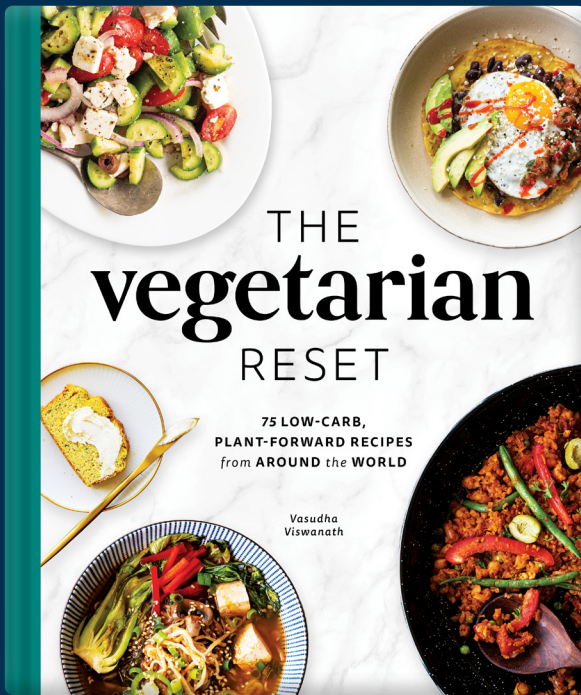


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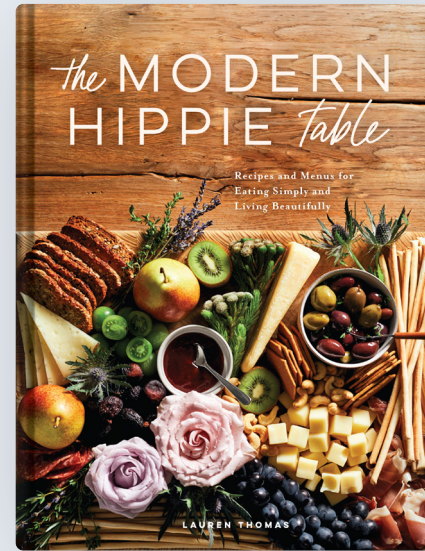


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THE VEGETARIAN RESET
 VASUDHA VISWANATH

“Perfect for flavor-first foodies like me, who are on a mission to add more plant-forward dishes to our tables!” – Michelle Tam, *New York Times* bestselling author and creator of Nom Nom Paleo

The Vegetarian Reset celebrates a lifestyle where a foodie sensibility intersects with healthy eating. It solves the never-ending dilemma that all plant-based eaters face: Is life fun when you eat salad every day, or is it worth it to let your health take a backseat to enjoy a big bowl of rice or pasta without enough protein?



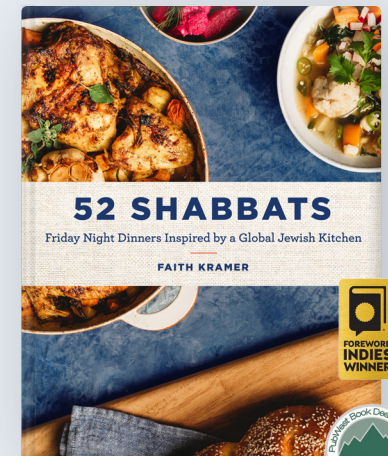
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SIMPLE + NOSTALGIC + SOPHISTICATED + CASUAL = MODERN HIPPIE

The Modern Hippie Table invites you to slow down and create a sanctuary at home, using food and conversation to bring people together. The recipes are elevated, yet simplified, with a mix of fresh fruits and vegetables plus quality prepared ingredients. With over 70 recipes and an array of menus to help plan any meal, this lifestyle cookbook encourages everyone to find joy in the art of cooking and entertaining in a fun, relaxed, and approachable way.

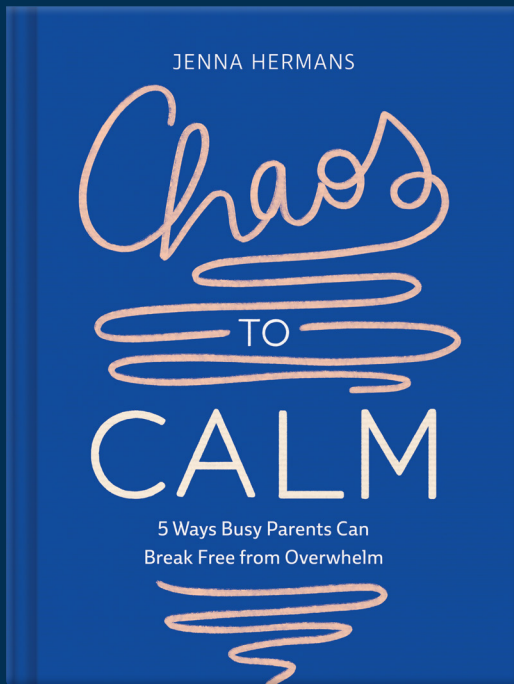
“[Faith Kramer] explains Shabbat, kosher food and the Jewish communities around the world that inspired the recipes, many featuring the elaborate spices or spice blends that are typical of places like Ethiopia, India and Mexico.”
 — *The New York Times*

