Hot and Fast BBQ on Your Weber Smokey Mountain

Master the Quickest Method to Smoking Mouthwatering Meats

Bill Gillespie

Bestselling author and award-winning pitmaster Bill Gillespie teaches grillers how to get amazing BBQ as fast as possible on their Weber Smokey Mountain.

Trim the fat off your cook times with Bill Gillespie, author of *Secrets to Smoking on the Weber Smokey Mountain*. This award-winning pitmaster has a new collection recipes all tailored to the hot and fast method so that grillers can get delicious BBQ on the table faster than ever.

This method shaves hours of time off of smoking without cutting any flavor and delivers amazing results for any cut of meat. Bill teaches barbecuers how to cook the juiciest prime rib, brisket and ribs as well as all the other BBQ staples everybody loves. With Bill’s expert knowledge of Weber Smokey Mountain and a variety of great recipes, grillers are sure to have a mouthwatering meal in no time.

This book contains 60 recipes and 60 photos.

Bill Gillespie is the bestselling author of *Secrets to Smoking on the Weber Smokey Mountain Cooker and Other Smokers*. He’s also the pitmaster of Smokin’ Hoggz BBQ, an award-winning barbecue team that has claimed top prize in the Jack Daniel’s World Championship Invitational Barbecue and the American Royal Invitational, as well as capturing hundreds of other barbecue awards. He lives in Abington, Massachusetts.
The Best Natural Cures Using Essential Oils

150 Remedies for Colds, Anxiety, Better Sleep and More

KG Stiles

KG Stiles, aromatherapist to celebrities, shows you how to live a better, healthier life with her incredible essential oil recipes.

Essential oils can shift your mindset and connect your body and mind. With more than 200 recipes for every ailment—from getting better sleep to healing sinuses and anxiety—you’ll have everything you need to enhance your day-to-day life.

An aromatherapist to celebrities, KG provides prescriptions with personalized formulas for your ailment. You’ll learn which oils work best for certain problems, and will be introduced to new oils you may not have heard of before. The balanced, blended recipes include a broad spectrum of solutions for various conditions. You’ll build connections with plants, enhance your self-care, and learn how you can safely benefit from these natural remedies.

This is a revised edition of a previous title. With a lower price point and a focus on the recipes, this is a great fit for the current market.

KG Stiles, BA, CBT, CBP, LMT, is a metaphysician, holistic health coach and aromatherapy consultant providing expert essential oil services since 1980. She has worked with many celebrities over the past three decades and has published hundreds of articles, many of which have appeared in Massage Therapy Journal, Massage Today, Breast Cancer Wellness magazine, Aromatherapy Today (Australia) and NAHA Aromatherapy Journal. She lives in Ashland, Oregon.
Smoke It Fast on the Traeger and Other Wood Pellet Grills

*Pitmaster BBQ Recipes Made Better in Half the Time*

Adam McKenzie

Smoking and grilling have never been easier with these recipes that take advantage of the hands-off, fast-cooking features of the popular Traeger grill and other wood pellet grills.

The Traeger grill is taking the BBQ world by storm, and here to help backyard grillers make the most of their cookers is Adam McKenzie, creator of the popular recipe site and Instagram account This Jew Can Que with over 200k followers. Adam shares smart and delicious recipes, most of which come together in under an hour using the “hot and fast” cooking method that the Traeger excels at. Even his traditional BBQ recipes cooked “low and slow” are still done in half the time of a traditional smoker, plus Adam simplifies the steps with hardly any maintenance needed during the cook. Readers can now enjoy juicy, tender meats with that craveable smoke flavor even on busy weeknights—a feat that’s nearly impossible with other smokers.

Featured recipes from the book are Colorado-Style Tri-Tip Steak, Beef “Dino” Ribs, Texas-Style Brisket, Pork Shoulder Steaks with Herb Gremolata and Smoked-Fried Chicken Wings. A favorite feature with the Traeger is how effective it is at baking, which Adam showcases in recipes such as Smoked Artichoke Dip and Bourbon Chocolate Pecan Pie. These recipes showcase the best of what Traeger offers: fantastic smoke flavor in a fraction of the time.

This book will have 60 recipes and 60+ photos.

Adam McKenzie is the creator of This Jew Can Que. He has 203k followers on Instagram. He’s collaborated with Traeger Wood Fired Grills, Snake River Farms, Cabot Creamery, Head Country Bar-B-Que and more. Adam lives in Denver, Colorado.
The Crafted Cookie

A Beginner’s Guide to Baking & Decorating Amazing Cookies for Every Occasion

Anne Yorks

Learn to make professional bakery quality cookie designs the easy way with Anne Yorks of the super-popular website The Flour Box.

Illustrious cookie artist Anne Yorks of the celebrated The Flour Box with 1.5 million Facebook followers is here to teach you to decorate professional quality cookies at home. Cookie decorating has reemerged as a trendy, accessible hobby for home bakers, and this book helps them master frosting with royal icing right in their own kitchens! Anne has been selling bakers the tools and tutorials to make their cookie decorating dreams come true for a decade and this cookbook let’s readers take all of her expertise home.

This book is the ultimate royal icing resource full of foolproof techniques and customized designs to help home bakers learn to outline, flood and embellish their adorable cookie creations. Anne cuts out all the unnecessarily fussy steps and so you can get to the exciting part of cookie decorating. With 60 fun designs, you’ll have all the inspiration and instruction you need to make a platter full of amazing cookies for any holiday or party! From classic Christmas cookies like Santa and elves to ghosts and candy for Halloween, and even presents and cakes for birthdays, you can make every celebration a little sweeter.

