



BREAKWATER BOOKS

WINTER 2021

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East Coast Keto 2: More Tips and Lessons to Help Simplify Your Ketogenic Lifestyle

BOBBI PIKE AND GEOFF PIKE

JAN | 2021

ISBN 9781550818727

English

COOKING General

256 pages | 8 x 10 PBK

Colour photographs

\$34.95

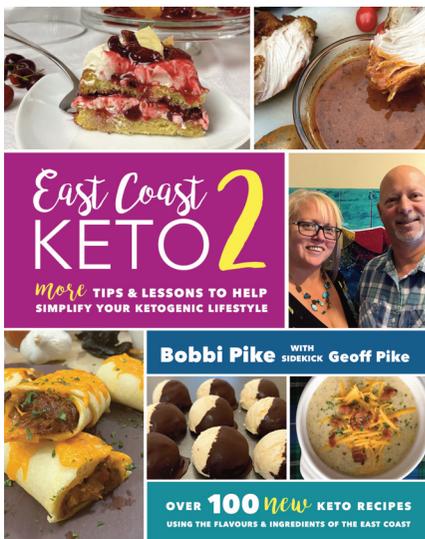
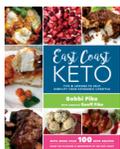


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ALSO AVAILABLE:

East Coast Keto | 9781550817867



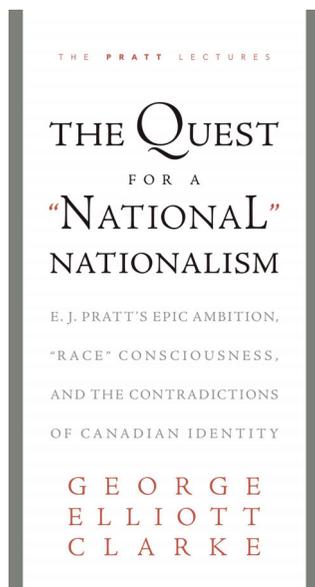
Bobbi Pike and her husband, Geoff, return with another generous serving of low-carb keto dishes that will have even the most finicky eater in the family asking for seconds. With over 100 new keto recipes, *East Coast Keto 2* will teach you how to enjoy all the foods you love—ketofied! From show-stopping appetizers and entrees to delicious fat bombs and mouth-watering desserts, Bobbi and Geoff help you simplify your keto lifestyle the East Coast way. With tips, lessons, quick facts, and traditional meals made healthy, *East Coast Keto 2* offers all the flavours you love with zero guilt.

BOBBI PIKE is the co-founder of the East Coast Keto community. She's also the owner and artist at Bobbi Pike Art. She's the bestselling author of the adult colouring book *The Colours of Newfoundland* and the sharable colouring book *Come Colour with Me*. An art instructor and freelance writer, Bobbi is also a wife, mother, and a puppy/kitty mom. She lives in St. John's.

GEOFF PIKE is co-owner and associate artist at Bobbi Pike Art, where he's also the head of IT, and director of logistics and shipping and receiving. He's also a senior database designer at Inmarsat Global. A husband and father, Geoff is a passionate cook, a lover of music, and tolerator of cats.

The Quest for a ‘National’ Nationalism

GEORGE ELLIOTT CLARKE



In his 2018 Pratt Lecture, *The Quest for a 'National' Nationalism*, renowned author and critic George Elliott Clarke investigates E.J. Pratt's poetic attempt to become the epic poet of Canada. And while Pratt's epic poems, such as *Brebeuf and His Brethren* and *Towards the Last Spike*, stand as lofty poetic achievements, the poet is never able to escape his own identity and speak convincingly for all Canadians. Unable to speak for Francophones, Indigenous peoples, and People of Colour, Pratt becomes the epic poet of the establishment, but never truly of the people.

GEORGE ELLIOTT CLARKE was born in Windsor, Nova Scotia, in 1960. Educated at the University of Waterloo, Dalhousie, and Queen's, Clarke is also a pioneering scholar of African-Canadian literature. A professor of English at the University of Toronto, Clarke has taught at Duke, McGill, UBC, and Harvard. He holds eight honorary doctorates, plus appointments to the Order of Nova Scotia and the Order of Canada at the rank of Officer. His recognitions include the Pierre Elliott Trudeau Fellows Prize, the Governor-General's Award for Poetry, and the Dr. Martin Luther King Jr. Achievement Award. He lives in Toronto.

