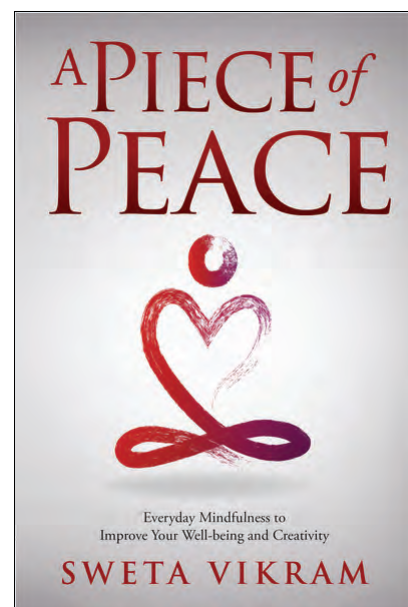
"What did Sweta Vikram do after a miraculous recovery from near death? She wrote this healing guide to long term health for your creative mind, body and soul. Linger a while with her book and let your body unwind and find peace of mind - the keys to setting your creative soul free."

--- Cauvery Madhavan, Author of *The Tainted*

"*A Piece of Peace* by Sweta Vikram is the book every woman needs to have by her bedside. Each chapter is a little piece of magic that is easy to digest after a long day. When times are hard, we just need to know that other women feel the same, as a form of self-empathy."

-- Amy Wheeler, Director of Training at Optimal State Yoga Therapy School and Former President of the Board of Directors at International Association of Yoga Therapists

Learn more at www.SwetaVikram.com



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Because all is not lost: Verse on Grief

Imprint: Modern History Press
Series: World Voices
Author: Sweta Srivastava Vikram
ISBN-13: PB 978-1-61599-046-7 / HC 978-1-61599-047-4 / eBook 978-1-61599-950-7
List Price: PB \$ 7.95 / HC \$ / eBook \$ 2.99
Trim: 6.14 x 9.21 (36 pp)
Audience: General Adult
Pub Date: 09/01/2010
BISAC: POETRY/Inspirational & Religious
SOCIAL SCIENCE/Women's Studies
SELF-HELP/Death, Grief, Bereavement

Synopsis: Sweta Srivastava Vikram is a multi-genre writer living in New York City. Her work has appeared or is forthcoming in literary journals, online publications, and anthologies across six countries and three continents. Sweta has attended several writing residencies and workshops in the United States and Europe. She is a VONA writer and a graduate of Columbia University.

About this Chapbook...

We have all lost a dear one at some point in our lives. Grief, depending on the relationship with the one deceased, affects us differently. I feel my Dada and Mausí's absence every single day for disparate reasons. But these two losses have taught me that their time had come. And that life is about celebrating those alive and not just mourning those who have moved on. Optimism and faith are the keys to overcoming the roadblocks life puts in our way.

This book tries to state that there is always hope for anyone coping with grief. No one can tell us exactly how; the voyage has to be undertaken by each of us individually.

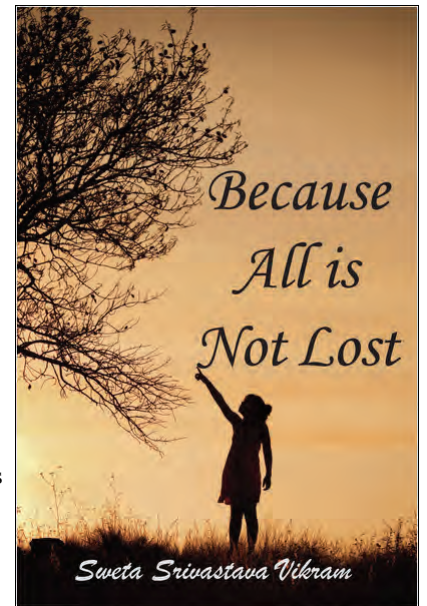
Learn more about the author at www.swetavikram.com

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Beyond the Scent of Sorrow

Imprint: Modern History Press
Series: World Voices
Author: Sweta Srivastava Vikram
ISBN-13: PB 978-1-61599-097-9 / HC 978-1-61599-098-6 / eBook 978-1-61599-974-3
List Price: PB \$ 8.95 / HC \$ 21.95 / eBook \$ 2.99
Trim: 6.14 x 9.21 (40 pp)
Audience: General Adult
Pub Date: 09/01/2011
BISAC: POETRY/American/Asian American
SOCIAL SCIENCE/Feminism & Feminist Theory
SOCIAL SCIENCE/Women's Studies

Synopsis: Sweta Srivastava Vikram is an award-winning writer, poet, novelist, author, essayist, columnist, blogger, and educator whose musings have translated into four chapbooks of poetry, two collaborative collections of poetry, a fiction novel, and an upcoming nonfiction book of prose and poems. Her work has appeared in several anthologies, literary journals, and online publications across six countries in three continents. A graduate of Columbia University, Sweta reads her work across the United States, Europe, and Asia. She also teaches creative writing workshops. Sweta lives in New York City with her husband. She has been nominated twice for the Pushcart Prize.



About this chapbook

Beyond the Scent of Sorrow delves into the challenges faced by women on a global level. The eucalyptus trees in southwest Portugal are used as an archetype to symbolically elicit the challenges women face in today's world. Boldly, the poems which are lyrical, literal, short, and succinct, profess the unkind capabilities of mankind.

Poets and Critics praise *Beyond the Scent of Sorrow*

"Sweta's poetic voice flows like water smoothing and shaping stones. With great skill she uncovers, sometimes tenderly and other times more forcefully, the shroud of fog surrounding the feminine archetype... she has created and nurtured a garden, a wordscape, in which trust and healing can flourish."

--Nick Purdon, author of *The Road-shaped Heart*

"Sweta Srivastava Vikram holds her work close. Fold it one way, a poem of loss appears. Fold it yet again for a poem of longing. Her work is as structurally sound as the elements. It soars with anticipation. Vikram reveals lovely and powerful poems that will long linger."

--Doug Mathewson, Editor Blink-Ink

Learn more at www.SwetaVikram.com

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Kaleidoscope: An Asian Journey with Colors

Publisher: Loving Healing Press

Series: World Voices

Author: Sweta Srivastava Vikram

ISBN-13: PB 978-1-61599-034-4 / eBook 978-1-61599-994-1

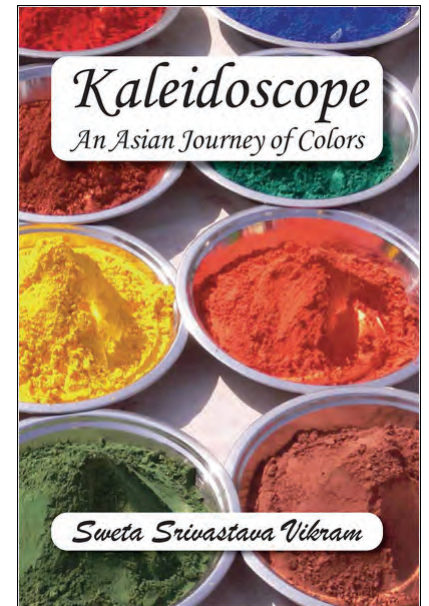
List Price: PB \$ 8.95 / eBook \$ 2.99

Trim: 6.14 x 9.21 (34 pp)

Audience: General Adult

Pub Date: 09/01/2010

BISAC: POETRY/American/Asian American
SOCIAL SCIENCE/Women's Studies



Synopsis: About the Author

Sweta Srivastava Vikram is a multi-genre writer and marketing professional living in New York City. She is the author of *Because All Is Not Lost* from Modern History Press and the co-author of *Whispering Woes of Ganges & Zambezi* (Cyberwit 2010). Her work has appeared in six countries across three continents. Sweta has held recent artist residencies and workshops in Portugal, Ireland, and several within USA. She is a graduate of Columbia University.

"In this innovative series, Sweta Srivastava Vikram re-appropriates color. Cultures and mythologies collide along the way, and the result is a chapbook that feels like a quest. In the end, the colors are a map to identity. The child's pink tonsils or the bride's red sari are not symbols, but rather mile markers. Like Vikram's poems, they lead toward understanding"

--Erica Wright, Senior Poetry Editor, *Guernica*

About the Chapbook

The book delves into the implication and philosophy of colors from a Hindu woman's point of view, from birth until death. The color she adorns herself with almost depicts the story of her life. Expressed through different poetic and verbal forms, each color in the book has its own tone and is specific to different age groups.

Learn more at www.SwetaVikram.com

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Louisiana Catch

Imprint: Modern History Press
Author: Sweta Srivastava Vikram
ISBN-13: PB 978-1-61599-352-9 / HC 978-1-61599-353-6 / eBook 978-1-61599-354-3
List Price: PB \$ 21.95 / HC \$ 34.95 / eBook \$ 6.95
Audiobook: iTunes, Audible.com, Amazon
Trim: 6.14 x 9.21 (268 pp)
Audience: General Adult
Pub Date: 04/10/2018
BISAC: FICTION/Contemporary Women
FICTION/Psychological
FICTION/Contemporary Women



Synopsis: A grieving daughter and abuse survivor must summon the courage to run a feminist conference, trust a man she meets over the Internet, and escape a catfishing stalker to find her power.

Ahana, a wealthy thirty-three-year-old New Delhi woman, flees the pain of her mother's death, and her dark past, by accepting a huge project in New Orleans, where she'll coordinate an annual conference to raise awareness of violence against women. Her half-Indian, half-Irish colleague and public relations guru, Rohan Brady, who helps Ahana develop her online presence, offends her prim sensibilities with his raunchy humor. She is convinced that he's a womanizer.

Meanwhile, she seeks relief from her pain in an online support group, where she makes a good friend: the mercurial Jay Dubois, who is also grieving the loss of his mother. Louisiana Catch is an emotionally immersive novel about identity, shame, and who we project ourselves to be in the world. It's a book about Ahana's unreliable instincts and her ongoing battle to determine whom to place her trust in as she, Rohan, and Jay shed layers of their identities.

"Louisiana Catch is a triumph. In Ahana, Sweta Vikram has created an unforgettable character, strong, wise, and deeply human, who'll inspire a new generation struggling to come to terms with their identity in a world of blurring identities."

--KARAN BAJAJ, New York Times bestselling author, *The Yoga of Max's Discontent*

"In Louisiana Catch, Sweta Vikram brings life to the complex human rights issue of violence against women. Through one woman's journey to make sense of her past and ultimately heal, Vikram shows us that yoga can reconnect us to ourselves, and that by empowering others, we transform our own lives."

--ZOE LEPAGE, Founder, *Exhale to Inhale*

"Louisiana Catch perfectly captures what it means to be human in a digital world, where support groups meet online, love interests flirt on Twitter, and people get confused with personas. Equal parts tender and playful, moving and hopeful, Vikram's prose connects us with timeless truths about grief and redemption in a satisfyingly modern way."

--STEPHANIE PATERIK, Managing Editor, *Adweek*

Learn more at www.SwetaVikram.com

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No Ocean Here: Stories in Verse about Women from Asia, Africa, and the Middle East

Imprint: Modern History Press
Series: World Voices
Author: Sweta Srivastava Vikram
Foreword: Marjorie McKinnon
ISBN-13: PB 978-1-61599-157-0 / HC 978-1-61599-191-4 / eBook 978-1-61599-192-1
List Price: PB \$ 14.95 / HC \$ 26.95 / eBook \$ 4.95
Trim: 6.14 x 9.21 (66 pp)
Audience: General Adult
Pub Date: 02/01/2013
BISAC: POETRY/American/Asian American
SOCIAL SCIENCE/Women's Studies
FAMILY & RELATIONSHIPS/Abuse/General



Synopsis: Brave New Collection Honors Women's Spirit Worldwide

No Ocean Here bears moving accounts of women and girls in certain developing and underdeveloped countries. The book raises concern, and chronicles the socio-cultural conditions of women in parts of Asia, Africa, and the Middle East. The stories, either based on personal interviews or inspired by true stories, are factual, visceral, haunting, and bold narratives, presented in the form of poems.

"Sweta Srivastava Vikram is no ordinary poet. The 44 poems in this slim volume carry the weight of unspeakable horrors and injustices against women. Sweta's words span the globe. Her spare and evocative phrases weave a dark tapestry of oppressive conventions that in the telling and in our reading and hearing, she helps to unravel."

-- Kay Chernush, Founder/Director, ArtWorks for Freedom

About the Author

Sweta Srivastava Vikram is an award-winning writer, two times Pushcart Prize nominated-poet, novelist, author, essayist, columnist, and educator whose musings have translated into four chapbooks of poetry, two collaborative collections of poetry, a novel, and a non-fiction book of prose and poems. Her work has appeared in several anthologies, literary journals, and online publications across six countries in three continents. A graduate of Columbia University, she reads her work, teaches creative writing workshops, and gives talks at universities and schools across the globe. Sweta lives in New York City with her husband.

Learn more at www.SwetaVikram.com

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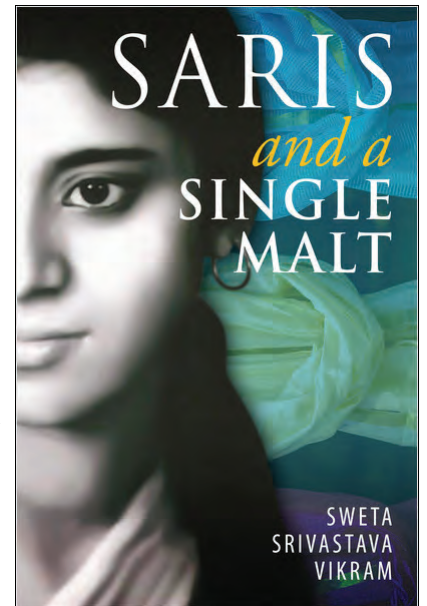
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Saris and a Single Malt

Imprint: Modern History Press
Author: Sweta Srivastava Vikram
ISBN-13: PB 978-1-61599-294-2 / eBook 978-1-61599-295-9
List Price: PB \$ 8.95 / eBook \$ 2.99
Audiobook: iTunes, Audible.com, Amazon
Trim: 6.14 x 9.21 (44 pp)
Audience: General Adult
Pub Date: 08/01/2016
BISAC: LITERARY CRITICISM/American/General
POETRY/American/Asian American
POETRY/Subjects & Themes/Death, Grief, Loss



Synopsis: *Saris and a Single Malt* is a moving collection of poems written by a daughter for and about her mother. The book spans the time from when the poet receives a phone call in New York City that her mother is in a hospital in New Delhi, to the time she carries out her mother's last rites. The poems chronicle the author's physical and emotional journey as she flies to India, tries to fight the inevitable, and succumbs to the grief of living in a motherless world. This collection will move you, astound you, and make you hug your loved ones.

"There are few books like *Saris and a Single Malt* in which the loss of a mother, a homeland, and the self come together in a sustained elegy."

--Justen Ahren, Director Noepe Center, Author of *A Strange Catechism*

"In life, as in poetry, one must come from the heart. Sweta Vikram has done both with touching eloquence. Her work resonates deeply within one's deepest emotional sacristy."

--Sharon Kapp, Owner & Founder, Houston Yoga & Ayurvedic Wellness Center

"*Saris and a Single Malt* is a fitting and delightful tribute of a writer daughter to her affectionate mother which goes deep into the minds of all children who love their moms."

--K. V. Dominic, English language poet, critic, short-story writer, and editor from Kerala, India

Sweta Srivastava Vikram, featured by Asian Fusion as "one of the most influential Asians of our time," is an award-winning writer, Pushcart Prize nominee, author of ten books, and a wellness practitioner. A graduate of Columbia University, Sweta performs her work, teaches creative writing workshops, and gives talks at universities and schools across the globe.

Learn more at www.swetavikram.com

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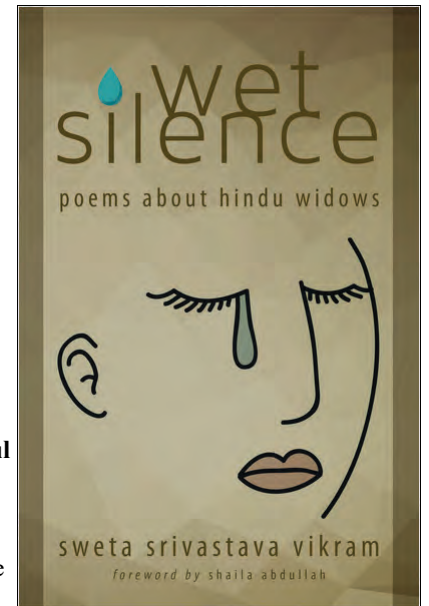
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Wet Silence: Poems about Hindu widows

Imprint: Modern History Press
Series: World Voices
Author: Sweta Srivastava Vikram
Foreword: Shaila Abdullah
ISBN-13: PB 978-1-61599-256-0 / HC 978-1-61599-257-7 / eBook 978-1-61599-258-4
List Price: PB \$ 14.95 / HC \$ 26.95 / eBook \$ 4.95
Trim: 6.14 x 9.21 (72 pp)
Audience: General Adult
Pub Date: 07/01/2015
BISAC: POETRY/American/Asian American
SOCIAL SCIENCE/Women's Studies
FAMILY & RELATIONSHIPS/Abuse/General



Synopsis: "Sweta Vikram captures bold raw passion, poignant reality and crafts a powerful voice for the voiceless."

--Kate Campbell Stevenson, Actor & Producer

Wet Silence bears moving accounts of Hindu widows in India. The book raises concern about the treatment of widowed women by society; lends their stories a voice; shares their unheard tales about marriage; reveals the heavy hand of patriarchy; and, addresses the lack of companionship and sensuality in their lives. This collection of poems covers a myriad of social evils such as misogyny, infidelity, gender inequality, and celibacy amongst other things. The poems in the collection are bold, unapologetic, and visceral. The collection will haunt you.

"Nothing short of sacred genius, *Wet Silence* reads with a sensual and dangerous grace. It is a body of work that ushers presence into absence and love into a world that has all but done away with the word."

--Slash Coleman, author of *The Bohemian Love Diaries* and blogger for *Psychology Today*.

"Sweta's poems did a powerful job at highlighting the mental and sexual abuse, violence, loneliness and the pain experienced by millions of widows in India. Why I ask, is being a widow a crime?"

--Shruti Kapoor, Founder of Sayfty, an organization that helps women protect themselves against violence

"In a gorgeous choir of reclaimed voices, Sweta Srivastava Vikram tells the stories of women forgotten and passed over, women silenced and without choices, women who 'don't exist'--Hindu widows. Through the magical breath of her poetry Vikram not only animates these women's hopes, sorrows, dreams, and defeats, she lovingly restores them to honor."

--Melissa Studdard, award-winning author of *I Ate the Cosmos for Breakfast*.

Learn more at www.SwetaVikram.com

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Children and Traumatic Incident Reduction: Creative and Cognitive Approaches

Publisher: Loving Healing Press

Series: Explorations in Metapsychology

Editor: Marian K. Volkman

ISBN-13: PB 978-1-932690-30-9 / eBook 978-1-61599-911-8

List Price: PB \$ 19.95 / eBook \$ 6.95

Trim: 6.69 x 9.61 (220 pp)

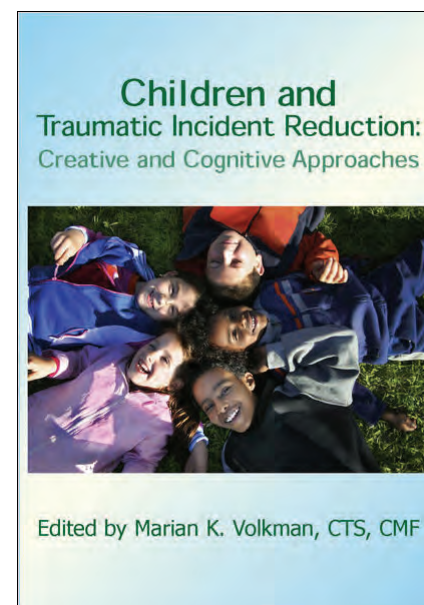
Audience: General Adult

Pub Date: 02/01/2007

BISAC: MEDICAL/Pediatrics

PSYCHOLOGY/Psychotherapy/Child & Adolescent

PSYCHOLOGY/Psychopathology/Post-Traumatic Stress Disorder (PTSD)



Synopsis: What if we could resolve childhood trauma early, rather than late?

We are understanding more and more about how early traumatic experiences affect long-term mental and physical health:

- Physical impacts are stored in muscles and posture
- Threats of harm are stored as tension
- Overwhelming emotion is held inside
- Negative emotional patterns become habit
- Coping and defense mechanism become inflexible

What if we could resolve childhood trauma before years go by and these effects solidify in body and mind?

In a perfect world, we'd like to be able to shield children from hurt and harm. In the real world, children, even relatively fortunate ones, may experience accidents, injury, illness, and loss of loved ones. Children unfortunate enough to live in unsafe environments live through abuse, neglect, and threats to their well-being and even their life.

What if we could resolve childhood trauma fully, gently, and completely while the child is still young?

We Can. Read *Children and Traumatic Incident Reduction* and find out how!