This book contains 60 designs and 60 styled photos, plus step by steps.

Anne Yorks is the founder of The Flour Box bakery. Her cookie designs have appeared on The Big Bang Theory and on display for Neiman Marcus. The Flour Box has 1.55 million FB followers, 267k IG followers and 69k YouTube subscribers. She lives in Bellefont, Pennsylvania.
**The Big Book of Kids Activities**

Holly Homer, Rachel Miller, Amanda Boyarshinov, Kim Vij, Emma Vanstone and Colleen Kessler

From backyard science experiments, to catapult competitions and melted crayon fabric art, these 500 activities will keep your kids entertained and engaged all year long.

Never again will you hear the all-too-common call of, I'm bored! with this kid-pleaser for many ages.

Whether your kid is 3, 5 or 12-years old it's hard to keep them entertained all day, or even for a few hours. But now, when they ask to watch television because they're bored, you'll have the perfect solution with this book. The Big Book of Kids Activities has time-tested, exciting activities to keep your children laughing and learning for hours.

Activities range from catapult competitions and spray bottle freeze tag to how to make tissue box monster shoes and rocket ships. And with outdoor and indoor activities and tips for adjusting according to your child's age, you'll have hours and hours of never-ending fun with your family.

This book is a bind-up of some of our bestselling kids activities books: *101 Kids Activities That Are the Bestest, Funnest Ever!, 101 Kids Activities That Are the Ooey, Gooey-est Ever!, 100 Fun and Easy Learning Games for Kids, This is Rocket Science, and 100 Backyard Activities That Are the Dirtiest, Coolest, Creepy-Crawliest Ever!.*

Holly Homer and Rachel Miller are the women behind the wildly popular site KidsActivitiesBlog.com, which has over 3.5 million followers on Facebook.
Let’s Cook it at Home! With Chef Lorenzo

Delicious Meals Made Easy

Lorenzo Beronilla

Fans of the Epicurious Level 4 YouTube series will love this collection of awesome recipes written by crowd favorite Level 2 chef Lorenzo.

Epicurious has 2.3 million subscribers on YouTube and for their most popular series, Level 4, the comments are all about Chef Lorenzo. People love how he’s able to make cooking approachable and fun. In his videos, which get millions of views each, he is able to transform everyday ingredients into Instagram-worthy meals without ever losing his infectious smile.

Here, he’s compiled his favorite dishes (along with his signature commentary) for readers to make, eat and share over and over again. Recipes like Bubba’s Beef and Potato Eggrolls, Rich N Creamy Mac N Cheesy and Macho Nachos, readers will be happy they have Lorenzo’s loveable personality in their kitchen.

This book contains 60 recipes and 60 photos.

Lorenzo Beronilla is best known as the fan favorite chef for Epicurious’ most popular YouTube series, Level 4. He lives in Hudson Valley, New York.
The Easiest Kids’ Crafts Ever

Cute & Colorful Quick-Prep Projects for Busy Families

Jacinta Sagona

Jacinta Sagona makes the best kids crafts easier than ever for busy families featuring bright colors and simple materials for never-ending fun and creativity.

Kids will go wild for these exciting crafts, and parents will love how easy and educational they are! Jacinta Sagona is the creator of the popular kids crafts Instagram Cinta & Co. She’s known for her bright, vibrant and colorful crafts that are as cute as they are playful. While the kids enjoy making these delightful crafts, they will also be developing their fine motor skills, critical thinking, creativity and even STEAM understanding. This book compiles 60 new projects with step-by-step photos for hours of fun.

Let your children’s imagination shine as they turn tissue paper into a suncatcher, make a dollhouse from a shoebox and fold their own Floating Origami Flowers. Jacinta designed these crafts for kids from ages 6 to 12, but they can easily be adapted for younger kids with a parent’s help, or older kids who can craft and play with their siblings. And to keep everything simple, each project comes together with everyday materials that are easily found at home like paper and paint, recycled materials and crayons. With sections on everything from paper projects and painting to nature crafts and performance play, there’s no limit to what your child can build, create and discover.

This book contains 60 projects and 60+ photos.

Jacinta Sagona is the creator of the popular Instagram account Cinta & Co. She has 150k Instagram and 7.4k Facebook followers. She lives in Melbourne, Australia, with her three kids.
**Devour NYC: A Cookbook**

*The Journey to Discover the Most Delicious, Epic (and Occasionally Outrageous) Foods of New York City*

Greg Remmey and Rebecca Leigh West

Nearly 1 million fans of Devour Power can now enjoy the secret recipes from Greg and Rebecca’s favorite restaurants in the quest for the most delicious foods in New York City.

The foodies behind the Instagram page Devour Power—boasting nearly 1 million followers and counting—take readers on a journey to discover the authentic recipes of the most delicious comfort foods in the food capital of America. From a monstrous mile-high Shrimp Mac N’ Cheese Burger from Flip N Toss NYC to Buffalo Pig Wings from Wing Jawn, Chicken Parm Garlic Knot Sliders from Macchina NYC to a Fat Hawaiian Bowl from Fat Boys Burrito on Long Island, this book has it all. Follow Greg and Rebecca off the beaten path to discover hole-in-a-wall joints that have the most outrageously delicious food, but aren’t famous… yet. Greg and Rebecca are a married couple who “quit our jobs to aggressively eat, drink, travel and show you what’s good!” Their casual and fun personalities will have readers laughing, drooling over the flavor-bomb foods and even feeling brave enough to get in the kitchen and make something truly amazing.