This book offers a holistic scope of the Shabbat tradition for every reader, Jewish or otherwise. Faith Kramer outlines recipe pairings in a mix-and-match friendly format, incorporating easy substitutes throughout the cookbook.



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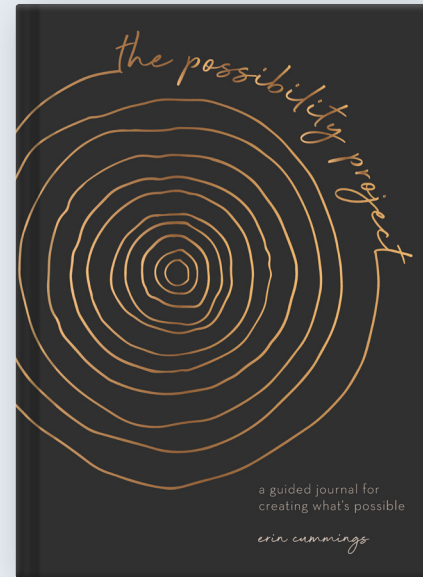


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Apr 2023
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256 pages
9781685550356

CHAOS TO CALM
JENNA HERMANS

“Chaos to Calm is an indispensable guide full of practical, actionable tips to help you live a more efficient, productive, and joyful life.”
– Shira Gill, bestselling author of *Minimalista*

Chaos to Calm is a guide for busy parents that will help them streamline the endless tasks they face every day. By creating more time and less stress, they can spend more hours appreciating their family, making sure they have what they need, and giving themselves the space they need to live their lives with intention and joy.

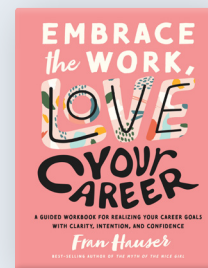


THE POSSIBILITY PROJECT
ERIN CUMMINGS

\$19.95
Mar 2023
Hardcover Journal
6.25 in x 8.5 in
224 pages
9781685550288

Discover what you truly value and create what's possible!

If you are already burnt out, continuing to push your limits keeps your out-of-control blaze burning. What if you created a new spark and burned it with intention? This journal is not about getting it all done, rather the *The Possibility Project* is about creating what's possible based on what is already working in your life and what you truly value. It's time to get to the point and stop wasting energy on bursts of motivation and hope when you can use this journal to help you focus on what you are truly capable of doing.



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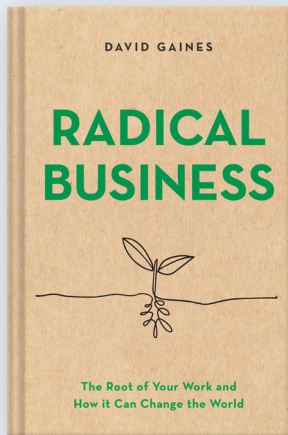


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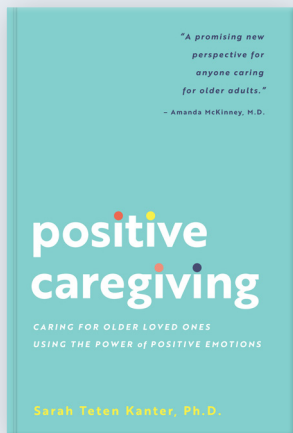


RADICAL BUSINESS
DAVID GAINES

“This book is a reminder that better is possible and profitable.” —Maggie Gough, Chief Operating Officer, WELCOA

Do you have, work for, or dream of starting a business or organization that positively impacts the world while also turning a profit? *Radical Business* is a blueprint for ushering in a new form of doing business. By learning more about what a “social enterprise” is and how it can apply to any business, employee, activist, consumer, or citizen, we can use the golden rule as a catalyst for a different mindset.

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POSITIVE CAREGIVING
SARAH TETEN KANTER, PH.D.