"This book is a must for any therapist working with kids. Naturally, it focuses on the approach of Traumatic Incident Reduction, but there is a lot of excellent material that will be useful even to the therapist who has never before heard of TIR and may not be particularly interested in learning about it. The general approach is respectful of clients, based on a great deal of personal experience by contributors as well as on the now extensive research base supporting TIR, and fits the more general research evidence on what works". --Robert Rich, PhD

Book #2 in the *TIR Applications Series*. Series Editor: Robert Rich, PhD

Learn more about TIR books at www.TIRbook.com

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Life Skills: Improve the Quality of Your Life with Metapsychology

Publisher: Loving Healing Press

Series: Explorations in Metapsychology

Author: Marian K. Volkman

ISBN-13: PB 978-1-932690-05-7 / eBook 978-1-61599-979-8

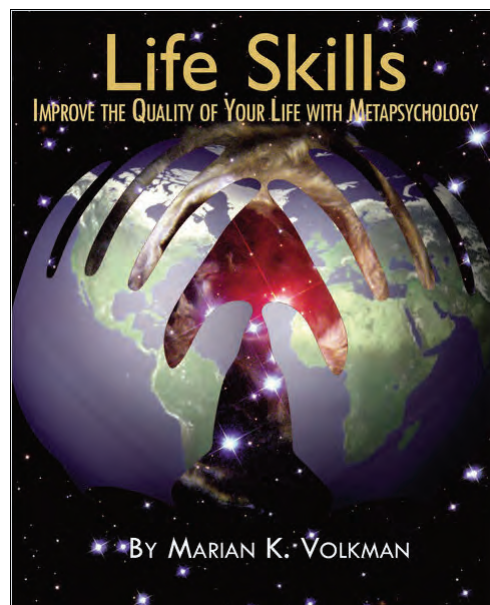
List Price: PB \$ 16.95 / eBook \$ 5.95

Trim: 7.5 x 9.25 (180 pp)

Audience: General Adult

Pub Date: 12/01/2005

BISAC: SELF-HELP/Personal Growth/Happiness
SELF-HELP/Stress Management
FAMILY & RELATIONSHIPS/Health



Synopsis: Metapsychology, as developed by Frank A. Gerbode, MD, is a subject rich in philosophy and practical application. Much of Applied Metapsychology makes use of one-on-one session work to achieve the individual's personal goals - from relieving past pain to living more fully to expanding consciousness.

Life Skills: Improve the Quality of Your Life with Metapsychology, highlights key factors from the subject and illuminates the ways that these factors can be used on a daily basis for improved quality of life, as an individual, in relationships, and in the wider world.

- Learn handy and usually quite fast techniques to assist another person after a shock, injury or other distress
- Learn simple methods for expanding your awareness on a daily basis
- Gain a deeper understanding of relationship and how to strengthen and nurture any relationship
- Learn the components of successful communication, what causes communication to break down, and how to repair breakdowns
- Gain vital keys to understanding those behaviors of other people that have previously been inexplicable to you
- Gain the ability to more accurately predict certain patterns of human behavior, and to be more effective in dealing with the negative ones
- Learn an effective tool for making important life decisions
- Explore human potential

Praise for Life Skills

"A concise, eminently-readable, empathic, joy-filled, hands-on text. Life Skills is a must for therapists and their clients."

-- Sam Vaknin, Ph.D., author of "Malignant Self Love - Narcissism Revisited"

"A serious, impressive, and thoughtful work with one objective in mind: teaching how to reach one's full potential."

-- James W. Clifton, M.S., Ph.D., LCSW

"If you take the trouble to do the exercises the way the author suggests, they will change your life."

-- Robert Rich, M.Sc., Ph.D., M.A.P.S., A.A.S.H

From the EXPLORATIONS IN METAPSYCHOLOGY SERIES

Learn more about this book at www.LifeSkillsBook.com

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Life Skills: Improve the Quality of Your Life with Applied Metapsychology, 2nd Ed.

Publisher: Loving Healing Press

Series: Explorations in Metapsychology

Author: Marian K. Volkman

ISBN-13: PB 978-1-61599-680-3 / HC 978-1-61599-681-0 / eBook 978-1-61599-682-7

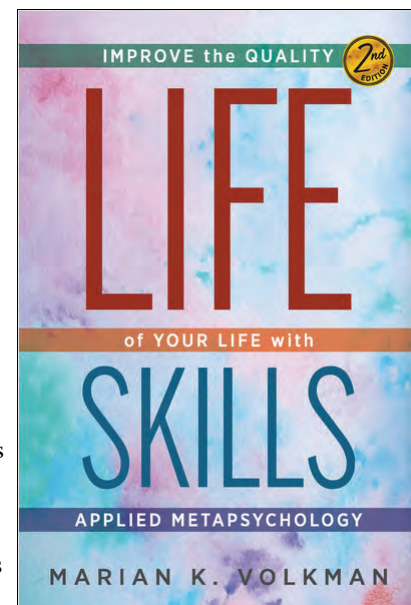
List Price: PB \$ 24.95 / HC \$ 36.95 / eBook \$ 6.95

Trim: 6.14 x 9.21 (222 pp)

Audience: General Adult

Pub Date: 09/01/2022

BISAC: SELF-HELP/Personal Growth/Happiness
SELF-HELP/Stress Management
FAMILY & RELATIONSHIPS/Love & Romance



Synopsis: Metapsychology, as developed by Frank A. Gerbode, MD, is a subject rich in philosophy and practical application. Applied Metapsychology is the practical application of this subject to fulfill personal goals, from relieving past pain to living more fully to expanding consciousness. *Life Skills* expands on this and the reader will:

- Learn handy brief remedies to assist another person after a shock, injury or other distress
- Learn simple methods for expanding your awareness on a daily basis
- Gain a deeper understanding of relationships and how to strengthen and nurture any relationship
- Learn the components of successful communication, what causes communication to break down, and how to repair breakdowns
- Gain vital keys to understanding those behaviors of other people that have previously been inexplicable to you
- Learn an effective tool for making important life decisions
- Explore human potential

"Marian Volkman's *Life Skills* is a serious, impressive, and thoughtful work with one objective in mind: teaching how to reach one's full potential in practical, pragmatic, easy-to-follow steps that will literally change one's life. This masterpiece of a survival guide will benefit all who turn its pages. The chapter on the importance of relationships is worth the price of the book alone, as most problems in life are relationship-oriented."

--James W. Clifton, M.S., Ph.D., LCSW

"If you liked the first edition of *Life Skills*, you will be delighted to know that in this edition, we find even more exercises to achieve the goals of each chapters, more context and explanations in each section to reach even deeper reflections and realizations."

--Gina Michaud, B. Ed., OCT, Certified Traumatic Incident Reduction Facilitator

Learn more at www.MarianVolkman.com

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Turtle Dolphin Dreams: A Metaphysical Story

Imprint: Marvelous Spirit Press
Series: Spiritual Dimensions
Author: Marian K. Volkman
ISBN-13: PB 978-1-932690-10-1 / eBook 978-1-61599-910-1
List Price: PB \$ 13.95 / eBook \$ 4.95
Trim: 7.5 x 9.25 (80 pp)
Audience: General Adult
Pub Date: 12/01/2005
BISAC: FICTION/Visionary & Metaphysical
BODY, MIND & SPIRIT/Parapsychology/ESP (Clairvoyance, Precognition, Telepathy)
BODY, MIND & SPIRIT/Parapsychology/Out-of-Body Experience

Synopsis: What if we shared planet Earth with other intelligent species?
What if inter-species communication were really possible?

Seek out some answers in Turtle Dolphin Dreams

Raves for Turtle Dolphin Dreams

"A pearl is a small thing, and yet it is as precious as any jewel. So is this little book."
--Robert Rich, Ph.D.

"Turtle Dolphin Dreams is a wonderful little book. Not since Gibran's *The Prophet* or Bach's *Jonathan Livingston Seagull* has a book come along so inviting, refreshing, and relevant."
--James Clifton, Ph.D.

"Turtle Dolphin Dreams is lovely! ...somehow this strange book hangs together and holds the reader's attention. Very inspirational indeed."
--Susan M. Phillips, Spiralthreads Reviews

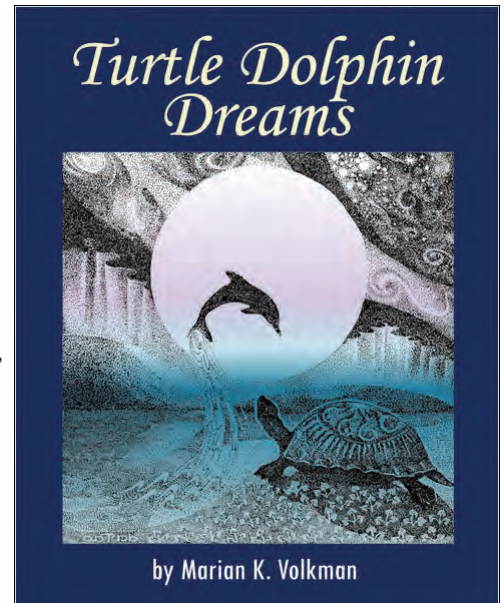
From the SPIRITUAL DIMENSIONS SERIES

Learn more about this book at www.TurtleDolphinDreams.com

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The Story That Must Be Told: True Tales of Transformation

Publisher: Loving Healing Press
Series: Reflections of America
Editor: Victor Volkman and Irene Watson
ISBN-13: PB 978-1-932690-38-5 / eBook 978-1-61599-925-5
List Price: PB \$ 18.95 / eBook \$ 6.95
Trim: 6 x 9 (204 pp)
Audience: General Adult
Pub Date: 06/01/2007
BISAC: BODY, MIND & SPIRIT/Inspiration & Personal Growth
RELIGION/Christianity/General
SELF-HELP/Motivational & Inspirational

Synopsis: What will you do when life puts you to the ultimate test?

This slim volume contains 21 true stories of courage, love, endurance, and undying hope from people around the USA and UK. Follow each of our authors as they detail what it took to face impossible circumstances and powerfully transform them into forgiveness, understanding, and grace.

Are you...

- haunted by a past event?
- hoping to make a brand new start?
- unhappy with how your life turned out?
- searching for the secret to full self-esteem?
- blocked by unfinished business you can't resolve?
- wanting to explore or renew your relationship with God?

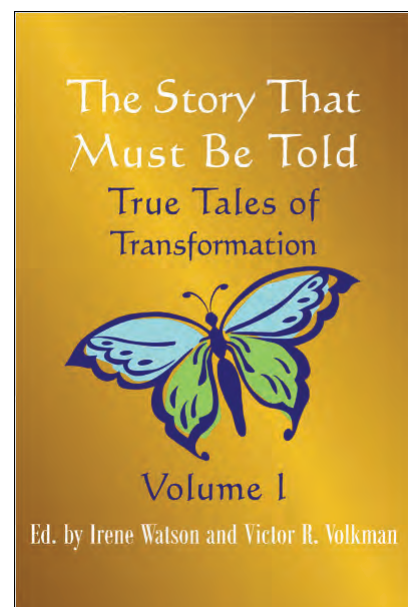
If you answered "Yes" to any of these questions, then this is the book for you to start (or re-start) your personal journal of transformation.

What one person achieves creates new possibilities for everyone in what it is to be human

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Beyond Trauma: Conversations on Traumatic Incident Reduction, 2nd Ed.

Publisher: Loving Healing Press

Series: Explorations in Metapsychology

Editor: Victor R. Volkman

ISBN-13: PB 978-1-932690-04-0 / eBook 978-1-61599-913-2

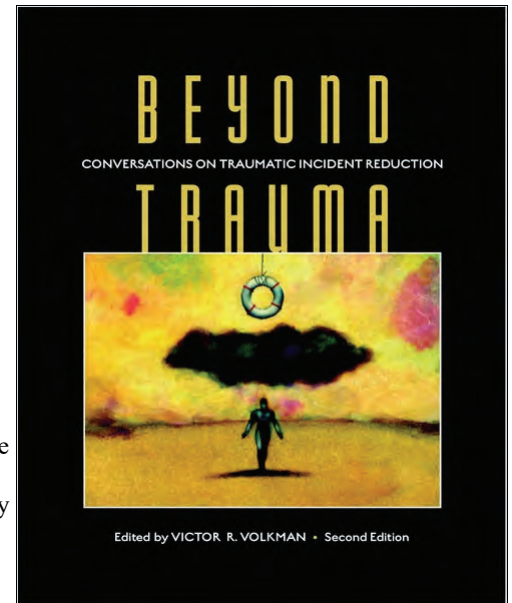
List Price: PB \$ 22.95 / eBook \$ 6.95

Trim: 7.5 x 9.25 (360 pp)

Audience: General Adult

Pub Date: 12/01/2006

BISAC: PSYCHOLOGY/Psychopathology/Post-Traumatic Stress Disorder (PTSD)
MEDICAL/Nursing/Mental Health
SELF-HELP/Death, Grief, Bereavement



Synopsis: TIR, or Traumatic Incident Reduction, is a unique regressive, repetitive, desensitization procedure--highly focused, directive, and controlled, yet at the same time wholly person-centered, non-interpretive, and non-judgmental. Developed by Frank A. Gerbode, M.D., Gerald French, and others, TIR is best known for its use as an extremely effective tool in the rapid resolution of virtually all trauma-related conditions, including PTSD. TIR can also address many other DSM-IV diagnoses beyond trauma including: adjustment disorders, acute stress, traumatic bereavement, dysthymic disorders, major depressive disorders, anxiety disorders, somatization disorders, sexual abuse, and phobias.

Acclaim for *Beyond Trauma: Conversations on Traumatic Incident Reduction*

"Beyond Trauma is an excellent resource to begin one's mastery in this area of practice."

--MICHAEL G. TANCYUS, LCSW, DCSW, Augusta Behavioral Health

"I have found Beyond Trauma to be exceptionally helpful in understanding and practicing TIR in broad and diverse areas of practice, not just in traditional trauma work. The information from various points of view is really priceless."

--GERRY BOCK, Registered Clinical Counselor, B.C. Canada

"Beyond Trauma offers PTSD sufferers a glimpse at a light at the end of the tunnel, while providing mental health workers with a revolutionary technique that could increase their success rate with traumatized clients."

--JENI MAYER, Body Mind Spirit Magazine

Learn more at www.BeyondTrauma.com

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Learn Python in One Hour: Programming by Example, 2nd Ed.

Imprint: Modern Software Press
Author: Victor R. Volkman
ISBN-13: PB 978-1-61599-239-3 / eBook 978-1-61599-240-9
List Price: PB \$ 8.95 / eBook \$ 3.99
Trim: 6.14 x 9.21 (55 pp)
Audience: General Adult
Pub Date: 11/01/2017
BISAC: COMPUTERS/Programming Languages/Python
COMPUTERS/Computer Science
EDUCATION/Computers & Technology

Synopsis: You're already a smart person, you don't need a 1000+ page book to get you started on the web's fastest growing programming platform. Instead, *Learn Python in One Hour* delivers on the promise of code literacy while saving your most precious commodity - time itself. Volkman's innovative programming-by-example approach means you focus on usage, not mindless detail. Based on the author's sold-out live seminars, you'll see Python's flexible coding technique in action as we refactor from script to procedural to object-oriented during actual problem solving.

In a twelve-lesson progression, you'll be exposed to this and more:

- Basic file input and output operations, including exceptions
- Using functions to compute and return multiple values
- Basic elements of a class definition and how to call methods
- Lists, dictionaries, sets, and other collections
- Iteration through collections, files, sorted sets
- Searching strings with regular expressions (**regex**)
- Client and server programs for **REST methods**
- **Using threads** in Python for multiple tasks
- **CGI-BIN programming** for simple HTML Forms processing
- Six most common Python pitfalls

Take the One Hour challenge and see if you too can pick up 90% of syntax and semantics in less time than you probably spend commuting each day.

About the Author Victor R. Volkman graduated *cum laude* from Michigan Technological University with a BS in Computer Science in 1986. Since then, he has written for numerous publications, including *The C Gazette*, *C++ Users Journal*, *Windows Developers Journal*, and many others. He has taught college-level programming courses at Washtenaw Community College and has served on its Computer Information Science (CIS) Faculty Advisory Board for more than a decade. Volkman says Python helped him "rediscover the joy of programming again."

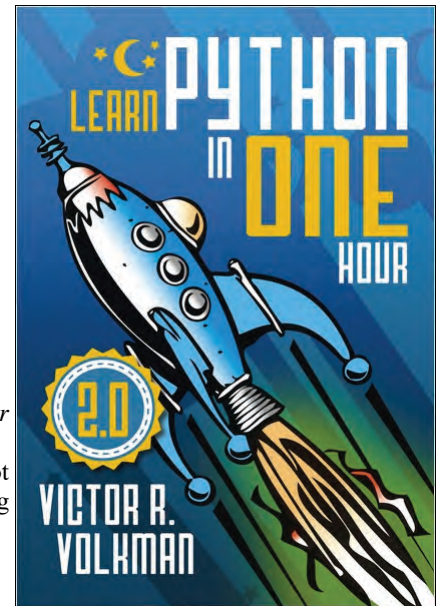
www.volkman.org

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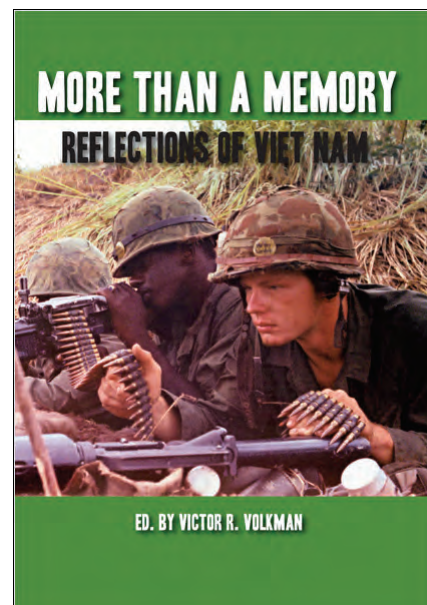
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More Than A Memory: Reflections of Viet Nam

Imprint: Modern History Press
Series: Reflections of History
Editor: Victor R. Volkman
ISBN-13: PB 978-1-932690-64-4 / HC 978-1-932690-65-1 / eBook 978-1-61599-894-4
List Price: PB \$ 21.95 / HC \$ 34.95 / eBook \$ 6.95
Trim: 7 x 10 (228 pp)
Audience: General Adult
Pub Date: 03/01/2009
BISAC: LITERARY CRITICISM/American/General
HISTORY/Military/Vietnam War
PSYCHOLOGY/Psychopathology/Post-Traumatic Stress Disorder (PTSD)



Synopsis: A Conflict that Shaped A Generation

Four decades on, the legacy of American involvement in the Viet Nam War still looms large in the lives of the veterans who experienced it first hand. This new anthology of poems, stories, and essays looks at the war through the lens of both past and present perspectives.

Featuring the work of fifteen veteran writers, the scope of the book defines how modern warfare affects the lives of those who lived it and subsequently their own families after returning from the war. The men who have contributed to this volume each have played their own part whether medic, air cavalry, recon, forward observer, or just plain grunt. The pain they felt, witnessed, and buried can hopefully be released by the telling of their collective truths.

It is their hope that through this book you will be able to feel something of what they have felt and that it will inform you about the role that this conflict continues to play in the lives of those who served there. The words of William Faulkner still ring true: "The past is not dead, it's not even past."

Praise for *More Than A Memory*

Acclaim for *More Than A Memory* "For those old hands wanting to see and hear how others have made some sense of it in words--perhaps for inspiration to write some of their own--and for those newbies wanting to understand and relate as much as possible to that experience, I recommend this new volume wholeheartedly."

--Michael Gillen, PhD, Professor, Vietnam and Modern America, Pace University

"Poignant and heartrending as it is, *More Than A Memory* is a work of great courage and optimism, of triumph against all odds and amidst the horrors, of resurrection and renewal. It is nothing short of uplifting."

--Sam Vaknin, PhD, author of *Malignant Self-Love*

"There seems to be no end to the stories veterans of the Vietnam War need and want to tell and there should be no end to the readiness of the rest of us to read, to listen, and more importantly, to learn. *More Than A Memory* is a welcome addition to the literature of the war and its ongoing consequences."

--Marilyn B. Young, PhD, Dept. of History, NYU

"If you want to understand a conflict, look into the hearts of the men who fought it. *More than a Memory* does that and reveals a legacy that should stand as a warning to people who would remake the world in their own vision."

--Trish Wood, investigative journalist, and author of the critically acclaimed *What Was Asked of Us: An Oral History of the Iraq War by the Soldiers Who Fought It*

More from the contributors at www.ReflectionsOfVietnam.com

"*More Than a Memory: Reflections of Viet Nam*" is the newest book in the *Reflections of America* series from Modern History Press www.ModernHistoryPress.com

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Traumatic Incident Reduction and Critical Incident Stress Management: A Synergistic Approach

Publisher: Loving Healing Press

Series: TIR Applications

Editor: Victor R. Volkman

Foreword: John Durkin

ISBN-13: PB 978-1-932690-29-3 / eBook 978-1-61599-920-0

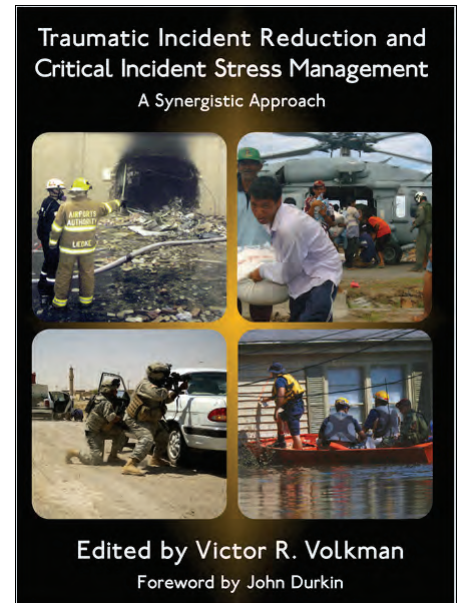
List Price: PB \$ 17.95 / eBook \$ 5.95

Trim: 6.69 x 9.61 (164 pp)

Audience: General Adult

Pub Date: 12/01/2006

BISAC: PSYCHOLOGY/Psychopathology/Post-Traumatic Stress Disorder (PTSD)
MEDICAL/Allied Health Services/Emergency Medical Services
PSYCHOLOGY/Mental Health



Synopsis: From the Foreword:

TIR offers an opportunity for the members of a CISM team to deal with any accumulated emotional baggage that their involvement in crisis-intervention has created. Training in TIR adds another tool to the toolkit of crisis-intervention techniques and enables peer-support to address an extended range of crisis-reactions, even those that might justify a clinical diagnosis. If virtually all the emotional reactions of a colleague in crisis could be accommodated and addressed through CISM and TIR, then the difference to the individual, the CISM team and the community would be immense. I look forward to the day that what practitioners of CISM and TIR already know is recognized in order for these approaches to be embraced and enjoyed more widely.