The recipes are authentic from each chef/restaurant, scaled down to make two servings, so readers can recreate the food of their dreams and share their masterpiece with a friend. Each recipe also shares pictures and a bio about the chef or restaurant, so readers can learn the personal stories behind these epic creations. This is a knockout choice for any comfort food lover or NYC-based foodie.

This book includes at least 50 recipes and 50 styled food photos.

Greg Remmey and Rebecca Leigh West are the creators of the brand and media company Devour Power. Their Instagram page has 949k followers, and they have 9k subscribers on YouTube. Through their media company, Devour Media, they have provided food centric content for restaurants and brands such as Red Lobster, Little Caesars, Guinness, Uber Eats, Kind, Applebees, and more. They live in New York City.
The Vegan ABCs Cookbook

Easy and Delicious Plant-Based Recipes Using Exciting Ingredients—from Aquafaba to Zucchini

Lisa Dawn Angerame

Lisa Dawn Angerame, author of *Wait, That’s Vegan?!*, demystifies the most misunderstood vegan ingredients in this collection of delicious vegan recipes.

This cookbook is perfect for people new to vegan cooking. From meaty jackfruit and cheesy nutritional yeast to egg-like flax seeds and aquafaba, there are so many ingredients that can be intimidating to those new to the plant-based lifestyle. But there’s nothing to fear with Lisa Dawn Angerame, author of *Wait, That’s Vegan?!* guiding you. She breaks down all of the most important—and delicious—vegan ingredients from A to Z in tasty recipes perfect for home cooks.

Recreate old favorites like Overloaded Nachos and Tempeh Bolognese with plant-based ingredients. Serve up BBQ Pulled Jackfruit Sliders and vegan Mac ‘N’ Cheese at your next cookout. And who could resist fresh baked Stick Cinnamon-Date Buns? No matter what you’re craving there’s a nutritious vegan meal for you.

This book contains 60 recipes and 60 photos.

Lisa Dawn Angerame is the author of *Wait, That’s Vegan?!* and founder of Lisa’s Project: Vegan, a blog making delicious vegan meals accessible to all. She is a graduate of Rouxbe Online Culinary School, where she received her title as a Certified Plant-Based Professional, and holds her certificate in Plant-Based Nutrition from eCornell. Lisa and her family live in New York City.
Mud Kitchen Crafts

60 Awesome Ideas for Epic Outdoor Play

Sophie Pickles

Children will have a blast playing with these creative mud-sculpting crafts, games and activities that engage all five senses and reinforce beginner STEAM concepts.

Entertain young children for hours with innovative and creative activities that all use one free, natural, kid-approved material—mud! Sophie Pickles, founder of the blog Sophie Pickles, is here to usher in a new era of playtime with mud kitchens: an outdoor area perfect for art projects, games, imaginary play and experiments that use mud and other natural supplies to get kids away from screens, engaging with their senses. Children will fall in love with the immersive experience of playing and interacting with mud, while at the same time learning foundational aspects of science, math, engineering, art and technology as they mold different shapes, mix mud with other supplies, decorate it and more.

Sophie’s mud kitchens are a breeze to set up and safe for all ages, thanks to an easy to swap out taste-safe mud recipe. And the additional supplies needed for each project can all be found around the house or backyard, making activities economical and eco-friendly. Artistic projects like Mud Mandalas help children express their creativity and develop fine motor skills. Hands-on projects like DIY Wormery teach biology concepts, while games like Mud Café help kids practice sharing and communication skills. With such a unique, fun and natural approach to STEAM and sensory play, kids of all ages will fall in love with the endless possibilities in their mud kitchen.

This book contains 60 photos and 60 projects.

Sophie Pickles is the founder of the blog Sophie Pickles, a resource for parents of young children. She's the head of Early Years content creation at Mrs. Mactivity. Sophie lives with her husband and two sons in West Yorkshire.
Galaxy Watercolor

Paint the Universe with 30 Awe-Inspiring Projects

Sosha Davis

Bring the beauty of the cosmos to your art with dreamy, beginner-friendly paintings of the moon, planets, starry skies and more.

Popular galaxy watercolor subjects like the moon, planets and sky are brought much closer to home with Sosha Davis’s eye-catching cosmic paintings that highlight her signature dreamy, ethereal style. Perfect for both beginners looking to learn the basics of watercolor painting and more experienced artists in search of new subjects, these projects capture the universe in all its majestic glory.

Through Sosha’s easy-to-follow instructions, you can master stunning scenes featuring sparkling galaxies, nebulas and the starry night sky, and capture the stunning austerity of outer space with paintings of Jupiter, Saturn and other planets. One-of-a-kind projects like Floral Crescent Moon marry earth and sky using Sosha’s unique style and masterful use of color, and paintings like Meet Me At the Milky Way are perfect to display at home or send to a friend.

With all the tips and techniques you need to begin your watercolor journey, this collection of out-of-this-world paintings is your new go-to for meditative, inspirational and outright impressive watercolor art.

This book has 30 projects.

Sosha Davis is the watercolor artist behind the popular Instagram account Sosha Creates. She also teaches watercolor tutorials on her YouTube Account. Sosha lives in Grand Rapids, Michigan.
Frosted

Take Your Baked Goods to the Next Level with Decadent Buttercreams, Meringues, Icing and More

Bernice Baran

With Baran Bakery creator Bernice Baran’s frosting-focused desserts, readers get the ultimate guide to mastering buttercreams, meringues, icing, glazes, ganache and more.