Today, there are more than forty million family caregivers in the United States alone. Every one of them is searching for ways to approach this unique challenge. *Positive Caregiving* offers an alternative, affirming perspective to the overwhelmingly negative story surrounding caring for an older adult. This book combines principles of positive psychology, mindfulness, reminiscence therapy, and lifestyle medicine. Yet, the simple activity ideas within are designed to immerse caregivers in gratitude, empathy, forgiveness, love, and awe. *Positive Caregiving* encourages us to make the most of the caregiving experience.

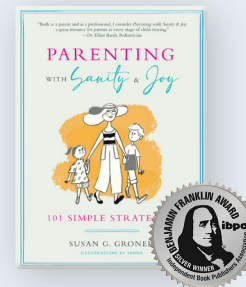
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HOUSEPLANTS AND THEIR F*CKED-UP THOUGHTS

Have you ever wondered if your houseplants are silently judging you? Just because your plants can't speak doesn't mean they don't have a lot to say. Proceed with caution. Once you peek into the tangled minds of these dirt-loving deviants, you might never feel at home with your houseplants again.

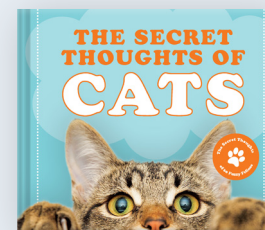
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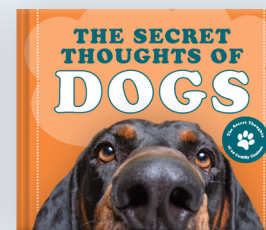
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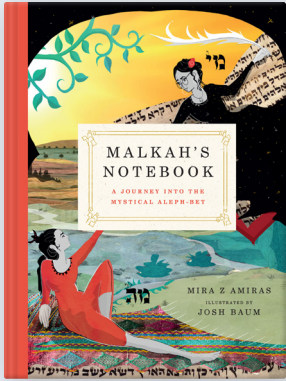
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“Musing through a space that’s somewhere between an illuminated, psalmic narrative poem and a graphic novel attuned to the soul, *Malkah’s Notebook* is an intimate trip through Jewish mysticism and feminist theology.” — *Foreword Reviews*

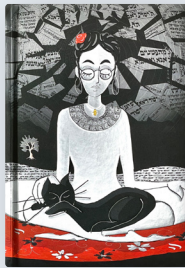
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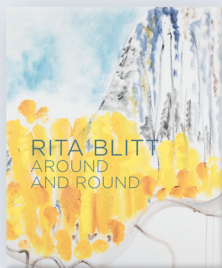
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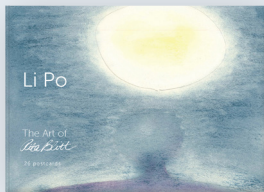
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FEATURED POETRY BOOK

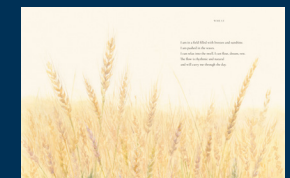
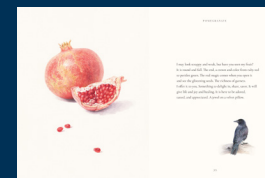


“Everything about *Morning Leaves* is calming, soothing, peaceful, and then engaging. . . [Laing] has illuminated a road map, of sorts, for each new reader to find their own path forward towards healing and acceptance.”
– Mel Yoakum Ph.D., curator and author of *Francoise Gilot*

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104 pages
9781685555955

MORNING LEAVES
LAING F RIKKERS, KELLY LEAHY RADDING

In the wake of the untimely death of the author’s younger sister and isolated by the pandemic, Ridders produced *Morning Leaves*, a book of vulnerable, evocative, and ultimately hopeful poems. She introduces her story and explains how counseling, the artistic process, and nature helped her through the healing process. Her poems, paired with Kelly Leahy Radding’s stunningly realistic botanical paintings, metaphorically describe the range of emotions she passes through while grieving.



FEATURED PICTURE BOOK



“Throughout, singsong text takes a circular approach to celebrating Earth’s variety of hues, and images and words jointly pay tribute to the way the natural world and its many colors can unite.”

– Publishers Weekly

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NO ONE OWNS THE COLORS
GIANNA DAVY & BRENDA RODRIGUEZ

No One Owns the Colors is a lively celebration of self-expression and a bolstering invitation to advocate for your special uniqueness. The unnamed and non-gendered narrator shows us that colors are simply part of our natural world. No bit of the spectrum—from pink and blue to scarlet and chartreuse—is meant to be claimed by any one gender or being or culture. Color is not something that can be right or wrong, or better or worse.