What Traumatologists Are Saying about TIR and CISM...

"Now, as a psychologist, I think I can see what would have helped me-after the injury that led to PTSD and retirement as a firefighter-and why. I now train firefighters and paramedics in the crisis-intervention tactics of CISM and offer TIR training to the same people." -John Durkin, www.FireStress.co.uk

"After the crisis is over, and the CISM team has done crisis management briefings and debriefings, both crisis responders and victims who continue to be negatively affected by the traumatic incident will benefit greatly by using TIR to get back to normal as quickly as possible." -Nancy Day, CTS, TIR Trainer

"Specific training in TIR skills speeds the process of a person moving from novice to fully effective practitioner. One idea would be for this skill set to be included in CISM training." -Jill Boyd, RN, MS

"TIR has developed crucial understanding and training by managing communication and the development of rules of practice that can surely inform and enrich CISM sessions as well as other similar techniques." -Carlos Velazquez-Garcia, Psych., CT (Puerto Rico)

"Each modality can be enhanced by the skills and training that the other provides. CISM without TIR is missing the opportunities to complete the process. TIR without CISM training is missing the structure for working with and understanding the bigger process." -Gerry Bock, MA, RCC (Vancouver, BC)

About the TIR Applications Series

This new series from Loving Healing Press brings you information and anecdotes about Traumatic Incident Reduction and related techniques. Practitioners around the world use these Applied Metapsychology techniques. It is our opinion that stories of real-world experience convey the opportunity for healing that TIR provides. Readers interested in the theories behind TIR and Applied Metapsychology (the subject from which TIR is derived) should also consider the Explorations in Metapsychology Series from Loving Healing Press.

Learn more at www.TIR.org

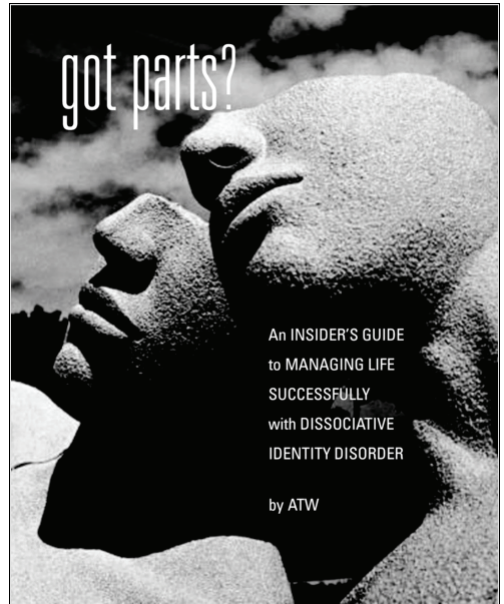
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Got Parts?: An Insider's Guide to Managing Life Successfully with Dissociative Identity Disorder

Publisher: Loving Healing Press
Series: New Horizons in Therapy
Author: A. T. W
Foreword: Rick Ritter
ISBN-13: PB 978-1-932690-03-3 / HC 978-1-61599-587-5
List Price: PB \$ 16.95 / HC \$ 16.95
Trim: 7.5 x 9.25 (136 pp)
Audience: General Adult
Pub Date: 12/01/2005
BISAC: SELF-HELP/Abuse
PSYCHOLOGY/Psychopathology/General
FAMILY & RELATIONSHIPS/Abuse/General



Synopsis: Finally a book for survivors written by a survivor!

Got Parts? was written by a survivor of DID in association with her therapist and therapy group. This book is filled with successful coping techniques and strategies to enhance the day-to-day functioning of adult survivors of DID in relationships, work, parenting, self-confidence, and self-care. *Got Parts* will help you introduce yourself to your internal family and improve its communication, integration, and well-being. Although written to carefully avoid triggering, it delivers well-grounded guidelines for living that DID people need to do on the way to recovery. Coping strategies included help you with issues related to triggers, flashbacks, and body memories. *Got Parts* also includes a detailed list of outside resources you can draw on. This book is intended to be used in conjunction with a therapist and is not a substitute for therapy.

Once thought of as a rare and mysterious psychiatric curiosity, Dissociative Identity Disorder (DID) is now understood to be a fairly common outcome of severe trauma in young children--most typically extreme and repeated physical, sexual, and/or emotional abuse, and often lack of attachment. Formerly called Multiple Personality Disorder, DID is a condition in which a person has two or more distinct identities or personality states that recurrently take control of the person's consciousness and behavior. Symptoms can include depression, mood swings, panic or anxiety attacks, substance abuse, memory loss, propensity for trances, sleep and eating disorders, distrust, detachment, lack of self-care, and distress or impairment at work.

Acclaim for *Got Parts*> from Therapists and Survivors

"*Got Parts?* is a very well conceived and useful tool, particularly for those treating DID from a more functional perspective." -- Peter A. Maves, Ph.D., ISSD Fellow

"Got Parts is great tool for working therapeutically with ones internal family." -- Patricia Sherman, LCSW

"I particularly liked the chapter which emphasises the importance of taking care of body, mind and spirit holistically." -- Kathryn Livingston, Chairperson, First Person Plural (UK)

"I strongly recommend this book as a easily read, straightforward and insightful recovery tool for my clients with DID." -- Ian Landry, MA MSW RSW, Nova Scotia, Canada

"I will require got parts for new clients, refer it to other therapists and have even recommended it for others." -- Karen Hutchins, MA LPC

ATW's approach reflects that of Truddi Chase, a DID victim who prefers her alters live in a harmonious community. -- Metapsychology Online Review, Dec. 22, 2005

For more information please visit www.GotParts.org

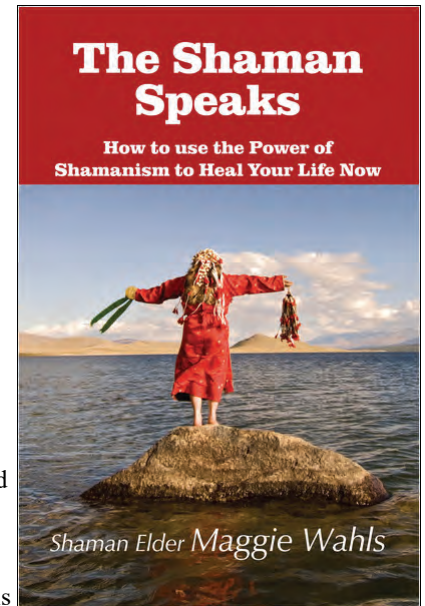
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The Shaman Speaks: How to use the Power of Shamanism to Heal Your Life Now

Imprint: Marvelous Spirit Press
Series: Modern Spirituality
Author: Shaman Elder Maggie Wahls
Foreword: Lori Lee
ISBN-13: PB 978-1-61599-007-8 / HC 978-1-61599-063-4 / eBook 978-1-61599-998-9
List Price: PB \$ 16.95 / HC \$ 29.95 / eBook \$ 5.95
Trim: 6.14 x 9.21 (132 pp)
Audience: General Adult
Pub Date: 09/01/2010
BISAC: BODY, MIND & SPIRIT/Spirituality/Shamanism
BODY, MIND & SPIRIT/Spiritualism
BODY, MIND & SPIRIT/Healing/Energy (Chi Kung, Reiki, Polarity)



Synopsis: If you could ask a Shaman Elder any question, what would you want to know?

Forty-five questions are answered through the words of Shaman Elder Maggie who has practiced for over 50 years her centuries-old family lineage of Traditional Shamanism, trained by her own Shaman Grandmother.

See your life from a Traditional Shamanic perspective and eliminate the fears and problems that interfere with your own happiness. The questions in this book come from the thousands of emails that Shaman Elder Maggie receives through her Internet course and her free counseling service online.

Students of this book will:

- Discover the truth of your own energy and how to use it to your favor
- Learn how to stand in your power and be captain of your own ship
- Practice exercises you can use to bring balance to your life
- Find the spiritual joy in living
- Discover ways to practice mental awareness so you never get blindsided again
- Create physical health for yourself and those you love
- Improve your own life by adopting ancient Traditional Shamanic principles

The Shaman Speaks provides wisdom for every day of your life!

"You put all these wonderful things out there for us to look at, ponder on, research, pick up and play with, or to pick up add it to our set of tools and learn to use. So, thank you for this most fabulous tool. Thank you, Thank you, Thank you."

--Darill Hall

"I don't know how many lives and loves you have saved or helped heal but you have done both here with us. Bless you, namaste!"

--Felicia Dale

"I realize that your purpose is to show me how to find the answers within myself, which of course you knew all along. I know what it means to be a teacher now. You truly are wise, Shaman Elder Maggie." --John

About the Author

Shaman Elder Maggie has been providing counseling free of charge for nearly 30 years. She has a Doctorate of Divinity and is a Usui Reiki Master Teacher. She is an artist, a mystic, a visionary, a teacher, a friend to all and a lover of life. She is one of America's most beloved teachers of traditional Shamanism.

Learn more at www.ShamanElder.com

From the Modern Spirituality Series at Marvelous Spirit Press www.MarvelousSpirit.com

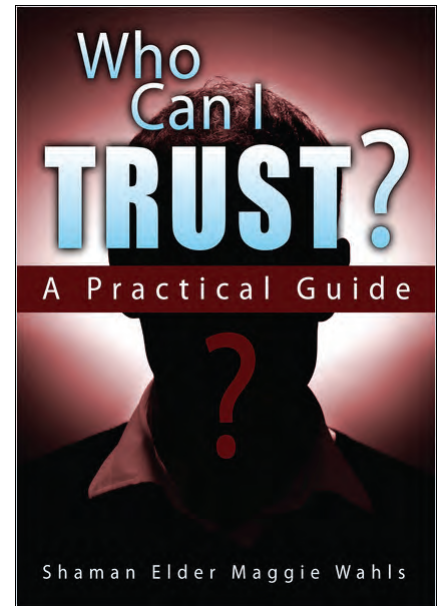
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Who Can I Trust?: A Practical Guide

Imprint: Marvelous Spirit Press
Series: Modern Spirituality
Author: Shaman Elder Maggie Wahls
ISBN-13: PB 978-1-61599-134-1 / eBook 978-1-61599-133-4
List Price: PB \$ 8.95 / eBook \$ 2.99
Trim: 6.69 x 9.61 (42 pp)
Audience: General Adult
Pub Date: 10/20/2011
BISAC: SELF-HELP/Adult Children of Substance Abusers
FAMILY & RELATIONSHIPS/Love & Romance
BODY, MIND & SPIRIT/Spirituality/Shamanism



Synopsis: Answers for the Eternal Question: Who Can I Trust?

Trust is something that man in ancient times learned from the Shaman of his tribe. It was the Shaman's example as a member of that tribe or community that showed the people how and why to be trustworthy. It is not something that we learn in our modern day society because Traditional Shamanism has been all but lost to modern man. Let Shaman Elder Maggie Wahls, with her over 50 years of experience in the subject, help you:

- Understand the illusion of control and the power of letting go
- Identify and master the five elements of trust: Reliability, Consistency, Truthfulness, Accountability, and Follow-through
- Learn why people lie and how to avoid this trap
- Discover your own truth and how emotions can color it
- Understand diversionary tactics that people employ to avoid accountability
- Explore the nature of ulterior motives and how they affect follow-through

Praise for the Teachings of Shaman Elder Maggie Wahls:

"As Wahls makes completely clear, this is not about Shamanism, but rather the teaching of the art of living and the difficult questions that generally go unanswered in the process. Transport yourself back to your school days. How many times did you contemplate asking a question? How many times did you ask it? How many times did the teacher invite students to ask questions because other students would likely have the same questions? This non-fiction guide is much like that--a sort of solutions manual to the myriad questions that come up along this journey we call life." --GettingBookReviewsDot.Com

"You put all these wonderful things out there for us to look at, ponder on, research, pick up and play with, or to pick up add it to our set of tools and learn to use. So, thank you for this most fabulous tool. Thank you, Thank you, Thank you." --Darill Hall

"I realize that your purpose is to show me how to find the answers within myself, which of course you knew all along. I know what it means to be a teacher now. You truly are wise, Shaman Elder Maggie." --John

Learn more at www.ShamanElder.com

From the Modern Spirituality Series at Marvelous Spirit Press www.MarvelousSpirit.com

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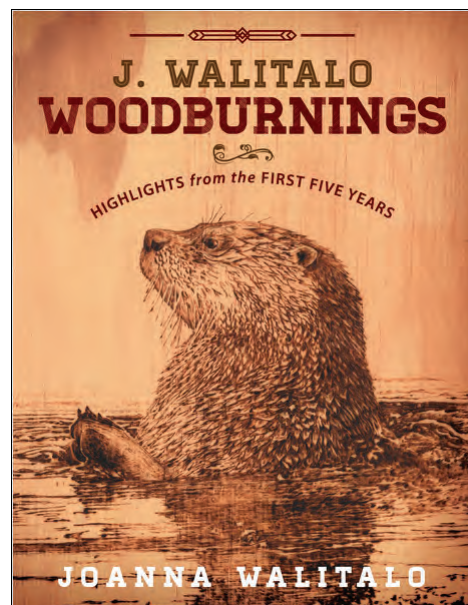
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J. Walitalo Woodburning: Highlights from the First Five Years

Imprint: Modern History Press
Author: Joanna Walitalo
ISBN-13: PB 978-1-61599-618-6
List Price: PB \$ 74.95
Trim: 8.5 x 11 (152 pp)
Audience: General Adult
Pub Date: 11/01/2021
BISAC: CRAFTS & HOBBIES/Woodwork
ART/Individual Artists/Artists' Books
ART/Subjects & Themes/Plants & Animals

Synopsis: This book is the collected images of Joanna Walitalo's first five years of woodburning artwork. Pyrography, the use of heat or fire to create an image, is an uncommon and sometimes under-appreciated media in the art world and commonly considered more of a craft. Joanna, like many other Midwest kids, was given a craft wood-burner when she was young, tried it once or twice, burnt herself and subsequently put it away. Many years later, she picked it up again, and this time stuck with it, pushing herself to create high detail, realistic artwork. Her professional background in biology, environmental policies and forestry led her to the idea of incorporating what she had learned about wood products into this unique art form, using her skills as an artist to spread the message of love, beauty and respect for the environment and our natural resources. The concept that all of her work is done on scrap wood builds an ethic of recycling into each piece of art.



The name J. Walitalo was chosen because it covers both James and Joanna, a husband and wife team. The Walitalos enjoyed this hobby, where they could work together, James preparing and finishing the wood on which Joanna does her artwork. "It is very satisfying to work together to create something unique and special, especially when I can do it with my best friend," Joanna reflects, referring to her husband James. No two pieces are the same because of the wood--each piece is a different size, species and grain. Sometimes it takes a while to find the right piece of wood for a particular image or to find the right image to fit a particular piece of wood. Each piece of art is done freehand, either drawing from life or from looking at reference photos.

"Joanna's vision is honest and straightforward. Walitalo loves wood, and she thoughtfully integrates the natural design of the various wood grains and knots within her rendering. Under Joanna's experienced craftsmanship, scraps of basswood, pine, curly maple, etc. become her partners in the creative process. Walitalo's drawings are a wonderful example of the artist uniting her life's passions with her perfect expressive medium."

--Michael Volker, Assistant Professor (Lecturer III) Painting and Drawing, Central Michigan University

"An extraordinary convergence of art, personal experience, growth and utilization of a renewable resource as a canvas. The narrative depicts and shares with the reader the thinking of the artist, her experiences in life and in her work. Joanna Walitalo has created a collection of artwork that utilizes pyrography to recognize people, nature and landscapes, and brought it to a single work that shares wood, nature and life."

--Andrew J. Storer, Dean, College of Forest Resources and Environmental Science, Michigan Tech University

"Joanna Walitalo has an amazing capacity to recognize the personality of her subjects--both animal and human--and infuse that element into the finished piece. Using fine lines in either ink or pyrography, she brings forth the character of the time and place in her art. Her ethics of recycling wood that has either been rejected or has passed its time of usefulness as a product, lends heart and value to her work. This is an artist who loves, understands and values the natural world and can bring nature right into your home. Incredible!"

--Barb Rogers, Manager, Wildlife Recovery Association, and retired art instructor

Learn more at jwalitalowoodburning.com

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A House Full of Whispers

Imprint: Modern History Press
Series: The Whispers Trilogy
Author: Sharon Wallace
ISBN-13: PB 978-1-61599-065-8 / eBook 978-1-61599-900-2
List Price: PB \$ 18.95 / eBook \$ 6.95
Trim: 6 x 9 (170 pp)
Audience: General Adult
Pub Date: 09/01/2010
BISAC: BIOGRAPHY & AUTOBIOGRAPHY/Women
SELF-HELP/Abuse
PSYCHOLOGY/Psychopathology/Post-Traumatic Stress Disorder (PTSD)

Synopsis: An orphan's dearest dream becomes her nightmare...

Until age 9, Sharon had been in an orphanage most of her young life craving a family of her own. Her wishes were granted when her biological mother came and rescued Sharon from a lonely world. Within a year, her stepfather began touching her and her life quickly became a fight for survival. Sharon would not submit easily but survived with her wits alone. Although Sharon is yet a small ripple in a sea of survivors, her experiences will help many to understand the trauma and recovery of small children who live and breathe the sins perpetrated by a caregiver.

In 2007, she took a polygraph test (lie detector) and passed as a non-deceptive (truthful person) for the accusations made against stepfather. She challenged him to do the same--he refused!

Therapists' Acclaim for the House Full of Whispers

"This is the story of one girl's fear and battle to survive the emotional traumas and deprivation of her past. I can thoroughly recommend this book which will help anyone who is, or has, suffered abuse."

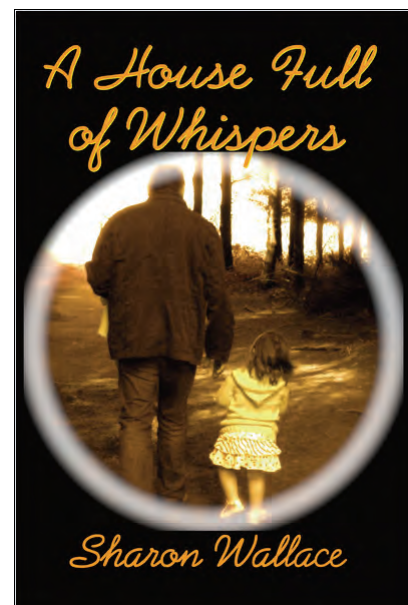
--Lynda Bevan, author *Life After Betrayal*

"A very honest account, and a very accurate view of the feelings, thoughts and behaviors of people traumatized in childhood and youth. If you suffered in childhood, or are in a helping position to those who have, then you must read this book."

--Robert Rich, PhD, author *Cancer: A Personal Challenge*

Learn more at www.SharonWallace.co.uk

Book #1 in the Whispers Trilogy From Modern History Press www.ModernHistoryPress.com



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Surviving A House Full of Whispers

Imprint: Modern History Press
Series: The Whispers Trilogy
Author: Sharon Wallace
ISBN-13: PB 978-1-932690-90-3 / eBook 978-1-61599-885-2
List Price: PB \$ 18.95 / eBook \$ 6.95
Trim: 6 x 9 (168 pp)
Audience: General Adult
Pub Date: 06/01/2009
BISAC: BIOGRAPHY & AUTOBIOGRAPHY/Women
SELF-HELP/Abuse
PSYCHOLOGY/Psychopathology/Post-Traumatic Stress Disorder (PTSD)



Synopsis: Sharon suffered continual physical and sexual abuse from her stepfather for seven years. Unfortunately, no one would listen to her or believe her story. At age 16, she finally finds the courage to flee from her tormenters. Social Services find her the first of a string of temporary jobs between which she criss-crosses England trying to find a safe haven.

However, she cannot escape her "night devil" completely until she comes to terms with her past. Sharon's growth and recovery from abuse and learning to accept love would be a long road to travel, taking nearly forty years to achieve. She had to learn to trust and love herself before she could another.

Faced with society's judgments against her, Sharon stood alone against the people who abused her for seven years. The truth is, we don't start to heal when taken from an abusive situation; we only start to digest and relive its emotional content. Many go on to live their lives with tortured souls and an inability to trust and love their own children.

Equally, many of us find the inner child that God intended; we pull that child past the empty adult left by years of mutilation of our childhood souls. I was a no-hoper, unjustly cast out into a world of desolation and loneliness that pulled at my heart like a lead weight. I self-harmed and mutilated parts of my mind and body to try and erase memories.

Eventually, I learned that healing was within me and could never be found under that largest or smallest boulder. I have walked the road of hope and desire and looked into the pool of my future. I did not want to be the mother they had raised, or the wife they had created. Slowly, I started to rebuild my life and my wish is that this book offers the same hope to you.

Therapists' Acclaim for *Surviving a House Full of Whispers*

"This is the story of one girl's fear and battle to survive the emotional traumas and deprivation of her past. I can thoroughly recommend this book which will help anyone who is, or has, suffered abuse."
--Lynda Bevan, author *Life After Betrayal*

"A very honest account, and a very accurate view of the feelings, thoughts and behaviors of people traumatized in childhood and youth. If you suffered in childhood, or are in a helping position to those who have, then you must read this book."
--Robert Rich, PhD, author *Cancer: A Personal Challenge*

The Reflections of History Series from Modern History Press

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Authors Access: 30 Success Secrets for Authors and Publishers

Imprint: Modern History Press

Editor: Irene Watson and Victor R. Volkman

ISBN-13: PB 978-1-932690-98-9 / eBook 978-1-61599-978-1

List Price: PB \$ 21.95 / eBook \$ 6.95

Trim: 7.44 x 9.69 (232 pp)

Audience: General Adult

Pub Date: 06/01/2009

BISAC: LANGUAGE ARTS & DISCIPLINES/Composition & Creative Writing
LANGUAGE ARTS & DISCIPLINES/Publishing
BUSINESS & ECONOMICS/Marketing/General

Synopsis: The industry's most experienced veterans are ready to share their hard-won success secrets with you about...