A long-time frosting-fanatic, Bernice Baran, of Baran Bakery, shares her favorite types and flavors in this collection of incredible desserts, which each feature a show-stopping topping. Bernice provides a base recipe for each major type of frosting—from the incredibly popular and varied buttercream to meringue to royal icing—as well as tips and tips for perfecting it.

Readers can indulge in beautiful layer cakes like Vanilla Bean Marble Cake and Caramel Brownie Cake, or feed the whole family with easy sheet cakes like Brown Butter Funfetti and Guinness Chocolate. They can get creative with fun flavors like Cherry Cheesecake Baked Alaska Cupcakes or give an extra-special frosted twist to traditional treats with S’mores Shortbread Cookies and Tiramisu Brownies Bars.

Readers will also learn to master the bases of their favorite frosted desserts so they can continue to build off them in their own baking.

Bernice Baran is the creator of Baran Bakery. Her recipes have been featured on the Feedfeed, among other online publications. She lives with her family in Ann Arbor, Michigan.
Dana’s Bakery

100 Decadent Recipes for Unique Desserts

Dana Loia Pollack

Dana’s Bakery is taking the country by storm, and in this break through book, owner Dana Loia Pollack shares her secrets to making her unique, modern desserts.

Dana’s Bakery founder, Dana Loia Pollack, is known for putting an elevated spin on classic desserts—such as making a funfetti black and white cookie, or baking a macaroon into a cookie to make a Mookie!—and in this breakout collection, she takes her beloved recipes into the kitchen’s of her dedicated fans so they can make her signature desserts right at home.

Readers will be amazed at the new, fresh range of flavors and techniques Dana uses in her baking, whether they are familiar with her bakery or not. Say goodbye to standard lavender and rose flavored macaroons, and instead try the Massive Macaroon Funfetti Cake or Fruity Cereal Macaroon. Or, bake a macaroon right into a cookie in the incredible Peppermint Hot Chocolate Mookie. With tons of spiced-up cakes, pies, brownies and more—such as the Orange Creamsicle Meringue, Chocolate Rootbeer Float Pie and Peanut Butter and Jelly Rugelach—dessert lovers everywhere will use this collection to experiment, find inspiration and deviate from the same old recipes. As Dana’s Bakery continues to grow in popularity, people everywhere can use these irresistible and wholly unique recipes to effortlessly recreate Dana’s one-of-a-kind, decadent approach to baking—that can’t be found elsewhere!

This book will have 100 recipes and 100 photos.

Dana Loia Pollack is the owner of Dana’s Bakery, named one of the fastest growing private companies in 2018 and 2019 by Inc. magazine. In addition to her location in Hackensack, NJ, she also operates out of the legendary Dylan’s Candy Bar in NYC. She has been featured in The New York Times, The Wall Street Journal, Cosmopolitan and many more. Dana lives in New York City.
5-Ingredient Vegan Cooking
60 Approachable Plant-Based Recipes with Few Ingredients and Lots of Flavor
Kate Friedman

Vegan cooking is made simple and straightforward with quick, flavorful plant-based recipes—all made with 5 ingredients or less.

Take the fuss out of vegan cooking with blogger Kate Friedman’s collection of 5-ingredient recipes that proves that all you need to make a mouthwatering vegan meal is a handful of high-quality ingredients. Kate’s recipes skip processed and hard-to-find ingredients in favor of familiar whole foods that are just as nourishing as they are delicious.

Breakfast and brunch recipes like Orange-Scented Waffles and Potato & Chive Breakfast Latkes help you get your day off on the right foot. Dinnertime is a snap with to-die-for meals like Teriyaki Tofu & Asparagus Noodle Bowls and Butternut Squash Gnocchi with Butter Sauce and Crispy Sage. And snacks and sweets like Homemade Pretzel Bites and Chocolate Chia Seed Pudding make the perfect pick-me-up anytime of the day.

In addition tasty recipes, Kate also gives you tips on how to build the perfect vegan pantry and shares the vegan staples you should always have on hand, ensuring that vegan cooking is approachable and accessible for even home cooks brand new to a plant-based diet.

This book contains 60 recipes and 60 photos.

Katie Friedman is the blogger behind Herbivore’s Kitchen, where she shares sustainable, plant-based recipes. She has worked with brands like Lotus Foods and Maya Kaimal and has been featured in Thrive magazine. Kate lives in Steamboat Springs, Colorado, with her family.
Cooking from Scratch with Shereen

Because You Can!

Shereen Pavlides

Shereen Pavlides, creator of the viral account Cooking With Shereen, makes authentic home cooking a breeze with delicious, entirely homemade recipes that come together in 30 minutes or less.

Shereen Pavlides, the popular chef behind Cooking With Sheeren, brings her easy and approachable recipes into the kitchens of aspiring chefs with 60 fantastic recipes that are made completely from scratch. Sheeren’s cooking philosophy is that homemade is always better, and with this standout collection, she teaches readers how to make meals entirely on their own without relying on boxed or store-bought ingredients. And the best part is, these recipes are simple and efficient, coming together in 30 minutes, saving you time while doubling down on flavor and quality.

Audiences adore Shereen’s lively personality and will love her entertaining voice and fun approach to cooking. They will also sharpen their culinary skills with her famous “Chefie Tips,” laying out advice on proper knife work, optimal produce selection/storage, and more. From there, dive into a delicious array of homemade recipes like Steakhouse Creamed Spinach with an easy, 4-ingredient béchamel sauce, or Lobster Mac and Cheese with a quick homemade seafood broth made from the leftover lobster shells. And easy staples like Roasted Tomato Salsa with Fried Tortilla Chips and Quick Cucumber Tzatziki are cheaper and tastier than their store bought counterparts! These delicious recipes teach you how to make every component of a dish—from soup to nuts!—for amazing, restaurant-quality results every time.