FEB | 2021

ISBN 9781550818758

English

NONFICTION

64 pages | 4 x 7.5 PBK

\$19.95



9 781550 818758

DISTRIBUTOR: University of
Toronto Press Distribution
CARTON QUANTITY: 120

THE PRATT LECTURES were established in 1968 to commemorate the legacy of E.J. Pratt. Over the years, the series has hosted a litany of world-renowned authors and scholars, including Northrop Frye, Seamus Heaney, Helen Vendler, and Dionne Brand.



Instructor

BETH FOLLETT

FEB | 2021

ISBN 9781550818666

English

FICTION General

248 pages | 5.5 x 8 PBK

\$22.95



DISTRIBUTOR: University of
Toronto Press Distribution

CARTON QUANTITY: 40



BETH FOLLETT is the founder and publisher of Pedlar Press, a Canadian literary house. Her first novel, *Tell It Slant* (Coach House Books, 2001), a retelling of Djuna Barnes's 1936 novel *Nightwood*, met with critical acclaim. Her poetry, prose and nonfiction work have appeared in *Brick*, *Best Canadian Poetry 2019*, and elsewhere. She lives in St John's, NL.



When Ydessa Bloom's husband dies in a Cessna crash in a mid-Ontario lake, she rents a cottage at that lake, without really comprehending why, and stays for three months. There she meets three people who will influence her life dramatically—her landlady, a yoga teacher, and a precocious eight-year-old boy named Henry Rattle.

Years later, at the age of twenty-five and reeling from personal tragedy, Henry seeks Ydessa out once again, and they find themselves alone on the day of the Northeast blackout, drawn into an encounter that will change them both.

In *Instructor*, Beth Follett magnificently follows the natural tendencies of the human mind to dart and drift, to leap and eddy, creating an utterly compelling narrative at once patient and enthralling. Through grief, wonder, and introspection, *Instructor* captures the fluidity of the self, carrying readers away in the current of Follett's inescapable prose.

This Is How It Is

SHARON KING-CAMPBELL



Illuminating, poised, and wholly original, the poems of Sharon King-Campbell's *This Is How It Is* range across the planet from New Zealand to Thailand to Newfoundland, gathering along the way voices both historical and mythological in a compelling display of dramatic empathy and poetic imagination. Subverting history and fable while always returning to vividly depicted images of our landscapes within the specter of environmental crisis, King-Campbell spans the far corners of the earth and the previously silent voices of our collective pasts to arrive here at our contemporary moment with poems of formal dexterity as prescient as they are captivating.

MAR | 2021

ISBN 9781550818697

English

POETRY General

96 pages | 5 x 7.75 PBK

\$19.95



DISTRIBUTOR: University of
Toronto Press Distribution

CARTON QUANTITY: 104



SHARON KING-CAMPBELL

is a freelance theatre artist and storyteller. Her work has appeared in *Riddle Fence* and *Word*, and on stages across Newfoundland and Labrador. Sharon grew up in Ottawa and now divides her time between downtown St. John's and a little yellow house in Winterton, NL.

Us, Now

THE QUILTED COLLECTIVE

APR | 2021

ISBN 9781550818819

English

FICTION Anthology

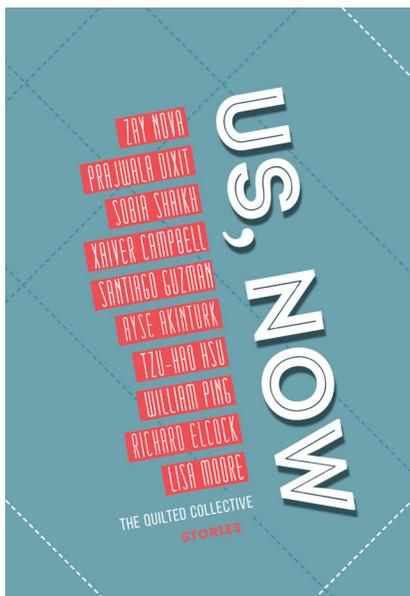
184 pages | 5.25 x 8 PBK

\$22.95



DISTRIBUTOR: University of
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CARTON QUANTITY: 60