- Editing and working with an editor
- Writing effective prose
- Marketing your product
- Amazon programs and Amazon Kindle
- Book Proposals that work
- Exploiting Web 2.0 to promote your book
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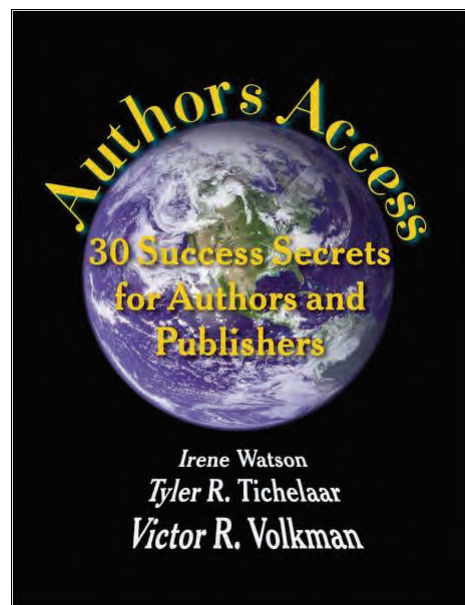
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The Sitting Swing: Finding the Wisdom to Know the Difference

Publisher: Loving Healing Press

Author: Irene Watson

Foreword: Liliane Desjardins

ISBN-13: PB 978-1-932690-67-5 / eBook 978-1-61599-895-1

List Price: PB \$ 19.95 / eBook \$ 6.95

Trim: 6.14 x 9.21 (248 pp)

Audience: General Adult

Pub Date: 07/08/2008

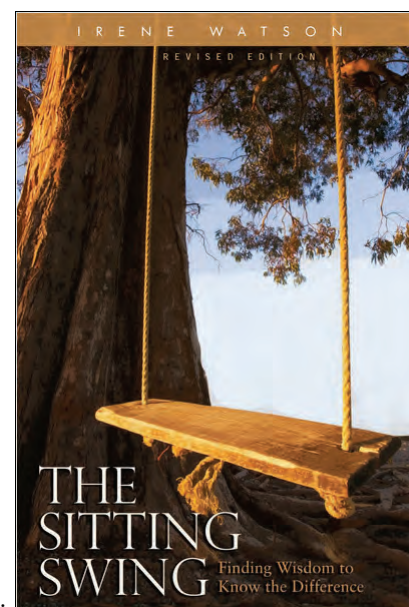
BISAC: BIOGRAPHY & AUTOBIOGRAPHY/Women

SELF-HELP/Twelve-Step Programs

BODY, MIND & SPIRIT/Healing/General

Synopsis: Irene Watson's pretentious life could go no further until she faced her past. Her moving and inspiring memoir begins at the end, in a recovery center, where she has gone to understand a childhood fraught with abuse, guilt, and uncertainty.

Two distinct parts of the book look at abusive child rearing and the process of recovery years later. This story shows change, growth, and forgiveness are possible. It gives hope and freedom to those accepting the past and re-writing life scripts that have been passed down for generations. It's never too late to change your life, never too late to heal.



Praise for *The Sitting Swing*

"Watson's memoir recounts her fearful, highly sheltered years as she uncovers the childhood wounds leading to her personality crisis. This is an earnest memoir, well structured." --PUBLISHERS WEEKLY

"The Sitting Swing is the poignant story of the author's successful journey to transcend the patterns sculpted by her parents and childhood experiences. I loved it!" --NANCY OELKLAUS, PHD, LIFE COACH AND AUTHOR OF JOURNEY FROM HEAD TO HEART: LIVING AND WORKING AUTHENTICALLY

"As a teacher of transformational principles for self-discovery and the treatment of addictions, reading *The Sitting Swing* inspired me to a richer new voice, infusing my lectures with a deeper level of meaning. Irene's personal story of transformation will add to the experience, strength, and hope we share with our clients and to anyone who is on a path of personal transformation." --MARY LYNN SZYMANDERA, LCAS, CEFIP, OUTPATIENT MANAGER, PAVILLON INTERNATIONAL, AND EQUINE PROGRAM DIRECTOR, SAWHORSE HILL

Author info at www.irenewatson.com

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Moving Your Aging Parents: Fulfilling their Needs and Yours Before, During, and After the Move

Publisher: Loving Healing Press

Series: Aging with Grace

Author: Nancy Wesson

Foreword: Jacqueline Marcell

ISBN-13: PB 978-1-932690-54-5 / HC 978-1-61599-013-9 / eBook 978-1-61599-939-2

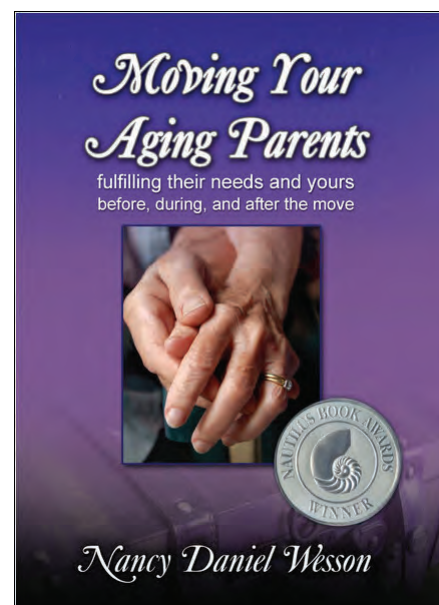
List Price: PB \$ 24.95 / HC \$ 42.95 / eBook \$ 6.95

Trim: 7.44 x 9.69 (288 pp)

Audience: General Adult

Pub Date: 10/01/2008

BISAC: MEDICAL/Nursing/Gerontology
FAMILY & RELATIONSHIPS/Eldercare
SOCIAL SCIENCE/Sociology/Marriage & Family



Synopsis: Will you be ready when it's time...?

Whether whittling down to the essentials for a parent moving into a room or two or downsizing for ourselves, ignoring the spirit and basing decisions on health and safety alone could have devastating results.

In this hope filled book you will learn how to:

- Identify needs and desires to create a quality new life
- Cope with the Depression Era mind-set
- Create emotionally sustaining environments to nurture the soul
- Ready and sell the family home
- Ask the RIGHT questions to help divest of treasures
- Manage your energy and spirit throughout the process
- Determine when it's time to consider alternative placement
- Perform the ordinary in a non-ordinary way -- allowing you to preserve and heal family relationships

Expert's Acclaim for Moving Your Aging Parents

"A creative and inspiring godsend for helping Mom and Dad transition to the next phase of life. Valuable for caregivers, healthcare professionals, and seniors interested in aging with independence, dignity and grace."

--Jacqueline Marcell, author Elder Rage, host of Coping With Caregiving radio show

"What a truly remarkable and elegantly written book. The information is relevant for every relocation regardless of the age or circumstances of the client."

--Sally B. Yaryan, Director, Professional Development & Education; Austin Board of REALTORS (r)

"As a thirty-five year plus veteran of health care practice as a Registered Nurse, specializing in the care of the elderly, I offer my heart-felt endorsement of this excellent book. It offers concrete plans to follow and emphasizes the emotional and spiritual counterparts that transform seemingly difficult chores into acts of mutual joy, growth, and love."

--Mary Durfor for Rebecca Reads

Learn more about this author at www.FocusOnSpace.com

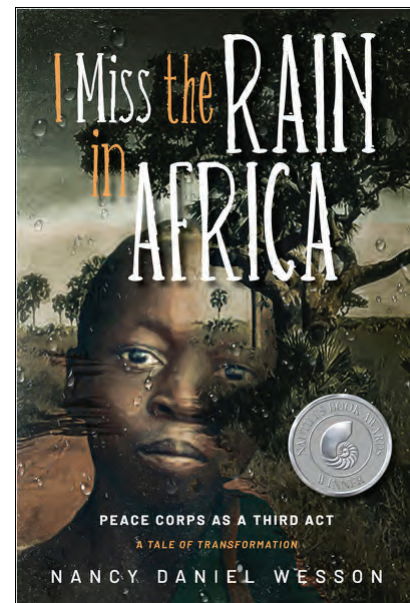
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I Miss the Rain In Africa: Peace Corps as a Third Act

Imprint: Modern History Press
Author: Nancy Daniel Wesson
ISBN-13: PB 978-1-61599-574-5 / HC 978-1-61599-575-2 / eBook 978-1-61599-576-9
List Price: PB \$ 24.95 / HC \$ 37.95 / eBook \$ 7.95
Trim: 6.14 x 9.21 (296 pp)
Audience: General Adult
Pub Date: 05/01/2021
BISAC: SOCIAL SCIENCE/Ethnic Studies/African Studies
BIOGRAPHY & AUTOBIOGRAPHY/Women
SOCIAL SCIENCE/Developing Countries



Synopsis: At a time when her friends were planning cushy retirements, Nancy Wesson instead walked away from a comfortable life and business to head out as a Peace Corps Volunteer in post-war Northern Uganda. She embraced wholeheartedly the grand adventure of living in a radically different culture, while turning old skills into wisdom. Returning home becomes a surreal experience in trying to reconcile a life that no longer "fits." This becomes the catalyst for new revelations about family wounds, mystical experiences, and personal foibles. Nancy shows us the power of stepping into the void to reconfigure life and enter the wilderness of the uncharted territory of our own memories and psyche, to mine the gems hidden therein. Funny, heartbreaking, insightful and tender, *I Miss the Rain in Africa* is the story of honoring the self, discovering a new lens through which to view life, and finding joy along the path.

"Inspiring and educational when it comes to what we can accomplish when we put our best foot forward, *I Miss the Rain in Africa* shows how Nancy Daniel Wesson and others are putting the needs of others ahead of themselves-and what we can all do when it comes to stepping out on faith and choosing to act."

-- Cyrus Webb, media personality and author, *Conversations Magazine*

"I would think that many of us could learn or strive to live life to the fullest by following Nancy's example. Imagine venturing into new realms-especially at a later time in life when we possess meaningful knowledge for analyzing, but also for applying a critical philosophical perspective on new experiences."

--Gary Vizzo, former management & operations director, Peace Corps Community Development: African and Asia

"*I Miss the Rain in Africa* is an absorbing record of the exploration of self by a woman who, at age 64, enters a remote area of Africa to work with an NGO. Part adventure, part interior monologue, this is an account of a 21st century derring-do by an intrepid, intriguing and always optimistic woman who will, undoubtedly, enjoy a fourth and maybe even a fifth act wherever she may find herself."

--Eileen Purcell, outreach literacy coordinator, Clatsop Community College, Astoria, Oregon

"Wesson offers a montage of stories and experiences that introduces the reader to the colorful people and challenging life in Uganda. Wesson's observations are shared with humor, respect, and compassion. For anyone who has ever wondered what serving in Peace Corps or immersing oneself in a radically different life overseas might be like, this book provides a portal."

--Kathleen Willis, Retired Peace Corps Volunteer-Community Organizer, former organizational development consultant

Learn more at www.NancyWesson.com

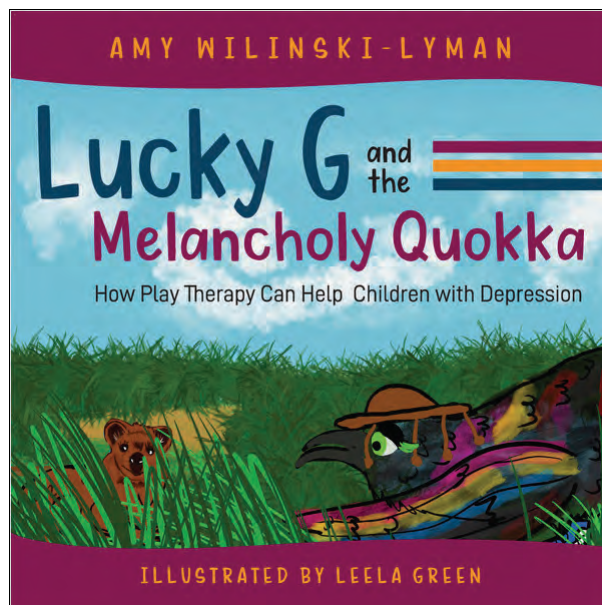
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Lucky G and the Melancholy Quokka: How Play Therapy can Help Children with Depression

Publisher: Loving Healing Press
Author: Amy Wilinski-Lyman
Illustrator: Leela Green
ISBN-13: PB 978-1-61599-541-7 / HC 978-1-61599-542-4
List Price: PB \$ 16.95 / HC \$ 27.95
Audiobook: iTunes, Audible.com, Amazon
Trim: 8.5 x 8.5 (44 pp)
Audience: 6-8 years
Pub Date: 11/01/2020
BISAC: JUVENILE FICTION/Social Issues/Depression & Mental Illness
JUVENILE FICTION/Social Issues/Death & Dying
JUVENILE FICTION/Animals/Birds



Synopsis: Raves for the Raven Who is a Therapist

This book grabs you from the outset and takes you on a hopeful journey: A colorful, spunky raven (with a Ph.D.) travels to Australia to meet a quokka who has lost his true smile, finds it hard to move and isn't hanging out with friends anymore. Dr. G knows that depression is the culprit, and extends a listening ear and helping hand, all the while reassuring the quokka that lots of adults and kids feel depression, too!

"The illustrations are colorful and whimsical, and the fact that Amy takes us on a journey to Australia provides the novelty that keeps the book captivating and moving right along. I truly enjoyed reading this and I believe children with depression, and their parents, will find acknowledgment, guidance and hope in this little book. Enjoyable, informative and capable of capturing a child's imagination."

-- Eliana Gil, Ph.D., Founder, Gil Institute for Trauma Recovery & Education, Fairfax, VA

"In her latest *Lucky G* book installment, Wilinski-Lyman makes the concept of play therapy accessible to children and parents. Speaking from experience, and from the heart, she presents therapy as a helpful tool for kids and fights stigma against depression. Her characters are easy to relate to for children and families alike. The vivid and expressive illustrations by Leela Green make this book a visual treat for all ages."

-- Marta Manning, former president NAMI Midland, MI chapter (National Alliance on Mental Illness)

"I liked the whole story. Blue was my favorite character--I would be friends with him. I liked how Blue was sad at the start and then was happy by the end."

-- Astor, 7 years old

AMY WILINSKI-LYMAN lives in Michigan with her three awesome children: Zach, Drew, and Kendall; and her big fluffy orange cat, Marshall. Amy became a mental health warrior in 2016 after she was diagnosed with bipolar disorder. Through her books and online presence she wants to show parents and children living with mental illness that there is hope.

Learn more at AmyLymanAuthor.com

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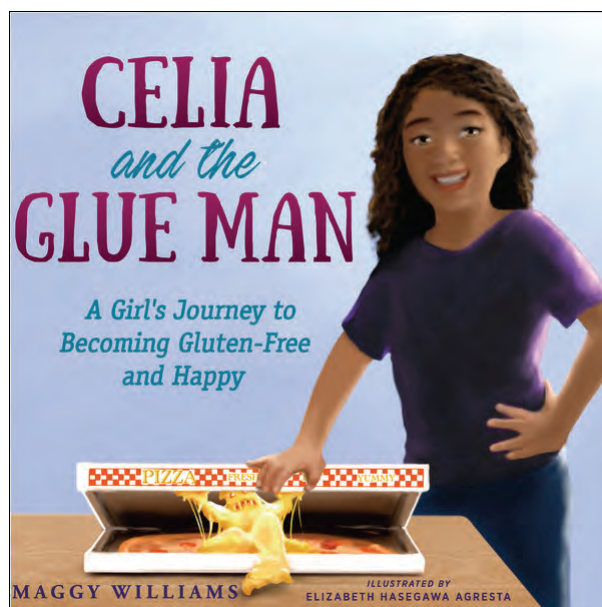
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Celia and the Glue Man: A Girl's Journey to Becoming Gluten-free and Happy

Publisher: Loving Healing Press
Author: Maggy Williams
Illustrator: Elizabeth Hasegawa Agresta
ISBN-13: PB 978-1-61599-390-1 / HC 978-1-61599-391-8 / eBook 978-1-61599-392-5
List Price: PB \$ 15.95 / HC \$ 27.95 / eBook \$ 4.95
Trim: 8.5 x 8.5 (38 pp)
Audience: 5-7 years
Lexile Score: 570L - Grade(s) 2, 3
Pub Date: 10/01/2018
BISAC: JUVENILE FICTION/Health & Daily Living/Diseases, Illnesses & Injuries
JUVENILE FICTION/Social Issues/Friendship

Synopsis: Celia isn't like the other kids in class. She has a gluten allergy. Life without cookies, cake and pizza is no fun, so Celia decides to break the rules - just this once. She eats a cupcake. What follows is what you might expect. Celia gets sick. Really sick. So sick she decides to give up gluten for good. But she's not happy about it. Then, she meets someone who changes her perspective.



"I love this book! What a beautiful message to send to young people about how to turn circumstances around. It's all about the food of love and friendship that is the most sustainable, energetically charged nourishment, not only for young people but for our shared humanity. There should be an open space on all book shelves to welcome this heartwarming story."

--Laura Parisi, Food Shaman, Reiki Master, Founder of Rooted Angel Cooking School

"I cannot say enough good things about this book. I LOVE it! The biggest challenge to following any special diet is the emotional component, rather than a lack of knowledge. Maggy finds a creative way to guide kids who are struggling with dietary restrictions to reach a place of acceptance. I also appreciated the very useful visual of the glue monster, especially since that's essentially what gluten is!"

--Ashley E. Daub, pediatric dietitian, MS, RD, LD

"A book that is both fun (and rhyming!) and important for kids to understand how celiac disease works and what it means for kids at school. It will appeal to those who have the disease, as a comfort and explanation, and to their friends who may not understand why they can't share some foods."

--Jacqui Lipton, author and literary consultant, Authography LLC

"Finally! A book for young children that describes one girl's story of learning to look at her food sensitivities in a different way. Instead of making her feel isolated and lonely, this book shows that living gluten-free can be a bonding experience. Written in rhyming verse, this book teaches about compassion, acceptance, embracing who you are and finding happiness."

--Tyla Taylor, teacher, coach, mentor, musician, and gluten-free eater

Learn more at www.MaggyWilliamsAuthor.com

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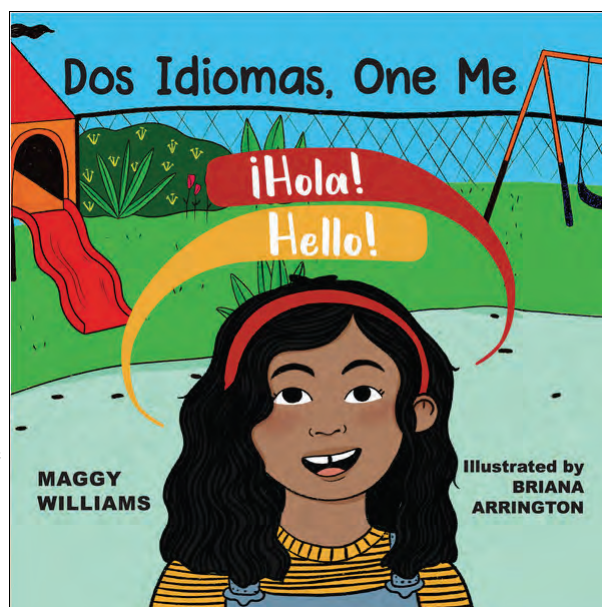
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Dos Idiomas, One Me: A Bilingual Reader

Publisher: Loving Healing Press
Author: Maggy Williams
Illustrator: Briana Arrington
ISBN-13: PB 978-1-61599-544-8 / HC 978-1-61599-545-5 / eBook 978-1-61599-546-2
List Price: PB \$ 15.95 / HC \$ 26.95 / eBook \$ 4.95
Audiobook: iTunes, Audible.com, Amazon
Trim: 8.5 x 8.5 (32 pp)
Audience: 6-8 years
Lexile Score: 480L - Grade(s) 1, 2
Pub Date: 11/01/2020
BISAC: JUVENILE FICTION/Diversity & Multicultural
JUVENILE FICTION/People & Places/United States/Hispanic & Latino
JUVENILE FICTION/Social Issues/Prejudice & Racism



Synopsis: *Dos Idiomas, One Me* is the story of a young girl who feels torn between two languages. At home, she speaks Spanish, at school, she speaks English, and she finds herself resenting the fact that she has to translate her thoughts and feelings. Then, she realizes that being bilingual is a gift. She begins to have fun navigating the space of inclusivity and starts to relish the role of teacher and translator.

By equally incorporating Spanish and English, *Dos Idiomas, One Me* promotes biliteracy. As young readers see their experiences reflected in the story of another dual-language speaker, they can feel encouraged to embrace all aspects of themselves.

"A charming book depicting bicultural identity. Maggy Williams takes the reader into the struggle and joy a child experiences while not feeling *I'm not from here, nor there!*, and yet from both sides." -- Anel Duarte, artist and poet

"Such a unique, inspiring story that captures the heart within seconds of reading! A powerful, dynamic rendition of what it means to be a bilingual child. Every family should read it!" -- Sabrina Suarez, artist, advocate, and community leader

"*Dos Idiomas, One Me* illustriously guides young readers and their grownups towards understanding that differences make us unique and special. Beautifully written!" -- AnnaMarie Jones, co-creator of the *Demystifying Diversity Podcast*.