This book will have 60 recipes and 60 photos.

Shereen Pavlides is the founder of the popular social media account Cooking With Shereen. She hosts Cook This! With Shereen, a digital cooking show from GateHouse Media. Shereen was a spokesperson for QVC’s Cook’s Essentials, and a food columnist at the Burlington County Times and other publications. She has been featured in People, Teen Vogue, and appeared on Bravo, Cake Boss and more. Shereen lives in New Jersey.
**Frugal Gluten-Free Cooking**

*60 Family Favorite Recipes That Won’t Break the Bank*

Melissa Erdelac

Make gluten-free cooking quick, easy, and—most importantly—affordable with comforting family favorite recipes.

Who says cooking gluten-free meals has to break the bank? Blogger Melissa Erdelac makes gluten-free cooking more affordable by skipping pricey processed products, using cheaper cuts of meat, swapping out expensive ingredients for more affordable ones, utilizing naturally gluten-free foods and more—all resulting in delicious meals the whole family will love.

Dinnertime is a cinch with frugal favorites like Italian Sausage Spaghetti Bake, Glazed Pork Medallions and Sauteed Apples and Chicken Cordon Bleu Casserole. Start your day off with some frugal fuel like Country Breakfast Sausage Gravy or Crispy Bacon and Cheddar Hash Brown Pie. Master gluten-free baking with tasty breads that won’t break the bank like Too Good to Be True Focaccia and Honey Oatmeal Bread.

With delicious recipes for every time of day and all the budgeting tips and tricks you need, this collection of recipes makes it easier than ever to keep that grocery bill down while feeding your family gluten-free meals they’ll love.

This book contains 60 recipes and 60 photos.

Melissa Erdelac is the blogger behind Mama Gourmand, where she shares affordable gluten-free recipes. She has been featured by many outlets, including *Parade* magazine, BuzzFeed, HuffPost, *Better Homes and Gardens*, and more. She lives in Valparaiso, Indiana, with her family.
The Ultimate 5-Ingredient Cookbook

Whole Food Family Meals Made Easy

Rebecca White

Rebecca White, founder of A Pleasant Little Kitchen, shares simple quality recipes to feed the whole family, made with just five real, unrefined and unprocessed ingredients.

With A Pleasant Little Kitchen founder Rebecca White’s five ingredient recipes, it’s never been easier to whip up a wholesome, incredible-tasting meals without spending all day shopping or preparing a long list of ingredients. Rebecca builds her meals around a few quality ingredients and supplements them with items readers already have in their pantry to create recipes that save time and money without sacrificing flavor.

Avoid a sink-full of dirty dishes at the end of a long day with one of Rebecca’s many delicious one-pot dinners, like Broiled Cumin Chicken and Bell Peppers and Tomato and Herb Braised Halibut. Impress your dinner guests the easy way with Red Wine Braised Short Ribs, Gnocchi with Browned Butter, Peas and Prosciutto and Chicken and Potato Gratin.

With these few-ingredient recipes, readers will be able to enjoy simple, memorable meals that feel special and fit into their busy lifestyles.

The book will contain 60 recipes and 60 photos.

Rebecca White is the founder of A Pleasant Little Kitchen. She’s a frequent contributor to The Dallas Morning News and United Market Street, and has been featured in in Sur la Table, amongst other publications. She lives with her family in Texas.
The Frugal Paleo Cookbook

Affordable, Easy & Delicious Paleo Cooking

Ciarra Hannah

Make paleo affordable and delicious with 125 incredible, easy-to-prepare recipes.

Just because you're on the Paleo diet doesn't mean you need to spend a fortune. Ciarra Hannah, creator of PopularPaleo.com, has one hundred Paleo recipes that feature grass-fed meat and naturally-raised whole food ingredients but are also light on your wallet.

The cost of eating a Paleo diet is significant and an issue in the Paleo community—until now. Ciarra uses flavorful but less expensive cuts of meat slow-cooked in stews or braised, as well as her roll-forward technique to make bigger batches from less expensive per-pound cuts to make multiple delicious dishes. She has a strong selection of Paleo dishes for everyday eating the whole family will love.

Ciarra's recipes include Cauliflower Lasagna, Beef Tips in Rosemary Balsamic Glaze, and Vegetable Beef Curry.

So, if you're loving the Paleo diet but hating the amount of money you spend each month, then this book is a must-have. Save your money, stick to your diet and enjoy your tasty Paleo meals.

This book is a new edition of a previous title and will contain 25 new recipes from the author.

Ciarra Hannah is the founder of Popular Paleo, which has 26K followers on Instagram. Ciarra's recipes have been featured on StupidEasyPaleo.com, PaleoHacks.com and PrimalPal.com. She lives in Tacoma, Washington.
Great Low-Cal Vegan Eats
60 Flavor-Packed Recipes Under 400 Calories Per Serving

Jillian Glenn

These mouthwatering plant-based meals are full of flavor and nutrients but light on calories, helping you to lose weight or maintain a healthy lifestyle without feeling deprived.

Jillian Glenn, founder of the popular vegan blog Peanut Butter and Jilly, has created this flavor-packed collection of 60 balanced recipes that will nourish your body and leave you feeling full. Each generous serving clocks in at under 400 calories, making it easy to count calories and maintain your health and shrink your waistline.