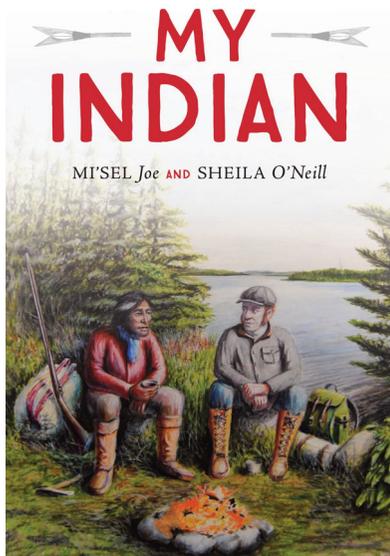
WITH CONTRIBUTIONS BY

Xaiver Campbell
Prajwala Dixit
Santiago Guzmán
Tzu-Hao Hsu
Zay Nova
William Ping
Sobia Shaheen Shaikh
Ayse Akinturk
Richard Elcock
Lisa Moore

Us, Now roves from Indonesia to the Middle East, Taiwan, Mexico, China, Africa, Jamaica, Barbados, India, Pakistan, and points in between, converging in Newfoundland. These stories by racialized Newfoundlanders are by turns joyous, tender, hilarious, and heart-wrenching. They confront racism and celebrate the act of enduring. They are about settling and getting unsettled, about parents and their children, about language, about facing down the horrors of homophobia, about the joy of love, about lifelong relationships or the glee of a magnificent crush. Here social and domestic violence are countered with tenderness and the penetrating power of narrative. This is a book about distance and coming together, about what it means to be seen and understood, or—devastatingly—to be seen and judged, or to be invisible and misunderstood. What it means to belong. These are new writers and new visions of an in-the-present-moment Newfoundland, stories shaped by powerful voices, stories urgent, radical, and sparking with beauty.

My Indian

MI'SEL JOE AND SHEILA O'NEILL



APR | 2021

ISBN 9781550818789

English

FICTION Historical, Young Adult

176 pages | 5.25 x 8 PBK

\$16.95



9 781550 818789

DISTRIBUTOR: University of
Toronto Press Distribution

CARTON QUANTITY: 60

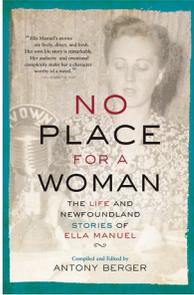
In 1822, William Epps Cormack sought the expertise of a guide who could lead him across Newfoundland in search of the last remaining Beothuk camps on the island. In his journals, Cormack refers to his guide only as “My Indian.” Now, almost two hundred years later, Mi'sel Joe and Sheila O'Neill reclaim the story of Sylvester Joe, the Mi'kmaq guide engaged by Cormack. In a remarkable feat of historical fiction, *My Indian* follows Sylvester Joe from his birth (in what is now known as Miawpukek First Nation) and early life in his community to his journey across the island with Cormack.

SAQAMAW MI'SEL JOE, LL. D, CM, is the author of *Muinji'j Becomes a Man* and *An Aboriginal Chief's Journey*. He has been the District Traditional Chief of Miawpukek First Nation since 1983, appointed by the late Grand Chief Donald Marshall. Mi'sel Joe is considered the Spiritual Chief of the Mi'kmaq of Newfoundland and Labrador.



SHEILA O'NEILL is from Kippens, NL, and is a member of Qalipu Mi'kmaq First Nation. Sheila is a Drum Carrier and carries many teachings passed down by respected Elders. As a founding member and past president of the Newfoundland Aboriginal Women's Network (NAWN), she has been part of a grassroots movement of empowerment of Indigenous women within the island portion of Newfoundland and Labrador. She lives in St. John's.

BACKLIST HIGHLIGHTS



No Place for a Woman

ANTONY BERGER
ISBN 9781550818369

Biographer Antony Berger expertly chronicles the life of Ella Manuel bringing Manuel

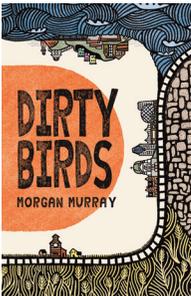
to the page in her own words. Brimming with insight and wit, *No Place for a Woman* preserves the work of a truly original Newfoundlander.