Learn more at www.MaggyWilliamsAuthor.com

From Loving Healing Press www.LHPress.com

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5145 Pontiac Trail
Ann Arbor, MI 48105-9627

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Grateful to be Grace: Developing A Practice of Positive Thinking

Publisher: Loving Healing Press

Author: Maggy Williams

ISBN-13: PB 978-1-61599-710-7 / HC 978-1-61599-711-4 / eBook 978-1-61599-712-1

List Price: PB \$ 16.95 / HC \$ 29.95 / eBook \$ 4.95

Trim: 8.5 x 11 (32 pp)

Audience: 5-8 years

Pub Date: 11/01/2022

BISAC: JUVENILE NONFICTION/Health & Daily Living/Mindfulness & Meditation

JUVENILE FICTION/Social Issues/Values & Virtues

JUVENILE FICTION/Social Issues/Self-Esteem & Self-Reliance

Synopsis: Grace complains about "having to" clean her room, wash her hands and do her chores. She doesn't realize that, by learning to think differently, she can change her perspective from negative to positive. In this story, Grace discovers that her attitude has the power to determine her thoughts and emotions. Can Grace go from feeling burdened to being grateful?

"At any age, it is hard to feel that you have little or no choice in your day-to-day life. Grace realizes that if she can look at expectations in a different way, both her day and mood improves. This book is a perfect choice to share with children in summer camp, school, in therapy and at home."

--Theresa Fraser, CYC-P, CPT-S, MA, RP, RCT, CT, trauma, loss and attachment clinical specialist

"*Grateful to Be Grace* is not another book that tells kids to behave. It shows that when Grace makes the choice to be thankful, her perspective and attitude change. I love how Grace's parents model encouragement rather than focusing on poor behavior. It's a feel-good book. Children are empowered to learn the ways they can experience gratitude."

--Jill Osborne, EdS, LPC, CPCS, RPTS, author of *Sam Feels Better Now!*

"*Grateful to Be Grace* is a sweet story about making choices. Delivered in rhyme with colorful pictures, the book helps children consider their options and consequences when choosing between immediate gratification and longer-term gains. When children understand the reasoning behind a parental request, they are more willing to show compliance. This story helps children take responsibility for the decisions they make--a valuable lesson they will utilize throughout life. A bonus is the positive role models represented in a blended family and the representation of racially diverse characters."

--Laurie Zelinger, PhD, ABPP, RPT-S, Board Certified Psychologist, author of *Please Explain "Anxiety" to Me!*

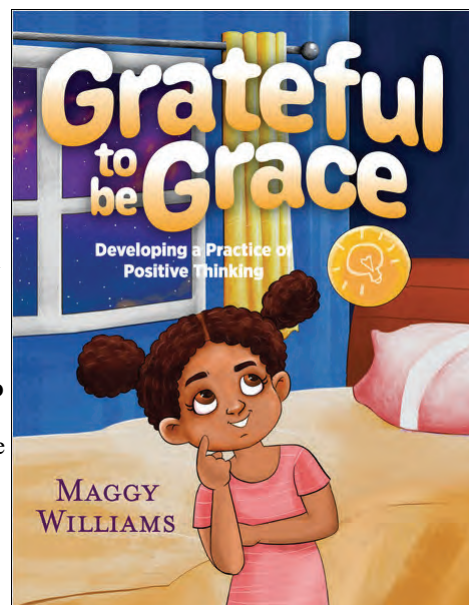
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I'm Mixed!

Publisher: Loving Healing Press
Author: Maggy Williams
Illustrator: Elizabeth Hasegawa Agresta
ISBN-13: PB 978-1-61599-359-8 / HC 978-1-61599-360-4 / eBook 978-1-61599-361-1
List Price: PB \$ 15.95 / HC \$ 26.95 / eBook \$ 4.95
Trim: 8.5 x 8.5 (24 pp)
Audience: 4-7 years
Lexile Score: 440L - Grade(s) 1, 2
Pub Date: 02/14/2018
BISAC: JUVENILE FICTION/Social Issues/General (see also headings under Family)
JUVENILE FICTION/Concepts/Body*
JUVENILE FICTION/Social Issues/Friendship

Synopsis: Growing up as a biracial child, Maggy Williams had three options: she could identify as black, white, or mixed. She chose to embrace her multiracial heritage because she was taught that she could.

Her hope is that this book will help children to realize that it is possible to integrate their multiple racial identities.

"*I'm Mixed* is a simple story which approaches how we describe ourselves from an early age, from the perspective of a young girl who has a black father and a white mother. It encourages children to embrace their appearance without labeling themselves as one race or another. In an increasingly diverse world, acceptance, inclusion and self-awareness are imperative, and Maggy Williams gives us a great starting point for conversation."

--Lori Siesto, MME-MT, MT-BC, author, educator and music therapist

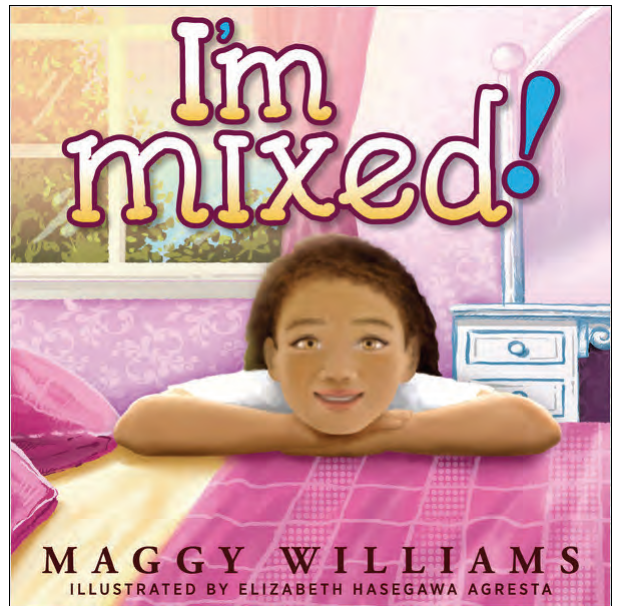
"Maggy Williams' text comes straight from the heart, helping us all say goodbye to the days when a child had to own only one identity. This book is a loving message to all children, regardless of ethnicity. Love who you are, be who you are meant to be and find the joy in being you!"

--Ellen E. Sadler, children's book author and award-winning educator

"At a time when so many feel excluded and less-than, *I'm Mixed*, by Maggy Williams, reminds us that everyone is to be appreciated and celebrated for who and what they are."

--Cyrus Webb, media personality, author, and speaker

Learn more at www.LHPress.com



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A Winter's Tail: A Chrissy the Shih Tzu Cozy Mystery

Imprint: Modern History Press
Author: Diane Wing
ISBN-13: PB 978-1-61599-622-3 / HC 978-1-61599-623-0 / eBook 978-1-61599-624-7
List Price: PB \$ 18.95 / HC \$ 29.95 / eBook \$ 5.95
Audiobook: iTunes, Audible.com, Amazon
Trim: 6.14 x 9.21 (180 pp)
Audience: General Adult
Pub Date: 01/01/2022
BISAC: FICTION/Mystery & Detective/Cozy/Cats & Dogs
FICTION/Contemporary Women
FICTION/Mystery & Detective/Women Sleuths



Synopsis: The Perfect Wedding..... Cursed?

In this 4th installment of the *Chrissy the Shih Tzu* cozy mysteries, Autumn Clarke and Ray Reed are planning the winter wedding of the year, and the first major social event at Autumn's newly renovated Peabody Mansion Bed & Breakfast. Autumn's dreams are about to come true—a spectacular, romantic ceremony with the handsome love of her life. After their beloved Shih Tzu, Chrissy, discovers the body of a popular local psychologist in a snowdrift weeks before the wedding, a series of unexplainable setbacks begin to foil their wedding plans. Is it deliberate sabotage, or is the wedding truly cursed? Will dangerous, uninvited guests create matrimonial mayhem and ruin their special day? Wing's Cozy fans can expect an exciting, romantic whodunit with an abundance of twists and turns that will keep them on the edge of their seats until the very last page is turned.

"Diane Wing throws some new and interesting characters into the storyline of *A Winter's Tail*, and they fit in seamlessly with the current cast of old friends. I love how the animals, Chrissy, Ace along with Mickey and others, don't just play second fiddle to the human characters. Each canine has their own identity and a necessary part of the plot. Kudos to Mrs. Wing for another great cozy afternoon read!"

--Antoinette Brickhaus, Leonardtown, MD

"Treat yourself to *A Winter's Tail*--the latest gripping addition to Diane Wing's wildly popular *Chrissy's Mysteries* cozy series. Things turn dark and strange as Autumn encounters a series of bizarre and shocking events before their wedding day. Are the nuptials really cursed, or is it a vengeful foe returning for the ultimate revenge and desecration of Autumn and Ray's happily ever after? Snuggle in for this delightful treat."

--Maxine Ashcraft, Oakland, CA

"This installment of the *Chrissy the Shih Tzu* cozy mysteries finds Chrissy's pet parent, Autumn, preparing for her wedding to Ray Reed, a local police lieutenant. Autumn's friend and cousin, Bea, is worried that Autumn and Ray's nuptials are cursed because of several setbacks to Autumn's plans. Meanwhile, Chrissy discovers a body in a snow pile and Ray is assigned to investigate the victim's death. This is the best book of the series so far! I couldn't figure out who was sabotaging Autumn and Ray's wedding until the final reveal. A fun, cute, and enjoyable read.

--Terri Chalmers, Sicklerville, NJ

Learn more at www.DianeWingAuthor.com

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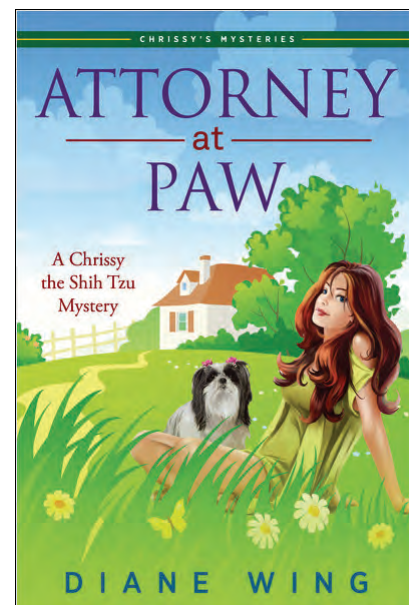
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Elsewhere: (734)417-4266
Fax: +1 734 663 6861

Attorney-at-Paw: A Chrissy the Shih Tzu Mystery

Imprint: Modern History Press
Author: Diane Wing
ISBN-13: PB 978-1-61599-396-3 / HC 978-1-61599-397-0 / eBook 978-1-61599-398-7
List Price: PB \$ 18.95 / HC \$ 27.95 / eBook \$ 5.95
Audiobook: iTunes, Audible.com, Amazon
Trim: 6.14 x 9.21 (186 pp)
Audience: General Adult
Pub Date: 10/01/2018
BISAC: FICTION/Mystery & Detective/Cozy/Cats & Dogs
FICTION/Contemporary Women

Synopsis: Only Chrissy, a cute little Shih Tzu, can unlock this mystery!

Autumn Clarke survived the car crash that killed her parents. To help her cope with PTSD, she adopts Chrissy, a Shih Tzu with a remarkable secret. Chrissy is also the only witness to the mysterious death of her pet parent. Autumn vows to find the truth behind his death with the help of Chrissy, the neighbors and an attractive detective. Can Autumn unravel the clues while trying to heal Chrissy's trauma and overcome her own devastating emotional wounds in the midst of a dangerous murder investigation?



"Chrissy the Shih Tzu may be the cutest sleuth on the job, but don't let that button nose fool you--it's perfectly able to sniff out a killer with a little help from her human friends. Great start to a fun new series!"
--Sheila Webster Boneham, Author of the award-winning *Animals in Focus* Mysteries

"Diane Wing does an excellent job of showing readers just how animals can communicate with us through images and actions when we are tuned into their frequency. Through the relationship between Autumn and Chrissy, Wing also shows the importance of therapy animals and how much they can help those who need them. Add in a sweet romance to the intrigue of the mystery and you've got a book that you won't want to put down."

--Melissa Alvarez, Intuitive, animal communicator and author of *Animal Frequency* and *Llewellyn's Little Book of Spirit Animals*

"Diane Wing has created a wonderfully endearing little character in Chrissy the Shih Tzu. It really shines through that the author is an animal and dog lover. I can see these books quickly becoming a cherished addition to the cozy mystery genre."

--J. New, author of *The Yellow Cottage Vintage Mysteries*

Learn more at www.DianeWingAuthor.com

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Coven: The Scrolls of the Four Winds

Imprint: Modern History Press
Series: Modern Gothic
Author: Diane Wing
ISBN-13: PB 978-1-61599-173-0 / eBook 978-1-61599-174-7
List Price: PB \$ 17.95 / eBook \$ 5.95
Trim: 6.14 x 9.21 (164 pp)
Audience: General Adult
Pub Date: 09/01/2012
BISAC: FICTION/Romance/Gothic
FICTION/Occult & Supernatural
FICTION/Fantasy/Short Stories



Synopsis: Treachery Ignites an Otherworldly Battle Between Good and Evil

Centuries have passed since the Coven of the Triad Witches, once charged with protecting the Scrolls of the Four Winds, was betrayed and their memories cast into darkness. They have reincarnated together in many lifetimes, but this time, one of their own intends to wield the power of the Scrolls herself. Sisters in magic with ties more binding than blood, they must face a dangerous journey to rekindle ancient powers and fulfill their true destiny.

Readers Rave about Coven

"Love, gratitude, friendship, discernment, sincerity, and bonds of physical dimension on the callings of our eternal Soul. You will find it all in Coven."--Victoria Evangelina Belyavskaya

"The whole time reading it I was enjoying the story and failed to see that by the time I was through I was actually learning valuable lessons." --Kelly Withers

Learn more at www.ForestWitch.com

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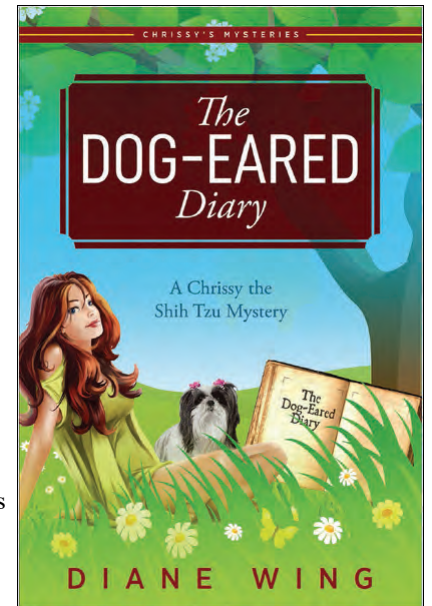
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The Dog-Eared Diary: A Chrissy the Shih Tzu Mystery

Imprint: Modern History Press
Author: Diane Wing
ISBN-13: PB 978-1-61599-471-7 / HC 978-1-61599-472-4 / eBook 978-1-61599-473-1
List Price: PB \$ 18.95 / HC \$ 27.95 / eBook \$ 5.95
Audiobook: iTunes, Audible.com, Amazon
Trim: 6.14 x 9.21 (186 pp)
Audience: General Adult
Pub Date: 09/01/2019
BISAC: FICTION/Mystery & Detective/Cozy/Cats & Dogs
FICTION/Contemporary Women

Synopsis: In this second installment in the series, Chrissy digs up clues to help Autumn solve a historical disappearance and a modern-day murder mystery

Autumn Clarke is getting her life back to normal with the help of her extraordinary shih tzu, Chrissy, when the death of a local philanthropist reveals the man's dark family secrets, as well as unexpected ties to Autumn. When Chrissy discovers a dog-eared diary in the dead man's family home, Autumn discovers that things in the Clarke family are not quite as they seem. Can Autumn interpret the hidden clues in the dog-eared diary to crack the most puzzling disappearance in Knollwood history? Are the recent murders connected to the past? Is Chrissy more insightful than Autumn realized?



"I have fallen in love with Chrissy and Autumn and their continuing journey to health while finding themselves in the middle of a murder mystery adventure. My pre-teen daughter and I enjoyed reading *The Dog-Eared Diary* and then discussing the clues, plot twists, and characters."

--Antoinette Brickhaus, Maryland

"Through the relationship between Autumn and Chrissy, Wing also shows the importance of therapy animals and how much they can help those who need them. Add a sweet romance to the intrigue of the mystery and you've got a book that you won't want to put down."

--Melissa Alvarez, Intuitive, animal communicator and author of *Animal Frequency* and *Llewellyn's Little Book of Spirit Animals*

"Diane Wing has created a wonderfully endearing little character in Chrissy the Shih Tzu. It really shines through that the author is a lover of animals and dogs. I can see these books quickly becoming a cherished addition to the cozy mystery genre."

--J. New, author of *The Yellow Cottage Vintage Mysteries*

Book #2 in the *Chrissy the Shih Tzu Mysteries*

Learn more at www.DianeWingAuthor.com

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Fax: +1 734 663 6861

The Happiness Perspective: Seeing Your Life Differently

Publisher: Loving Healing Press

Author: Diane Wing

ISBN-13: PB 978-1-61599-320-8 / HC 978-1-61599-321-5 / eBook 978-1-61599-322-2

List Price: PB \$ 17.95 / HC \$ 29.95 / eBook \$ 5.95

Trim: 6.14 x 9.21 (152 pp)

Audience: General Adult

Pub Date: 10/01/2016

BISAC: SELF-HELP/Personal Growth/Happiness
PSYCHOLOGY/Interpersonal Relations
BUSINESS & ECONOMICS/Personal Success

Synopsis: Are you longing for greater happiness, but you feel like it's just not possible?

Have you heard that happiness is just a state of mind, but you don't know how to attain that state? Diane Wing, a teacher, personal transformation guide, and intuitive consultant, has unlocked the secrets that make happiness possible. This book is packed with methods to help you transform your thought processes, patterns, habits, and behaviors so you can experience greater happiness, peace of mind, and abundance. Discover in these pages the art of seeing life differently through such processes as:

- Turning regular household chores into meditation activities
- Reducing the noise in your environment so you can focus better
- Knowing who you truly are rather than trying to be everything to everyone else
- Saying no in effective ways that don't make you feel guilty
- Learning to do less and appreciate more
- Cleansing your thoughts to remove negativity and ground yourself

Your personal evolution into greater happiness awaits you! Don't wait any longer.

"*The Happiness Perspective* is a superb account of positive choices, exercises, and plenty of questions to ponder. I will be using it soon with my women's groups."

--Barbara Sinor, PhD, author, *Finding Destiny*

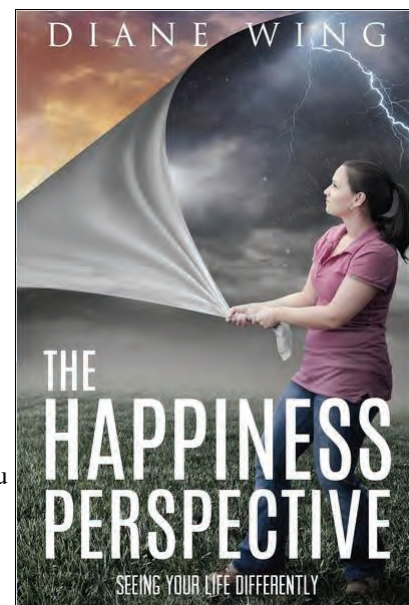
"Profoundly transformative, *The Happiness Perspective* is a brilliant, comprehensive blueprint for self-awareness, inner peace, and the attainment of ultimate happiness."

--Dyan Garris, author, visionary mystic, and New Age recording artist

"The *Happiness Perspective* is filled with tips and techniques that work to change your worldview and bring calmness into your life. I know because I've tried many of these techniques myself, learning how to do less and enjoy life more."

-- Tyler R. Tichelaar, PhD. and award-winning author of *The Children of Arthur* series

Learn more at www.DianeWing.com



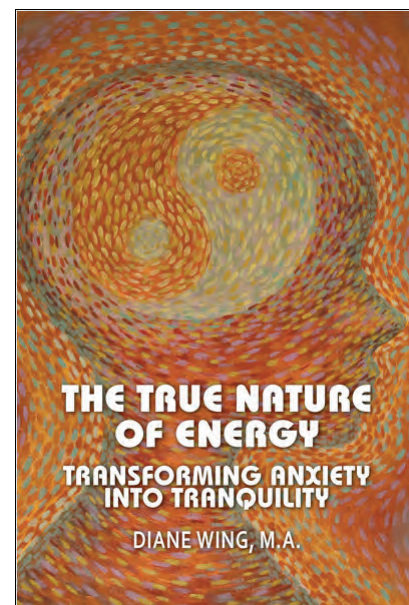
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The True Nature of Energy: Transforming Anxiety into Tranquility

Imprint: Marvelous Spirit Press
Series: Modern Spirituality
Author: Diane Wing
Foreword: Cynthia Yoder
ISBN-13: PB 978-1-61599-196-9 / HC 978-1-61599-197-6 / eBook 978-1-61599-198-3
List Price: PB \$ 19.95 / HC \$ 32.95 / eBook \$ 6.95
Trim: 6.14 x 9.21 (218 pp)
Audience: General Adult
Pub Date: 07/01/2013
BISAC: BODY, MIND & SPIRIT/Healing/Energy (Chi Kung, Reiki, Polarity)
SELF-HELP/Personal Growth/Happiness
SELF-HELP/Spiritual



Synopsis: Gain a fresh perspective using the energies around you

Have you ever walked into a room and felt like you wanted to leave right away? Ever met a person for whom you had an instant dislike for no apparent reason? Been around certain people and suddenly feel exhausted? People, animals, situations, objects, and environments contain and give off energy.

The energies within and around you can be a major source of anxiety. To discover how to observe, interpret, and direct this abundant energy is to harness the power at your fingertips and create tranquility in your life. This book can guide you in that discovery. In *The True Nature of Energy*, you will:

- Improve your relationship with yourself and others
- Remove unnecessary emotions and see more objectively
- Attract the right people and circumstances
- Clear old, outmoded energies from your life
- Increase self-trust, self-esteem, and self-confidence
- Learn to sense and direct the energies around you
- Enhance your natural intuitive ability
- Find out your vibrational level by taking the Wing Vibrational Scale Quiz
- Learn simple techniques to fully take charge of your life and your destiny.