With endless options for everything from bold breakfasts to splurge-worthy sweets, you can enjoy all your favorite flavors any time of day. Kick off your day with Churro Style French Toast Sticks or Cinnamon Bagel Bites, enjoy a dinner of Veggie Salsa Verde Enchiladas or Black Bean Burgers with Avocado Cream Drizzle, and reward yourself with a Fudgy Coconut Milk Brownie or Snickerdoodle Cookie. You won’t believe how indulgent each recipe tastes.

Using easy-to-find ingredients and pantry staples, as well as simple, straightforward cooking techniques, these are no-fuss vegan recipes anyone can make and everyone will enjoy.

This book will have 60 recipes and 60 photos

Jillian Glenn is the founder of Peanut Butter and Jilly, a popular food blog specializing in vegan and gluten-free recipes. She lives in Raleigh, North Carolina.
The Big Book of Jo's Quick and Easy Meals—Includes 200 recipes and 200 photos!

Jo Cismaru

Jo Cismaru, author of 30-Minute One-Pot Meals, has compiled an impressive 200 recipe collection of her easiest and most delicious recipes each with its own photo.

With 200 mouthwatering recipes and photos, Jo Cismaru, author of 30-Minute One-Pot Meals, offers up a variety of her best recipes to show you just how scrumptious simple can be.

This book is full of amazing yet attainable meals perfect for busy weeknights with recipes like Bruschetta Chicken, Rosemary Garlic Pork Roast and Pumpkin Sausage Pasta. Each hands-off meal is made with simple ingredients that are easy to find—and with minimal prep time, your food finishes cooking on its own in the oven, on the stove or in your slow cooker so you’ll be out of the kitchen in no time. With such quick and tasty meals you’ll have plenty of options for every occasion from a hearty Crescent Bacon Breakfast Ring to Creamy Carbonara and even Churro Apple Pie Cookies.

With Jo’s easy approach on 200 recipes packed with flavor and designed for simplicity, this book is a recipe for success in the kitchen.

This book contains 200 recipes and 200 photos.

Joanna Cismaru is the author of 30-Minute One-Pot Meals and founder of the popular blog, Jo Cooks. Her work has been featured by Good Housekeeping, Delish, Buzzfeed and many more. She lives in Calgary, Canada.
Essential Kindergarten Skills Made Easy

60 Fun Activities for Literacy, Math, Science, Motor and Social Learning

Katie Turner

Give your child a head-start at kindergarten and school with these fun, low-prep activities that are perfect for busy parents from a veteran preschool teacher with 15 years’ experience.

Experienced preschool teacher Katie Turner has developed 60 fun and easy activities that will teach your little scholar everything they need to know to excel at kindergarten. These hands-on projects focus on the most important skills children should begin practicing between the ages of 3 and 5—from literacy, math and science to motor skills and social-emotional mindfulness. These pre-learning skill sets will set them up for the best chance of success and prevent them from falling behind once they start school. Best of all, each activity is simple to make, requires minimal preparation and uses inexpensive or common household items, so they’re perfect for even the busiest, most budget-conscious parent.

The Alphabet Mystery Box will help your child learn about letter sounds to prepare them for reading, while the Sandbox Volcano will be an explosive introduction to simple science concepts. The My Feelings Sensory Bottle will teach your little one to identify and talk about their different emotions, and the Rip and Snip Tray will help build hand strength and develop dexterity to make for an easy transition to writing. With Katie’s expertise and her balanced approach to early childhood education, this book will set your child up to succeed in kindergarten and beyond.

This book will have 60 activities and 60 photos.

Katie Turner is the founder of the popular blog Preschool Inspirations. She has worked with children for 15 years and has her degree in early childhood education. She lives in Phoenix, Arizona.
Pottery for Beginners

Projects for Beautiful Ceramic Bowls, Mugs, Vases and More

Kara Leigh Ford

Professional potter Kara Leigh Ford makes the meditative art of pottery approachable for beginners, with inspiring step-by-step projects that prove anyone can make gallery-worthy pieces.

You don’t need to be a master potter to create stunning handmade ceramic tableware and decorations. Kara Leigh Ford, pro potter and founder of Kara’s Pottery Club, teaches the basics with easy-to-follow steps and photos from her own studio. Her inviting instructions draw out the innate creativity in all of us, so all readers need are curiosity and a few key tools and materials to get started. Readers will love her unpretentious, can-do approach and her signature, modern meets earthy pottery style.

The clay journey begins with handbuilding—no wheel needed! Readers will learn relaxing techniques to create projects like a charming slab mug, a hip coil planter and a textured pinch-pot teapot. With newfound clay confidence, readers can tackle wheelthrowing and present family and friends with stoneware bowls, dinner plates, bud vases and more. With an overview of glazing and an array of exciting decorating techniques, readers can develop their own personal style. Kara covers the basics on kilns and helps readers explore accessible options like firing their work at a local studio or sharing a community kiln. Once readers take their first pot out of the kiln, they’ll be amazed by their beautiful, pro-quality creations.

This book will have 10 projects and 60 photos.

Kara Leigh Ford is the founder of Kara Leigh Ford Ceramics, where she creates and sells handmade, bespoke functional pottery inspired by the English coast. She has created an online community for new and intermediate potters through Kara’s Pottery Club. Her work has been featured in The Simple Things magazine, Homemaker Magazine, Mollie Makes among other websites and publications. She works in her studio behind her home in Somerset, England.
The Everyday Low-FODMAP Diet Cookbook

Easy Recipes to Reduce Discomfort and Soothe Inflammation

Zorah Booley

Gut health is the biggest trend in the wellness community right now, and finding relief from abdominal pain, bloating and other symptoms of IBS is easy and downright delicious with these 60 recip...