Lost in Newfoundland

MICHAEL WINSOR
ISBN 9781550818215

An artistic compendium of Newfoundland's visual wonders—its seascapes, landscapes, cityscapes, and natural inhabitants. This is a fine-art homage to an island where every cove, inlet, tickle, island, bay, peninsula, point, or arm is more beautiful than the next.



Dirty Birds

MORGAN MURRAY
ISBN 9781550818079

Hilariously ironic and irreverent, *Dirty Birds* is a quest novel for the twenty-first century where a hero's greatest

foe is his own crippling mediocrity, and getting out of bed before noon.

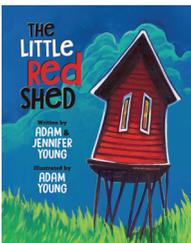


Melt

HEIDI WICKS
ISBN 9781550818246

Shifting radiantly between the late nineties and the present day, *melt* explores the life-sustaining anatomy

of friendship and the complex relationships we have with our pasts.



The Little Red Shed

ADAM & JENNIFER YOUNG
ISBN 9781550818338

A little shed awakens to discover she isn't

quite the same as she used to be. Feeling as if she no longer fits in, she sets out to sea. She meets an extraordinary new friend who sees how special she really is, and with newfound confidence, the little red shed returns home and inspires everyone to cherish their differences.



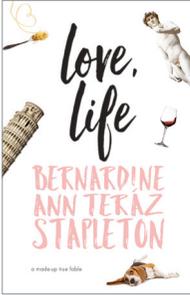
The Ice Shack

KATIA CANCIANI & CHRISTIAN QUESNEL
ISBN 9781550818505

TRANSLATED BY JOCELYNE THOMAS

Alphonse's ice-fishing shack is the most beautiful one on the coast. But he can't seem to catch a thing—not even a sock, or an old pair of underwear! How is he ever going to win a prize in the Best Fisherman Contest!?

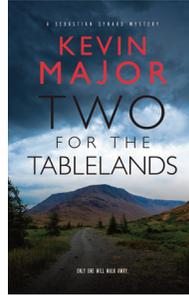
BACKLIST HIGHLIGHTS



love, life
BERNARDINE ANN
TERÁZ STAPLETON
ISBN 9781550818994

love, life is a made-up true fable. It's a haunting love story, transcending

decades, countries, and heartbreak. A Newfoundland in Italy offers the humour, optimism, and romantic yearning the world needs now.



Two for the Tablelands
KEVIN MAJOR
ISBN 9781550818444

The Newfoundland tour guide introduced in *One for the Rock* has crossed the island to explore

Gros Morne National Park. Now he, Sebastian, is crossing a more dangerous landscape, on a path that will leave him face-to-face with a killer.



The Hush Sisters
GERARD COLLINS
ISBN 9781550818413

In *The Hush Sisters*, Gerard Collins weaves psychological suspense with elements of the

fantastic to craft a contemporary urban gothic that will keep readers spellbound until the novel whispers its startling secrets.



Approaching Fire
MICHELLE PORTER
ISBN 9781550818536

On a quest to find her great-grandfather, the Métis fiddler and performer Léon Robert

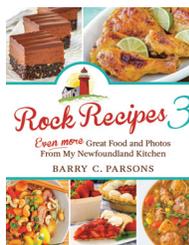
Goulet, Porter creates a portrait which expands beyond documentation into a private realm where truth meets metaphor.



Some Good: Sweet Treats
JESSICA MITTON
ISBN 9781550818307

With decadent chocolate delights,

oat-based goodies, muffins, cakes, squares, and cookies, these recipes will satisfy your sweet tooth without the guilt. Now you can make truly tasty treats that are gluten and dairy free, incorporating healthier ingredients that will make everyone feel *Some Good!*



Rock Recipes 3
BARRY C. PARSONS
ISBN 9781550818567

Barry C. Parsons, the bestselling cook-

book author and creator of the phenomenal RockRecipes.com, is back with an extra helping of delicious recipes to delight everyone at your dinner table. With helpful cooking tips and a recipe for every possibility, *Rock Recipes* makes mealtime as easy as 1, 2, 3!

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