Acclaim for *The True Nature of Energy*

"Clearly written and easy to understand. A tall order for a complex topic like this. Diane Wing's skills as a writer and energy worker are phenomenal. Highly recommended."

--Lana McAra, best-selling, award-winning author writing as Rosey Dow.

"I can thoroughly recommend this book as a guide to living. If Diane's way of seeing the world resonates with you, she will be able to help you to transform your life. In fact, reading the book in the process of editing it has changed me in positive ways. Her writing will do the same for you."

--Bob Rich, PhD, author of *Ascending Spiral*

Learn more at www.DianeWing.com

From Marvelous Spirit Press www.MarvelousSpirit.com

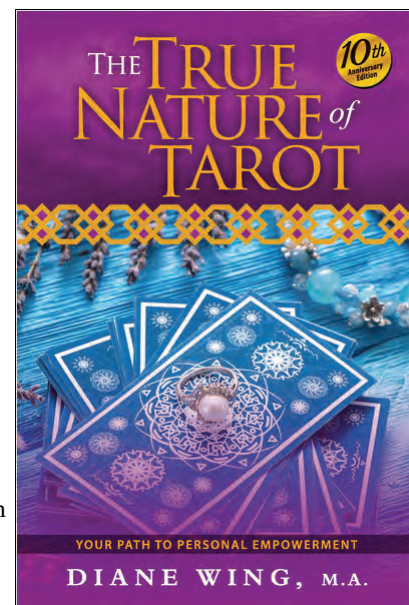
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The True Nature of Tarot: Your Path to Personal Empowerment, 10th Anniversary Ed.

Imprint: Marvelous Spirit Press
Series: Modern Spirituality
Author: Diane Wing
ISBN-13: PB 978-1-61599-584-4 / HC 978-1-61599-585-1 / eBook 978-1-61599-586-8
List Price: PB \$ 27.95 / HC \$ 39.95 / eBook \$ 7.95
Trim: 6.14 x 9.21 (366 pp)
Audience: General Adult
Pub Date: 06/01/2021
BISAC: BODY, MIND & SPIRIT/Divination/Tarot
PSYCHOLOGY/Movements/Jungian
SELF-HELP/Spiritual



Synopsis: Learn the Tarot to Bring Divine Guidance to Your Daily Life

Tarot empowers those who connect with its wisdom. As a tool of enlightenment, it guides, reveals hidden insights, and reflects the hopes, fears, and energies of the practitioner and seeker. Based in Universal Law, the cards form a book of metaphysics. Their interpretations change with your level of understanding to help you navigate your life path and generate alternatives. It is a boundless tool that allows you to tap into ancient wisdom that promotes deep transformation of the self and the way in which you experience interactions with the physical, spiritual, emotional, and mental realms.

"*The True Nature of Tarot* is expertly crafted to demystify common misconceptions and empower the reader to discover and explore the truth of tarot traditions for themselves. This book is a profound tool not only for increasing one's knowledge of this discipline, but for ushering the reader confidently and curiously along on their path of personal expansion and even enlightenment."

-- Kai' Henderson, host of *Our Daily Magic* podcast

"*The True Nature of Tarot* is the book to read for anyone interested in tarot as a hobby or as a professional. You will be inspired to be best in these pages and become an A+ tarot reader by following Diane Wing's guidance. Diane infuses kindness and spirituality into her work and shows the reader how easy it is to be helpful even when turning up a card that could have negative interpretations."

-- Kac Young PhD, ND, DCH, author of *Essential Oils for Beginners*

"For the beginner or advanced student, Diane's book is a wealth of information, direction, and application of the Tarot. She teaches through extensive principles for understanding while still inviting the reader to play with their intuitive abilities and unique disposition. Starting with grounding to begin, through to contemplation ideas after each card, Diane sets the foundation for true tarot interpretation."

-- Lyn & Erika Hicks, *The Magical Healing Arts* podcast (YouTube)

Learn more at www.DianeWingAuthor.com

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The True Nature of Tarot: Your Path to Personal Empowerment

Imprint: Marvelous Spirit Press
Series: Modern Spirituality
Author: Diane Wing
ISBN-13: PB 978-1-61599-021-4 / HC 978-1-61599-022-1 / eBook 978-1-61599-997-2
List Price: PB \$ 19.95 / HC \$ 32.95 / eBook \$ 6.95
Trim: 6.14 x 9.21 (200 pp)
Audience: General Adult
Pub Date: 09/01/2010
BISAC: BODY, MIND & SPIRIT/Divination/Tarot
PSYCHOLOGY/Movements/Jungian
SELF-HELP/General

Synopsis: Get Better Results by Increasing Your Psychic Sensitivity!

The True Nature of Tarot dispels the myths and negative connotations that surround the tarot by sharing the personal experiences of the author, Diane Wing, a tarot reader with 25 years of experience. Tarot is discussed as a tool of enlightenment and understanding. Diane Wing shares intuitive techniques for reading that take you beyond the conventional card meanings and deep into tarot as a tool to channel energy and increase psychic sensitivity:

- Develop your own style of reading tarot, from choosing your deck to pulling information from the cards.
- Learn how a reading is experienced from the perspectives of both the reader and the inquirer.
- Understand the variables that impact the accuracy of your reading.
- Discover ways to increase the amount of information pulled from the tarot.
- Become expert at grounding and centering to maximize your energetic stability on a daily basis.
- Learn powerful spreads that give you ways to see interactions between the cards.
- Increase your awareness of the ethics of imparting information.

Acclaim for The True Nature of Tarot

"The True Nature of Tarot encourages readers to learn and explore the art of tarot. Wing provides readers with insight into the world of tarot in easy to understand terms. After reading this book you will have a desire to practice the tarot! Thank you Diane."

--Robin Marvel, author of *Awakening Consciousness: A Girl's Guide*

"The True Nature of Tarot will open the eyes of the reader on how one can utilize the knowledge obtained through the tarot in achieving higher spiritual awareness and growth."

--Tracy Griffin, human performance professional, Griffin Consulting, Toronto, Canada

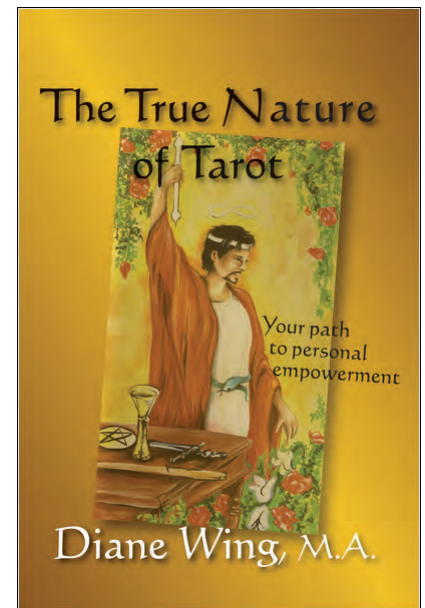
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Thorne Manor: And Other Bizarre Tales

Imprint: Modern History Press
Series: Modern Gothic
Author: Diane Wing
ISBN-13: PB 978-1-61599-164-8 / eBook 978-1-61599-874-6
List Price: PB \$ 16.95 / eBook \$ 5.95
Trim: 6 x 9 (168 pp)
Audience: General Adult
Pub Date: 06/01/2012
BISAC: FICTION/Horror
FICTION/Occult & Supernatural
FICTION/Fantasy/Short Stories

Synopsis: *Thorne Manor and other bizarre tales* takes you on a journey through madness with haunted people and places.

The reader enters a reality where the world only appears normal -- underlying is a dark world of occult influence, dangerous beliefs, and fearsome energies.

These 7 page-turning tales appear in this collection:

- Thorne Manor: Meet Heather, a woman trying to separate herself from an emotionally abusive ex-husband. While pursuing her dream of opening a business, she finds herself in an old, abandoned mansion that houses a sinister secret.
- Guardian at the Gate: A demon with plans to take over the world is given a leadership makeover.
- The Black Sheep: A troubled, clairaudient girl rejects her psychotherapist when a new spirit begins to counsel her.
- The Quiet Neighbors: A housewife's first attempt at witchcraft backfires.
- By Invitation Only: A grieving pet owner is visited by an unusual creature.
- Dream State: A woman's dreams become deadly reality.
- Good Riddance: A man's hatred for cats creates an unexpected result.

Readers Rave:

"I love your stories! So good and engaging! I couldn't put *Thorne Manor* down. -- Misha H, Portland, OR

"I loved Thorne Manor ... actually could not stop reading it. Was well written and kept my attention from the beginning. I liked the short stories as well." -- Sue W., Abington, PA

"I loved [The Black Sheep]! You did a great job at creating scenes and amy's thought. Great story, creepy." -- Donnie M., Philadelphia, PA

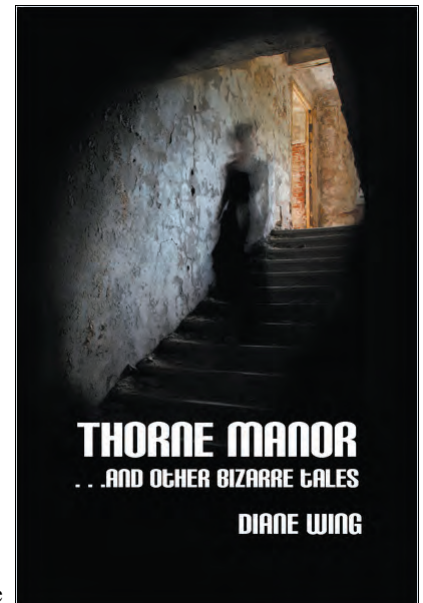
More from Diane Wing at www.DianeWing.com

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Trick-or-Doggy Treat: A Chrissy the Shih Tzu Cozy Mystery

Imprint: Modern History Press
Author: Diane Wing
ISBN-13: PB 978-1-61599-538-7 / HC 978-1-61599-539-4 / eBook 978-1-61599-540-0
List Price: PB \$ 18.95 / HC \$ 29.95 / eBook \$ 5.95
Trim: 6.14 x 9.21 (178 pp)
Audience: General Adult
Pub Date: 10/01/2020
BISAC: FICTION/Mystery & Detective/Cozy/Cats & Dogs
FICTION/Contemporary Women
FICTION/Mystery & Detective/Women Sleuths

Synopsis: Prepare to be tricked & treated in this third installment of the Chrissy the Shih Tzu cozy mysteries!

Fall has arrived in Knollwood, and Autumn Clarke is planning an elaborate Halloween event at The Peabody Mansion B&B to support the local animal shelter. With the entire town invited and the inn not officially open for overnight guests, an unexpected request lands Dana Wood, an A-list actor, as a long-term guest while shooting her latest movie in New Hope. Autumn and the gang step in to help with her baggage filled with betrayal, scandal, unsolved murder, a personal secret, and a cast of eccentric, suspicious characters. As the filming begins, Chrissy's shrewd judge of character and nose for unearthing incriminating evidence provide the backdrop for this twisty and thrilling tale.



Bonus features: book club questions, recipes of meals from the book, and a Halloween scavenger hunt list appear at the end of the book!

"Autumn and Chrissy have become my favorite crime solvers!! Diane Wing has put together another fun rainy afternoon, cuddle-with-my-dog in-a-corner-window mystery! Throughout this series we have seen Autumn and Chrissy overcome tragedy, find love, and solve some murders! All her supporting characters make sense and are loveable. A great read for anyone from 8 to 80!!"

-- Antoinette B., Leonardtown, MD

"I loved how the plot unfolded and how I was kept in suspense about the killer's identity until the end. ...a delightful, fast-paced and engaging book well worth reading. It is a great standalone book, even if you haven't read the first two."

-- Terri Chalmers, Sicklerville, NJ

"*Trick-or-Doggy Treat* is a delightful, satisfying cozy mystery wrapped in the rich, colorful tapestry of a Pennsylvania fall in a wonderful town. Halloween has never been this enchanting. A truly enjoyable read!"

-- Maxine Ashcraft, Oakland, CA

Be sure to enjoy the first two Chrissy the Shih Tzu Cozy Mysteries: *Attorney-at-Paw* and *The Dog-Eared Diary*.

Learn more at www.DianeWingAuthor.com

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Trips to the Edge: Tales of the Unexpected

Imprint: Modern History Press
Series: Modern Gothic
Author: Diane Wing
ISBN-13: PB 978-1-61599-262-1 / HC 978-1-61599-446-5 / eBook 978-1-61599-263-8
List Price: PB \$ 8.95 / HC \$ 21.95 / eBook \$ 2.99
Trim: 6.14 x 9.21 (44 pp)
Audience: General Adult
Pub Date: 01/01/2015
BISAC: FICTION/Horror
FICTION/Occult & Supernatural
FICTION/Fantasy/Short Stories

Synopsis: Kick back and enjoy this mini-anthology of spine-tingling short stories from Diane Wing, author of "Thorne Manor And Other Bizarre Tales" and "Coven: Scrolls of the Four Winds."

- Another Walk in the Park: A familiar walking path leads to a disturbing encounter in an unexpected realm.
- Dark Hollow Road: A grieving sister searches for her brother on a road notorious for missing persons.
- The Restaurant: An adventurous foodie couple are consumed by a life-changing meal when they explore the peculiar cuisine at a mysterious new restaurant.
- Wrong Directions: Jealousy prompts a technological genius to conjure a diabolical solution to deal with unfaithful husbands.

Raves for Trips to the Edge

"Prepare yourself for some chilling late night indulgence: Diane Wing continues to serve up tasty, elegant tales of spiritual mayhem and revenge with a modern flare. It's all included - hair raising action, mystical quandaries, chilling surprises, karmic debts and unexpected twists of fate. A must read for all true lovers of the supernatural."

--M. Ashcraft, Oakland, California

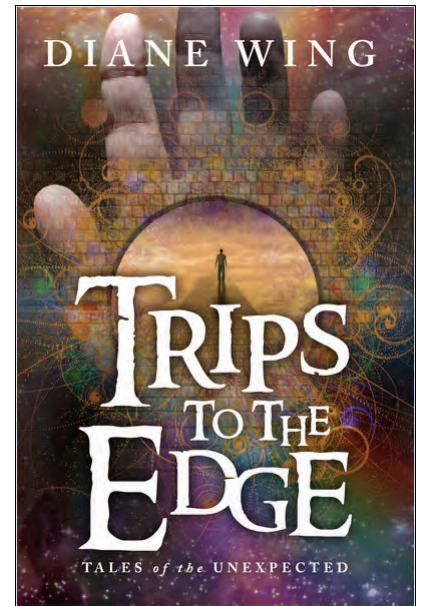
"Diane Wing's stories lead you to one seemingly obvious conclusion, and then she throws a flaming curve ball you slowly recover from. She sucks me in and as soon as I think I have it figured out, she turns the story in an unexpected direction, leaving me with chills and the sense that the world is not always as it seems."

--Antoinette Brickhaus Philadelphia, PA

"Trips to the Edge is surely that! Visually mesmerizing and breathtaking. If Pink Floyd, the Grateful Dead, and Led Zeppelin wrote a book together, it would read like Trips to the Edge."

--Annette Sadelson, Baltimore, MD

Book #3 in the Modern Gothic series
from Modern History Press



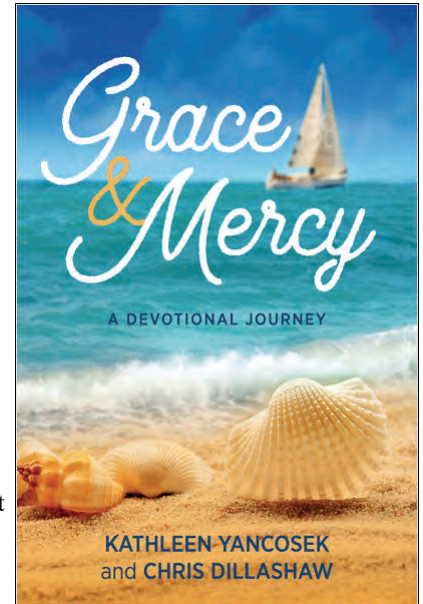
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Grace & Mercy: A Devotional Journey

Publisher: Loving Healing Press
Author: Kathleen Yancosek and Chris Dillashaw
ISBN-13: PB 978-1-61599-559-2 / HC 978-1-61599-560-8 / eBook 978-1-61599-561-5
List Price: PB \$ 17.95 / HC \$ 29.95 / eBook \$ 5.95
Audiobook: iTunes, Audible.com, Amazon
Trim: 6.14 x 9.21 (154 pp)
Audience: General Adult
Pub Date: 02/14/2021
BISAC: RELIGION/Biblical Meditations/New Testament
RELIGION/Christian Life/Devotional
BIBLES/Contemporary English Version/Devotional



Synopsis: *Grace & Mercy: A Devotional Journey* was created from a desire for a fresh look at discipleship within the modern, busy church. The book explores the progression of the seed planted in a sermon: how truth gets watered, germinates, sprouts, grows and eventually bears fruit. *Grace & Mercy* demonstrates how to have a nourishing and flourishing spiritual life. A soft plot line meanders throughout and the book gently explores themes of communication, discipleship, positive expectations, and diligence. Each chapter includes devotional content for individual readers and exploratory questions for group discussion.

Readers can expect to:

- Discover the value of slowing down, paying attention, and soaking in the wisdom of biblical truth expressed each week in the Sunday sermon
- Understand how to live a more contemplative life
- Grow in their faith from week to week
- Improve awareness in the way God is moving through the people who are in their lives
- Be stirred up toward love, gentleness, and goodness toward one another

"Pictures and stories and memories are three of God's sweet gifts to help us visualize his truths and strengthen our hearts. Katie and Chris use all of these to paint little portraits that add color and depth to how I understand and experience God."

--Kirk Freeman, Lead Pastor, CrossBridge Community Church, San Antonio, Texas

"My wife, Beth, is often suggesting daily devotionals for me, but I just can't get into them. She was surprised to see me devouring *Grace & Mercy* and asked, 'What's different about this one?' I paused a moment, looked up and said, 'I can relate to these. Let's gather some friends and dig into it.' *Grace & Mercy* provides an interesting and engaging tool to study the Bible."

--Jim Lenaway, Pastor, B-Free Church, Bradford, Pennsylvania

"*Grace & Mercy* presents an honest, encouraging look at life with its disquieting issues. Katie welcomed me to sit beside her "knee to knee" with Jesus, the Wonderful Counselor, then to journey onward, with Him leading the way.

--Chuck Rizer, Lieutenant Colonel, Army Chaplain (retired), author of *Downwind of Thunder*

"This devotional is wonderfully refreshing and special. I love the practical, chatty, relatable style that makes recognizing God's presence and love in our lives so accessible. If you want to benefit from experiencing God in your everyday life, *Grace & Mercy* is for you."

--Rob Davis, Founding Pastor, Vineyard Church, Hopkinton Massachusetts

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Recover in Color: 52 Recovery Lessons

Publisher: Loving Healing Press

Author: Kathleen E. Yancosek

ISBN-13: PB 978-1-61599-639-1 / HC 978-1-61599-640-7 / eBook 978-1-61599-641-4

List Price: PB \$ 25.95 / HC \$ 39.95 / eBook \$ 7.95

Trim: 8.5x11 (180 pp)

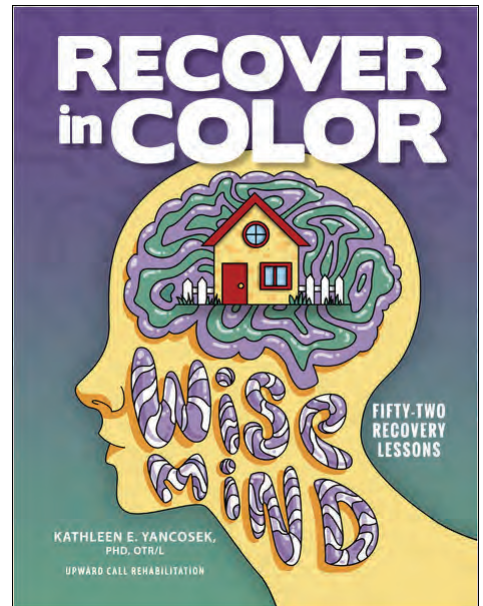
Audience: General Adult

Pub Date: 02/01/2022

BISAC: SELF-HELP/Twelve-Step Programs

SELF-HELP/Adult Children of Substance Abusers

RELIGION/Christian Life/Devotional



Synopsis: *Recover in Color* is a gift to the mental health community. This workbook is a year's worth of rehabilitation that can be completed on your own, with a sponsor or therapist or used in a group therapy setting. *Recover in Color* contains fifty-two lessons, a coloring page to reinforce each lesson and a weekly journal page with four discussion questions. Using a biblical worldview, *Recover in Color* contains thirteen lessons in four categories of (1) developing a sense of self, (2) emotional literacy, (3) boundaries and (4) spirituality. There is something here for everyone working a recovery program, whether you are new to recovery or have been traveling the long road for years. This workbook is also beneficial for family members of those in recovery programs. *Recover in Color* is a fresh approach to rehabilitation that incorporates the classic principles that have passed the test of time. Each lesson is short, to the point and contains a soundbite title to help reinforce the coping strategy for that week. After completing this year-long recovery workbook, you will know yourself better, and you will have new coping strategies to help you deal with the difficult challenges faced in life. Why not recover in color?