Zorah Booley of In the Midnight Kitchen knows that following the low-FODMAP diet doesn’t mean you’re confined to bland foods. When she was diagnosed with IBS, she used her Le Cordon Bleu training to develop a bevy of mouthwatering recipes to heal her discomfort and control her symptoms—and now she’s sharing them with you.

Enjoy favorite flavors and beloved dishes you thought were off-limits, like Country-Style Sticky Ribs or a big bowl of Creamy Alfredo Gnocchi. Or discover new ones, like Peanut Butter Chicken Satay Wraps and Gut-Healing Khao Soi. You can still say yes to spice with Stuffed Gem Squash with Spicy Shiitake Mushrooms or Zesty Lemon and Chili-Infused Shrimp Stir-Fry. Or find comfort and indulgence in Sticky Cinnamon Rolls with Crème Fraîche Frosting, Classic Spanish Style Churros or Gluten-Free Chocolate Chip Cookies.

Zorah takes the guesswork out of the low-FODMAP diet, making it simple for you to manage your symptoms naturally without relying on medications or feeling deprived.

This book will have 60 recipes and 60 photos

Zorah Booley is the founder of In the Midnight Kitchen, a food blog specializing in low-FODMAP diet recipes. She studied at Le Cordon Bleu in London and began following the diet after being diagnosed with IBS. Her Instagram account, @inthemidnightkitchen, has more than 25K followers and has been featured in Cosmopolitan South Africa and Women’s Health South Africa. She lives in Cape Town, South Africa.
Vegan Asian Cooking

The Best Dishes from Thailand, Japan, China and More Made Simple

Jeeca Uy

Turn your favorite Asian flavors into healthy, affordable and satisfying meals that fit your plant-based lifestyle with ease.

Discover the best and most popular Asian foods transformed into healthful vegan meals. Jeeca Uy, creator of the popular blog The Foodie Takes Flight, specializes in simple vegan cooking that’s accessible for anyone, anywhere. Because Jeeca lives in the Philippines without easy access to specialty ingredients, you won’t need to make special trips to an Asian market or Whole Foods to prepare these family-friendly meals. You might even have all you need right at home! Jeeca even includes a bonus chapter of make-your-own basics and sauces if you need an quick and easy teriyaki sauce or vegan fish sauce.

Take your taste buds on a trip to Thailand for Pad Thai, Drunken Noodles, Curry Tofu Cakes and Green Vegetable Curry. Delight in Korean Bibimbap, Japanese Yaki Soba and Indonesian Fried Rice. From dumplings to pho and everything in between, enjoy all the delicious flavors you love, made completely from plants! With this cookbook, you’ll be amazed to see how simple and tasty Asian cooking can be on a vegan diet.

This book has 60 recipes and 60+ photos.

Jeeca Uy is the creator of the popular vegan food blog The Foodie Takes Flight. She has 271k followers on Instagram, over 12k on Facebook and a growing platform on YouTube with 3.8k followers. She lives in Metro Manila in the Philippines.
7-Day Sugar Detox

Beat Your Addiction with Tasty, Easy-to-Make Recipes that Nourish and Help You Resist Cravings

Leisa Maloney Cockayne

Make Me Sugar Free founder and health coach Leisa Maloney will kick your sugar habit in just one week with enlightening nutritional information and delicious sugar-free recipes.

Break the sugar addiction cycle by making sensible food choices that are not controlled by urges and cravings. A former sugar addict herself, Leisa teaches you the benefits of living sugar-free and gives you all the recipes and information to make it a reality.

This book will show you where sugar is hiding in your diet, how it is tripping you up and how to cut it out. You’ll learn powerful techniques to deal with cravings so that you can live a low- to no-sugar lifestyle even after your cleanse is complete.

She also provides a one week meal plan of 50 easy and delicious sugar-free recipes. These breakfasts, lunches, dinners and snacks are sweetened only with natural ingredients like dates, coconut, bananas and berries, with no hidden processed sugars or artificial sugar substitutes. With these recipes, readers will quit sugar cold turkey and jump-start a healthier long-term change to their diet by learning how to incorporate satisfying sugar-free meals into their everyday life.

This book contains 50 recipes and 50 photos.

Leisa Maloney is a health coach and the creator of Make Me Sugar Free, a sugar-free resource and recipe blog that she started after kicking her own sugar addiction. Her recipes have been featured in Food Gawker the Daily Mirror and Bella. She lives in Ireland.
The Beginner’s Guide to Going Vegan

60 Delicious, Fuss-Free Recipes to Kickstart Your Journey to Better Health

Bailey Ruskus

A classically trained chef turned vegan shares tips and beginner-friendly comfort food recipes that make switching to a plant-based diet easy, tasty and totally doable.

For anyone looking to take the leap to a plant-based diet, this beginner’s guide will give them the tools they need to do so confidently and successfully. Private chef Bailey Ruskus has spent years helping her clients transition from the standard American diet to a nutrient-dense plant-based diet, which has helped and in some cases reversed their chronic health issues. Bailey uses her French culinary school training to recreate the traditional comfort foods people crave using life-giving plants for holistic healing from the inside out.

Morning, noon and night, readers can turn to this beginner’s vegan cookbook for dependable, easy recipes that fit into their busy lives. Sample meal plans and tips for what to expect will give readers confidence as they go. Featured recipes include Fettuccini Alfredo, Bolognese Lasagna, Buffalo Ranch Jackfruit Sliders, Mexican Quinoa Bowl, Rainbow Pizza, Chocolate Muffins and even refined sugar-free sweets like Plant-Based Cheesecake and Oatmeal Cookie Skillet. If you thought you could never go vegan and give up the foods you love, let Bailey show you just how tasty, easy and fun vegan living can be.