“If foxes have lost some of their fairy-tale enchantment, this book might restore it.”
– Kirkus Reviews

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GRAY FOX IN THE MOONLIGHT
ISAAC PETERSON

Gray Fox in the Moonlight is a journey through a nighttime wonderland that celebrates the love between parents and children. It illustrates the value of independence as well as the powerful bond which calls us home from wandering.



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I HOPE YOU WILL KNOW
JAREN AHLMANN

Rhyming couplets peppered with metaphor offer readers thirteen heart-felt and admirable credos, together presenting a map for a life well lived. This joyfully illustrated and artfully designed package is the perfect gift for a loved one of any age experiencing a milestone moment.

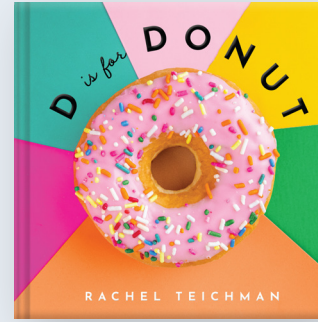


ONCE UPON A LINE
ELLIOT KRELOFF

Once Upon a Line explores a journey all must take—to discover your true self. With witty wordplay, relatable dialogue, and engaging illustrations, this story helps readers find the confidence and enthusiasm to discover their own identity and purpose.

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WHOEVER YOU ARE
JOSEPHINE WAI LIN, SANDY LOPEZ

Open this book to find creative prompts and drawing invitations, designed for kids to discover more about themselves—their likes, their fears, their hopes, and their dreams—while parents join in with written responses of their own!



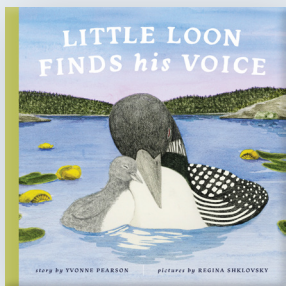
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Board Book
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D IS FOR DONUT
RACHEL TEICHMAN

Deliciously delightful donuts from A to Z! “A is for Apple Fritter” and “B is for Beignet.” Get ready to dive into this mouthwatering alphabet book that will surely sweeten your day! Lively rhyming text covers all the classics, from Jelly and Rainbow Sprinkles to Éclairs and Old-Fashioneds, while introducing Loukoumades, Sufganiyot, and other donuts from around the world. Life-size photos look ready to eat and keep readers asking for more. Practicing your ABCs never looked so yummy!



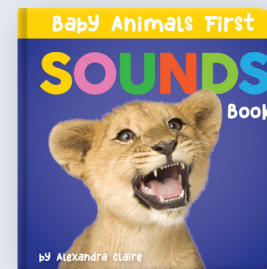
LITTLE LOON FINDS HIS VOICE BOARD BOOK
YVONNE PEARSON,
REGINA SHKLOVSKY

A beautifully illustrated coming-of-age story, in a sturdy new format, told through the eyes of a young water bird, *Little Loon Finds his Voice* is perfect for young readers and families.

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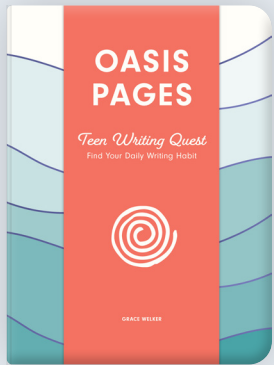


OUR FRIEND MOON
LEA REDMOND

Introduce little ones to the wonder of the natural world with *Our Friend Moon*, a beautiful, circle-shaped ode to the moon. Even though the moon is sometimes out of sight, it always returns with its warm embrace.

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This must-have first journal for budding tween writers allows users to hone their writing skills and develop a writing habit that is an oasis from all the other media that is constantly bombarding them.

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SPECIALTY & TWEEN

FEATURED CHAPTER BOOK

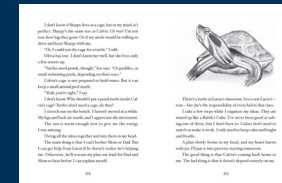
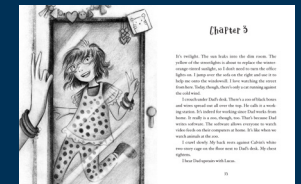


AGE RANGE
7-10

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CALVIN AND THE SUGAR APPLES
INÊS OLIVEIRA

Calvin is a twenty-one-year-old chinchilla and has always been there for nine-year-old Amelia whenever she needed to talk about her problems—but he is no longer in his cage, and her parents just say he's in a “better place.” Everything feels wrong without Calvin. Just when Amelia thinks she's completely alone, a new student, Iris, arrives. Amelia learns that expressing oneself can happen in different ways, but it always starts with talking it out.



SPECIALTY & TWEEN



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