"Holistic and purposeful in design, *Recover in Color* creates a path to healing and personal rediscovery. When my son died, I became fully detached from this world. Body, soul and spirit-all shattered and scattered into the ether of a heavily weighted, dark, impenetrable haze. When suffering descends upon us from a variety of life experiences, we cannot recover alone-we need the hand of another to guide us. Dr. Yancosek has created a tool to pierce the impenetrable haze and reveals the possibility of God's hand to intervene."
-- Charles D. Quick, OTD, CHT, Lieutenant Colonel (retired), United States Army

"*Recover in Color* is a fresh take on trusted principles of well-being. The unique style of writing combined with the coloring pages create an incredible workbook that can be completed individually or with the guidance of a therapist. I recommend this book to people who are pursuing personal growth through increased self-awareness and development."
--Amelia Duran-Stanton, PhD, D.Sc., PA-C

"With *Recover in Color*, Dr. Yancosek has done something very rare, but desperately needed: she has made deep truths easily accessible. The human soul can only be nourished and healed with such truths and that is why this book will be a treasure to many. I recommend it to those who hunger to walk in greater freedom and emotional and spiritual health."
--Matt Erbaugh, Pastor of Spiritual Formation at CrossBridge Community Church

Learn more at www.UpwardCallRehab.com

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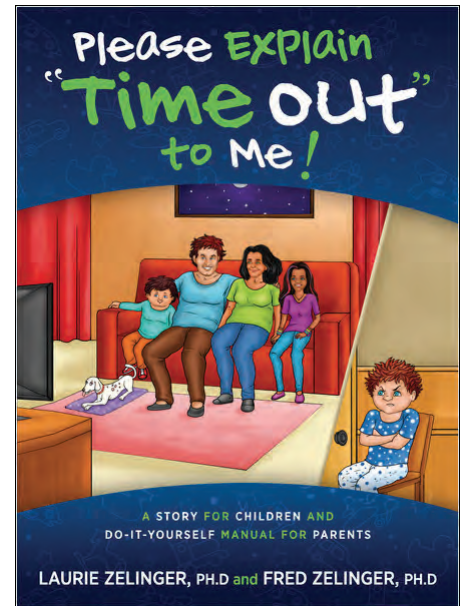
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Please Explain "Time Out" To Me: A Story for Children and Do-It-Yourself Manual for Parents

Publisher: Loving Healing Press
Author: Laurie Zelinger and Fred Zelinger
ISBN-13: PB 978-1-61599-415-1 / HC 978-1-61599-416-8 / eBook 978-1-61599-417-5
List Price: PB \$ 17.95 / HC \$ 27.95 / eBook \$ 5.95
Audiobook: iTunes, Audible.com, Amazon
Trim: 8 x 10.88 (48 pp)
Audience: General Adult
Pub Date: 03/01/2019
BISAC: FAMILY & RELATIONSHIPS/Parenting/General
FAMILY & RELATIONSHIPS/Parenting/General
PSYCHOLOGY/Psychopathology/Autism Spectrum Disorders

Synopsis: Time Out is a dignified and effective method of discipline, endorsed by the American Academy of Pediatrics and the American Psychological Association. This book, written by parenting experts, explains the Time Out process and provides step-by-step instructions for its proper and effective use. *Please Explain Time Out To Me* is two books in one: an engaging story with colorful illustrations and a parent section which describes the Time Out process in detail, as well as the advantages and pitfalls of other methods of discipline.



Children will:

- Enjoy the story and illustrations
- Understand how Time Out works
- Empathize with the characters in the book
- Be treated respectfully when given a consequence
- Experience the benefits of Time Out as a mechanism of behavior change

Parents and caregivers will:

- Develop a plan for supplying responses to their child's unacceptable behavior
- Understand the rationale behind Time-Out as a management technique
- Learn how to use Time Out effectively
- Better handle behavioral issues wherever they occur
- Learn that physical forms of punishment do not work

Drs. Zelinger book is clearly informed by literature and both clinical and personal experience. Its simplicity and ease-of-use and understanding allows for broad reach to all parents that face the normal challenges in raising children. The story to help the child understand makes this book unique, as well as the "fixer box" concept. Behavioral difficulties often stem from struggles around feeling in control. This book gives a concrete, more adaptive path for both parents and child to feel in control.

-- David Salsberg, PsyD, DABPS Clinical Neuropsychologist; Director, Pediatric Assessment, Learning & Support (PALS), New York, NY.

In *Please explain Time Out To Me*, Drs. Laurie and Fred Zelinger offer a clear, concise and insightful look at the often misunderstood and misinterpreted concept of time out. Combining colorful illustrations and story line for children and step-by-step guidelines and principles for parents and adults, the book has unique appeal to both. I highly recommend this book, particularly to parents foraging through the tangled, complicated and sometimes scary web called parenthood.

-- Iris Ackerman, LCSW, PhD, Clinical Social Worker

As a child psychiatrist, finding parenting books that are straightforward, helpful, and concise is a rare find indeed. Drs. Laurie and Fred Zelinger offer just that in *Please Explain Time Out To Me*. In its pages, they harness their expert clinical experience and judgment and offer it in a relatable, engaging, and entertaining way. I highly recommend this book to families who are struggling with the difficult journey of growing up and managing problem behaviors along the way.

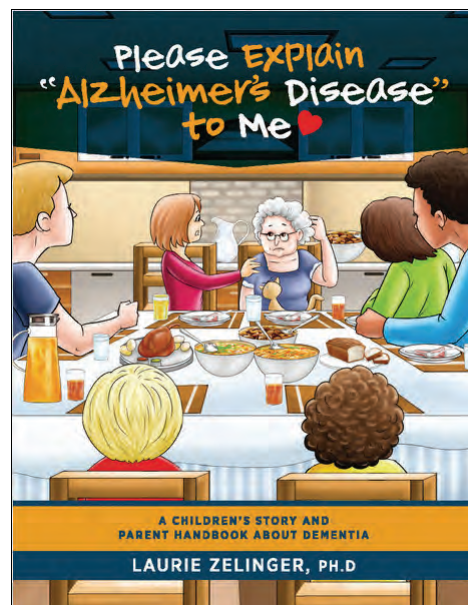
-- Stephen Perret, MD., Child Psychiatrist

Thumbs up for Drs. Zelingers book on explaining time out to kids. As a busy working mom with six children, I have used time out effectively. I would recommend reading this book to help understand the benefits of time out for both parents and children, and the effectiveness of time-out as a learning tool. Drs. Zelinger's thought out story will be a helpful, useful contribution for kids, parents and teachers.

-- Chani Jacobowitz, LCSW; Mother of 6

Please Explain Alzheimer's Disease to Me: A Children's Story and Parent Handbook About Dementia

Publisher: Loving Healing Press
Author: Laurie Zelinger
ISBN-13: PB 978-1-61599-591-2 / HC 978-1-61599-592-9 / eBook 978-1-61599-593-6
List Price: PB \$ 17.95 / HC \$ 29.95 / eBook \$ 5.95
Audiobook: iTunes, Audible.com, Amazon
Trim: 8.5 x 11 (44 pp)
Audience: 5-8 years
Lexile Score: 790L - Grade(s) 3, 4
Pub Date: 07/01/2021
BISAC: JUVENILE FICTION/Health & Daily Living/Diseases, Illnesses & Injuries
JUVENILE FICTION/Family/Multigenerational
JUVENILE FICTION/Social Issues/Depression & Mental Illness



Synopsis: *Please Explain Alzheimer's Disease to Me* introduces the condition to children in a colorful, sensitive and gentle story, followed by a parent/caregiver section that supplies comprehensive information that adults can use to understand and plan for the course of the disease affecting their loved one. Dr. Zelinger, a board-certified psychologist for children, presents the situation to children in a warm, developmentally appropriate way using appealing characters of diversity, child friendly language and familiar scenes they can relate to, as well as scripts that parents can use when speaking to their child. This book is more than a helpful guide-it's the only book you will need if you have a child who is asking, "What's wrong with grandpa?" Children will:

- Enjoy the story and illustrations and will identify with the main characters
- Get answers to their questions
- Grasp the nature and reason for a grandparent's changes
- Learn basic biological information about brain function
- Understand why a grandparent will require more care
- Feel empowered and find ways they can be helpful

Parents and caregivers will:

- Have word-for-word scripts available to answer their child's questions
- Learn about the progression of the disease
- Understand their role and the nature of care that is required
- Gain information for decision-making in areas of medical, emotional and daily care
- Know they are not alone in this difficult journey

"Dr. Zelinger has provided an engaging book that presents important information in a user-friendly format and offers adults the foundation for easily engaging children in what may initially seem like a very difficult discussion. I will be sure to recommend this resource to everyone I know in the 'sandwich generation.'"

-- Shane S. Bush, Ph.D., ABPP, Board Certified in Geropsychology, President, American Board of Geropsychology

"Dr. Zelinger's book helps take the mystery out of a truly mystifying disease. The children's story will help reduce the anxiety and fear a child may have when faced with one suffering from Alzheimer's, and the adult portion of this book gives practical examples to help guide the adult when questions arise. A truly informative and inspired book."

-- Marilyn Cherney, occupational therapist; grandmother

"...A very much needed book to explain a very difficult topic to our children and ourselves. Dr. Zelinger's warmth, insight and clinical judgment shine through her every page! This is a superlative book that will get front row billing on my office bookshelf. "

-- Deborah Lief-Dienstag MD, FAAP, pediatrician

"Dr. Zelinger takes a painful topic for both children and parents alike and turns it into a beautiful story and a detailed handbook that gives us the tools we need to broach a topic we all hope to never have to face. This book is a must-read for families facing the challenges that come along with a loved one experiencing Alzheimer's disease."

-- Avi Satt, president, Allegria Senior Living

From the Please Explain series
Learn more at www.DrZelinger.com

Please Explain Anxiety to Me!: Simple Biology and Solutions for Children and Parents

Publisher: Loving Healing Press
Series: Growing With Love
Author: Laurie Zelinger and Jordan Zelinger
ISBN-13: PB 978-1-61599-029-0 / HC 978-1-61599-051-1 / eBook 978-1-61599-888-3
List Price: PB \$ 21.95 / HC \$ 32.95 / eBook \$ 4.95
Audiobook: iTunes, Audible.com, Amazon
Trim: 8.5 x 8.5 (40 pp)
Audience: 9-12 years
Pub Date: 09/01/2010
BISAC: JUVENILE NONFICTION/Social Issues/Emotions & Feelings
PSYCHOLOGY/Psychotherapy/Child & Adolescent
SELF-HELP/Anxieties & Phobias

Synopsis: What's happening to me?

This book translates anxiety from the jargon of psychology into concrete experiences that children can relate to. Children and their parents will understand the biological and emotional components of anxiety responsible for the upsetting symptoms they experience. *Please Explain Anxiety to Me* gives accurate physiological information in child friendly language. A colorful dinosaur story explains the link between brain and body functioning, followed by practical therapeutic techniques that children can use to help themselves. Children will:

- learn that they can handle most issues if they are explained at their developmental level
- understand the brain/body connection underlying anxiety
- identify with the examples given
- find comfort and reassurance in knowing that others have the same experience
- be provided with strategies and ideas to help them change their anxiety responses
- be able to enjoy childhood and to give up unnecessary worrying

Therapists and Educators Praise "Please Explain Anxiety To Me"

"On any given day, around thirty percent of my patients have anxiety related symptoms. The simplicity and completeness of the explanations and treatment of anxiety given in this book is remarkable. Defining the cause, treating the core symptoms, and most importantly bringing it to a child's level accompanied by wonderful illustrations, is an incredible feat. I will definitely use this book in my practice."

Zev Ash, M.D. F.A.A.P., Pediatrician

"Anxiety is, of course, a complicated neuro-physiological process but it has been reduced to understandable terms in this brilliantly illustrated book for children. I would go even further and say that there are adults who could benefit from the straightforward approach."

Rick Ritter, MSW, author of "Coping with Physical Loss and Disability"

"This excellent book is perfect for parents to read and discuss with their children. It's also perfect for school professionals to use in the school setting."

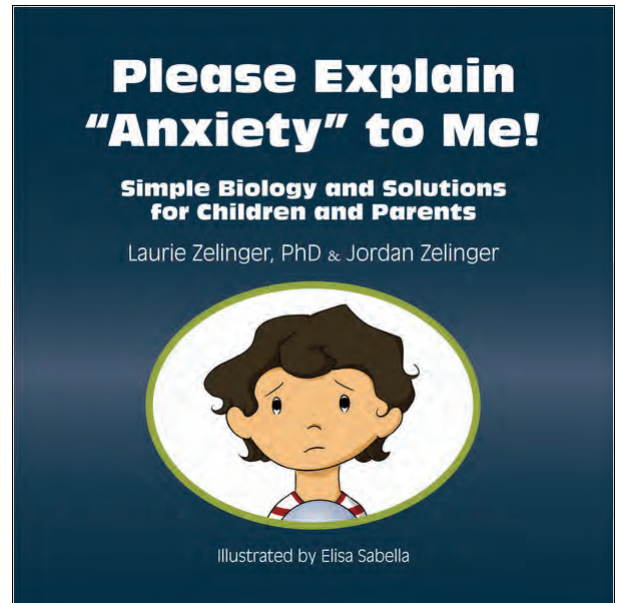
Herb R. Brown, Ed.D., Superintendent of Schools Oceanside Public Schools, New York

"...A charming--and calming--explanation of anxiety that will help both children and their parents turn their internal worry switches to the OFF position."

Ellen Singer, New York Times-acclaimed bestselling author

Learn more at **www.DrZelinger.com**

From the "Growing With Love" Series at Loving Healing Press www.LHPress.com



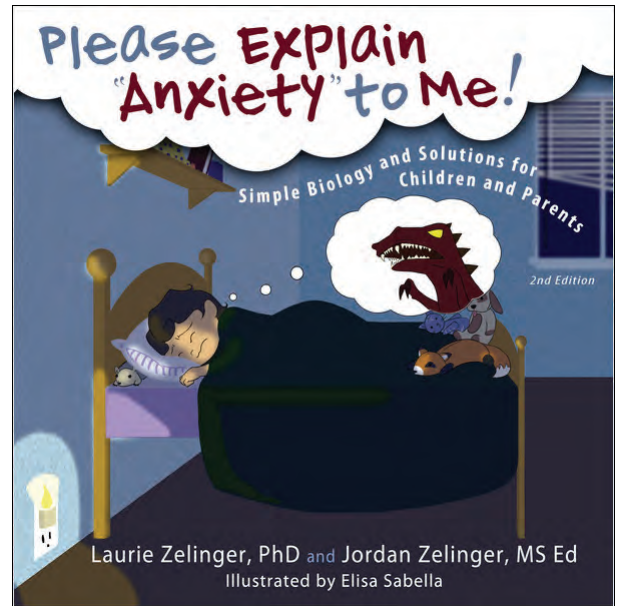
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Please Explain Anxiety to Me!: Simple Biology and Solutions for Children and Parents, 2nd Ed.

Publisher: Loving Healing Press
Series: Growing With Love
Author: Laurie Zelinger and Jordan Zelinger
ISBN-13: PB 978-1-61599-216-4 / HC 978-1-61599-217-1 / eBook 978-1-61599-218-8
List Price: PB \$ 15.95 / HC \$ 27.95 / eBook \$ 4.95
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Audience: 9-12 years
Lexile Score: 800L - Grade(s) 3, 4
Pub Date: 02/01/2014
BISAC: JUVENILE NONFICTION/Social Issues/Emotions & Feelings
PSYCHOLOGY/Psychotherapy/Child & Adolescent
SELF-HELP/Anxieties & Phobias



Synopsis: What's happening to me?

This book translates anxiety from the jargon of psychology into concrete experiences that children can relate to. Children and their parents will understand the biological and emotional components of anxiety responsible for the upsetting symptoms they experience. *Please Explain Anxiety to Me, 2nd Edition* gives accurate physiological information in child friendly language. A colorful dinosaur story explains the link between brain and body functioning, followed by practical therapeutic techniques that children can use to help themselves. Children will:

- learn that they can handle most issues if they are explained at their developmental level
- understand the brain/body connection underlying anxiety
- identify with the examples given
- find comfort and reassurance in knowing that others have the same experience
- be provided with strategies and ideas to help them change their anxiety responses
- be able to enjoy childhood and to give up unnecessary worrying

Therapists and Educators Praise "Please Explain Anxiety To Me, Second Edition"

"On any given day, around thirty percent of my patients have anxiety related symptoms. The simplicity and completeness of the explanations and treatment of anxiety given in this book is remarkable. Defining the cause, treating the core symptoms, and most importantly bringing it to a child's level accompanied by wonderful illustrations, is an incredible feat. I will definitely use this book in my practice."

Zev Ash, M.D. F.A.A.P., Pediatrician

"Anxiety is, of course, a complicated neuro-physiological process but it has been reduced to understandable terms in this brilliantly illustrated book for children. I would go even further and say that there are adults who could benefit from the straightforward approach."

Rick Ritter, MSW, author of "Coping with Physical Loss and Disability"

"This excellent book is perfect for parents to read and discuss with their children. It's also perfect for school professionals to use in the school setting."

Herb R. Brown, Ed.D., Superintendent of Schools Oceanside Public Schools, New York

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Ellen Singer, New York Times-acclaimed bestselling author

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Please Explain Terrorism To Me: A Story for Children, PEARLS of Wisdom for their Parents

Publisher: Loving Healing Press
Author: Laurie Zelinger
Illustrator: Ann Israeli
ISBN-13: PB 978-1-61599-291-1 / HC 978-1-61599-292-8 / eBook 978-1-61599-293-5
List Price: PB \$ 24.95 / HC \$ 37.95 / eBook \$ 4.95
Audiobook: iTunes, Audible.com, Amazon
Trim: 8.5 x 8.5 (72 pp)
Audience: 7-10 years
Lexile Score: 810L - Grade(s) 3, 4
Pub Date: 11/01/2016
BISAC: PSYCHOLOGY/Developmental/Child
JUVENILE FICTION/Social Issues/Emotions & Feelings

Synopsis: A Story for Children, P-E-A-R-L-S of Wisdom for their Parents

Complemented by exquisite, colorful artwork, Dr. Zelinger skillfully crafts an easily relatable children's story using everyday situations, around the oppressive concept of Terrorism in the news. With masterful understanding of the child's world, new and frightening concepts are introduced carefully and gently, with the child's perspective in mind. Dr. Zelinger provides parent coaching to further the dialogue in her P-E-A-R-L-S of Wisdom section (Prepare, Explain, Answer, Reassure, Listen, Safeguard) where caregivers are given scripts to guide them, as well room for individuality. This pioneer book helps children and parents face a critical, often avoided topic with reassurance and calm.

"This book provides the 'PEARLS' of wisdom for parents and children to discuss a scary topic like terrorism in ways that promote healthy and authentic parent-child conversations that yield to mutual respect and bonding."

--Marc A. Brackett, PhD., Director, Yale Center for Emotional Intelligence

"This fascinating guide amounts to a riveting lesson of clarity and to a masterpiece in bridging the unbridgeable."

--Hon. Yehuda Lancry, Former Ambassador of Israel to the U.N.

"Dr. Zelinger uses common sense, a simple clarification of the basic issues, and reassurance to provide a deeper understanding of terrorism for kids--without a corresponding rise in anxiety."

--Tomas W. Phelan, Ph.D., Psychologist/Author

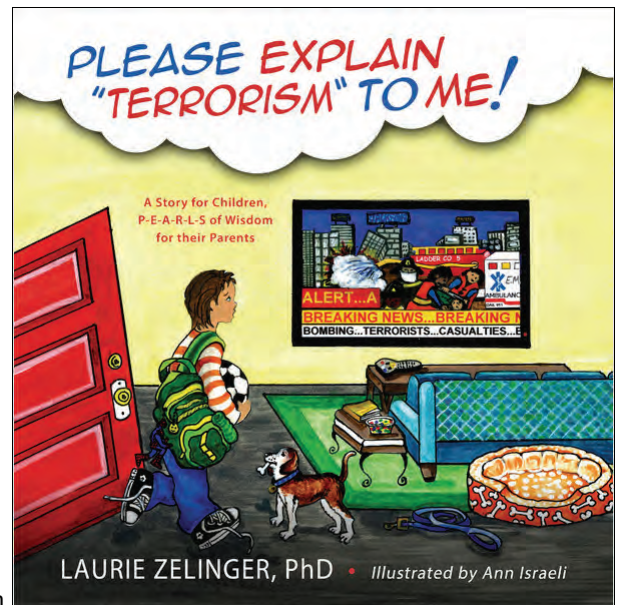
Dr. Laurie Zelinger is a distinguished Board Certified Psychologist with Diplomate status in school psychology as well as a credentialed play therapist who serves on executive boards of state and national organizations. Ann Israeli is a retired art teacher, wall paper and textile designer.

From the Growing With Love Series

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Please Explain Tonsillectomy and Adenoidectomy To Me: A Complete Guide to Preparing a Child for Surgery, 3rd Ed.

Publisher: Loving Healing Press
Author: Laurie Zelinger and Perry Zelinger
ISBN-13: PB 978-1-61599-418-2 / HC 978-1-61599-419-9 / eBook 978-1-61599-420-5
List Price: PB \$ 17.95 / HC \$ 27.95 / eBook \$ 5.95
Audiobook: iTunes, Audible.com, Amazon
Trim: 8 x 10.88 (42 pp)
Audience: General Adult
Pub Date: 12/01/2018
BISAC: MEDICAL/Surgery/Oral & Maxillofacial
HEALTH & FITNESS/Children's Health
MEDICAL/Nursing/Pediatric & Neonatal

Synopsis: Nearly 500,000 adenotonsillectomies will be performed on children this year. Will you be ready?

The new 3rd Edition of this bestselling book helps parents understand and organize the necessary medical and emotional components that accompany their child's surgery. In an easy to follow timeline for events prior to and following a tonsillectomy and/or adenoidectomy, the authors provide reassuring and accurate guidance that eases the process for the patient and family. As caregivers, you will:

- Get the facts about tonsils and adenoids in simple terms.
- Reduce your own anxiety about surgery and recovery.
- Learn how to best support your child through the medical and emotional events surrounding the procedure.
- Have scripts available to guide your conversations with all of your children.
- Discover the sequence of events leading up to surgery and how to prepare for them.
- Find out what you need to have at home while your child recuperates.
- Understand and respond to any unforeseen complications.
- Become confident that you have maximized your child's comfort and adjustment during the weeks surrounding surgery.

"A handy and valuable guide for parents who face the ultimate decision to have their child undergo a surgery, this book unravels the fear, answers the questions and makes it understandable and reassuring. It is much needed in the field and its joyful illustrations make it easy to follow and comprehend."