This book will have 60 recipes and 60+ photos.

Bailey Ruskus is a private chef and the creator of the blog Chef Bai (www.chefbai.kitchen). She has 15k followers on Instagram. She was classically trained at Le Cordon Bleu in San Fransisco. She runs a podcast, The Plant Remedy, where she hosts interviews with chefs, doctors, entrepreneurs, environmentalists and more on plant-based living. She also hosts virtual cooking classes. Bailey lives in San Diego, California.
The PCOS Protocol

Proven Nutritional and Lifestyle Guidelines to Treat Your Symptoms

Martha McKittrick

Learn how to manage your PCOS with actionable steps from registered dietician and PCOS expert Martha McKittrick.

A PCOS diagnosis can feel confusing and overwhelming, and the internet is full of conflicting information about best practices. Luckily, registered dietician Martha McKittrick has decades of experience with PCOS and is here to share all her knowledge with you.

Martha first gives a comprehensive guide to PCOS, from its symptoms and causes to the health risks that can result from it. She then gives you all the information you need to take charge of your health, including common treatments, ways to manage symptoms, and prevent overwhelm.

Learn about Martha’s twelve steps for managing PCOS through nutrition, including limiting sugar and processed foods, eating balanced meals and filling your diet with foods rich in antioxidants. Put that information to good use with quick meal ideas and healthy recipes perfect for women with PCOS. Martha’s best advice for healthy lifestyle choices supplement the nutritional steps, making it easier than ever to manage your PCOS.

This book contains 30 recipes and 30 photos

Martha McKittrick is a registered dietician and nutrition expert who has specialized in PCOS for 20 years. She is a frequent lecturer and media spokesperson who has worked with brands like Align and Meta Health. Martha has been featured by CNN, CBS, Prevention, Reader’s Digest and more. She lives in New York City.
Cast Iron Vegan

Incredible One-Pot Plant-Based Dishes in Your Skillet and Dutch Oven

Bronwyn Fraser

Preparing a healthy vegan dinner has never been easier with Crumbs and Caramel creator Bronwyn Fraser’s one-pot plant-based meals, made in your cast iron skillet or Dutch oven.

Long-time vegan Bronwyn Fraser, creator of Crumbs and Caramel and trained in food science and nutrition, shares healthy, approachable recipes that can all be thrown together in just your cast iron skillet and Dutch oven. These nutritious dinner-time solutions include quick and easy entrees, filling pastas, soups, salads, breads and sides.

Making these recipes in their cast iron skillets or Dutch ovens will help readers ensure more evenly cooked meals, lock in flavor and best of all, frees them from the hassle of a sink-full of dirty dishes.

Try comforting plant-based classics like Tater Tot Casserole or warm up a cold day with a cozy, hands-off White Bean, Orzo and Lemon Spinach Soup, which comes together easily in your Dutch oven. Dinner will be ready in a flash, with only one dish to clean, with fast skillet meals like Chickpea Piccata, Egg Roll Stir-fry and Smoky Jackfruit Fajitas with Seared Pineapple Salsa Verde.

In this book, vegans and carnivores alike will learn how to create vibrant and delicious plant-based meals in their favorite cast iron appliances.

It will contain 60 recipes and 60 photos.

Bronwyn Fraser is the creator of Crumbs and Caramel. Formally trained in Food Science and Nutrition, she’s contributed to the feed feed and Thrive Magazine, as well as vegan publications such as Best of Vegan. She has a social media platform of 18.8k on Instagram. She lives in Vancouver, British Columbia.
Pressure Canning for Beginners

A Step-by-Step Guide to Preserving Tomatoes, Vegetables and Meat the Safe, Fast and Easy Way

Angi Schneider

This comprehensive resource, packed with photos and 100 recipes, teaches everything you need to know to pressure can veggies, soups, sauces and even meats safely and confidently.

Pressure canning is arguably the easiest and most reliable way to preserve shelf-stable foods year round, and this one-stop guide walks beginners step by step through all the nuances. Preserving guru Angi Schneider, author of The Ultimate Guide to Preserving Vegetables, shares her abundance of knowledge on pressure canning the safe and easy way. Angi teaches reliable methods that are in accordance with the latest food safety recommendations for pressure canning.

Readers will find answers to all their canning questions, as well as creative recipes to meet their every need. Enjoy the flavor of garden tomatoes all year with jars of Italian Style Tomatoes, Diced Tomatoes with Green Chilis, Marinara Sauce and more. Learn how to can all kinds of soups for easy grab-and-go meals, such as Butternut and White Bean Soup and Mushroom Soup. One of the most popular benefits of canning is that it’s a safe shelf-stable way to preserve meats. Angi covers the gamut from Pot Roast in a Jar to Chicken Marsala, Spaghetti Sauce with Meat, Swedish Meatballs and so much more. Packed with 100 practical family-friendly recipes and full-page color photography throughout, this beautiful, modern guide to pressure canning will become a trusted resource that readers turn to again and again.

This book will have 100 recipes, 50 recipe photographs (showing 2 recipes per photograph), as well as step by step images.

Angi Schneider is the creator of the blog SchneiderPeeps where she shares tips on gardening, real food cooking, preserving food, herbalism and more. She has written for Countryside magazine and participated in the Beyond Off the Grid summit. She is the author of The Ultimate Guide to Preserving Vegetables. Angi lives on a 1.5-acre homestead with her family on the Gulf Coast of Texas.
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