-- Donna Geffner, Ph.D., Ed.D (Hon.), CCC-SP/A, Past president of the American Speech-Language Hearing Association (ASHA)

"When reading the book, you feel as if Dr. Laurie is right in front of you and leading you through the whole process. This book provides a useful, simple and straight forward approach for parents and children to deal with the anxiety that precedes any surgery."

-- Zev Ash, M.D., F.A.A.P. (pediatrician)

"As owners and directors of a nursery school and summer camp for the past 27 years, we are often asked how to prepare a child for a medical procedure. This book is an excellent roadmap for parents on preparing not only your child, but also yourself, for a scary and often intimidating experience."

Adam & Amy Langbart, owners of /Merrick Woods Country Day School and Camp, Merrick, NY

"The use of actual possible scripts to use with your child to help explain procedures and ease a child's anxiety, well organized helpful to-do lists and timelines serve to make this a required read and practical guide for parents or any caregiver with a child about to undergo a tonsillectomy and adenoidectomy."

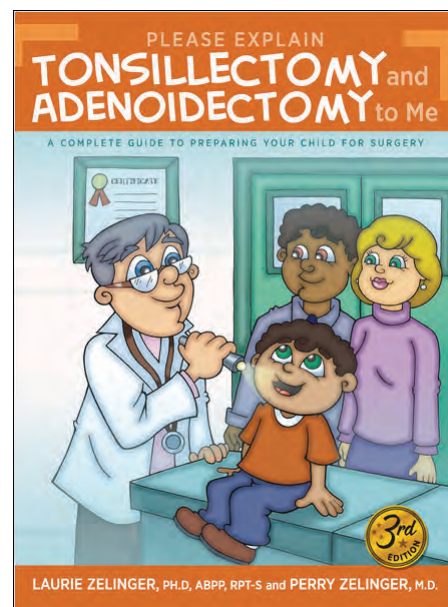
Steven H. Blaustein Ph.D, CCC, BCS-CL, Speech-Language Pathologist, Board Certified Specialist - Child Language

"This book spells out in clear and concise language what parents need to know and how to prepare children for the surgery. Suggestions on how to talk to children in developmentally appropriate language will be especially helpful to parents. I enthusiastically recommend this book to parents of children facing this medical procedure."

David A. Crenshaw, Ph.D., ABPP, Board Certified Clinical Psychologist, Author, Clinical Director of the Children's Home of Poughkeepsie

Learn more at **www.DrZelinger.com**

From Loving Healing Press www.LHPress.com



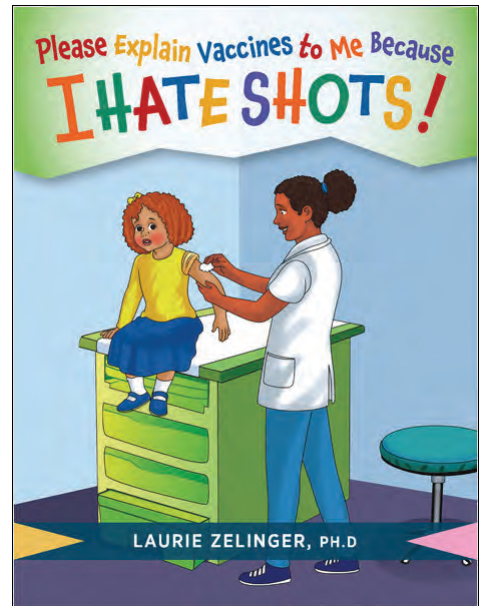
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Tollfree USA/Canada: (888)761-6268
Elsewhere: (734)417-4266

Please Explain Vaccines to Me: Because I HATE SHOTS!

Publisher: Loving Healing Press
Author: Laurie Zelinger
ISBN-13: PB 978-1-61599-612-4 / HC 978-1-61599-613-1 / eBook 978-1-61599-614-8
List Price: PB \$ 17.95 / HC \$ 29.95 / eBook \$ 4.95
Audiobook: iTunes, Audible.com, Amazon
Trim: 8.5 x 11 (44 pp)
Audience: 4-7 years
Pub Date: 11/01/2021
BISAC: JUVENILE FICTION/Health & Daily Living/Diseases, Illnesses & Injuries
JUVENILE FICTION/Social Issues/New Experience
JUVENILE FICTION/Business, Careers, Occupations



Synopsis: Shots, injections, needles, and vaccines-whatever their purpose, they all hurt. More than half of children in the 6-17 year-old range report a strong fear of needles. Nearly 25% of adults do as well. This book is for those families who cringe at the thought of getting one.

For some children, getting a shot is a major ordeal. Ramped-up anxiety can lead to tantrums, meltdowns, outbursts and even fainting. That 30-second experience can be a nightmare for parents for and nursing staff alike. This resource will help to improve that dreaded scenario.

The book opens with an engaging story for children where rhyme, colorful illustrations and characters of diversity capture a child's interest as they identify with a girl who has similar fears. The children's section is followed by a comprehensive guide for parents and caregivers, based on empirical research as well as Dr. Zelinger's decades of experience as a child psychologist, where she offers information and explicit solutions to help deal with the anxiety surrounding this common medical procedure.

Children will:

- Identify with the main character and her fear of shots
- Enjoy the colorful illustrations and happy story ending
- Learn coping mechanisms to deal with frightening situations
- Feel supported by their parents who will know how to help
- Reduce their anxiety and become more cooperative during medical visits

Parents/Caregivers will:

- Understand the reasoning behind the fear of injections
- Learn strategies to help their child before and during a medical visit
- Be better able to comfort their child

"Dr. Laurie Zelinger has done it again with another excellent child and parent-friendly book that helps to allay fears and empower families and professionals with the tools to help children develop healthy coping skills. *Please Explain Vaccines to Me* has it all: a relatable and simple yet engaging text in rhyme that is fun to read aloud, as well as colorful illustrations that provide an honest and relatable depiction of the emotions involved. As an experienced nurse and health educator, I see this book as a "must-have" resource for all caregivers, educators and health professionals."

--Darlene Glasser, RN, MSED

"*Please Explain Vaccines to Me* is a book that every parent will want to read to their child before getting a shot. It demystifies vaccinations with language that a child will both understand and want to question further. It also gives both children and parents the language they need to express their anxiety about the process and the tools to lessen that anxiety. It gets 5 stars!"

--Yael Kula, MSW, LCSW (Licensed Clinical Social Worker)

Learn more at www.DrZelinger.com

From the "Please Explain" series at Loving Healing Press www.LHPress.com

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Fax: +1 734 663 6861

The "Oh, MY" in Tonsillectomy and Adenoidectomy: How to Prepare Your Child for Surgery

Publisher: Loving Healing Press

Author: Laurie Zelinger

Foreword: Mark N. Goldstein

ISBN-13: PB 978-1-932690-74-3

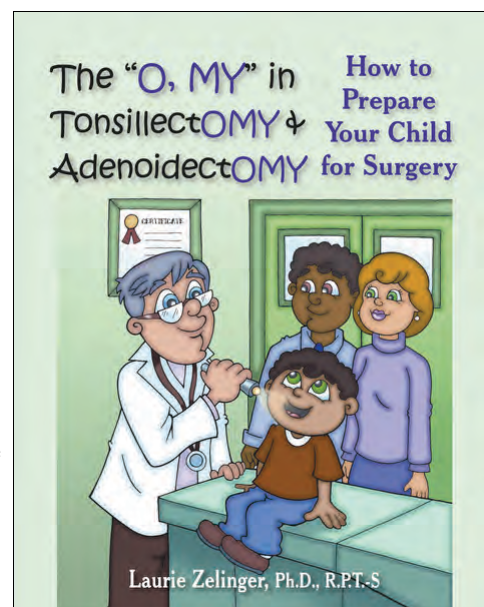
List Price: PB \$ 17.95

Trim: 8 x 10 (28 pp)

Audience: General Adult

Pub Date: 03/01/2009

BISAC: MEDICAL/Surgery/Oral & Maxillofacial
FAMILY & RELATIONSHIPS/Health
HEALTH & FITNESS/Oral Health



Synopsis: This book helps parents understand and organize the necessary medical and emotional components that accompany their child's surgery. In an easy to follow timeline for events prior to and following a tonsillectomy or adenoidectomy, the author provides reassuring and accurate guidance that eases the process for the patient and family.

- Get the facts about tonsils and adenoids in simple terms
- Reduce your own anxiety about surgery
- Learn how to support your child through the medical and emotional events surrounding the procedure
- Take away the mystery regarding what to say to your child
- Discover the sequence of events leading up to surgery and how to prepare for them.
- Find out what you need to have at home while your child recuperates
- Become confident in knowing that you have maximized your child's comfort and adjustment during the weeks surrounding surgery

Professionals and Parents Praise Laurie Zelinger's Book

"In over 40 years as a practicing Pediatrician, this is the most practical, down to earth and informative approach to the impending parent-child-hospital experience with a T&A that has come to my attention." --Philip S. Steinfeld, MD, FAAP

"My son's recovery period was enhanced by advice from the manual, and thanks to Dr. Laurie, the bonding experience it created almost cancelled out the discomfort. He is now a strep-free, healthy boy!" -- Rachayle Salzberg (parent)

"...a valuable guide for parents intending to provide emotional preparation and support to a child about to undergo a surgical procedure." --Richard H. Wexler, PhD President, New York State Psychological Association (2008)

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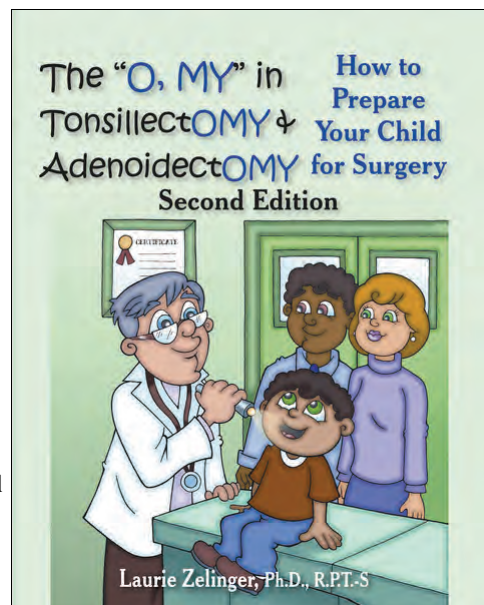
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The "Oh, MY" in Tonsillectomy and Adenoidectomy: How to Prepare Your Child for Surgery, 2nd Ed.

Publisher: Loving Healing Press
Author: Laurie Zelinger
Foreword: Mark N. Goldstein
ISBN-13: PB 978-1-61599-053-5 / HC 978-1-61599-054-2 / eBook 978-1-61599-954-5
List Price: PB \$ 19.95 / HC \$ 32.95 / eBook \$ 4.95
Audiobook: iTunes, Audible.com, Amazon
Trim: 8 x 10 (32 pp)
Audience: General Adult
Pub Date: 09/01/2010
BISAC: HEALTH & FITNESS/Children's Health
MEDICAL/Dentistry/Oral Surgery
FAMILY & RELATIONSHIPS/Health



Synopsis: More than 200,000 tonsillectomies and adenoidectomies will be performed on children this year. Will you be ready?

The new 2nd Edition of this bestselling book helps parents understand and organize the necessary medical and emotional components that accompany their child's surgery. In an easy to follow timeline for events prior to and following a tonsillectomy or adenoidectomy, the author provides reassuring and accurate guidance that eases the process for the patient and family. Parents with this book will:

- Get the facts about tonsils and adenoids in simple terms
- Reduce your own anxiety about surgery
- Learn how to support your child through the medical and emotional events surrounding the procedure
- Take away the mystery regarding what to say to your child
- Discover the sequence of events leading up to surgery and how to prepare for them.
- Find out what you need to have at home while your child recuperates
- Become confident in knowing that you have maximized your child's comfort and adjustment during the weeks surrounding surgery
- Recognize symptoms of possible complications and take action

Professionals and Parents Praise Laurie Zelinger's Book

"In over 40 years as a practicing Pediatrician, this is the most practical, down to earth and informative approach to the impending parent-child-hospital experience with a T&A that has come to my attention."

--Philip S. Steinfeld, MD, FAAP

"My son's recovery period was enhanced by advice from the manual, and thanks to Dr. Laurie, the bonding experience it created almost cancelled out the discomfort. He is now a strep-free, healthy boy!"

--Rachayle Salzberg (parent)

"...a valuable guide for parents intending to provide emotional preparation and support to a child about to undergo a surgical procedure."

--Richard H. Wexler, PhD President, New York State Psychological Association (2008)

"This book is a great tool to help you understand what will be happening to your child, why they are performing the surgery, and what you need to know to be better prepared in caring for your child after the surgery is performed"

--Danielle Drake for *Reader Views*

Learn more at www.DrZelinger.com

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Alfredo's Journey: An Artist's Creative Life with Bipolar Disorder

Imprint: Modern History Press

Author: Alfredo Zotti

Foreword: Bob Rich

ISBN-13: PB 978-1-61599-224-9 / HC 978-1-61599-225-6 / eBook 978-1-61599-226-3

List Price: PB \$ 19.95 / HC \$ 32.95 / eBook \$ 6.95

Trim: 6.14 x 9.21 (206 pp)

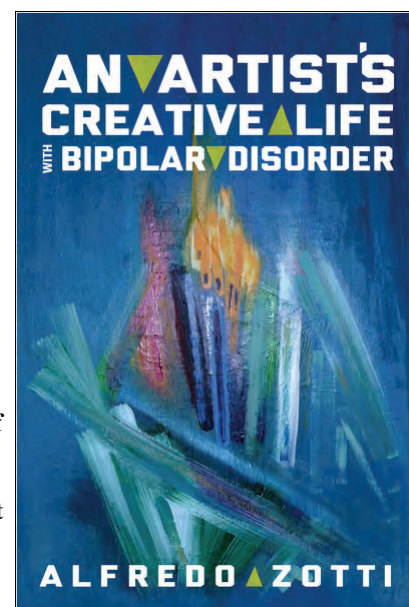
Audience: General Adult

Pub Date: 07/01/2014

BISAC: SELF-HELP/Mood Disorders

PSYCHOLOGY/Psychopathology/Bipolar Disorder

SELF-HELP/Depression



Synopsis: More than a just a journey, Alfredo gives us a blueprint for humane treatment of mental illness

In 1981, twenty-three-year old Alfredo Zotti began his lifelong challenge of living with Bipolar II Disorder. He quickly hit rock bottom, spending time as a homeless person and turning to street drugs and alcohol to medicate his symptoms. After hospitalization and careful outpatient monitoring, he became a successful musician and completed university. In 2004, he started to mentor sufferers of mental illness, and together, they developed an online journal. Alfredo now sees mental illness from a new perspective, not of disadvantages but advantages. In his words:

"Having a mental illness can be a blessing if we work on ourselves." In this memoir and critique of mental illness, the reader will learn:

- How empathic listening and being with someone can help calm that person's symptoms
- The power of singing to create a safe space in a community
- Why spirituality can be a key component in the healing process
- The connections between mental illness, artistic expression, and people who think differently
- The impact of childhood trauma on our psyche and its role in mental illness
- The dangers of antipsychotics and antidepressants
- The amazing connection between heart and brain and how we can cultivate it
- The challenges of love and marriage between partners with Bipolar Disorder

"Alfredo's story and his insights into the causes and treatment of mental ill-health are incredibly moving and impressive. His humanity, intelligence, creativity and his generosity and compassion towards people affected by mental illness and dedicated mental health professionals shine through the pages of his book."

-- Professor Patrick McGorry, AO MD PhD, Executive Director, OYH Research Centre, University of Melbourne

"As a clinician and academic, one can study and research ever known aspect of a disorder and write scholarly articles for learned journals, but none of this holds the potency of an individual relaying his or her lived experience. Alfredo does just this in his inimitable style, offering hope at every juncture to those who travel a similar road. The story should be read by clinicians, academics and sufferers alike."

--Professor Trevor Waring AM, Clinical Psychologist, Con-Joint Professor of Psychology, University of Newcastle

Learn more at www.AlfredoZotti.com

From the World Voices Series at Modern History Press www.ModernHistoryPress.com

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Got Bipolar?: An Insider's Guide to Managing Life Effectively

Publisher: Loving Healing Press
Author: Alfredo Zotti
ISBN-13: PB 978-1-61599-362-8 / HC 978-1-61599-363-5 / eBook 978-1-61599-364-2
List Price: PB \$ 12.95 / HC \$ 24.95 / eBook \$ 3.99
Audiobook: iTunes, Audible.com, Amazon
Trim: 6.14 x 9.21 (84 pp)
Audience: General Adult
Pub Date: 01/01/2018
BISAC: PSYCHOLOGY/Psychopathology/Bipolar Disorder
SELF-HELP/Mood Disorders/Bipolar Disorder
MEDICAL/Psychiatry/Psychopharmacology



Synopsis:

Marshal the Skills and Resources You Need to Live Your Best Life!

This book is about how to recover from bipolar disorder, or at least how to attempt to recover from it. Sufferers will be briefly introduced to new coping skills including: emotional regulation, method acting, empathy development and relaxation. In order to get the most out of this book, you'll need to develop your own strategies, based on the recommendations of this book.

"In *Got Bipolar?*, Zotti offers unique insights based on his personal experience of coming to terms with his own bipolar condition. Applying method acting as an emotional regulation tool mirrors the work of Marsha Linehan and her concept of 'opposite action to the emotion', a tool long recognized as effective in regulating emotions. Additionally, his focus on developing hobbies and interests in one's life also reflects Linehan's emphasis on creating a life worth living through the pursuit of meaningful activities. Zotti's book will, no doubt, provide an invaluable guide for sufferers of bipolar disorder and I highly recommend it."

--Paul Corcoran, Clinical Psychologist, *Moving Forward*

"If you or someone you know has been diagnosed with Bipolar Disorder (BPD), *Got Bipolar?* is a good place to start to try to make sense of it all. Topics include self-care, medications, coping skills and responding to someone in crisis. Zotti has lived with BPD most of his life, so he has walked the talk. The messages are of hope, loving yourself throughout this process and, if you are looking for help with a loved one, recognizing that the person is more than just this illness."

-- Judy Wright, mental health patient advocate

"*Got Bipolar?* offers a framework for the sufferer in need of skills to overcome symptoms. Zotti personally uses method acting as a coping skill to reverse mood states. Even a smile has the power to shift a low mood. He covers the basics, but it is up to the readers to increase their knowledge of emotional regulation, empathy development, relaxation techniques and other coping skills. This book is a really good primer for anyone suffering from Bipolar Disorder.

-- Lewis Weir, BSW

Learn more about the author at www.lhpress.com/authors/alfredo-zotti

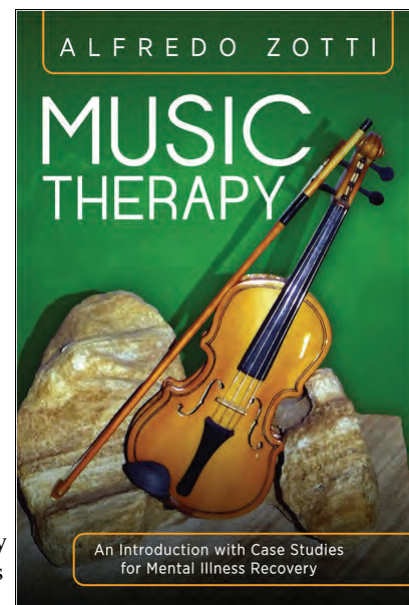
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Music Therapy: An Introduction with Case Studies for Mental Illness Recovery

Publisher: Loving Healing Press
Author: Alfredo Zotti
Foreword: Bob Rich
ISBN-13: PB 978-1-61599-530-1 / HC 978-1-61599-531-8 / eBook 978-1-61599-532-5
List Price: PB \$ 19.95 / HC \$ 0.305263157895 / eBook \$ 5.95
Audiobook: iTunes, Audible.com, Amazon
Trim: 6.14 x 9.21 (98 pp)
Audience: General Adult
Pub Date: 10/01/2020
BISAC: MUSIC/Philosophy & Social Aspects
SELF-HELP/Mood Disorders/Bipolar Disorder
PSYCHOLOGY/Clinical Psychology



Synopsis: **Alfredo Zotti**, a professional musician and bipolar survivor with a university degree in social anthropology and three years study of psychology, provides an introduction to music theory with specific case studies of applications for Alzheimer's, bipolar disorder, autism spectrum disorder (ASD), schizophrenia, anxiety, depression and other issues. Working primarily as a peer support counselor, his person-centered methods are respectful of client's needs, abilities and responses to music therapy. Strategies explored include both active listening of recorded music as well as instruction in playing musical instruments. Using patience and listening skills, you can -- with Zotti's book -- begin your own journey of music therapy.

"I congratulate Alfredo on this terrific summary of the ways in which music therapy can serve a complementary role in the treatment of a range of psychological difficulties. Anyone who is interested in promoting his or her wellbeing, or the wellbeing of loved ones, will enjoy *Music Therapy: An Introduction with Case Studies for Mental Illness Recovery*."
--Paul Corcoran, psychologist, Moving Forward, NSW

"Alfredo Zotti's *Music Therapy: An Introduction with Case Studies for Mental Illness Recovery* shows that recovering through music can be an extremely powerful and wonderful journey of self-healing and positive discoveries. I highly recommend this book to anyone who wishes to enhance their knowledge of music therapy and the influence of music on their health and, consequently, on their lives."
--Krystyna C. Laycraft, Ph.D, physicist, educator and artist

"Through his own experience of positive outcome by therapeutic use of music, Alfredo Zotti shares the supplemental, holistic method to improving mental health issues and dementia. *Music Therapy: An Introduction with Case Studies for Mental Illness Recovery* promises to assist in the recovery process and help sufferers regain a happier life."
-- Rie Matsuura

Learn more at www.AlfredoZotti.org

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